

Healing Currents

From the Battery of Life

Teaching the doctrines of the Positive and Negative Mind of the Creator; revealing how the Truth awakens the Soul to its natural inheritance as an immortal co-worker with the Creator, giving it dominion over iniquity, sickness, poverty and death.

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FOREWORD

It is the purpose of this book to heal those who read and study its pages. The articles are gathered together with that object in view. Each one was written under the inspiration of a definite purpose, to heal, encourage, and enlighten whomsoever should read it. The multitude of letters which have been received shows that the purpose has borne fruit, and causes me to rejoice in the knowledge that written truth can bear the balm of healing to suffering humanity. These lessons are the fruit of spiritual realization. The varying forms of expression were adapted to the various states of mind I desired to arouse. The energies of Omnipotence are latent within human minds, and there is no nobler task than speaking or writing words that will stir those energies and arouse them into activity for the healing of the Creator's beloved humanity. In the last analysis, all forces are of the nature of mind, developed or undeveloped, and the forces of mind or thoughts are the proper avenues through which we direct the living, healing dynamics within the nature of humanity.

Mystical words of mighty healing power have been revealed to me, and I have woven many of them into these lessons and affirmations.

Where a truth is repeated, I have purposely allowed the repetition to stand, and I trust that this will cause the reader to remember that "Repetition is the mother of learning."

Remember that your ability to gain dominion over your physical body will develop as you cultivate thought power. By constant study of these lessons, you will gain an ability to heal the mind and therefore the body of yourself and others, according to the degree of thought power you generate.

"There is no excellence without labor." It is not how much you read, or how much you know about mental processes that gives you mental power, but rather how much you incorporate of the positive thought and feeling of Truth into your mind and body.

If you desire to progress in spiritual power you will be obliged to build a thought-body out of positive thoughts of truth. These lessons will furnish you with the material for building your spiritual temple, through which the healing power will become manifest in your body, and as you put these truths into practice, day after day, and year after year, you will find all negative limitations vanishing and a positiveness of soul power developing which will repay you most wonderfully for all your efforts toward the attainment of spiritual and physical dominion. Awake, and understand your divine possibilities as a soul formed in the image and character of the Creator! Create into a powerful thought - or mind-body, all the divine attributes that lie latent within your soul awaiting your recognition and expression, and you will attain a consciousness of power that will grow and increase throughout all eternity.

ASPIRATION

I pray to know the charm of mine own transcendent soul, that it may show forth greater power through my personality and enfold all mankind in the healing power that will soothe the aching hearts of the world.

I pray that through the charm exerted by my own awakened soul, I may be able to arouse and awaken the slumbering soul which is the Self of everyone. May I realize the power to help each Self manifest the Great I AM in its being, and thus bring an immortal glory to this world.

Note to the Reader

The healing affirmations and health perspective offered in **Healing Currents** should not be construed as a substitute for appropriate care rendered by the health care professional of your choice. No claims are made and no treatment is prescribed. Rather, this is a supplement to rational, properly supervised health care for your physical frame. We do feel, however, the need to also emphasize how the power of your mind, your spirit and your soul affects your physiological state.

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KNOWLEDGE IS POWER

The great prayer that is arising from souls incarnate is the prayer for more vitality. It is the speechless prayer of the whole world; the unuttered longing and desire of every heart for that which will enable it to overcome limitations and find satisfaction.

Scientists of today are searching as tirelessly for a life-renewing elixir as did Ponce de Leon for the fountain of youth, but their stimulants, tonics, and serums will not renew the creative impulse of vitality which produced the organism and which lies latent within, always ready to revitalize, renew, and heal every part of the physical nature. It is not medication that will save the sick and suffering, but the opening of the human nature to this divine influx, which is health-compelling and harmony-producing to every nature that finds it. Many are becoming conscious that a heavenly, healing vitality awaits them, and nothing can hinder their search for the immortal vigor that will save their beings from disease and pain, and evolve a new type of humanity. They shall become fearless and dauntless, healthy and happy in the conscious possession and understanding of the vital principle within them, which is the manifestation of the Life Ever-Present in humanity.

Matter and body cannot create, because they are effects. They can only manifest the energy infused into them by their cause. Vitality is not a material force; it is spiritual force. Vitality is cause. Vitality is the creative energy of the love and intelligence of the I AM which holds in its embrace every atom of sentient substance.

It is the vitality of the Infinite Mind that we see manifesting in bird and beast, tree and flower, and this same vitality is at this moment giving you all the life that you have, and the Infinite Mind can give you as much as you can individualize and express.

Your lack of knowledge of the possibilities of your own nature keeps you from growing out of your weak or sickly condition. Knowledge is power.

All nature is enlivened by the omnipotent vitality of the Infinite Mind, and the human mind must seek its vitality from this source, for vitality is a mental energy which can be appropriated to an unlimited degree. According to how it is recognized and expressed will it overcome all diseased and depleted conditions of the body.

New ideas entering the mind bring with them an influx of vitality. The thoughts in this book are overflowing with vitality and health, and the more you study them the closer your mind will get to the Fountain of Life, which will renew your body as your mind is renewed with living thoughts from the Divine Mind. If you want to live and be healthy you must not think or talk about disease or death.

There is a Source of unlimited vitality, strength, and energy which has been given too little recognition, and from lack of knowledge of this vital impulse the

race has suffered much. This knowledge was denied out of mortal understanding, but it is again being resurrected in the mind of humanity.

The souls of mortals “cannot live by bread alone”. They must be fed on the manna of Heaven, which is the thoughts that flow out from the Mind of the Creator, before there can be the harmonious union of the human and the divine in all of humanity. Only this will guarantee their health, happiness and prosperity while on the earth.

You, no matter how poor, sick or miserable you may be, are living in the midst of Divine Forces which can generate a new health and strength in your body, weave prosperity and success into your destiny, and make your whole life divine and harmonious. The forces that contribute to success are within the reach of every mind, waiting to be polarized and individualized.

Intelligent and powerful thought forces interpenetrate space, even as magnetic and electric currents flow through space, and these potent forces can intelligently control all the operations of natural law. It is still more wonderful to know that these forces are obedient to our minds and are ready and potent to operate everything for our good if we will but recognize our God-given dominion. We can establish this awareness by thinking the thoughts and speaking the words which embody our faith in the Almighty Presence and cause it to manifest for our benefit.

We may have a wonderful mental power, and preach the highest truth, but the power that harmonizes and heals is ours only when our minds have entered the pure ocean of bliss and been magnetized by contact with the positive pole of Divinity. Then are we endowed for the time being with the power of the Cause of causes, and all causes respond to the one who realizes this mastery. Again and again must one retire from the world and overcome the conflicting vibrations of the world-mind, for the soul is constantly in need of the omnipotent Power that abides with our Creator.

THOUGHT, THE SUPREME REMEDY

Mental Science has been scorned and ridiculed for many years, but it has gained adherents by demonstrating the power of thought to cure disease. It has been discovered that bad and unpleasant feelings create harmful metabolic products in the body, which are physically injurious. Good, pleasant, benevolent, and cheerful feelings create beneficial chemical products which are physically healthful. It has been found that, for each bad emotion, there is a corresponding chemical change in the tissues of the body which is life-depressing or debilitating. Conversely, every good emotion makes a life-promoting change. Consequently, a noble and generous action blesses the doer as well as the beneficiary. Every thought which enters the mind is registered in the brain by a specific change in the activity of its cells.

Experiments have proven that mere thought or favorable feelings of any sort concerning a food eaten not only assisted the digestion but partly caused it to occur. When people's minds are busy with things far removed from their food while they are eating, it can impair the digestive process.

One who considers the matter thoughtfully will soon realize that thought or feeling has the power to cause and also to cure disease. All the secretions and activities of the body are controlled by the sympathetic nervous system, and the quality of the feelings that circulate over these nerve pathways, affects every cell in the body.

Grief or anger will stop the flow of gastric fluid. The thought of eating will start the saliva flowing. Greed affects the vital organs in the same way, and when it is habitually prevalent in the mind, it undermines the very teach the Thought of the Creator, which brings so much happiness and health to suffering humanity through their awakening at the present time; and it is our constant experience that pure, loving thoughts are charged with the healing, invigorating potency of the Spirit of our Creator. Everyone who will educate the mind to conform to divine purity and truth will find the power of the Creator, which makes for health and happiness.

Those who have not seen some wonderful demonstration in their own lives, or in the life of someone very close to them, are liable to become discouraged if immediate results do not manifest.

Remember that all the force of your past thoughts is against your new faith, and that you are just beginning to tear down a mental force which runs back through heredity for all ages, and although the Thought of the Creator is all-powerful, your understanding and exercise of it are to be compared to the efforts of the little child just learning to walk. The obstacles the child meets seem as insurmountable to him as yours do to you; but with the same persistent effort, you will gain control of the powers that are latent in your will and thought, and you will walk upright in dominion as a conquering Soul of the Creator.

EFFECTS OF MENTAL STRESS

We are mental creatures, and our life is in our mind. Our happiness depends upon our state of mind. Our physical conditions exhibit our frame of mind, and we can progress in life and create a proper destiny only as we cultivate the thinking which is common to the Mind of the Creator.

Mind is positive and negative. Mortal mind is negative-undeveloped. The Supreme Mind is positive-developed in wisdom.

Whatever thoughts we listen to or speak, or whatever thoughts we allow to remain in our minds, will bear fruit. Condemnation, envy, prejudice, and all the thoughts and words of mortal mind, are negative. They are nothing and lead to nothing, which is dissolution. The words of truth will gain the mastery over all the beliefs and expressions of error, for these are negative conditions which the positive thoughts of truth overcome.

Beliefs of sin, sickness and death are also negative. We can free ourselves from these thoughts by denial of them, and we can place our minds in unity with the positive pole of life and peace by the affirmation of truth. We are one with the almighty goodness of the Creator now. Our minds live in and draw their life from the Mind of the Creator, and we can and will grow out of our negative beliefs and conditions by the recognition that we are manifestations of the Ever-Present Life. We can think the thoughts of the Creator, and thus grow into a conscious knowledge and realization of an Infinite Presence and Power.

While we are thinking the thoughts of the world, we are living in mental and spiritual darkness, and in this state of mind we cannot hope to enjoy life or peace or prosperity from the Creator, for all real enjoyment is in the Light of Truth. An abiding satisfaction flows into our minds as we charge them with thoughts based on the truth of infinite goodness and love.

We have no power or substance or intelligence except through the Ever-Present Life within us, and this is true of all beings and all things. This is the saving truth that frees and heals. All life is good and full of healing power.

All intelligence is good, and can manifest perfection. All substances are good, and will reveal more and more that they are intelligent, as the truth about them is recognized.

Energize these thoughts in your mind by repetition:

I am living the life of eternal peace, for my life is one with the life of the Creator, which is peace. I desire to think only the thoughts that tend to life and peace, thus uniting myself with the divine Source of all wisdom and love.

I know that I am the Mind of Truth expressing, and I think and feel that Almighty Goodness now dominates all my world.

The Spirit of Goodness is omnipresent. It includes all that I need or want.

I do not place any thoughts or conditions between myself and the Creator.

Every claim that I make which is opposite to the Spirit of Goodness is a negation of my eternal life with the Creator, and hides the Creator from me. The Creator can do all things for me if I am true to the Ever-Present's Inspiration, and have unwavering faith. An all-abiding faith is the affirmation of the Power of the All-Good.

I am Life. I am Health. I am Joy. I am Prosperity. My love is of the Creator and for the truth, and I constantly fill my mind with positive thoughts of truth, which create good and harmonious conditions for me.

There is only One Mind, the Mind of the Creator, full of divine life and intelligence for all, overflowing with healing love and uplifting light.

I lift my mind from all appearances of limitation to the consciousness of the one Omnipotent Power, and affirm that I am the recipient of all Its goodness and love.

I negate from my being all the feelings and thoughts of the world, and individualize the thoughts based on my unity with the I AM, for I am the spoken word of the Creator, and I manifest the Ever-Present's intelligent goodness, now and forever.

WE GROW LIKE THAT WHICH WE STUDY

Noted throat specialists have died of ailments of the throat, and insanity experts have become as mad as their patients. Those who study the power of disease will find disease and death creeping over their whole organism, but those who give their attention to the power of Life will find the Power that can transform them into health and perfection.

We are all mind. We live in an ocean of Mind, and we are each a polarizing center capable of drawing into our being any quality of mind we may desire to incorporate.

Looking at the universe from the physical standpoint, it is a vast ocean of matter or negative mind. This ocean of living force is constantly in flux, like the water that is part of a whirlpool one minute, and the next minute has gone to form a gigantic wave. So the atoms of negative mind are building up one body today, which tomorrow will have disintegrated, allowing those same atoms to go to the formation of another body. The planet is one center of force, and the trees, the animals and our bodies are still other centers organized for the time being from the substance of the universe. The atoms which compose our physical bodies were once part of the planet, and before that, planetary nebulae, and before that, stars. Our bodies are literally manufactured from the essence of stars. But if all this force is constantly in flux and not bound by any ties other than the attraction of the moment, what is it that holds our bodies and the bodies of all things in the forms in which they appear? It is positive, invisible Mind. Here we see the power of the Invisible Cause, the attractiveness of that positive center of Mind that draws around itself a body of physical atoms. We see that the positive, invisible pole of being has power over the world of visible effects.

The organized form of positive mind is the positive pole of attraction. The positive mind of the plant has evolved to polarize atoms into the beautiful forms of verdure. The mind of the plant is organized from the Universal Mind. It has dominion over the atoms of negative substance, and develops a still stronger power by the process of organizing a form, so that after it has accomplished all that it can with one form, it will have gained the power to organize a still higher and more complex form of life. We are polarizing as much of life as we understand, and as we understand more, we will use our powers of mind to organize into form the deeper realities of the Spirit of Truth.

The complexity of the form will depend upon the power of the mind within the form which is holding it in organization. Its quality will also be determined by the quality of the mind which does the polarizing. This is illustrated by the fact that no two persons get the same benefit from the same foods. What is nourishment for one person is often poison for another. You may feed two people the same quantity of food per meal; one will grow fat while the other remains as thin as a greyhound. One has attributes of mind which find and attract to themselves corresponding chemicals in the food; and the other, not having the mental qualities that are

nourished by a particular diet, will not build up on that substance. Whether one speaks of quality of mind or quality of the endocrine system, the original cause remains the same.

It has been noted that those who study the heavens live to a goodly age. The mind of the astronomer opens up to the unfolding spaces of infinitude, with their teeming world systems, and in searching out the meaning of it all, inbreathes some of the Spirit of Truth.

Minds centered upon the cares of the world and busy with the small duties of life, need to be opened by study and contemplation to the grandeur of the great Creator, whose marvelous Presence is manifest in all the laws and forms of the universe. Students should seek that instruction which opens the mind to the mighty Spirit of Life. This is necessary, that the mind may receive new life and the power to manifest life in endless abundance.

The Truth reveals the Life which was always here but which we did not recognize. It is our recognition that opens up our minds to receive Its blessings. Recognition grows into faith, and faith builds up the mental forces that polarize life.

As we walk through the park or in the woods, we should know that the contact of our feet with the ground is giving us the magnetic vitality of Mother Nature. The air is filled with invigorating vitality; the sun is pouring its mighty life into our being; and the beauty and grace of the Creator manifest in all outdoors are giving us a magnetic, mental, and soul treatment that tunes our minds to Infinite Life and health. We are healed because it is the Presence of the Creator that we recognize. Let us contemplate the beauty and power of the Ever-Present that is all and in all, and we will be harmonized by Its mighty continuity and feel the thrill of the divine consciousness pervading our natures. We will grow like that which we study.

It has been discovered that the perfume and color of roses will soothe the nerves and often cure a headache. To concentrate the mind upon one of these forms of nature's beauty and grace brings our nature into unity with the Spirit of Universal Nature, which is the Presence of the Creator. Each one of Nature's forms is a key to the kingdom of life, of beauty, and of endless wisdom. All forms are but the physical manifestations of spiritual entities, and these spiritual entities, or minds, are drawing their intelligence and power from the Infinite Source. They are the one Infinite Intelligence made manifest, so we can say that Nature, as a whole, is a form of the Creator. If we will examine any form of life, we will come in touch with a wisdom and skill so profound that our deepest thinking cannot encompass it. We, as organized beings, stand at the head of all the Creator's manifestations. We already have dominion over the negative mind of Nature. The fact that our spiritual nature has organized this form and has the power to hold it in life and to give activity to all its functions, proves that we are endowed with dominion.

Now we are coming to the consciousness that our thought has built the character that is the invisible pattern upon which our flesh is woven, and that our thought, rightly cultivated, can increase our organizing power. Our thought can make for us a body of health or a body of pain. Let us study the mighty Life within and all about us, that our thoughts may be filled with the breath of the Divine Spirit, and our bodies renewed and reformed into living images of health and perfection.

Thousands of chronic ailments have been healed in those who desired health and knew that they could get it through study of vital, healing concepts. The desire for healing and the constant study of healing words, opened their natures to the Omnipotent Life that is always seeking to give forth Its own likeness of infinite health and perfection. The Spirit of the Creator never ceases its healing ministrations. If we do not know of Its goodness and mercy, we cannot have faith in Its operation; without knowledge of this transforming Power, we cannot be receptive to Its influx, because It flows through our knowledge or faith into our bodies. The more knowledge we have of spiritual realities, the more vibrant our minds become with the living Breath of Heaven. Joyous vitality from the streams of eternal Life bubbles up within us and fills us with the consciousness of unity with the Ever-Present, so that we rejoice perpetually in the knowledge of the Presence and Power of our Creator.

HUMANITY'S RELATION TO THE UNIVERSAL MIND

The universe is one vast Mind, expressing itself in all the manifold forms of vitality and intelligence. There are two poles of this great Mind, positive and negative, for it is a mighty magnet of living, attractive force. If we gain a comprehension of the law of attraction that radiates from the positive pole of life, holding suns, and systems of suns, as well as humanity and every atom of created life, in obedience to its one law; if we understand this law of life, we shall know how to fulfill the law in order to progress to the highest level of attainment, and how to overcome every obstacle to the success of our endeavors.

The sun of our solar system is a positive pole of attraction, which holds the negative planetary spheres subject to its controlling influence, and radiates to all planets the vibrations which we sense as light and heat. The sun in turn is negative and obedient to the influence of some more positive suns of magnetic force, a mightier center which regulates the movement of solar systems within the galaxy.

Yet this vast physical universe of created worlds and suns is, as a whole, but the negative pole of the Mind of God. It is the lowest degree of expression of that Great Mind. It is the most inert or negative condition of mind possible. The name "matter" should not be applied to this universal physical substance, because the word is used to express the idea of deadness or absence of life, and there is not an atom in all the universe utterly devoid of vitality or intelligence. All is Mind, an intelligent Mind evolving and expressing more and more of Its dormant energy in all substance. Progression is natural to all life. We are growing into a more positive state of intelligence through the wisdom gained from experience. We would now acquaint ourselves with the positive pole of Mind, the source of all happiness, health and prosperity. Therefore, we turn our attention from the plane of forgetfulness to the plane of endless consciousness.

The positive pole of Mind is the individualization and revelation of all the qualities and attributes of the Eternal Being. It is the Great I AM, the unceasing affirmation and expression of all the love, wisdom and power of the Infinite Unknown. It is the Great Sun of the Creator, forever radiating intelligence and life to all planes of Mind, to all worlds and all beings.

These radiations of mental energy from the Sun of the Creator fill the objective heavenly realms with the Glory of divine Love and Wisdom, flowing out through all states of the Universal Mind until they reach the limit of the orbit of evolution, where they commence to individualize, evolve and progress back to their source through crystal, vegetable, animal and human forms; until the human mind and the Divine Mind blend in conscious unity, and the mortal realizes the immortality of human souls. So we see that the origin of all is the Creator, and that all forms and minds are manifestations of the Creator, evolving slowly but surely the latent possibilities of vitality and intelligence within them, until they become as

gods, with the conscious ability to mold their lives and destinies as they will, thus manifesting the ultimate will of the Creator.

Now for the practical application of these thoughts. We are compelled to progress from negative to positive, continually, through the experience we gain in the battle for existence; but if we are willing to learn the laws of mind and apply them constantly in working on life's problems, we shall develop more rapidly in intelligence and we shall realize the happiness and success that come from fulfilling the divine laws.

The positive pole of the thinking individual is that controlling power of the mind which affirms, "I Am, I Will." This is the magnetic core to which everything in nature responds.

Humanity is a magnet, an epitome of the Great Magnet, and through their positive pole they can appropriate and individualize somewhat all the qualities and powers of the Whole, for this power of affirmation unites them to the positive pole of the Divine Mind and enables them to draw from this Radiant Center everything that they may need for the expansion and growth of their own nature.

There is no limit to the supply. It is equal to the demand, and manifests for humanity's use when they understand how to appropriate it through the exercise of the magnetic power of their mind. They must know that the positive pole of All-Being is the real center of their own being, the Image into whose likeness they are gradually growing. By identifying themselves with the qualities which radiate from this mighty Center, and affirming them for their own beings, as the qualities that belong to all intelligence, latent or developed, they will build up the positive forces of their minds which will overcome every negative condition of body or affairs.

Failure, sickness, and misery are not real forces; they are not positive elements, but the lack of such. They are the result of negative conditions of the mind, and are indications of a lack of vitality or knowledge.

The intelligence in their nature strives of itself to overcome diseased conditions, to remove irritating obstructions, and to eliminate poisons from the system. This is recognized by those physicians who give remedies merely to aid Nature in her work.

If the intelligence in Nature can produce health, then when this bodily intelligence is intensified, greater healing powers will result. The mind can polarize the needed vitality and intelligence, and draw it into bodily expression from the radiations that fill the Mind of the world, by the mental affirmation:

I am Intelligence.

I am filled with the Healing Power of the Mind of the Creator.

The clouds of misery, fear, and discouragement can likewise be dissolved from the mind by lifting these negative thought currents into the positive currents of joyous life , strength and unfaltering courage , through affirming:

I Am, I know I Am, and there is nothing greater than I Am.

My mind is filled with the light and happiness of true thinking, and I inspire faith and courage with every breath I breathe.

The mind may in this way be educated to a strong and substantial faith in its own powers. It will realize that success is a positive attribute of intelligence, and it should work and study unceasingly to individualize intelligence by this mental culture until the whole character is changed. Then it will feel the strength and power to successfully execute all its designs.

YOU ARE POWER

Tremendous energy and power are stored in your soul, more than enough for every physical need. By continuous affirmation you can bring this power into manifestation. The patient affirmation of truth, continued with persistence, with conviction that all you desire will be accomplished, is the power of faith to bring about all good. Affirm:

I am a soul organized of the potencies of the living Ever-Present. I call all my soul power into action to quicken all my organs, and reorganize my body into an image of health and perfection.

The Creator is the power that works through my soul to quicken, purify and spiritualize my body. My soul is the power that polarizes the atoms and holds my body in form according to the mental pattern. I am not bound by any mortal or spiritual limitations. The antiquated beliefs of the inertness and grossness of matter and the physical body are dissolved from my mind. There is no inertia or sluggishness in my body. It is alive throughout every organ and atom with mental energy and intelligence.

I will arouse the dormant powers of my soul and so infuse my body with new life and intelligence that every particle will tingle and vibrate with the vitality and health of the Almighty Creator. My body responds to every thought and feeling centered in it. I will cultivate the force and latent intelligence in my being until it becomes responsive and active, until it becomes living thought energy, and obeys the will of my soul.

I will infuse all the life and power of my immortal soul into my being. I must be quickened and spiritualized. I must vibrate with life. The intelligence latent in every organ must be aroused to operate in divine harmony for the health of the whole body. I bless every internal organ with the cleansing activity of the Spirit of the I AM, which flows through my soul into my mind and fills the blood with the cleansing waters of life.

Read over the foregoing statements a number of times daily, emphasizing those with special personal meaning. The mighty power of the Creator is in and all around you awaiting your word of appropriation. You can speak words of truth until, verily, your whole nature will be vibrating, the Word of Power manifesting.

POSITIVE AND NEGATIVE MIND

The mental healer works upon the theory that All is Mind; that every object in existence is an individualized form of the Universal Mind in one degree or another of development or evolution; that the human mind is the highest type of evolved intelligence, and that it can express more and more of health and perfection through appropriation of the qualities of the Divine Mind, of which it is a self-conscious expression.

The healer is consistent with this premise in regarding the body as mind also, negative mind to be sure, but a substance potent with vitality and intelligence, every cell of which is capable of manifesting a degree of perfection and of acting in harmony with every other cell for the healing and perfecting of the whole.

This places the human being in the aspect of a living battery of mental energy, the thought power being the positive pole and the body the negative pole. Through the constant action of thought power, the individual is polarizing the thought substance from the Universal Mind, and the body responds to the thought power and organizes the cells to conform to the characteristics of the mental qualities individualized. In other words, the character of the individual is expressed in every cell of one's nature, because the character of mind polarizes and qualifies the bodily cells.

It is the constant action of the mental forces of the human magnet that produces all the involuntary actions of digestion, breathing, heart-pumping, etc., and holds nature in active organization. When either pole of the battery is injured the whole being suffers in consequence.

The mental healer understands that diseased conditions of the patient are often visible expressions of discordant mental action. These are the embodied effect of some of the patient's thoughts and feelings, and through this thought power, which is transferable from one battery to another just as electric impulses are sent through space without wires, the healer seeks to inspire the patient's mind with thoughts that will counteract the effect already produced. The objective is to cause a new physical effect that will result in a more perfect character.

All so-called matter is a storehouse of potential life and energy; it is the intelligence and power of the Universal Mind crystallized and at rest; it is the embodiment of the mighty forces and energies of the All Mind; it is the negative pole of the battery of life, and every power and quality of the Divine Mind will be found expressed to some degree in this visible nature of the Ever-Present Creator.

All is Mind, and all thoughts seek embodiment in organized form. Disease germs are at most but negative forms of unconscious or undeveloped mind, and they can be entirely overcome by the positive thought of the mind that recognizes its own power.

The mental healer applies a positive thought force to the mind of the patient, and through the Mind this force acts on the patient's mental organization; whereas the physician applies a drug, a negative form of thought, to the body, from which it reacts on the Mind. One works on the positive pole and the other on the negative pole of the individual, and both get results equal to the intelligence of their efforts.

Natural and spiritual methods both have their place and are good and serviceable in the development of the individual. The best results will not be accomplished by flying to the one extreme of looking to the Spirit and ignoring the needs of the body entirely, nor by going to the other extreme of applying the natural physical element needful for the healing, without recognizing the mind which organizes these elements and produces the perfect result. By natural elements I do not mean drastic or destructive drugs or serums, but only those elements which are found in the physical composition of the body, and are needed for its natural maintenance and well-being.

The human being is a composite entity, being a body, mind, and soul related to the Body, Mind, and Spirit of the Universe of the Creator, and one must use discriminative knowledge if one would keep oneself balanced and in harmony with the Whole.

When the human mind is consciously in unity with the All Mind, and illumined by the principles of divine knowledge, every fact that has ever been discovered will glorify the Creator and reveal the action of the All Mind in every sphere of existence, and in every atom of so-called matter. When viewed from the exalted standpoint of the One Great Mind, all the facts which the scientific investigators have discovered will coincide and agree with all the revelations that have dawned upon the intuitive perception of humanity.

Humanity will evolve to a condition of mastery over its physical nature where it will escape all the ills of the flesh and many other ills besides, when it gains the knowledge of its unity with the Divine Mind, and realizes that it can individualize the potent qualities of mind which image forth the likeness of the Divine Being; that it can have perfect health and perfect happiness only by having a perfect character.

Humanity must understand that the currents of its thinking qualify the blood and nerve currents, which control and feed every organ, muscle, and fiber of its complex physical organism, and that there lies within its mental grasp the power to control every action of its nature. Through its wonderful action and reaction of its positive and negative mind, backed by Universal Intelligence, the processes of life have been going on unconsciously, and the human mind has not yet realized that it was the cause of discordant conditions, and could just as easily cause harmonious conditions.

The body, the negative pole of the human battery, is responding every instant to the thoughts and feelings that are generated by the positive pole, and as the mind becomes more intelligent and more conscious of its power, it will grow more positive and infuse the flesh with its positive intelligence, giving it vitality and strength to overcome diseased conditions.

Humanity is not only ignorant of its unity with the Universal Mind, but it is also busily engaged in thinking thoughts that do not conform to divine ideas, nor express the qualities which characterize the Thoughts that emanate from the positive pole of the Divine Mind; it is generating thoughts and feelings of lust, hatred, condemnation, fear, malice, selfishness, revenge, cruelty, jealousy, and envy, which come into physical expression as a host of abnormal bodily conditions. All such thoughts and feelings are mortal, and tend toward disease and the disintegration of the human magnet. They produce currents which cross with the currents of life and health and destroy the human organism, while the thoughts of the Divine Mind (purity, love, praise, courage, power, joy, freedom, success, and goodwill) are immortal and filled with Life eternal; they are most positive and have the power to convert, transform, and reorganize all the mortal and negative thoughts and their resultant conditions into health, harmony, and happiness.

As all space is filled with electricity, which becomes manifest only through the dynamo that generates it, so in beneficent healing Thought of the Divine Mind which will come into action by being polarized to the positive pole of the human magnet.

This mighty Universal Mind is manifesting Its love, wisdom, and power throughout the whole of Its vast creation. It is individualizing Its thought wherever there is form or life, and inspiring all creatures with the great vital impulse which causes them to progress along the onward and upward movement of evolution, from the negative pole of undeveloped Mind to the positive pole of conscious life and intelligence.

HOW TO PRACTICE MENTAL HEALING

The central attraction of these concepts has been the great fact of its healing power. Into the mind of humanity has come a mighty wave of awareness, bringing with it a merciful vitality for the strengthening of the weak, the healing of the sick and the soothing of all pain. The Angels of Goodness are stirring the pool of life and all who will it may have health and peace in overflowing abundance.

If you are seeking health (physical, mental, or spiritual), it is essential first of all that you thoroughly grasp this fact:

You are all mind, through and through, from soul to physical atoms. You believe that you are part mind and part matter; that part of your nature is intelligent and the rest is inert and unresponsive, except to powerful drugs and stimulants. But the fact of the matter is, every nerve and muscle and atom is responsive to the action of your mind. You are organized intelligence. **YOU ARE ALL MIND.**

You have been in the habit of thinking that all the mind you have is situated in your brain. To be sure, your brain is the most positive center of mental action, and from its substance you generate the conscious thought that inspires and affects every negative center in your body. If you but stop to think, you will acknowledge that there is an instinctive intelligence operative in the involuntary action of your heart and lungs, and in every organ of your body. There is wisdom expressed in the adaptation of every bone and muscle and organ to its proper uses. And this wisdom is a creative intelligence constantly operative in your physical organization. You know your will has dominion over matter; for your will, operating through your arm, can move an inert object. Now, that same mental force which acts through your will to lift a heavy weight into the air, or walk your one or two hundred pounds of flesh the distance of a mile or more, is the same mind that is organizing and reorganizing every part of your body, and it is this mental force that can be educated to heal your body and keep you in health. You may have misdirected this wonderful force and, if so, it has caused you sickness and pain.

If you have been fearful, for example, you have congealed internal secretions, and by your thoughts of fear, retarded the action of some physical function. You should learn of the Love that overcomes all fear. Heavy charges of electricity will burn out the wires and connections in an electric battery, and if you consider that your organization is a mental battery, you will not be surprised that heavy charges of anger paralyze the delicate nerve wires and “burn out” brain cells in such abundance that mental action is no longer possible. Passion will poison the blood and destroy digestion. Fright has been known to turn the hair white in a single night, and excessive emotion has so affected the whole organism as to cause sudden death.

Woven into your mind are all the false beliefs and feelings that you have inherited from the generations before you, and they are a basic cause for mental and physical tribulations. A philosophy of life based on truth will correct these

causes and unite you to the fountain of everlasting life and love, from which will bubble forth a joyous life and strength sufficient for every need.

The second point of importance for you to understand is the marvelous fact that thoughts are forces, endowed with an intelligence which enables them to be directed to accomplish what you will, in your body or in the body of a friend. As angels of mercy and love are sent out from the Almighty Presence to carry blessings to humanity, so from your mind are sent out thoughts endowed with your quality of intelligence, which go forth to cause peace or pain wherever they may be sent. You have probably not realized the importance of the truth that the Creator gave human beings dominion over everything less positive than themselves. You have been endowed by the Almighty with dominion over every negative state of your body and mind. The will power which you have received from the Ever-Present is creative in potency, and you can create health and happiness by working in unity with the love and wisdom of the All One.

Disease and pain are the results of a lack of strength or intelligence in an inharmonious organ. You can consciously increase the force and intelligence in every organ of your body by thinking of the organ as an intelligent thing and blessing it with your power of thought. Take the heart, for instance. You know that mental excitement or fear will increase or disturb the heart's action. If the heart is weak in action, speak strength to it in this way: (It is not necessary to repeat the words aloud, or even to use the same words, though a carefully phrased affirmation may carry more power.)

I am strong and courageous, and I fill you with my strength and courage.

You are organized life and intelligence.

You are active with the life of the Creator, and there is nothing to limit your strength and power.

Repeating such words constantly will develop strength and can have a beneficial effect on organ function. The bodily organs are like children; they appreciate love and attention. We are thinking so much of external things that all our thought force is spent outside of the body, and when we do think of any particular organ it is with a fear that it will not do its duty. Such thoughts go into the organ thought of and work to limit its action. Every time we think or speak of our weakness, or limit in thought the action of any bodily function, we are actually tearing down the strength and power of our organism. We must understand that, as children of the Almighty we are endowed with power and intelligence, and that we limit or expand our powers by the action of our own minds. If we build a mind of faith in the Presence and Power of the Creator in our midst, our faith lays hold of and brings into operation the Divine Life and Intelligence. Likewise, if we place any limit upon our own abilities, whether in the ability to manifest health or success in any department of life, we limit the action of the Almighty on our behalf. The Creator is glorified in glorifying all souls; in making them like gods in

the Ever-Present's own image and likeness of health, perfection and success. "Be ye perfect even as your Creator in heaven is perfect," is the command.

The mind can construct or destroy. Good, harmonious thoughts full of love and praise are constructive.

Vindictive, pessimistic, angry and critical thoughts are destructive.

An organ in pain can be soothed as you would comfort and harmonize an unhappy child. Do not forget that the organ contains an intelligence that is part of the Mind that you are, and is responsive to a harsh or pleasant word. **I bless you with the love of my soul, which harmonizes all your nerves and atoms.** Such blessings will create harmonious conditions.

If your blood is impure, think in this manner:

I am a pure spring flowing from the Fountain of Divine Life.

My blood is cleansed and purified by the Ever-Present Power that glorifies all my life.

My heart is cleansed of all impure thoughts and feelings, and I am at peace.

Dormant activities can be aroused by persistently thinking toward the organ or organs:

You are the Spirit of Life in action.

You are filled with joyous, active life, and you love to fulfill the will of my soul in making life manifest.

Many have overcome indigestion of long standing by repeating over and over:

I have within me the power from the Creator which is able to digest and assimilate anything that I may choose to put into my stomach.

My stomach is a living dynamo of life and energy Capable of doing its perfect duty.

My stomach enjoys its work and loves to assimilate the good life in all things.

These are but a few of the many processes that may be used. Each case requires thoughtful attention and much confidence on the part of the one using the healing thought. If confidence is not aroused after a few trials, you should not lose faith in the method, but should seek a teacher who can help you attain a state of confidence in your own powers which are latent and inactive from lack of recognition and exercise.

That part of mental or spiritual healing which seems to border on the realm of the miraculous is the power of one mind over another mind and body situated at a distance. This is based upon the truth that minds are not distinct or separate, but are surrounded by and united in One Universal Mind, of which each one is an organized part. We are living in an invisible ocean of Mind, and through this ocean our thought waves proceed to the one to whom they are directed. As it is possible to send impulses through space without wires, so may we send the more highly refined thought impulses from one human battery to another, no matter how far apart they may be. In treating patients living at a distance, the same process may be used as in treating oneself, except that the name of the patient should be repeated mentally about seven times before talking to the part of the body to be healed.

It should be remembered that the physical body is organized by the constructive force of thought and feeling. Our invisible character is a real form of force independent of its physical envelope. The character is the positive organizing mind, the body is the negative mind, obedient and responsive to the action of the more positive entity. It is through your character that all life and action express in your physical body, and your character determines the quantity and quality of your life, as well as how successful you will be. Character forms or limits life. So the real basis of all true mental or physical healing is character building.

Now this invisible character, this invisible part of you, which is so potent in weaving physical substance into grotesque or beautiful physical forms, into diseased or healthy forms of life, is a bundle of thoughts and feelings crystallized. As you have organized your character by your habitual thinking patterns, and thus created the cause for your present physical condition, so by your thinking you can recreate and transform your character, and change all the expressions of your body into a new and more beautiful texture. If you have piled false thoughts and impure desires one upon the other to cause an unhealthy mind and body, you can begin now to use your thoughts to dissolve the mental building of the past, and work your mind just as persistently to form a character that will be composed of pure emotions and true, generous thoughts. A mind that is in the consciousness of the Almighty Goodness and Love of the Ever-Present, having naught but blessings for every soul as a child of the Creator, feeling only kindness and goodwill toward even the meanest criminal, will glorify its earthly temple with the very Spirit of the Creator. It will be transformed into an image of greater divine Perfection, with perception open to the living Truth, beholding the divine Love, by the Power of the Ever-Present within us.

We must open our eyes to see that the physical universe is the body of the infinite and eternal Creator, and if we comprehend how our mind pervades and affects every part of our body, we will grasp the truth that the omnipotent Mind of Jehovih is present in every part of this Grand Body.

We are surrounded and pervaded by this loving Presence, which is eternal life to all who awake to this fact. We cannot escape from the Creator. We are

organized from Infinite Mind and Substance, and as quickly as we recognize that we can have all of the Good we can accept and make manifest, we will begin to draw upon this inexhaustible Source for all the life, health, prosperity, and satisfaction we need. We should build our faith strong in the truth that the Almighty is for us, and nothing of evil can overcome us or make us forget that there is only omnipotent Goodness in us and all about us.

It is also in those who are apparently evil, since they have not been taught of the Divine Presence, and the condemnations of mortals help to keep hidden the germ of divinity that slumbers within them. They are misdirecting the good life and energy with which the Creator so bountifully supplies them, because they lack knowledge of how to use and apply these forces. Nothing will save them from their ignorance and sin but the knowledge of the truth of their own oneness with the Creator.

It is very important for us to know that we grow like that which we study. If we keep before our minds the beauty and perfection which the Ever-Present Great Spirit has bestowed upon all of creation, we will find our souls attracted more and more to that divine ideal, until the same love which our Creator has for all creation will be kindled within us, and we shall know that we are all brothers and sisters in oneness with the same Ever-Presence. The most perfect and permanent healing is attained only by the perception of this grand truth and the awakening of the soul to the realization of the mighty love of the I AM. This Love must endow us with a feeling of universal fellowship with all souls as children of the one Creator; we must feel toward all just as the Great Spirit feels toward us, if we would be healed by this transforming love. The Ever-Present Intelligence yearns to heal and prosper all souls, but unless It can find entrance and expression through our souls as love, Its power is limited so far as we are concerned.

I have studied all the modern theories promulgated for the healing of the sick, and for years I have taught and practiced the healing Truth. I wish to give a word of guidance to those who may be seeking healing power, either for self-benefit or for the healing of others: that the living Ever-Present Creator is the repository of all wisdom and all healing love. The one who will look to the Great Spirit constantly and draw upon that Presence continually for the healing influx, will find an exaltation of the spiritual nature and an indwelling, heavenly bliss which will bring about the culmination of all desires, and satisfy the mind with the consciousness of an immortal heritage that even death cannot overcome.

Study to gain an understanding of divine thoughts, that your mind may expand to embrace the freeing, healing truth. You can outgrow your limiting ideas of God and humanity, and enter through true ideas into conscious communion with the Spirit of Truth.

While you are educating your intellect in the principles of truth, keep your heart very close to the loving consciousness of the Ever-Present. Let the immanent All Power in you be fed and strengthened daily and hourly by communion and cooperation with the transcendent I AM within, that you may embody the Power of this enlightening Presence for all humanity. Let your mortal spirit be bathed in the healing stream of Divine Thought, that you may become transformed into the health and perfection of an immortal soul of the Ever-Present's inspiration.

THE POWER OF MIND

As blood is the fluid which takes up all waste and destructive poisons from the tissues, and carries in all the necessary nutrients, it can be directed consciously to carry nourishing, healing elements to any part of the body. The power of mind which controls it is the greatest healing force known to humanity.

In the development of a more perfect physique, there are quite a number of things to take into consideration. A great many enthusiastic beginners think that the word 'exercise' covers the whole field. So it does, but not only bodily exercise. Mere bodily exercise, even if performed haphazardly, will in time produce some good results. But exercise of the mind is equally if not more important. Concentrating thought force along certain lines gives us a controlling power to overcome unhygienic habits that tend to retard the growth of muscular tissue. Tissue-building is a natural consequence of following certain well-defined laws.

We must exercise the muscles, use proper diet at the proper time, and be thoroughly hygienic in our habits. One must abstain from tobacco and liquor in every form, and allow enough time for sleep. All these things tend to put the mind in a good condition, that we may gain the power of concentration, and concentration of the mind is the fundamental law that governs the growth of tissue.

The more we concentrate, the better our results. We must know the muscles we wish to develop, and by concentrating all our thought force in their direction, the dead cells are more quickly removed, and new ones added in greater quantities, owing to the increased nervous activity of the parts. We must practice concentration of the mind in its highest degree, hand in hand with physical exercise, if we wish to obtain the most perfect results.

HOW TO CONCENTRATE

You must build up a more positive spiritual body of thought for yourself, by thinking truths over and over until they become part of your mind. You will become so positive in truth by this method that you will feel the vibrations of truth, and nothing else. But this is a practice that must be made the work of a lifetime. The fruitage from it will be a spiritual body that shall grow and develop in power and dominion throughout all the progressions of spiritual life.

The way to overcome distracting outside thoughts is to cultivate your own thinking power by systematic effort. Find some special studies in Truth that are interesting to you, carry them with you, and use them as a means of concentration for the development of your mental power.

The Spirit flows into the body only through the channels of one's thoughts and feelings. In the thought or feeling of the Creator there is unlimited healing and transforming power, and as the mind is exalted to feel and think as the Creator thinks and feels, the thought power which creates perfection becomes the inspiration of the body, and the negative mind of the body evolves into an image of its peace and perfection, making visible the Power of the Ever-Present within.

The mind lives in and senses through every nerve of the body. The will of the mind is done, consciously and unconsciously, in every particle of physical substance; thus, you see your body is responsive to mental force. As your mind is attuned to the Mind which prevails in the order and harmony of the universe, the atoms of your nature will obey the infinite Law which planets and suns obey, and will manifest the harmony and health which are the natural expression of the Creator's perfect life. There is life in unlimited abundance. There is intelligence and power sufficient for every need, and you are given the free will to use and organize all the potencies of the Divine Mind for the building of a temple of health that shall fulfill your ideal and make your understanding of the goodness and power of the Great Spirit visible to everyone you meet.

WONDERFUL POSSIBILITIES

The transcendent force called thought links the human organism to the inmost source of power, and endows the human soul with the ability to overcome the limitations of matter. And whence the birth of this wonderful force of thought? It is born in matter.

We gain a new concept of the latent Ever-Present Power crystallized in matter when we realize that matter is the mother of thoughts. The forces of Mind become involved in matter before matter evolves thought. Matter is the mother, Spirit is the father of thought. "Mother Nature" gives birth to intelligence, the seed of which is from the Creator.

All so-called matter is a storehouse of potential life and energy; it is the intelligence and power of the Universal Mind crystallized and at rest; it is the embodiment of the mighty forces and energies of the All Mind; it is the negative pole of the battery of life, and every power and quality of the Divine Mind will be found expressed to some degree in this visible nature of the Ever-Present Creator.

In the history of the evolution of the world we read that the nebulous fire-mist crystallized into a planet of solid rock. Through the eons of time the solid rock evolved from its substance all the forms of life and all the forms of intelligence with which the planet is graced at the present time. Think of it! From the rock, humanity's form has come, and before that, from the stars. All the glory and beauty in the world were stored as a possibility in that ancient granite sphere. Does it not awaken within us a new sense of the presence of power, of Omnipotence, to think of the vast possibilities of life stored within the simplest lump of clay? We call it dirt. We tread under foot, with a feeling of repugnance, the mother of our physical forces and faculties, and do not recognize her unlimited possibilities as the negative nature of Omnipotence, of the Creator.

Truly we are waking to a wonderful vision of the presence of the Creator, as all and in all. Even materialistic science has begun to recognize that what was believed to be dead, inert matter, crystal or metal, has the attribute of rudimentary sensation. So, the truth long promulgated by Mental Science, that All is Mind, is now being demonstrated as fact by conservative, materialistic science.

Thought is matter in motion. Thought is the most refined, the most potent activity of matter. The organism of mankind is the product of the progressive evolution of matter, inspired by the indwelling Presence of the Infinite Spirit; from this most complex organization of mankind is born the sublime product called thought, that imponderable spiritual power which transcends the laws of negative existence.

In humanity, matter houses a life-form that is self-conscious and intelligent. Omnipotence has evolved a creation of self-conscious maturity. The utmost capacity of mortal understanding cannot comprehend what the deific principle, omni-active, has already accomplished. How shall we grasp the wonders that lie

before us in the unfolding future? We now know that matter is undeveloped mind; that the attributes and potencies of the Creator slumber in matter.

Through the ages of evolution every type of animal has demonstrated a little more development of the brain substance; we are gradually increasing our thought-producing capacity. The brain is of finer texture and the nervous system is more complex in the human than in the animal form. The force generated in the brain and present in all the nerves is the thinker and the doer, the personality.

Every active creature is a demonstration of the power of mind over matter. The lifting of the hand is the revelation of the power of thought over matter. We have been exercising dominion over our flesh without being conscious of the fact, and without realizing the possibilities of conscious control in that very dominion. The body is an electromagnetic battery for the generation of mental energy.

Having come to the recognition of the truth that I am all mind, that every cell of my body has the capacity for intelligent action and is responsive to my will, I desire to cultivate this latent mind of my flesh so that my will shall be done throughout my whole mental organization. How shall I proceed?

The animal is an undeveloped and transitional form of the mind that reaches a higher state of development in humanity. Now that we have attained to maturity, with self-conscious understanding of our possibilities as mental creatures, let us lay aside the propensities and the selfish habits of animals for the full enjoyment and expansion of our mental powers. Until humanity has gained conscious dominion over the animal propensities and turned all the sexual force into mental power obedient to its will, it has not become initiated into the real enjoyment of life nor has it made conditions for the permanent health of its body. Perfect health of body, as well as the continual regeneration of the tissues, to the sublimation of old age, is possible for all by the application of this principle of the conservation of vital energy, along with the conscious control of the organs by the will.

The brain is not limited to the cavity in the skull. It extends the ramifications of its structure through the whole organism. As the mind of an animal may be developed in intelligence, so may these centers of mental energy within the body be developed to a degree of intelligence equal to the main center in the head. We can direct the intelligent force of our thought to any organ in the body and cooperate with the intelligence in the organ to stimulate its renewal in strength and restoration to health.

We have established that we have the ability to direct an intelligent force within us which is capable of reorganizing the substance and structure of the flesh. As a result, we can so infuse the body with thought force that its latent intelligence will be developed. With the awakening of new intelligence in our flesh will come new vitality and new power, until the will has the vast majority of its cells so responsively obedient that it is almighty in its organism, and discord and disease can no longer enter.

Every center will be sensitive to thought, and will generate sufficient thought to carry on the work of its department perfectly. All the senses will be attuned to a new octave of vibration, giving birth to clairvoyance, clairaudience, and psychometry; and so spiritual will the whole mind become that the intuition of humanity will be able to partake of all the wisdom stored in the omniscient Mind.

I AM ALL MIND

CONSIDER THIS TRUTH, FOR IT IS THE KEY TO DOMINION

The body is held in active organization by the mind. The mind is the positive pole and the body is the negative pole of the human battery. The food elements taken into the body are of the negative mind of the Whole, the substance of the negative pole of the Universal Mind; and the individual mind assimilates from the food taken into the body and from the atmosphere elements like unto itself, which it organizes into the visible expression of itself. The negative pole of the human battery is just as important as the positive pole, and must be cared for and supplied with the proper elements in order to form a perfect battery for the production of thought power, just as the battery which produces electric force must be fed with proper chemical elements to ensure a current.

It must be borne in mind that the positive mind is the organizing power, and every cell in the body is a particle of mind substance, held in obedience to the polarizing power of that positive mind. The cells that compose the flesh are bodies of thoughts. Every cell of the body is thought incarnated, and the organs, which are made up of great multitudes of cells, can be trained by the positive mind of the individual; they can be infused with positive thoughts, so that the cells and organs will progress in intelligence and manifest more of life, health, and perfection, as the mind becomes more and more conscious of its wonderful organizing power.

The progress of the individual toward self-mastery is real only to the degree that one brings the negative mind into a higher realization of Consciousness, and causes each particle of one's physical cosmos to evolve and show forth the divine intelligence which has been appropriated and individualized around that person's positive I AM center.

Negative or base thoughts and desires fill humanity's nature with a consuming fire, which poisons the blood and burns out the nerve centers. This causes disease and pain in the body, and weakness and discouragement to the mind, hindering the human organism from enjoying the peaceful, vitalizing influx which flows from the soul life. Joy and satisfaction are attributes of the All Mind, and the soul, as an individualized expression of the Over-Soul, contains all the essentials of happiness within itself, and can impart the only true happiness to its human mind and body to the degree that it can gain full and free expression through the positive and negative poles of mind in which it is organized.

Through pure and righteous thinking, or knowledge of the All-Good, the mind becomes the conscious thinking instrument of the soul. The thoughts are filled with the positive light and joy of the soul. In this way the soul, through education, gains dominion over the various faculties of the mind, and inspires the will to hold the lower realms of the body consciousness in subjection, until all thoughts and desires are educated and transmuted into positive, pure intelligence, like unto the wisdom of the Ever-Present Creator.

A GENERAL HEALING TREATMENT

Retire by yourself and study and meditate upon these thoughts. When the mind is filled with them, lie down and relax the body and mind so that the healing power may operate freely. Practice daily an hour or more.

O Thou omnipresent Creator of all forms of life, I am one with Thee; I am Thee embodied and expressed, and Thee I praise for my life and all of life's blessings.

My soul is a living, radiant form of life; a glorious, intelligent individualization of the universal Life and Spirit of the Ever-Present.

My soul, my real, everlasting self, is alive in the Creator, and every cell and organ and function of my body is infused with the living, intelligent power of my soul. I am alive with the life of the Creator.

I am filled with the invigorating vitality of everlasting Life.

I am an expression of the most positive healing Potency in existence, and my recognition that I am Life itself thrills my whole nature with divine healing energy.

I am invigorated and healed by the everlasting Presence of the living Creator.

Pain cannot exist in any part of my nature, because the merciful, soothing power of Life is now satisfying every cell with the oil of joy. The joyous sunshine of Life penetrates into every part of my being, and with glad understanding I affirm:

I am life, joyous life; I am peaceful, perfect life.

I feel that I am united with the universal life and power of the Creator, and all that joyous strength is focused in my nature, making me so positive with the All One's perfect energy that all disease and pain are overcome and transformed into harmony and perfection.

I am in tune with Infinite Life and peace.

My brain polarizes the intelligence and wisdom of life.

All the faculties of my soul find free expression through the sensitive substance of my brain.

My sex nature is pure, holy life, free from all condemnations of sin or impurity. These organs generate unlimited vitality and strength, sufficient for all my needs.

My heart is filled with the peace and love of the Ever-Present life, and I am satisfied. My heart cannot be overcome by fear or any oppressive feeling, for it is strong with the love of life. My blood is enriched and vitalized with the goodness and purity of life.

All is life. There is no lack of happy, healing life. I inspire life with every breath, and my lungs appropriate the ozone of life, which feeds my blood with the exhilarating manna of sun-blessed atmosphere.

My stomach is a battery of digestive force and energy, constantly assimilating food; it rejoices in the task, for it is an intelligent digestive magnet for all the elements that the body requires. I am the digestive energy of Almighty Life.

I recognize that all my organs are infused with my soul intelligence, and all are conscious of their duties and work together for the health and harmony of my organism.

The cleansing Spirit of Life flows freely through my bowels, and their functions are not hindered by any restrictive thoughts, for I do not withhold the free mercy of the Creator from any creature.

My liver is the activity of life, energized with positive intelligence.

I recognize that every atom of my spleen is intelligent, living substance, obeying the soul's purpose in my physical economy.

I praise the power of endless life and activity in my kidneys, and know that they are the peaceful, perfect substance of life, ever active in cleansing my nature of all impurities.

I can outgrow and overcome every weakness, for I am a magnet for the Vitality that fills all space. I am constantly drawing in the vitality from the all-pervading life of the Creator in nature. I praise Thee, O Thou all-wise and all-loving Presence, that Thou art imparting to me the power of Thy mighty Life which enables me to outgrow every defective and inharmonious condition, and I realize the power and happiness imparted from Thy indwelling Presence in my soul.

Glory to the Creator for the healing, perfecting power of Life. **All is Life.**

These words may not seem true when they are first read, but by constant repetition they will create a strong faith in the power and presence of Life, which will allow the Spirit of Life to come into expression.

Faith can be created by the wonderful power of the word of truth, and through faith the healing power of the Creator can come into manifestation.

TEACH YOUR BODY TO THINK!

Mental activity in animal and human organisms develops brain centers. The more intelligent the animal or man, the more highly developed are the brain centers. It is a common notion that the brain is limited to the head, but in spiritual terms this is not true. Wherever in the body there is need of mental action, there the nerve substance provides the intelligent energy to accomplish any task.

There is much more intelligent activity going on in the body than we are conscious of. All the subconscious or involuntary actions of mind, like the beating of the heart or the breathing of the lungs during sleep, are carried on by the instinctive operation of the mind which is active in the various nerve plexuses located in different parts of the body.

A vast amount of intelligence is active through these little nerve centers. All hereditary thoughts and feelings, and all the old thought of the past which seems to be outgrown, are stored in the subjective chambers of thought, and through these sub-centers influence the formation of the body's substance in health or disease. The hypnotist gets control over the intelligence of the subjective mind which is active through these centers, and performs wonders of healing because this subjective intelligence is the organizing power of the body.

We can gain control of all these subconscious centers of mental activity, and thus gain dominion over the whole body. For instance, the heart is controlled by a sub-brain or plexus. This plexus may be influenced by conscious thought. We can will that strength shall be developed in the heart, and the message will travel through the nerves and take up its abode in the heart center, and from there influence the heart's development in strength. So with every center.

Humanity is superior to the animal in intelligence because we have been created with the capacity of conscious thought and we have been given the ability to further develop the mental activities of the master brain. How wonderful will be the human brains of the future which will so develop the activity of every brain center in the body that they will be able to think consciously in every center. They will think in every part of the body. They will have full control over every function of the body. They will be able to do consciously whatever is now done by the hypnotized subject, and more. The hypnotized subject, in whom the subjective mind is obedient to the will of the operator, becomes clairvoyant. They can see what is happening at a distance; or see all the activities in their own body or the body of another person, and diagnose diseased conditions. They can travel in thought to any part of the world and feel and hear anything, anywhere. They can be clairaudient and they can read the thoughts of others and communicate with departed spirits. In fact, they can seem to be in touch with any mind in the whole mental universe. Not all hypnotized subjects can do all these things, but according to their mental development they can see or feel or hear supernaturally, that is, beyond the limitations of the natural senses.

The brain centers must be purified of all the limiting beliefs of the race mind, meaning those deeply embedded concepts or thought forms that have been handed down through generations by our mothers, fathers, teachers, preachers, etc., in order that a new life may flow through them for the manifestation of perfect health. We cannot do what we do not believe possible, so faith in our unlimited possibilities must be developed. We must free the mind, conscious and subconscious, from all ideas of bondage and limitation. For instance, the sex center is limited in its expression of life by the condemnation of millions of minds. All the life flowing into that center is stamped as impure. Therefore, the thought of impurity must be eliminated from the mind and the sexual plexus must be freed from the belief that its life is impure. Its life is of the Creator, born of that pure Spirit. If we believe that any organ is impure or limited in its operation, we turn the intelligence in that organ to creating impurity and to limiting the flow of life. There is a hint here which applies to all departments of thought.

Special attention should be given to healing, harmonizing and increasing the power of the solar plexus or abdominal brain. This center controls the digestion and assimilation of food. When it becomes disturbed, the whole body suffers. To try to restore the deficiency by overeating only increases its burden, causing it to draw for strength upon the brain, heart and other centers. Neuralgia, headache, nervous heart trouble and many other painful symptoms are related to weakness of the solar plexus.

In blessing or centering the thought upon any part of the body, there is an increased power given to that part by placing the hands, or the tips of the fingers, over the part treated. When treating the solar plexus, place the tips of the fingers over the stomach. The following affirmations will suggest others:

My solar plexus is alive with omnipotent Life.

My solar plexus is alive with soul power from the Creator.

A living, glowing sun of vital power is situated in my solar plexus, filling my digestive organs with unlimited strength and power.

Unlimited life, strength, and power flow into this center, enabling the organs to carry on the digestion and assimilation of food with ease.

This center is storing up power to distribute to all the other nerve centers.

This center is a living dynamo of vital force, radiating its intelligent force to every part of the body.

USE YOUR WILL TO OVERCOME

If your food distresses you, hold the following in mind very positively:

I know that what I have eaten will not upset or distress my stomach. I know that food is an exceedingly negative thing in comparison with my will, and I deny that it has any power to disturb me. My will is one with the will of the Creator, whose mighty will, focused in my will, gives me the power to overcome. I am more positive than any food, and food must and does serve me. I will not, and hence do not, serve it. I am master of all my bodily functions, and I will demonstrate this fact and prove my true position amidst my surroundings.

I will rise to meet any distressing symptoms with all the assertive power of my individuality, and I resolve to be free of pain or distress in head or stomach. Nothing can compel me, to submit to such a negative cause. The Creator has given me dominion over all things. I know this! **I am free.** My understanding and my will power now combine to bring this result.

Understanding and will power must work together; neither can produce the result alone, for understanding is the implement with which the will works. The will is the master, but both are essential to complete execution. First, the understanding of the goodness and power of the Creator in everything; and second, the constantly increasing will and determination to make that goodness and power manifest in all ways. Understanding will accomplish nothing if you have not the will to execute. All should apply themselves to the study which begets understanding of truth, as it is needed for mental building material.

As you gain understanding, cultivate a strong, positive determination to use this wonderful material in building a firm foundation on which you can erect a grand and beautiful life structure for yourself. Never let anything stand in your way; keep on trying in the face of every obstacle; and let nothing make you yield. With such determination as this, you will continue to add to your understanding and you can overcome every obstacle. You can face every force in your world. It matters not how powerful it is, and it will, in the proper time and place, become subservient to your mastership. You are a divine organization of intelligence and love and will combined, and as you keep on striving and aggregating strength through the force of your determination, all things, by a divine law, will give way. However, remember, subservient things acknowledge you only in the proportion that you assert your self. All things are bound, through this positive assertion, to acknowledge your mastery. You can do all you will to do; this is dominion.

Bless all the sick and ailing ones, for they do not understand the power vested in them. We tell them all that they need not lack health, for health and strength are organized in them; such is the law of life. The beliefs that they manifest are not absolute truth; they are negative beliefs. They can be overcome by positive beliefs, founded on living Truth. Life and Health are two great realities that have always existed and will continue to exist forever.

THE SUBCONSCIOUS MIND AND SOUL CONSCIOUSNESS

The nature of the human mind consists of three states of consciousness - physical, mental, and soul consciousness. The deductions of scientific minds embrace the explored field of the conscious mind, and the partially explored field of the subconscious mind, but do not take into consideration that mystical but most potent field of soul consciousness. To them the mind is the soul.

We know from the development of our own soul perception that the soul is a deific individual descended from the inner sphere of Omniscience to the outer sphere of mortal consciousness; that it is a Seed of Divinity planted in the earth-mind. Its roots are in the earth, but its life and powers are from the Ever-Present Creator Who will appropriate it for Divine purposes as it matures.

The soul is a Word of eternal wisdom, life, and love, that shall increase in creative potency throughout eternity. The conscious and subconscious degrees of mind constitute the personality, but the soul is the real individual. When the awakened soul speaks, it is the voice of the Creator.

Minds of materialistic tendency are apt to become as deeply engrossed in the phenomena of the subconscious mind, or “subliminal consciousness”, as scientists have been in the phenomena of the material realm. It is in accord with the process of mental evolution that it should be so. Those who want to know the Creator and who desire to find the inspiration and healing of that divine Life and Power, must look to the eternal Principle of Truth, to the Creator in fact, though they have only intuition as a guide. Intuition, which reveals the eternal principles of the divine nature since it is the Voice of the Creator personalized, will demonstrate that it is the supreme authority for truth. If intuition is followed, the soul will be activated and fertilized by recognition and devoted love until it becomes a dominant power, healing and spiritualizing both the conscious and subconscious states of mind and preparing them for the grandest and mightiest exhibition of spiritual power.

The subconscious mind is an organization of all the thoughts and feelings, of all the mental activities of the mind, from earliest infancy. In order to rightly comprehend the subconscious mind, it must be clearly understood that mental forces organize into concrete form in the mental plane. In the same way that physical forces aggregate themselves into material forms in the physical world. The mind, then, is a mental body generated from the forces of thought and feeling. It is a spiritual entity. It is the formed character of the person, and just as soon as it becomes a positive character it changes the hereditary form of the flesh to express its own development. Negative characters have not the mental power to transform the flesh; therefore, it is the first duty of mental instruction to develop a more positive character-body by strong affirmation.

When a thought seems to have been forgotten, it still exists in the subconscious state of the mind. Persons and things long forgotten will reappear during the dream activity of the subconscious mind; faces will appear as fresh as when seen years before. The phenomena of hypnotism open up wonderful facts in regard to the possibilities and powers of the subconscious realm.

The whole mind of humanity may be compared to a circle through which a line is drawn, dividing it into two segments: 1 to 99, and 99 to 100. The one percent segment of the circle represents as much of the thought activity of the personality as the brain is conscious of; the remaining 99 percent of the circle represents the subconscious storehouse of mental activity.

All is mind, and as a consequence, the planet, as a whole, has a mind, a subconscious mental realm in which thought activities and mind bodies have their existence. As there is a universal space which provides the elements for our physical bodies and their development, so there is a universal Mind in which the mental organization has its life and expression - a realm in which the mind-body or spiritual body exists after its physical counterpart dies. It is a realm full of mysteries to the seeker after the phenomena of the subconscious, full of paradoxes, incongruities, and deceptions to those who do not accept the spiritualists' explanation of spirit communion or the presence of undeveloped spirits. What a pleasure it is to some mischievous spirit to play pranks upon some very learned man who, in earnest search for knowledge, has tapped the wires of the "subliminal consciousness" through his hypnotized subject. He does not see the quality or character of the spirit personality that responds to him from the invisible realm of mind, and he is very likely to come to the conclusion, as some scientists already have, that the subliminal consciousness is a grand deceiver.

Now, in the subconscious side of the mind we find the intelligent force which must be properly trained and developed toward the healing of the body. There are two general methods in use, and they are both good. One is the method called "suggestion," whereby the subconscious mind is educated to turn its wonderful power to the healing of the diseased parts of the body. This method, persistently applied, will bring very beneficial results. The second method consists in thinking and speaking absolute **truth**. The suggestionist does not believe that there is anything deeper than the subconscious mind, and therefore he claims that so-called statements of truth are useful to those who imagine a soul, because they work according to the law of suggestion.

Our position is this: The conscious and subconscious degrees of the human mind are evolutions from matter and as such are passive tools of the soul being; they are highly refined matter, or negative and undeveloped mind. The nature of the Creator is eternal and omnipotent power, the source of all life and being. The soul of a human being is from above the mortal sphere of mind; it is an individualization of the Creator's Consciousness and partakes of the power of the Ever-Present; it is the image and likeness of the Creator in human form. The soul,

then, is the key to immortal life and power. It must be recognized and awakened. To awaken and manifest this divine power in us, we affirm its being as a living truth. We take it as the foundation of our being, and upon it we build our mental habitation. It is the keynote of the mind, and if we sound this keynote, all the mind, conscious and subconscious, will come into harmony.

We affirm: I Am Life; because the soul is eternal Life. We affirm: I am Health and Peace and Perfection; because the true I, the real individual, the soul, is potentially the Health, Peace and Perfection of the Creator. We affirm: I am the Wisdom of the Creator; because the soul is an organism vibrant with the light of the Infinite Consciousness.

The soul must be awakened by living the life of truth, expressing the thoughts and feelings of truth throughout every part of the mind and body, in order that the divine image of perfection may transform the whole mind into a heavenly, harmonious character. Then will the Spirit of the Creator speak in the soul, giving angelic wisdom, and the soul will know the way of Life eternal and walk therein.

Too many minds are passive recipients of impressions which come as suggestions from other minds, either incarnate or discarnate. A mind that is not strong in its own individuality, and is therefore vulnerable to the suggestions of a stronger personality, is termed a negative mind. Remember that every mind is sending out mental messages, and these messages enter and impress themselves upon negative minds. They may be good suggestions or they may be harmful. Many a negative mind has suddenly been inspired to commit a murder through the suggestion and desire of another personality, either incarnate or discarnate. A strong mind desired that his enemy should die; a negative mind fulfilled the desire. Execution does not cure criminals; it only sets them free to act out their vengeance in the mental atmosphere of the planet.

“Sitting in the silence”, to the degree that one induces passive receptivity, will open the mind to all sorts of impressions and suggestions from the invisible realm of Mind. To gain soul wisdom, affirmations of divine truth must be made until the whole mind is attuned to soul positiveness; until the mind is vibrant with the joy of soul realization. Then the stillness that follows will not be negative; it will be a passivity overflowing with peace and health for the body, and in the soul communion that follows, the clouds of mortal darkness will be dissolved and the way will become clear, the guidance sure.

The discovery of electricity and other physical forces has transformed the manner of existence on the planet, but these discoveries have brought neither peace nor health to humanity. Now that the occult forces of the subliminal realm are being tapped, terrific forces, marvelous mysteries, will be discovered; but these things will not bring peace or happiness to humanity.

What will it profit a man if he gains the whole world, but does not discover that which is of more value than the world, his own soul?

Only by the harmonious unfoldment of the soul and the subjection of the mind to its proper expression of righteousness and truth, will the peace of the Creator and the happiness of the angelic life be realized by mortals. When the awakened soul affirms the truth of its eternal Being, it is filled with the Spirit of Truth; it convinces the mind and body of its power; it compels health and harmony to be; soul beauty and grace are impressed upon and expressed through the negative nature, and the Creator becomes manifest in the flesh.

BECOMING ATTUNED TO THE SPIRIT

Purity in thought, word, and deed is absolutely essential to any degree of health or spiritual power.

Do you desire health from the Creator, permanent health, which will bring to you the ever-increasing joy of conscious growth in spiritual dominion? Then you must develop the conditions of mind that will facilitate the influx of the Vitality of Eternity. The Creator's universal Mind is the life and mind of all things, but this power within you, which brings health and peace in its tender ministrations, abides in the more refined states of the universal Mind. Only those who purify and refine their thoughts and feelings will enjoy the blessed realization of the All Perfect Ever-Presence.

The greatest wisdom and the mightiest love are realized and expressed by the holiest angels and archangels of Heaven. When the emanations from the angelic sphere combine with those of the awakened soul, the healing power is strongest, because the emanations from the angels are so imbued with universal love and sympathy that their curative potency is enhanced thereby. The Ever-Presence is organized in the angelic souls of Heaven, and through these angels, who once lived and suffered as mortals, this beneficent Spirit is directed in sympathy and compassion to the healing and uplifting of mortals, wherever they can find an open door.

We might desire, with all the intensity of our natures, to do something to save a person who was unconscious down amid the noxious gases of a mine, but the conditions would not allow us to enter. To the angelic overshadowing, accustomed to life in the most harmonious states of the Higher Realms, the lust and discordant feelings of human life are as disturbing and bewildering as the gases of the mine would be to us. The magnetic and mental emanations from mortals who are living in the enjoyment of the ordinary pleasures of life, without aspiration for heavenly truth, fill the mental atmosphere with odors and vibrations so strong and disagreeable that only unregenerate spirits, not long departed from the earth plane, can remain in close association with friends still incarnate. The high and holy ministers of the Creator who inhabit Eternity cannot breathe and hold their consciousness amid such dense vapors to the best effect. The Creator longs with infinite Love to bring each and every one to the conscious realization of a greater peace and perfection, and it is the perpetual operation of Divine Love that is gradually lifting humanity from darkness to Divinity.

Locked up in the chemical elements of the earth one can find far greater power than dynamite or electricity, and by concentration of thought, humanity may discover, and by mechanical skill operate, this power. Stored in the mental spaces all about and within the mind of humanity is a greater power, and this power is being discovered and applied in suggestion, thought transference, and through the mediumistic phenomena where invisible minds or mental forces become clothed for a time in the trappings of matter and seem to overcome all known laws of

physics by levitating material objects. This same mental power is being used to heal disease and create lives of positive fulfillment.

There is a power in the Creator much greater and more satisfying in its operation than either material or mental power. Behind and within the purest degrees of all the universal forces of existence abides the Supreme Controller, the Spirit of the Ever-Present, Who is forever evolving and transforming all energies and forces to subserve Its purpose of wisdom and love. It was this transforming power of the Creator's Love that the prophets of old discovered and revealed to mortals; and it is this Spirit of universal Love which each of us must realize if we would know the Creator.

By purity of life we prepare the physical temple, and by deep devotion and holy aspiration we stir the depths of the soul into intense activity, and become a magnet for the indwelling Spirit. The soul is of the Creator; it came from that Infinite Source, and through it the spirit will express to the mind and body.

The soul in its incarnation into a form of flesh is like a seed that has been sown in the earth. It must be watered by our thoughts of recognition and quickened by our deep feelings of love for the Creator. It has an affinity only for the truth of the Creator's love; the thoughts and feelings generated by earthly things becloud its faculties and hinder it from receiving its daily sustenance from the I AM within. If the mind of a person is centered wholly upon material things, the soul becomes isolated from the Creator. If the soul is strong and has had some degree of awakening, it will tire of the dreariness and darkness of mortal vibrations, and when an occasion offers itself by way of sickness or weakness of the body, it will sever its connections with the flesh and return to the freer state of spiritual life, causing death to the body. But it will still be burdened by its personal mind, which it must regenerate. The work of regeneration would have been much easier had the personal mind received and accepted the knowledge of spiritual truths before death, because truth received from the mortal plane of understanding produces a deeper impression on the mind accustomed to dealing with material things.

If the soul is not awakened, it cannot gain much realization of its oneness with the life and wisdom of the Creator, and consequently will not be able to recreate and hold the flesh in harmony and health. We very often find that it is sufficient to educate the soul to a realization of its oneness with the Creator in order to bring health to the flesh.

There is no permanent health or happiness outside the realization of the heavenly Presence. Many seek for health, as they have sought for happiness, in material things, and find it not; while if they would but cultivate conditions for the expression of the healing Love of the Creator, much disease and suffering would be eliminated from their lives. Some reply that they have known pure and devoted seekers of light and truth who have been the greatest sufferers. We know that they were not living in the knowledge of the omnipotence of the Creator's love and goodness; in other words, they believed in the power of evil to frustrate the

Creator's omnipotent Goodness, and according to the laws of thought, their beliefs in the powers of darkness hindered the manifestation of the spirit of Love in their lives. Their fears and mistaken beliefs made them negative and receptive to inharmonious conditions. Their minds were not bright, hopeful and joyous with positive thoughts derived from a divine faith, and so the Spirit could not enter.

We have known of those who have been deeply interested in all that tended to help humanity. They were faithful in doing church work, active in works of charity, giving most of their time and energy to others; and then as they found their strength diminishing, and had many disturbances in their financial conditions, they began to doubt God. They had done much for God, and what was God doing for them? God did not seem to care how much they suffered or how poor they became. Was God just?

Did God love them? Was there any God of love and wisdom at all?

They fulfilled the second part of the commandment to love their neighbor as themselves, but failed to see the depth and breadth of the first part of the injunction: "Thou shalt love thy God with all thy heart, mind, soul and strength." They used their own strength and not the strength of the Ever-Present within them. If they had lived in the constant inspiration of the Creator's Presence, their souls would have gained new power daily; wisdom and vitality and a living spontaneity of joy would have filled their lives with gladness and health. They would disease from themselves and others. I know these things to be true, for I have lived in the old way and reaped pain and discouragement, and I have lived in the new way and reaped joyous health and spiritual prosperity. I find that the Spirit of Love makes of us magnets for all things that we may desire when we live with it and allow its power to express through us. But if we do not spend some time daily in devotion to the All One, it may be readily seen that the Creator's Presence will not be so strong in us for the manifestation of either Divine Wisdom, Divine Health or Divine Prosperity.

We know that if we seek first the Ever-Present Power within us, and not our own power, all things will be possible.

A POWERFUL STATEMENT

People have been taught for ages that evil is a self-existent force; that there is a conscious power, or devil, working against the good of humanity.

This is a negative belief arising from ignorance, or a partial knowledge of the Goodness of the All Intelligence.

Positive knowledge reveals the truth that the intelligence in humanity, bird, beast, and all created things is good; in fact, very good. All created things are the intelligence of the Creator, manifesting and evolving through the successive steps of progressive life. All are growing continually from negative to positive through the grades of developing intelligence, and will finally reach the stage of development which will enable them to grasp the positive knowledge of eternal Truth, and work consciously with the one Intelligence, the Father-Mother of all created things.

All is good. Every step is good, even though it is a misstep or seeming mistake; for through their mistakes, the Creator's children learn which paths do not lead to happiness, and thus they advance in knowledge.

This faith that all is good can become the salvation of each and every one from all the erroneous, devitalizing beliefs of one's culture.

We should learn to recognize that all life is truth on its own plane, and that in evolving and progressing, minds live in the experience of truth negative before advancing into the realm of truth positive. This will give us the patience of the Creator with all the ideas and creeds of mortal mind which past cultures have evolved as they progressed through negative mind or nescience:

All is Good!

This is positive knowledge. This is the faith in the wisdom of the Creator that overcomes mortal thoughts and beliefs. This is the revelation of Truth that heals and harmonizes all elements of mind and body.

There is no real, or positive, evil, only developed and undeveloped, ripe and unripe, enlightened or unenlightened.

All so-called evil beings and actions are in and of ignorance and lack of development.

There may be cultural thoughts, or cultural beliefs, that have grown positive through ages of existence and universal acceptance; nevertheless, they live in and belong to the negative sphere of Mind, have no real principles of reason or truth to substantiate them, and have no real power. On the other hand, thoughts of Truth are alive with the positive force of the Spirit of the Creator, and the mind that expresses them is in rapport with the minds of angels and archangels and every healing, illuminating potency in the universe of the Divine Mind.

Every mind and every condition of ignorance can be developed into the more positive condition of knowledge and health through the omniscient power inherent in the thought, **ALL IS GOOD**.

Everything, no matter how evil it appears, is undeveloped in the Creator's plan, and will grow and progress to a more intelligent condition under the fertile recognition that **all is good**.

Nothing, nothing can turn against one who lives in the positive recognition and avowal of this ever-potent truth. This one statement of absolute Good, that one's reasoning powers can glory and rejoice in for weeks and months, will prove itself the voice of Omnipotence by making all of one's mind and world good and prosperous, and it will glorify one's whole nature with the exhilarating life that comes to those whose minds are wholly in tune with the Infinite Good.

Much of the pain, disease, and poverty of a patient is the manifestation of negative beliefs. In order to make a convincing impression upon the mind of the patient, the healer must be conscious of the power of thought and be thoroughly imbued with the knowledge that **all is good**. The healer's mind must be so enthusiastic in this knowledge of truth that it will be positive to the patient's negative belief that some evil exists and possesses the power to harm.

Holding the patient in the power of true thought for a space of time, radiating its light through their mind and directing its forces into the parts of their body in need of education, the healer will carry the conviction of the Spirit to the patient and restore the body to a more positive state of health and peace.

This supreme positiveness is the highest development of healing thought, enabling the goodness of Truth to assume command of the negative mind and remodel it after its own pattern of perfection. In the treatment, the whole mind becomes so devoted and concentrated to healing thought that there are times when it loses itself in the thoughtless, wordless consciousness of Power, becoming the instrument of the miraculous healing influence of the Life Ever-Present.

This is the wonder-working law which healers have occasionally fulfilled. When those desirous of healing for self or others have fulfilled this law, either consciously or unconsciously, the results have been all that could be desired, the healing perfect and complete.

We shall grow more perfect in the power to heal as we lose our mortal misconceptions, as we forget all thoughts of a mortal, material world of evil in the contemplation of the truth that we stand face to face with the living Soul of the grand universe, expressing its vital energy in every atom of this splendid cosmos of manifested Intelligence.

THE MYSTERY OF OMNIPOTENCE

Is there a personal or impersonal God who has free rein to function in and with the universe? Is there an omnipotent Intelligence guiding and controlling the operation of natural law? The atheist quickly answers no. To the atheist there is only a universal, blind force that operates as immutable and unchangeable law. The agnostic sees that there is undeviating law operative everywhere; but is uncertain as to how that fact should be negotiated. The orthodox thinker claims that the Lord is omnipotent but he cannot give a reason why the Lord should allow cataclysms to interfere with the peace of humanity.

I promulgate the belief held by a great number of the advanced thinkers of the day that there is an omnipotent and universal Intelligence prevalent in the universe, but that there are different degrees of manifestation of this one almighty Power. The physical universe of matter is the negative form of this great Power, or Force, the mode of expression of which some call Natural Law; but it is a manifestation of the sentient Intelligence of the Ever-Present, nevertheless. The vibrations of force exist in various degrees, from the gross vibrations of physical substance to the finest vibrations of mental energy. As the forms of life come into manifestation, they organize and exhibit this universal Power in varying degrees of complexity, from the micro organism to humanity. As forms evolve and become more complex, they come in touch with finer and finer degrees of force. At first they have only the power to organize life. Later there is born the ability to feel, which develops, still later in evolution, into the animal's faculty of instinct, (another name for the All Intelligence within), which is a certain responsiveness to the mental waves of Infinite Intelligence. This faculty, which we call instinct in the animal, can be developed as intuition in humanity so that they can resonate with the finer and deeper waves of Omniscience that vibrate through the mighty Mind of the Creator.

When the great processes of evolution (which is the methodical and progressive action of Infinite Mind, not mere physical development) , working so ceaselessly and tirelessly in Nature's wonder house, brought the complex structure and brain of humanity into manifestation, we can say that the Creator made human beings out of the dust of the earth. Because these highly organized beings are capable of responding to the Divine Spirit that inhabits the inmost recesses of existence, we can also say that the Creator breathed into humanity the breath of Life. Therefore, the incarnate human form is the mediator between the highest and lowest states of being, and in it are organized the vibrations which allow each person to be receptive to, and communicate with, every region in the physical and spiritual universe.

We are taught that each form in creation is composed of atoms that are vibrating to and fro with intense rapidity, and that the atoms themselves are but forms of vibrating force or energy. The tables, chairs, and books in our rooms, and even the walls, are masses of vibrations. Though they appear dense to us, they are

actually composed of more space than solid substance. The atmosphere is also a vibrating substance; in fact, all life is vibration or energy in different degrees of intensity. The finer vibrations interpenetrate those more gross. For instance, the vibrations called X-rays penetrate through flesh and through wood without being disturbed by the vibrations of those substances; and there are still finer vibrations than those of the X-ray.

You can imagine a form composed of X-ray vibrations being present in the spot occupied by a grosser form, without one form being sensibly present to the other. Thinking along the same line, you can see how the mighty vibrations of the Creator can be present in the room and in one's body, and all through space, without being directly evident to the physical senses.

Mankind is a part of the Creator's omnipotence. We see that creation is not complete without mankind, and that the Creator utilizes humanity for the fulfillment of divine manifestation, as truly as humans are dependent upon the Ever-Present for the power and wisdom that will enable them to gain dominion over the negative and undeveloped forces of nature.

The resistant granite, the crystal quartz, the beautiful flower, the graceful tree and the strong and cunning animal are all parts of the vast intelligence of the Creator, but they are intelligence in a latent state. Only in the human form does this intelligence come to self-consciousness or develop to a knowledge of its power. It is the privilege and duty of humanity to make the Creator's will manifest for the benefit of all lesser degrees of evolving intelligence, and even in humanity there are degrees of expression of this intelligence. The human race may choose to be receptive only to the vibrations of animal life and they may live in the sphere of animal sensation. They may also choose to live in and express the finer and more interior degrees of their complex nature, from the intellectual sphere of perception and understanding to the will sphere of loving and living in the realization of the omniscient love of the Ever-Present consciousness, which is the Presence of the Creator within.

Thus, through mankind, the higher degrees of the Creator's love and wisdom are opened to the lowliest degrees and forms of life, and every human being may be a co-worker with the Creator in lifting all beings to a higher degree of intelligence and power in the limitless scale of evolving life. Everyone who radiates the blessing of love to all creatures, with the understanding that All is Good, is a mediator between the Creator and creation, and will realize the great satisfaction that comes from expressing the qualities and powers of the soul. The birth and expression of the Love of All in and from the soul will bring to each one the conviction of individual immortality as a son or daughter of the Ever-Present, forever working hand in hand with the Omnipotent Creator in the great work of glorifying the created universe.

Knowing this great truth of humanity's intimate relation to the Creator, as agents to sublimate and spiritualize all substance so that the Creator may be all in all, we can look forward with prophetic vision to the unfolding future, when all error or ignorance will be transformed into divine intelligence. The mind of humanity and of the planet will be so filled with the harmonizing light and love of the Creator's Presence that even the processes of nature will become more orderly and intelligent, as now they are more peaceful and settled than they were in the past. We visualize a future in which all disasters from organized forces will come to an end, and the whole earth will exhibit the fertility and richness, the grace and harmony of a heavenly kingdom, where the love of the Creator is paramount in all hearts and throughout the length and breadth of visible nature.

CULTIVATE YOUR WILL

The omnipotent Will of the Creator is holding worlds and solar systems in obedience to a harmonious order. You stand in the highest order of created beings, and you have the ability to come in direct contact with the divine Will, to the end that It may express Its purpose of perfection through your whole nature. Develop the divine Will within you by expressing It. You can cultivate such a mighty force of will by the constant assertion, "I am, I will," that every temptation will be overcome and every bad habit transformed into good by the awakening of this mighty attribute of your divinity. These affirmations will give you the godlike power of dominion:

I am a living Soul of Jehovih's Ever-Presence.

I will realize the majesty and glory of my divine Soul.

I will feel constantly that I am an angel of Light and Love.

I will exercise my dominion over every negative condition of body and affairs. I will conquer all evil.

I will resist all temptations.

I will fill every organ of my nature with healing life.

I will express the perfect life and health that exist in my soul.

I will become such a magnet of love that harmony and prosperity will surround me on all sides.

I praise the Creator for this mighty power that is now mine.

BUILDING THE TEMPLE OF FAITH

You see the beauty of the divine Truth, and now you desire to build the temple of your mind after its pattern. You desire to manifest the truth that you now understand. "Faith is the substance of things hoped for." Faith is a mental energy that you can cultivate. Every time you think a thought of truth you are adding one more word of faith to the mental energy that is building up your spiritual body. Every time you make a strong affirmation of the strength, health and prosperity which are inherent attributes of your soul, you are formulating the quality of mental energy that your soul can use to come into strong, perfect manifestation.

The faith that you have generated in the past has been a negative form of faith. You have not known the wonderful power of thought, and you have allowed various kinds of false beliefs to occupy your mind; consequently, your mind-body, the spiritual body that is formed of your thoughts, has been open to the influences and beliefs that fill the mind of the world, and has not realized the dominion of the Mind of the Creator.

Your mind has exercised a certain negative dominion over the flesh, and its limiting beliefs are the cause of much bodily discomfort. All the thinking that has formed your present mind-body, which now dominates your physical organism, must be regenerated and transformed into true intelligence, that the power of the Creator within may become manifest as your physical healer. This change of mind comes gradually by the processes of education and growth. There is an increasing power of mind, as the Presence of the Creator becomes more and more visible to the understanding.

You are the visible form of an endless stream of vitality and energy. The love of the Ever-Present broods over you and is willing to give you of Its almighty strength. The Creator is your life. The Creator is your intelligence. The gift of eternal life is yours as fast as you can appropriate it. There is no limitation placed over you by the love of the Creator. You are as unlimited as your Source, and you can think yourself into freer channels of life and expression. You will feel the glowing fire of the divine Presence as it begins its work of regenerating your physical nature, and the thrill of heavenly vitality will convince you that your body is a kingdom of heavenly bliss.

Spend more time daily in thinking and speaking truth for yourself, with confidence that you are cooperating with the Creator in building a divine temple for the Ever-Present to inhabit. Think thus:

I am in the midst of the Almighty forces of the Creator that are all working for my good. All are working for my prosperity. I will with all the power of my mind and soul that all my affairs shall quickly arrange themselves for the demonstration of my prosperity. Love and justice reign supreme in all my world. All is Good. The Ever-Present All Good protects, sustains and prospers me, now and at all times. I recognize only the good in all beings. My faith is grounded and

unalterably fixed in the Good, and thus my faith will conquer every belief of evil, and I will by my true faith hold myself in unity with the powerful Mind of the I AM.

I am living in the midst of an ocean of vitality and intelligence. “In the I AM I live and move and have my being.” I am breathing this vitality and strength every moment, asleep or awake. My stomach is vitalized and able to assimilate sustenance and strength from all I eat. I love to eat and absorb strength. I am in tune with all nature and with the healing power of the Creator, and all things are giving me of their life and energy. I see and feel that the whole universe is a vast sea of life, and I am a magnet in the midst of it all, appropriating all that I need to build a perfect, healthy body and mind.

I know, O Thou Eternal One, that Thy love holds me in Thy almighty embrace. I am a little child in Thy hands. I trust implicitly in Thy All-Wise Presence. Fill me with Thy Spirit of Truth, that I may thoroughly know and feel that All is Good; that all fear and care may depart from my mind. I will learn of Thee, that I may find Thy peace. I know that as the Spirit of Thy Truth grows strong in my mind, all mortal errors and fears will vanish, as the mists dissolve and disappear before the morning sun. Thou art the sun of my soul, and in the brightness of Thy Omnipresent Glory my soul now awakens and is filled with the joy of immortal life.

I praise Thy Intelligence, which I see manifesting everywhere. I praise Thy Love, which is present within each soul. I praise Thy Life, which is the omnipotent sustainer of all creatures.

TRUST IN THE CREATOR

With the proper understanding of the truth of the mighty power of the Ever-Present within our lives, I know you can bring yourself to so perfect a faith in that Divine Power and Presence that you will not be moved by anything negative that transpires around you. Until you arrive at this stage of faith, your knowledge is a limited source of spiritual support.

When you are disturbed by inharmonious conditions in your own life, you allow yourself to be affected by the troubles of other people. This is due to your great sympathy. But if you are firmly poised in the truth of the Ever-Present's goodness, and you make that fact **real** to your mind by constant affirmation, you will be undisturbed by the appearances of negativity. If you are poised in the truth that you are an expression of the **Omnipotent One**, you will do all that is possible to alleviate the conditions, because you will be firmly grounded in the faith that the Almighty cannot be thwarted, and all **must from omnipotent necessity** work for **good**.

When we are so strong in this faith, the true faith that unites us with the power of the Infinite, we then nurture the perfect mental conditions whereby only good can operate in and around us; whereas, if we are unsettled in mind and do not furnish a still, positive point for the radiation of the Power that makes for good, all things seem to work to create more disturbance.

While working for all good results, we must leave each and every soul free to be moved by the Infinite Will in their own way, and not take the responsibility of forcing anything to come in the life of another just because we think it should, for then we may hinder the very thing which the All-Wise Spirit would accomplish.

The more we positively affirm what we know to be true, the more positive and powerful our faith becomes; so it is our method to make affirmations continually toward building up the spiritual mind of faith. The power of the Creator is impartial; It will do whatever our thought turns It to accomplish. So we must speak words of truth with confidence, knowing that they are seeds which will bring forth a perfect fruitage in the Creator's own time.

Truth is mighty and will prevail, if we give it a mental form through which it can act.

THE WORD OF POWER

As we comprehend the symphonies of the great musicians, we see them as wonderful creations of grace and beauty. We understand that the discords are just as necessary as the harmonies to make a perfect, artistic whole. We see that discords and harmonies must be contrasted in order to bring out the relative value of each. And, looking at the symphony in a comprehensive way, we say that it is all harmony. Viewed from the artistic standpoint there are no discords; it is a perfect evolution of musical thought. But looking at it from the standpoint of details, analyzing chord after chord, we use relative statements, and say that one set of notes is a discord, while another is a harmony. So it is the time element that makes manifest the discords and reveals the evolution of discords into harmonies. There are long drawn-out discords and the quick modulations and resolutions of chords, all ending at last in the tonic or keynote, which is the victorious climax determining all progression in the musical composition.

The universe is the grand symphony of the Creator's Love; our souls are divine notes evolved by the Master Musician, and all are fulfilling a wise end and use in the progressive harmony of life. As we contemplate the vast designs of the orderly cosmos, we are compelled to acknowledge an operating Wisdom beyond all mortal comprehension. Looking at the universe from a point of view above the petty details of mortal existence, we are willing to acknowledge that it is the artistic production of a Master Mind; that it is a living symphony, all grace, all wisdom, all harmony. Coming down to the details of life in time, where the evolution of the tones of the universal symphony appear as discords, and, in their unrelated groupings, as continuous sounding dissonances, we are apt to lose sight of the majestic inarch of the Whole and its progression in the wisdom and love of the Creator. The Creator is the Master Musician, and that Divine Soul of Love and Light is the keynote of existence, the Alpha and Omega from which all the harmonies of existence proceed and into which all are again resolved.

From the standpoint of All Wisdom there is no evil or discord; all is good and all is harmonious to the Eternal Mind Who rules all in endless progressions of wisdom and love. It is only because we look at things from a limited viewpoint in time, where the future resolutions and evolutions of the discords of existence are not apparent, that evil appears as an incomprehensible mystery. From the view given in this analogy, we can understand the truth that all life, intelligence, and substance are expressions of the Creator, and therefore good, and that what appears to be evil is but an illusion to us because we do not comprehend the purpose of the Creator nor the evolution of that Divine purpose in humanity. No philosophy has ever given a satisfactory reason for the existence of evil or evolved a theory of beneficent Intelligence without the contradiction of making the Creator responsible for any evil that might enter into creation.

The concept of the universal goodness of all that is, is the founding thought for all spiritual progression. Spirituality consists of coming into sympathetic

relationship with the Mind of the Creator, and thinking and feeling as that Infinite Spirit inspires. In order to accomplish this, our minds must be lifted above the limited philosophies which humanity has evolved, and conceive the Spirit of the Creator in the Goodness of that eternal reality. If we comprehend that the motive from which All Wisdom acts is universal love, we shall desire to bring our whole nature into accord with this supreme Tone of life, and we shall see from this exalted standpoint that love and good-will, not selfishness and condemnation, are the God-like modes of expression.

The Creator's Spirit is Ever-Present in the positive states of the Universal Mind, but until we grow to a positive degree of faith or knowledge, our minds relate only to the negative or material states of the Universal Mind, and cannot feel, or respond to, the movements of the Spirit. Like the wire in the glass bulb which becomes luminous because of its resistance to the electric current, we are glorified by our ability to stand positive under the vibrations of spirit, and thus make its Light manifest. As our mental structure becomes more and more positive with divine thoughts and feelings, we advance from negative to more positive states of spiritual life, until we gain a power of spiritual positiveness and resistance that enables us to stand upright as Sons and Daughters of the Eternal, and feel the beatings of the waves of deific life against every particle of our spiritual nature. Verily, we must be Almightyly positive in love and truth if we would be able to polarize and organize into our own beings the forces of Omnipotence.

It is a common idea that the human form is a medium or receptacle for the Ever-Presence, an instrument through which the Creator can flow, as water flows through a tube. I have watched those who have held this idea, but have failed to see them attain to any exalted consciousness of the Creator. It has been my experience that the Creator seeks to glorify minds that can stand without flinching in the white glory of the Nameless Presence, and trace their pedigree to the Ultimate Source; minds that can unite with the Infinite in expressing the Power that has dominion over the negative mental states and conditions which are not yet conscious of the Divinity that resides within the positive center of existence. This dominion is but the power of love that irresistibly leads and attracts undeveloped minds, even against their knowledge and will, into the way of progressive evolution toward the sublime heights of Divinity.

It is the positive knowledge of our oneness with the Creator which enables us to bear the glory of the Ever-Present in our natures. We must cultivate a body of thought, a character built out of positive affirmations of true thought, until we have a pure, resistant spiritual nature which is an organization of the mighty thought of the Creator, a radiating Center of divine love and wisdom. We must think the truth and speak what we see to be true in our souls, until the aggregation of a vast number of positive thought forces combine to form our minds into one glorious word of power. We must strive to live continually in the thought and faith of the Creator so that we can become the Word and Spirit of the Almighty incarnate.

We are just beginning to learn that our natures are batteries for the generation of mental force. We are continually sending out currents of thought force from our mental batteries. It is being demonstrated that our thoughts are alive with an energy and intelligence capable of operating at a distance from the brain from which they are sent. And more powerful still is our realization that we are being influenced for good or ill by the thoughts of others which we allow to enter our mental sphere. So we are either positive generators of thoughts which affect others, or we are ourselves being affected by the thoughts of others. In fact, we are always being impressed by minds more positively potent than ours, and in turn, we impress minds less positive. Knowing this, it behoves us, for our own protection, to become more positive than the minds with whom we associate. In order to realize the greatest good for ourselves, and give the minds who come under our influence an impulse toward purer and higher thinking, we should cultivate an expression of thought which will relate us to the mighty Mind of eternal Goodness and Wisdom.

We are learning of the power of the word and its magical influence over minds, but we are also gaining a realization that when the power of the word is used for selfish ends it brings more sorrow than joy; that with the operation of occult forces there comes a responsibility which is apt to bring more bondage than freedom. Those who try to hold others in selfish bondage do not rise out of the sphere of selfish forces themselves, and so with the intensification of their selfish-mindedness, they are limited as never before. Only those who are willing to arise and go forward in the way of the Creator, to abide in Love and Wisdom, find the path which leads to the demonstration, in their individual lives, of the Word of power.

The mysterious power of the Spirit of the Creator is not a physical vibration, nor is it a mental vibration of thought; it is a power above and beyond human thought. Some have thought that this Breath of the Almighty could be indrawn by certain breathing exercises. These exercises will refine the physical nature and make it sensitive to certain occult vibrations, but these vibrations are of a sphere subordinate to the Almighty Spirit. The Spirit is a breath in a metaphoric sense only. It is inbreathed into the understanding of the spiritual mind as air is inspired by the lungs, but no process of physical respiration will open the mind to the Breath of Divine Wisdom. This can develop only by educating the mind in the knowledge of eternal Truth. Every wise teacher has emphasized the fact that freedom, health, and salvation are to be found in the mighty principle called Truth.

It is the Spirit above humanity's mortal thought which endows us with divine power. Let us take for illustration two men of equal mental powers. Each understands how to generate mental force from his organism. The first has great faith in his own mental powers, and according to his faith he generates forces from his mental battery which proceed to accomplish that which he intends. The second has faith in his own mental powers, plus an awareness of and faith in the goodness and power of the Creator. He generates thoughts of truth which have the power of

the first man's thoughts, energized by the greater power of the Spirit of the Ever-Present. Thus, the man whose mind is illuminated with the Greater Truth will have a power in his thoughts and words which will carry a conviction of the spirit equal to his purity, sincerity, and his realization of Truth.

When the mind perceives the eternal verities and enunciates them into positive thoughts, these thoughts are alive with the Spirit that is Eternal Life itself. More important than physical breathing exercises or mental concentration, is the awakening of the soul to the knowledge and love of the living Creator. The awakened soul will inbreathe the Breath of Eternity and gain the conscious power which will illuminate the mind and revitalize the body with a spontaneous joy that will be irresistibly potent in transforming the nature and subordinating all processes into harmony with itself.

If a student sits and practices breathing exercises or mental concentration in the ordinary negative state of mind, thought vibrations will be indrawn from the negative mortal sphere of the Universal Mind; but if the student's mind is first made positive and radiant with the Spirit of Truth by affirmations of living, eternal truth, there will come, by the law of like attracting like, an influx of thought which will have an uplifting and exalting power.

To sit in a negative state of thought and passively draw upon the invisible for occult power will make one a medium for a quality of mental influx like that with which that mind is in tune at the moment. Thus is mediumship developed, and the mental doors open to just the quality of mind which we are striving to outgrow and overcome. So the mind must first be exalted by aspiration and affirmation to the love and contemplation of divine truths, and then when the whole being becomes spiritually positive in the joy of expressing living thoughts of wisdom, a state of passive receptivity will follow, which will bring to the soul the emanations of heavenly inspiration.

There is latent, now, in each individual soul a power of divinity capable of transforming the whole body into health and perfection. This power, which is the Spirit of the Almighty, may be expressed through positive affirmations of truth forming thoughts of recognition which embody in mental form its divine potency. Through faith this spirit manifests its power; and faith may be cultivated and developed by affirmations of truth relating to the goodness and wisdom and perfection of this Power. We may affirm the presence of Almighty health and strength until we feel the glowing Power infusing our thoughts and tingling with joyous life through every cell of the body. It is by affirmation of the truth that we build the spiritual temple of faith through which the Creator comes into manifest expression in our being. As we develop this potency of the spiritual word, and tune our natures to the keynote of the divine life of love and service, we shall gain the consciousness of the actual presence of the Creator, and become so alive with Infinite grace and harmony that the All One will live in every part of us, and we shall begin to realize in some degree the miraculous power of that All Presence within.

MY SOUL IS ALIVE WITH THE HEALING POWER OF THE CREATOR

Assume a restful attitude and let the above thought occupy your mind. Picture in your imagination the reality of the living, healing Presence of your Creator. As you hold this thought in mind, know that your soul and body are being illuminated, spiritualized and harmonized by the living power of the Ever-Present. Cultivate by love and devotion this heavenly Presence. Your soul will awaken under the influx of that divine pervasive Presence, and new and holy aspirations will be born. You will feel your soul and mind and body being transformed into the harmony and perfection that are your real, eternal character.

After you have continued this practice for a time you will begin to realize as never before that your soul is an actual, intelligent power, superior to your conscious mind, created in the image and character of the Creator. Your divine nature will grow in strength and power daily, and you will praise and glorify the Creator as the regenerator and energizer of your soul. Then you will love to give time to silence and meditation, so your soul may be fed by the influx of Divine inspiration.

From this awakening of the soul, there will come to you a new and more potent vitality that will heal and harmonize all your nature. Your soul will begin to realize its god-like dominion over negativity, sickness and death. It will become a potent magnet of love to draw to itself all that is required of wisdom and wealth to promote its spiritual welfare.

AFFIRM ABUNDANT HEALTH

There is no cause for infirmity in your soul nature, which is your true nature. While thinking how the truth of the soul can overcome erroneous thoughts of the mind, never give power to any cause that is not real in your soul nature. Your soul is Truth. The life and perfection of the soul is positive Power. Think the truth of your soul, speak the truth of your soul, and trust it to overcome all negative appearances in the body. While pain and disease may appear very real to the senses, they are not real conditions to the soul nature. What the soul knows and feels as true is the real standard of eternal Truth. The soul recognizes unlimited life and perfection as the only permanent truth, no matter what may appear real in the body. And if the conscious mind will agree with the soul and deny all causes of sickness and pain as unreal, the soul's power and perfection will become manifest. As:

There is no cause in my soul for pain.

There cannot be any cause for pain in this temple of truth.

My soul is the life and peace of my body.

Affirm the Perfect.

The human battery of mental energy may generate thought which is constructive or destructive. As the electric spark is discharged from the electric apparatus, so, in like manner, sparks of thought are discharged from the mental apparatus. Although the charges of mental force are invisible to mortal sight, they are, nevertheless, much more potent in many ways than the crude spark of electric energy. Sparks of thought force are superior to electric sparks because they are intelligent; and the power in each spark will work intelligently to accomplish whatever it is directed to do. Instead of becoming exhausted it becomes stronger by drawing like mental elements to itself. We have a very faint realization as yet of the power of thought. When the world wakes up to the spiritual value of thought, to the creative value of thought, the members of the human family will become more god-like in their dominion over their corporeality and over all negative environments.

By affirmation of truth, thoughts of constructive power are generated. By denial of the beliefs of the past which we see to be false, we generate a cleansing force which dissolves from the subconscious and conscious degrees of mind all dark and limiting thought forces that tend toward disease and discord in the human economy.

The subconscious mind is the storehouse of all the thoughts and feelings of our personal life, running back to the thoughts and feelings of the parents who formed the basis of the subconscious mind, both before and during gestation.

The subconscious mind of each personality, then, is a mental garden, in which is planted all the false and undeveloped thoughts of the whole race, or at least of that part of the race from which the personality descended most directly. As

the subconscious mind is the spiritual form or matrix which molds its physical counterpart, forming and operating every organ in the body, and directing the new food elements that are partaken of daily to their proper places in the formation of the body, it may be necessary to go back into this subconscious character form to find the potent cause for the discord and in harmony in the physical body. If the seeds of lust, limitation, fear, ignorance, revenge, cruelty, disease, or death have been sown by ancestors, or by conscious thought, in the garden of the subconscious mind, then all these seeds will have to be dissolved in order that the subconscious mind may reflect the perfect order and harmony of the heavenly Mind of the Creator, and make the Creator's perfect thought manifest as a more perfect temple in the body. Not until the subconscious mind is cleansed and purified by the dissolving power of thought can the soul power within, the true individual from the Creator, gain more perfect mastery over its mortal body.

Unprogressive thoughts, like lust, anger, jealousy, etc., have a creative force. They transform the body's energy into poisonous compounds. This is now demonstrated conclusively by scientific experiment. But, thanks to the knowledge of the action of the mind, we know that we no longer need to suffer from any negative pre-programming by our ancestors, nor do we need to suffer for our own errors of the past. We can use the process of mental denial to dissolve all the negative seeds of past thoughts from the conscious and subconscious degrees of the mind. A spark of electric energy may be sent through the depilatory needle to the root of a hair to destroy the root; so by denial may sparks of thought be sent into the mysterious recesses of the subconscious mind to destroy all false beliefs of the past.

In every instance in which there has been loss of health there will be found a mental counterpart, and unless the mental growth is dissolved first, the material means used to dissolve the physical growth will not always be successful, because, given the proper conditions, the mental form will again reproduce itself in the body.

The best results are attained by the use of denial of the negative, followed by positive affirmation. It will be found that the process of denial tends to disturb both the mental and physical forces of the body. Denial of the hold of diseased conditions will disturb the reign of those conditions, and denial of old mental beliefs will unsettle the mind for a time, causing the darkness of past thoughts to rise up and fall under the dominion of our conscious will. But there is no real reason for fear, if we do not persist in using denials. Strong denials should be followed by peaceful, harmonizing affirmations, in order to allay any mental or physical disturbance caused thereby.

The following examples of the application of mental denial make the process clear. The student can see from these examples how to exercise the mind to deny all conditions of mind and body which do not represent the ideal.

Denial of Fear

I take my stand on my eternal soul, and by the cleansing power of my mind I dissolve away all the limiting thoughts of the past.

I am a soul in unity with the omniscient Spirit of the Creator. I dissolve all thoughts of ignorance from my mental atmosphere. I am wise with the Wisdom of my soul. I am the Light that clears away all the clouds of mortal ignorance. I am the Light of the Eternal!

All fearful memories of the past are dissolved. I will persist in casting out all fearful thoughts from my mind until only the Light of divine Love remains.

My soul is in union with the perfect Love of the Creator. I am the perfect Love, the Ever-Present in expression.

There is absolutely nothing to fear. All ancestral thoughts of fear are dissolved from my mind. All hereditary thoughts of fear are dissolved from my subconscious mind. I will no longer be bound by haunting thoughts of fear. I command my subconscious mind to cast out all haunting thoughts of fear.

My soul stands in the joyful light of Love and cannot feel fear in any form. My soul is clad in a mantle of Light and cannot be troubled by memories of the past. I am the fearless Child of Omnipotence.

I know the truth that All is Good. I know I cannot lose anything. I know that no force in heaven or on earth can take my conscious individuality from me. I cannot be robbed of any good thing. So I have nothing to fear. The fearless Spirit of the Creator is radiating from within my soul. Praise Thee, Ever-Present Great Spirit.

Deny Mortal Heredity

As a soul born in the image and likeness of the Father-Mother Creator, I deny the power and influence of mortal heredity. I deny all limitations of a mortal heritage. I deny the negative truth of my mortal heredity in favor of the positive truth of my immortal heritage as a soul of the Creator. I will recognize the power of life, health and perfection within my soul, and by my recognition of my soul power, I will overcome all negative concepts of mortal belief.

I cannot be affected by unhealthy conditions and the predispositions of my mortal parents. I refuse to allow any imperfect conditions to take root in my nature. By the power of my divine soul I dissolve from my nature all tendency toward imperfect conditions.

I will no longer look back to mortal parents as my ancestors. I will trace my birth directly to the all-Perfect Creator, who is the real parent of my real being. I will not reproduce any of the self-limiting mental or physical attributes of my mortal parents. I draw all my life, all my thought, and all my power to express life

and health directly from the Creator. I deny from my mind any belief that I can be subject to the shortcomings of my ancestors.

By the power of my will I dissolve all possibility of disease from my organism. By the intensity of my thought I dissolve every morbid condition from my flesh. By the power of the Healing Fire within my soul I cleanse and purify my mind and body of all poisonous elements.

I will keep my mind and body so pure and my thought so true to the power of the Divine, that only perfect life and health can manifest through me. I am an endless stream of life direct from the Creator and, by recognition of my life in the Creator, I will keep the stream of my life pure and perfect forever.

Deny Mental Weakness

The All One is my life. The All One is my strength. The All One is my mental power. I cannot lose my mind. I cannot become weak in mental power. The Ever-Present's Mind is all about me, and from the All Perfect Mind I now draw my mental energy and strength. I am surrounded by Infinite Peace and Harmony.

I will not be troubled about material affairs or about anything of a mundane nature. I will entrust all my affairs to the Creator. I will have faith that all things will work out for the good of all. I trust the Love and Wisdom of the Creator to bring all good to pass.

I will sleep in the peace of the Creator every night. I will build up my mental strength every night. I will develop my will and my mental power by continual use. I will exercise my will to overcome any difficulties. I am greater than all negative conditions that have held me down, and I now exercise my will to conquer all for the glory of the Creator.

INSOMNIA

Retiring at irregular hours often induces insomnia because sleep is a habit. The habit of sleep can be cultivated because the act of lying down in darkness and quiet is associated in the subconscious mind with the state of sleep. Since thought and feeling retire into the subconscious state during sleep, the subconscious is that part of the mind which functions during sleep, and it possesses the power to draw thought and feeling back into its depths and thus induce sleep. The subconscious mind may be led to produce the state of restful sleep by mental suggestions, and it will seek to carry out the most dominant suggestion it has received.

When wakefulness has become a habit of mind, much patient effort may be required in some cases to entirely overcome it; but rest assured, if the causes of nervous irritability are removed and the proper suggestions are given to the subconscious mind, refreshing sleep will become a permanent habit.

One should form the habit of casting aside all worries and cares, and even the thoughts of daily affairs, before getting into bed. The reclining position should be associated with the idea of sleep and rest of mind and body. Under no circumstances should the mind be allowed to go back over the affairs of the day after going to bed, because mind activity thus induced will settle into the subconscious state and a tiresome dream activity will continue after the conscious mind has become heavy with slumber. Thus, insomnia may be developed.

Many have found devotional study a potent means of turning one's thoughts away from the vexations and cares of the day. By study of exalted thoughts a more spiritual side of the mind becomes active, the mind energy retires from those parts of the brain that have been active all day, and afterwards, with the reclining position, comes restful slumber.

If, after lying down, the mind reverts to the thoughts of the day, resist them and then let the mind drift passively in the current of thought set flowing by your spiritual studies.

After lying down, do not make any positive effort, such as holding affirmations that would tend to keep the mind alert and active, but simply let your thoughts and feelings drift away from material life and affairs toward the state of immortal existence where the Ever-Present is the Divine Magnet Who attracts your soul towards the deeps of Bliss.

When wakefulness has become such a habit that one expects nothing else, it is well to read and repeat the following thoughts persistently before retiring in order to eradicate the idea of wakefulness from the mind:

When I retire, I shall go to sleep immediately, and no habit of wakefulness shall keep me from sleeping.

When I lie down, the mind energy shall flow away from my brain to the extremities of the body, and my brain shall rest.

Sweet sleep shall steal over my senses, bringing peace and rest to body and brain.

Wakefulness is not a normal condition at night. I can overcome it, because all the needs of my nature tend toward inaction after action, to sleep after wakefulness.

I will not become discouraged even after apparent failures, because I know that all my nature is cooperating with my efforts.

My mind will sooner or later adjust itself to fulfill my desire and need for sleep, because it is obedient to my will and desire.

If I wake during the night, I shall expect to go to sleep again immediately.

EXERCISE YOUR IMAGINATION

The audible suggestions of psychologists have broken the nervous habit of wakefulness and proved a boon to thousands troubled with insomnia. Many have practiced autosuggestion with the same good results. That is, after lying down they have held in their minds thoughts like the following:

My body is now entirely relaxed and I am going to sleep. I am quiet. My mind is passive and drowsy. I will soon be fast asleep and I will sleep restfully until morning.

But, occasionally, the very effort to hold such thoughts defeats the purpose and keeps one awake. One woman tried to “auto-suggest” herself asleep. She relaxed hopefully, and repeated her formula over and over, but it didn’t work. She tried it for several nights, growing more restless and impatient, and more skeptical of her own powers, each night.

It seemed to her that she was two persons, one lying sensibly in bed, trying to realize that she could and would sleep, and one perched on the foot-board looking on and sneeringly repeatedly, “You can’t do it, you can’t do it.”

One day she saw in a magazine a picture of a patient being treated. An elderly man was sitting back most restfully in a chair, and behind the chair, bending slightly over the patient in an attitude suggesting power, assurance, and authority, stood the therapist who was treating him.

When she thought of the picture after retiring, she felt very sure that if she were in that study and if that therapist were bending over her with the same attitude of calm assurance and strength, and were telling her to go to sleep, she would obey. Then she decided to “play” that she was being treated. She imagined herself in that pictured room, relaxing in that comfortable chair. She imagined further that a quiet voice, with great reserve and power, was saying words similar to these which follow, and in ten minutes she was sound asleep and slept all night.

“There is no reason why you should not go to sleep. You can sleep as well as anybody else. You are growing very quiet already. You are growing sleepy. You are going fast asleep. You are sleeping, sleeping. Sleep!”

She reasoned then, that if she had actually put herself to sleep through imagining such a scene, she had the power to do it without such imagining. She tried it and failed. She needed some such aid as her imaginary guide afforded her, to enable her to let go of her self-consciousness. At first when she tried to put herself to sleep by direct suggestions, she doubted her words and failed, but she had faith in her imaginary guide. The activity of the imagination occupied her mind in the creative work of forming the guide, the place, and the state of relaxation, drew the consciousness into a subconscious state, and allowed the much-used outer mind to subside. After a while, however, she gained the ability to put herself to sleep without this aid.

There are various ways that this same result may be accomplished by use of the imagination. Another method is to imagine oneself back in the pleasant scenes of childhood. With a little practice, the pictures hidden in memory can be entered into and will become so absorbing that present things will be forgotten; one will wander through bright childhood scenes all through the night, and wake refreshed from partaking of the joy of happy recollections.

NERVOUS DEBILITY

Nervous debility is often caused by accumulations of dark mental forces in the aura or mental atmosphere of the person. They produce a despondent feeling and also weaken the nervous system, because they drain the vital essence. They must be dissolved by persistent use of thoughts like the following:

Omnipotence is dissolving all false mental forces from my presence.

All disturbing memories are dissolved. All disturbing connections with mortal personalities are dissolved. The Creator is dissolving all detracting thoughts from my mental atmosphere. All accumulations of dark and depressing thoughts are dissipated. All self-limiting mortal thoughts are washed away.

My home and my temple are now purified by the white light of the Divine Presence. I will not have my home as an abiding-place for fear or darkness of any kind.

Infinite peace and power are now working to make all conditions conducive to my perfect healing. The mighty Angels of the Infinite are my protection, and under the shadow of their divine wings I abide.

TREATMENT FOR DEPRESSION

By the power of my affirmative thoughts I dissolve all disturbing elements from my mental atmosphere.

All the mortal thoughts of the day are dissolved. All the mental discords of the day are dissolved. My aura is cleansed of all dark and limiting thoughts. All thoughts and memories of the day's affairs are dissolved from my mind. The weight of mortal responsibility is thrown off my mind. My mind is freed from all dark and depressing elements of thought.

My mind rises into the positive state of joyous freedom and brightness. My mind is filled with the peace and harmony of the Eternal Mind. My mind rises above the negative thought currents into the peaceful glory of the All Mind which is always harmonious.

Above the discordant vibrations of the mind of the world there is the Mind of the Creator, radiant with the joy-giving effulgence of the Infinite Spirit. My mind and soul are lifted up to the contemplation of the realms on high where the angels of Jehovih dwell in the serene enjoyment of the grace and glory of the Living Presence.

I praise Thee, O Jehovih, for the spiritual grace and strength that now enliven and renew my soul.

Let your imagination contemplate this glorified soul presence; your mind will be lifted above all mortal cares and worries, and the Ever-Present will give you divine peace and power. Your soul will partake of the joyous life and strength of the Creator, and rise into the realization of its inmost power as an image of Divinity.

DIGESTIVE DISTURBANCES

Place both hands on the abdomen so as to increase the magnetic force in the abdomen while using these affirmations.

This treatment should be used three times a day, if possible.

I will that the intelligent force in each one of these organs shall be active in keeping my internal processes open and free from any torpid and diseased condition.

My stomach is peaceful digestive power.

My liver is active intelligence.

My spleen is spiritual life.

My kidneys are purifying power.

My generative organs are creative vitality.

My bowels are energized mind.

All these organs work together to produce health and harmony in my body.

I AM SPIRIT IN ACTION.

All the destructive states of mind which go hand-in-hand with care and worry tense the nerves and increase the tendency to have digestive disturbances. A happy, carefree state of mind, which places all trust in the Wisdom of the Creator, relaxes the mind and nerves, and removes one great cause for digestive distress.

When one feels the first symptoms of a serious illness, one may be overcome by a wave of terrible fear, but one must realize that thoughts of fear alone are capable of paralyzing all the healing activity of the body.

You must concentrate on helping your body to heal itself with any means knowledge has placed at your disposal. Do not let fear enter your mind.

Have faith in the healing power of your own life, and know that your positive faith is intensifying the healing intelligence in your body and making you a magnet for all the healing life pervading the Universal Mind. Know that the Spirit of the Almighty Mind is flowing into your positive thoughts of faith and making them alive with healing energy. Affirm over and over again for your body, "You are the Spirit of Eternal Life in action. You are active, active life. The Mind of the Creator is powerful to restore harmony to all parts."

Within your nature slumbers a soul power from the Ever-Present, capable, when awakened and expressed through thought, of recreating and restoring perfect action in every part of the body and mind.

Living Creator:

My soul draws upon Thee for love. Let me feel so much of Thy Spirit of Love that all unlovely feelings will be dissolved from my nature. Cleanse me of all feelings of ill-will, from all condemnation, from all resentment, and from all thoughts and feelings which would interfere with the free operation of Thy life within my nature. As I forgive and bless all who have hurt or mistreated me, Thy Spirit forgives and blesses me, and as I express Thy Spirit of love, the power of Thy Spirit gains full control of my body and operates freely in every part, bringing every organ into harmony and health. I am not withholding love from any creature. My mind is filled with Thy free, generous Spirit and this Spirit is reflected in the free action of all body functions.

HEALING TREATMENT FOR THE EYES

I know the seeing power resident within my eyes can overcome every limitation of my flesh.

I have faith in the Perfect Intelligence which sees through my eyes. My vision is corrected by the living presence of the Creator.

The Ever-Present within my soul is my purity and perfection. My vision is not limited by any detrimental thoughts and feelings. I am cleansed and purified of all hereditary limitations by the Infinite Intelligence within.

Every atom of my eyes and optic nerves is intelligent and obedient to the law of perfect formation, manifesting the beauty and grace of divine perfection.

I will that my eyes manifest the perfect seeing power of the spirit.

I am the clear, unlimited sight of the Creator. I will manifest my perfect sight.

I know that the Almighty Power of Perfection is present within my soul, and my soul infuses every atom of my body. I will make every atom so positive with my words of faith that only perfection can come into expression.

I, as a soul of the Creator, have unlimited seeing ability. I have faith that my awakening soul will reorganize the structure of my eyes. My soul has intelligent ability which enables it to refocus the lenses in my eyes so that I see all objects distinctly and clearly. My soul is now readjusting the focus of my eyes.

I patiently and trustingly wait upon the Spirit within my soul, and give it the strength of my faith while it is readjusting the lenses and creating perfect vision.

O Creator! I thank Thee that my prayer of faith is being heard, that my thoughts of perfect faith are sown in the substance of my eyes, and shall bear fruit in perfect sight, to the glory of Thy indwelling Spirit.

HEALING PEACE

This treatment will place you in touch with the healing streams which flow from the Celestial Presence of the Creator.

Sacred names each have a spiritual quality and a relationship with a center of consciousness, and the name Jehovih, which means the Ever-Present Great Spirit, relates the mind to the holiest state of the Divine Mind. The mind becomes united through this name with the state of infinite peace wherein abide the holiest and wisest angels of the Ever-Present, and through this telepathic sympathy, receptive minds receive vibrations of holy, peaceful, healing emanations, which harmonize all mental disturbances and bring the peace that passeth mortal understanding. This name may be used effectively whenever and wherever peace is desired, for self or for others.

Retire from the world when you can, and contemplate the healing power represented by the Creator's potent Presence. When you desire to inbreathe the emanations which come from the use of this celestial name, put all mortal thought aside, and in the utmost meekness and humility of mind, bow down before the Majesty of that Mysterious Power which resides within all the angelic spheres and also within the inmost recesses of your soul, and your spiritual poverty will be supplanted by the unlimited fullness and boundless love of the Creator. Praise be to Thee, Jehovih!

From the meek and subtle chamber of your soul there bubbles forth the ethereal waters of peace. There is a region within you akin to that essential realm of Jehovih, where the crystal Sea of Truth is stirred by the vital breath of the Infinite One, and the murmuring waves whisper words of peace and everlasting serenity.

Your soul now listens to the voice of omnipotent Peace, and the ethereal peace of the Spirit infuses your whole nature with the harmony of heaven.

The crystal Sea at the root of your soul finds your mind meek, responsive, and receptive to its waters of peace which gently flow into your mind and harmonize your thoughts with heavenly rest.

The ethereal potency of the peaceful Ever-Presence is now permeating your whole being, and all the atoms of your body obey this law of peace and harmony.

Healing, soothing peace is the only Presence and the only Power. You are saturated with the healing glory of Jehovih, and there is no cause for mental or physical friction in the midst of that Presence.

You are now in the peaceful glory of this Infinite Presence, and there cannot be anything in you or around you but boundless peace and love and harmony.

In this Presence: There are no mortal minds at war. All is infinite Peace.

There is no bondage to lust or love. All is eternal Harmony.

There is no vanity or pride, for the essential Meekness reigns supreme in all.

All the cells of your nature rejoice in the free light of boundless Peace, and inbreathe the peaceful vitality of Eternity.

Glory to Jehovih for the healing Peace from the exalted spheres of heavenly, harmonious Love.

ALL IS PEACE!

MIND MASTERS MATTER

The laws of matter are responsive to the superior laws of mind, and “miracles”, so-called, do not set aside natural laws but merely show that natural laws are subservient to the superior forces of the Universal Mind.

There are no miracles in the sense of the violation of natural laws. “All things are possible” to the human mind when it learns to exercise and direct the powers of the soul as did the prophets and the mystics of the ages. Then natural laws prove obedient to the superior law, of which they are but effects.

We can overcome many of the limitations of the material body by developing in our flesh a more positive degree of vitality. Affirm again and again: **I AM VITALITY**. Think vitality, breathe vitality, eat vitality, and know that you are the unlimited vitality of the Creator: thus, you will become a magnet for Almighty Vitality. Think toward each organ of your body: **YOU ARE VITALITY**. You are so filled and thrilled with vitality that there is no place for disease or decay in you. **ALL IS VITALITY**.

Keep this up unceasingly and it will make you so positively vital that health and happiness will reign throughout your whole being.

THE GREAT SYMPATHETIC

Pathologists tell us that many diseases can start in blood-stasis or stagnation. Health can exist only where there is positive activity or circulation in every part of the physical body. Life is synonymous with activity, and stagnation with death. There is but one agent in the building and repairing of the body, and that is the circulation of the blood. It brings sustenance to every cell in the body and carries away waste matter. The bloodstream is responsible for all bodily building and cleansing, for diseased or healthy tissue. If this is true, then any means, whether mental or physical, that will flush capillaries and quicken the circulation should be considered a great means of cure.

All the circulating fluids in the body are subject to the sympathetic nervous system in this way. All the activities of the body except those of a chemical nature are tubular. Through tubes we breathe, circulate, and eliminate. Bile, blood, air, food, sweat, pancreatic juice, lymph, and saliva all flow through tubes, and the flow is controlled by the involuntary muscles which constitute one of the coats of all the tubes in the body.

By the action of these involuntary muscles we perspire, we breathe, our hearts beat, and our food is carried through the stomach and intestines. And what makes muscles move? Nerve stimulus, nothing else. Any muscle is at rest until it is compelled to respond by the action of nerve force. The cerebrospinal nerves influence the voluntary muscles, but the involuntary muscles are controlled by the great sympathetic nerves. The sympathetic nerves, then, are the agents of the brain which control circulation, perspiration, digestion, elimination, and all functioning of physical organs.

The spirit of human beings, which is often called the subconscious mind, acts through this great nervous system and all its ramifications to influence vital action. The states of the spirit or subconscious mind are all reflected in physical functions through this nerve pathway. According to the quality of the emotions that the spirit sends through this nerve complex will be the state of vital action. The chemical quality of saliva, bile, and all digestive juices is determined by the quality of the spirit. But here is a very important fact that is often overlooked by those who are trying to be consistent with the above point of view. Anything that weakens the nerve force, such as overindulgence in sense gratifications, or anything that poisons the system (coffee, tobacco, alcohol, poisonous drugs, serums, inoculations, or fermenting foods) is bound to limit and depress the spirit in its physical expression.

The living, intelligent spirit acting through the sympathetic nerves upon the vascular or tubular system, tries to throw off the accumulating poisons, and in doing so, produces an acute disease called by German Nature Curists a "healing crisis". These healing efforts are great blessings in disguise, whether they throw off poisons through the effect called a cold, pneumonia, or smallpox. The German Naturopaths prove in their practice that any of these acute healing crises are not harmful and leave no bad effects when nature is intelligently cooperated with and

allowed to free the body of limiting matter. In fact their value is proved, as they leave the body healthier. But modern physicians and even mental healers do not recognize the great value of this process of elimination, and they try to suppress this healing activity by thought or by the use of toxic serums or poisonous drugs, with the result that the poisons accumulate and bring on a more severe crisis such as cancer, tumors, rheumatism, or other chronic troubles.

The spirit can be aroused to positive activity in eliminating poisons by mental and spiritual means. Since false habits of living, heredity, and other factors have stored cells with useless substances, and since few give the time to attaining that spiritual mastery whereby the flesh is kept subservient to the spirit, it is wise to combine mental and physical means of healing, as long as these means recognize and cooperate with the individual spirit of life as the great and mighty cause of cure.

Once the body has become purified, and all morbid states of mind are corrected by the knowledge of spiritual truth, the sympathetic nerves become the open doorway to the subconscious activities of the spirit. Then the life absorbed from the Universal Mind by the individual spirit can pour through the Sympathetic, and the body can become a dynamo of energy and power. The pure instincts or feelings of nature will guide one in the knowledge of the quality and amount of food to be eaten, and appetite will be obeyed because it will lead aright. When the temple is purified and the soul is resurrected to know the Source of Power, the white Light of Divinity will shine through all states of nature and reveal the beauty and perfection of the Divine Image in terms of physical flesh.

I feel I am a spirit of life vitalizing the sympathetic nervous system.

I concentrate my attention on the life that is now flowing through the entire nervous system.

I feel life stirring all sluggish currents to positive activity.

I concentrate on this inflowing life force until I feel that every cell in my body is charged with its vitalizing energy.

I am Life, dissolving away all accumulated poisons and morbid matter.

I am radiating life to dissolve false growths and eliminate all poisons from my nature.

I am consciously drawing life from the Infinite Spirit, and filling this, my temple, with Its healing energy.

I dissolve from my mind and nervous system all depressing and passionate feelings, that Life, all glorious Life, may fill my flesh with strength and power.

LET YOUR SOUL EXPRESS

Pain and disease in the body are often a crying out from its parts to the soul for more life. The soul is the mighty magnet that can hold the cells and organs of the nature in perfect harmony and peace. But when the mighty polarizing power of the soul is dormant and covered up by material-mindedness, the physical organization is not fed by the spontaneous life of the soul, and consequently cannot carry on its work with the intelligence and skill necessary for the perfect operation of all parts in unity. Where there is this lack of vitality from the soul, discord and inharmony become manifest in the physical economy. The nerves cry out to the soul, "O give us food, that we may carry on our active life;" the cells call for vitality that they may repair the wasting tissue, and the joints try hard to make the soul understand that they are in need of lubricating fluid.

The soul is a power greater and more intelligent than the whole physical nature; it is life; it is creative energy; it is the true physician to the body; it is the Organizer that can bring all things into harmony with its divine pattern.

Under proper conditions the soul can generate from its physical nature any known force that exists in external nature, for the human form is an epitome of the Creator and Infinite Nature. Does electricity heal? Well, the body is a chemical laboratory, and the action of the chemicals in the physical battery is constantly producing currents that are finer and more potent than the crude product evolved from external nature. Is human magnetism valuable for the cure of diseased conditions? It most certainly is, for the physical organism cannot exist without a plentiful supply of vital magnetic force. The physical atoms but float in these currents, and are carried hither and thither as subjects of their attractive power. They group themselves to form the various organs of the body, as the iron filings group themselves in circles in the magnetic field of a horseshoe magnet.

Let the soul awaken and express through the whole body. The body exists for the use of the soul and should not be allowed to live a separate existence of its own, apart from the soul. Let the soul have its body as its own; then, as the soul finds free, joyous expression through its human organization, it will gather the necessary elements from the food, earth, and air for the healing and reconstruction of every part. It will fill its body with the vitality of the Creator, for the soul is a native of eternal Life, and is on familiar terms with the Great Physician.

The soul will generate a brain full of faith in its own unlimited power, and a body full of thought force that will sway every energy and organ and atom to the expression of its intelligent will.

The soul must be resurrected, else there is no hope of permanent health or attainment of perfection.

The diseased part may be rubbed and pinched and magnetized and electrified and exercised if it will help to bring back the circulation of life, but, above all, it must be blessed and talked to and infused with soul force before the healing and

saving power will manifest perfectly. It matters not how badly paralyzed a limb may be; if you can call the soul to live in the weakened parts, there will be a return of health and satisfying vitality, for lo! the soul is the resurrection and the life everlasting.

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THE TRUE WAY

There is but one manner of life on this plane that will bring satisfaction to the soul and enable it to express its powers in an ever-ascending degree through its physical temple, and that is the devotional life. The life that is entirely consecrated and devoted to the Creator's service in love and truth keeps the door open for the entrance of that inspiring Presence. Such a life fulfills all the divine laws, and the soul attains, while incarnate, a greater growth and expression of its Powers, and gains from its earthly experience a power and wisdom that make it a God-like being in the realms of eternal life and bliss. There is true healing in the life devoted to service to others rather than preoccupied with service to self.

You need to keep your mind open toward the Heavenly Creator by speaking with intensity and devotion the word of exalted truth to all parts of your being. It is the intense devotion and love of the whole nature turned in one direction that polarize the Presence and Power of Eternal Truth. Rouse up your spiritual powers by using statements such as these daily:

My soul is awakened and illuminated by the presence and power of the Creator. My soul is glorified by Infinite light and glory.

My soul is radiant with the everlasting power of the Ever-Present, and I am satisfied to express this power from day to day.

My soul is regenerating harmoniously, peacefully and satisfactorily. The Creator's mighty Glory folds round me and holds me in eternal peace.

The Eternal Power is with me. The Eternal Presence is guiding me on the path of wisdom and peace.

The illuminating Power of the Ever-Present is born within my soul, and all my nature rejoices with glad praise and thanksgiving that the Power of heaven and earth has taken up Its abode within this holy temple.

In stillness I sense the Creator's Silent Power within me and It fills my soul with peace.

YE ARE SLUMBERING GODS!

The essential attributes of the Great Spirit are organized in your individual soul. The Creator has organized omniscient love into a glowing sun of light and power, and this divine ego is your soul, your true self, the Power of your mind and body.

The living Pearl of Divinity is the Presence of Jehovih within your nature. You can well afford to sell all your accumulations of earthly thought, even though it seems a great sacrifice, in order to attain conscious possession of this Pearl of great price.

This divine individual essence of Jehovih is slumbering in the spiritual depths of your being, awaiting the quickening word to arouse Its mighty consciousness into spiritual activity and power.

Spiritualize your mind and body, or your positive and negative mind, with the radiance of the Creator's presence through prayerful devotion, for thus you will polarize to yourself the spiritual emanations of the Ever-Present, which will surround and infuse your soul with heavenly life and strength, and awaken it again to a realization of its mighty possibilities as a living son or daughter of the Creator.

In fervent devotion of spirit, pour out your prayers and praises to the Great Glory Who is the sum of Almightyness within and above your soul being, and thereby you will generate the quickening flame that will set your soul on fire with conscious, blissful power.

Only in the zeal and purity of a devotional life, of a mind and body purified of earthly thoughts and desires and living to fulfill the purpose of the soul, which is the will of the Creator, can the soul develop, expand its immortal potentialities, and make the Ever-Present's power manifest in your being.

Unless you are living for your soul, you have not learned to live; the great meaning and purpose of life are to you as a book that has not been opened. You are conscious in only the lowest and dreariest zone of your consciousness. All the blissful pleasures of the higher states of thought and feeling in your being, the joyous mingling of the positive and negative attributes of your spiritual nature, are hidden from you. The doors of heaven, through which streams the light of eternal consciousness, seem closed, and you seek for pleasure and peace where none are to be found.

Turn to the Light that never fails, to the Love that is longing to enfold you in conscious bliss; turn from your idols of flesh, which intoxicate the mind and destroy the body; turn to the Creator! If you will worship the Eternal Presence with the same untiring zeal with which you sought transient things, you will be rewarded with the Infinite's unchanging Love, and your soul will awaken to immortal Life. Then, with your help, it will purify and glorify the sacred centers in your body and teach you the secret of spiritual alchemy, whereby the conserved

forces of your body pass through a transmutation that refines them into a substance necessary to the soul in the expression of the Word of Power.

This knowledge will be useless to you unless you have proven your sincerity by overcoming the selfish and mortal desires that hold you back, and by conquering all attractions that would draw you from your devotion to your divine purpose of making the Ever-Present Spirit manifest in your life. For without absolute purity of life, the soul, which is born from the immaculate purity of the divine nature, cannot keep in correspondence with the flesh, because of the partition created by unprogressive thoughts and feelings. But when your will, coupled with the awakened will of your soul, has gained complete dominion over the desires of the flesh, your soul will express through your pure, true thought, and flood the seven sacred centers in your body with its soul consciousness.

O, that all children of the Creator might learn of the holy path of regeneration, the straight and narrow path which leads to the highest mastery, and gives the greatest joy and peace to the individual.

Once you see this path of immortality, its purity, its grace, and its bliss, you will be filled with a divine enthusiasm to travel it to the supreme goal, and you will see the uselessness of all mortal aims that do not help you to fulfill the object of your soul's existence, the manifestation of the Creator in form and power. Once you place your feet on this path you will go forward steadily in a progressive way, allowing no obstacle to hinder your determination, nor any idea of time to disturb your faith. You will be filled with the conviction that you are on the Path of Life, and only by systematic effort for days, months and years can you fulfill the object of your being.

When all thoughts and desires of your nature are polarized toward the realization of the highest ideal, even the loss of the physical counterpart of the mind, the body, will not stop your upward progression through the eons of eternity. Your soul will continue to inhabit its pure mind-body or spirit form, and it will continue the development and regeneration of its mental forces. Thus, your soul will perfect the expression of its wisdom and power through its spiritual body in all its future progression in the objective realms of the universal heavens.

AWAKE, MY SOUL, AWAKE!

Your soul nature slumbers because of the ignorance and materiality of the mortal mind. But you may awaken your soul to a splendid realization of self-conscious power and dominion.

The soul cannot be awakened fully in a day, or even in a year. The development of the soul is a process of growth or unfoldment that should occupy all the days and years of your earth life; and then its more perfect flowering should continue in the spiritual world throughout the ages of eternity.

Were it possible for the soul suddenly to awaken to a degree of consciousness which can come only by years of mental and spiritual growth, the physical nature could not respond to the more rapid, spiritual vibrations. Each new soul realization must be followed by such soul expression as will tune the physical brain and body to the more intense vibrations of spiritual force.

Before the soul can express its feelings born of divine Love and Wisdom, the erroneous beliefs and the disturbed feelings of the mortal mind must be dissolved. The beliefs of the mortal mind in evil, and the fears of evils, keep the mind clouded and in a negative and powerless condition.

By daily study of divine principles, by affirmations of Truth and blessings of Love, the entire mind is cleansed of dark thoughts and feelings, and a new foundation of faith is established in the powerful presence of Love-Intelligence.

The diseased bodies and disturbed affairs of people reflect their lack of spiritual development.

People can begin to demonstrate the beauty and health and the peace and prosperity of the Divine Mind, as they develop a true faith and feeling from their own souls. True faith is formulated by thinking in accord with the principle of Divine Love. People can experience the power of the Creator only as they make the Spirit of Love and its wisdom organic. They must organize the thought of the Creator into every cell and fiber of their spiritual structure. Faith so developed is a positively intelligent force that can overcome every negative condition of mind, body, and affairs, and reveal that it is generated from the Mind of the Creator.

Your soul is Divine Spirit individualized. It is clothed in thought. Thought is the vehicle of Spirit. Your thoughts of truth and love are spiritual forces which embody the intelligence and power of your soul.

Your soul can find conscious expression only through thoughts akin to its divine nature; therefore, such time as is spent in the study of Truth and in the exercise of Love, in the form of praise and blessings, is wisely spent. Affirmations of the truth and quality of your soul develop a mental body sufficiently positive to allow the soul consciousness to come into expression. This spiritual study and affirmation develop a positive pole for the soul battery; and through this positive pole, the soul will gradually gain control over its negative pole of mind, the body,

and bring every negative tendency of the sense-mind into alignment with its wise dominion.

Recognize and talk to your soul in the following manner, and its latent powers will respond to your recognition and love. There is an exalting power in these statements which you will feel as you repeat them over and over.

Awake, my soul, and feel the power of the Creator slumbering in Thee.

Awake, and realize that thou art an Angel of the Ever-Present.

Awake, and be strong with the Strength of thy eternal nature, which shall conquer death and live forever.

You are now strong with the Strength of Omnipotence.

Awake, thou who sleepest, and arise from the darkness, to where the Light of the Ever-Present may shine upon Thee.

SOUL DEVELOPMENT

The Creator is the Presence of Intelligence in every degree of nature; for all nature is One Nature, and every form is a form of One Intelligence. We have senses which perceive this Infinite physical nature spread before us in inconceivable magnitude and grandeur. We also have more or less developed spiritual perceptions, which as yet but dimly perceive this Infinite spiritual nature and its angelic inhabitants.

All forms of this One Nature are good in the Creator's sight, even though apparently evil in our sight, because all are developing forms of Infinite Intelligence. Ignorance is but a negative form of Intelligence. Ignorance begets experience, and from experience comes Wisdom. In all creation we see the Ever-Presence coming to consciousness, and in the Spirit of Understanding, we see as the Creator sees, that All is Good.

The great Consciousness of God the Good is in your soul awaiting realization. Your Intelligence is Good. All your good feelings are of the Great Spirit. When you express good feelings constantly, you help those around you feel good, and you awaken the good Intelligence in them. Thus you arouse their Divine nature and attract them to the Good in you.

The Creator is an inconceivable Power in you now, in your thoughts and in your feelings; the very Power that enables you to will and to do.

You live from the Omnipotent Power day and night, and by the right use of your thought and will, this creative Intelligence will come into expression through you.

Think the truth that All is Good because all is of Jehovah's nature, and Good will vitalize your faith and manifest in your life and affairs.

Feel Love for all and you will feel the very Life of your Creator blessing all creation through you.

Your thoughts are living cups which, when rightly formed, become receptacles for the Healing Spirit. When your thoughts are so pure that they see no evil, they are luminous with Divine Intelligence, and enable you to see with the understanding of your Creator into the mysteries of Divine Wisdom.

You have been told to have faith; that with faith all things are possible. But you have not been taught how to develop faith. You are now being shown that you can develop new faith hourly by affirming thoughts of Truth and generating feelings of Love. You are being given the long-hidden secret of how to regenerate your entire mind and body.

You must come to the realization that the Creator is in you, you can know Divine Inspiration, and you can voice Divine words of power.

When you affirm “I Am,” you speak the name and power of the Divine Being.

Your present mind, body and affairs have been generated from limited mortal thoughts and feelings. In a sense, you have taken the name of your Creator in vain when you have affirmed the limited beliefs of mortal thought and feeling. You have said “I Am” mortal, sinful, weak, poor, sick, unsuccessful. According to this limited faith you have created limitations within yourself.

Now you can regenerate or reform your mind, body, and affairs from the faith born of the Thought of your Creator.

Faith is the substance of things hoped for and, because your I Am is the Image of Jehovah, you can say:

I am Love, Wisdom, and Power.

The Eternal One is my Creator. I am Immortal!

All that the Creator has is mine, and as the Creator is infinite abundance, I am wealthy!

Omnipotence succeeds with me. I am successful.

I trace my lineage not to the mortal, but to the Divine.

I am of the nobility of the Ever-Present Creator.

I will be perfect in Love as my Creator is perfect.

Your thought is your faith. Your faith is only as strong as your thoughts. All the possibilities of a new, strong faith are opened to you as you regenerate your mind by the development of positive thoughts of Truth. Do not separate feeling from thought, for it is the life of thought.

You can know the Creator only through your own thought, only as you can conceive of the beauty of Divine Ideas, and express their quality through your own nature. You can know as much of Divine Love and Wisdom as you can generate through your thoughts and feelings. Your capacity will grow forever.

The possibility of God-like qualities exists within you, and by daily study and practice you can build yourself a spiritual temple of thought which will reveal the Health, Beauty, and Perfection of a soul Divinity.

Soul development requires as much study and practice as the learning of any art or science. You, as a student, should consecrate part of your time daily to the cultivation of your soul nature. You should retire into a room alone, or into the quietness of a secluded retreat close to nature and nature’s peace. Material work and plans, and all thought of material things, should be put aside, and the whole mind be given to deep study; not in extended reading, but to the application of the lessons and thoughts that strengthen the spiritual nature and give character and dominion.

As your mind, by the exercise of praise, prayer, affirmation and blessings, is lifted from the negative to the positive state, from the mortal to the immortal range of feelings, you will become aware that you are communing with the Angelic Beings who are the perfected Ideas of the Divine Mind. They will touch the inner spring of your soul life as only awakened souls can be touched. They will hold your mind in the emanations of Divine Thought, and quicken your soul to a new consciousness of its power as the expressed Image of Divine Wisdom.

As you cultivate communion with the Creator's Thoughts, and keep yourself positive with the faith and love of your Creator, omnipresent and omnipotent Love, you will become one with the Angelic Hosts of the Almighty, and grow into a Power to serve all humanity.

THE GLOBE OF GLORY

The Egyptians pictured the soul as a winged globe. A luminous globe, like a sun, has always symbolized perfected intelligence. The warmth of the sun symbolizes Love and its light symbolizes Wisdom. When we translate the oriental imagery of the ancient revelations into its real spiritual meaning, we see that light means intelligence and warmth means love. So the spiritual nature of humanity, composed of love and intelligence, is born from the Love and Wisdom of the Creator; and when the children of the Creator become perfectly unfolded in wisdom and love, they are suns of righteousness.

Imagine a living globe of glory, an organized spiritual mind, radiant with the light and warmth of Divine Love and Wisdom, and you have an idea of your soul in its perfected spiritual state. Your soul is intelligent with the Wisdom of its Creator, alive with the Love of Jehovih; an individualized form of the Glory of Divine Intelligence.

Your soul is as a stranger to you, and you have as yet little or no realization of its godlike powers and attributes. When great emotions are awakened in you by beautiful music or you are stirred by a great joy, then you sense the emotions of your soul. One who knows and lives from the life and intelligence of the soul is aware of one's own immortality, and knows the Spirit of Truth. Thus, one finds Heaven within.

It is a common idea that the brain is the mind, but the truth is that the brain is just the center of positive, self-conscious mental activity. The sub-brains, such as the solar-plexus, are the negative, receptive centers through which the subconscious and involuntary activity of the mind is expressed. The mind is superior to its positive and negative brain centers. It is a body of spiritual force, just as the physical organism is a body of physical force. The mind-body is the residence of all life, sensation, and memory. It is the immortal spirit of our being, and the intelligent builder of the physical form.

At the dissolution of the body, the spiritual or mind body which has held the flesh in form, floats free from the physical body. As this mind-body is the sum of all the knowledge, memory, and volition of the personality, it can readily be seen that one feels, sees and acts just the same in the spiritual body as one did in the physical, with the difference that one is no longer limited by the weight and grossness of the physical form. There is no instantaneous change in one's state of mind. We enter the realm of spirit with the same mental qualities we had when we left the mortal form.

Imagine your body so light that it can float through space, and be propelled in any direction by the action of your will, and you will have some idea of your mind-body or spiritual form, in which you will find yourself when you lay aside your cumbersome and no longer useful physical instrument.

You are already in this spirit form now, and this spirit form is your personal self; but you have become so closely identified with your physical form that you think it is all there is of you. When you enter the spiritual world to begin a larger experience, you will be astonished to find how complete you are without a physical envelope.

Each person is a spiritual entity, and has potential within their being for a soul of godlike qualities; and yet very few are aware of this truth, which awakens a new nobility and consciousness of power in everyone who accepts it.

Divine Thought uncovers the mysteries that have veiled the divine constitution of humanity, and enables them to know that there is One within them who is eternal and of life everlasting. In time you will awake to your soul being, and realize, as everyone must realize sometime, somewhere, that you are one with the Creator and a manifestation of the very Presence of the Creator.

The soul is the life and foundation of both the physical and spiritual bodies. Under present conditions, the soul does not express much of its divine life or power through humanity; but the knowledge, which is the basis of true faith, is being broadcast to awaken the souls of humanity to enable them to express more and more of spiritual nobility, strength and beauty.

When that glorious state is reached where the soul realizes that it is one with its Creator and is awake to the delights of all the realms of Mind, then it will see and understand the Reason for all things. It will transcend the limitations of both the physical and spiritual forms of its personality and will appear in the more perfect form of Wisdom, a form radiant with the Light of Love.

The soul in its own spiritual estate needs not hands with which to feel nor eyes with which to see, for it is all sensation and all sight, a practically all-knowing form of the God Mind. Soul can commune with soul by means of radiant thought, and what one soul knows in any state of Mind, all souls in that state know intuitively. The soul may blend with the spheres of the angels and archangels who exist in the Divine Mind, and vibrate in unison with their blissful Wisdom, which radiates as the Light of Love through all the spheres in the boundless expanse of immortal worlds.

Even while we are living in a physical form, our souls may be awakened to sense and know the joy of communion with all the intelligence of the Divine Mind, and we may sense the thrill and vigor of divine Power, as the emanations of exalted souls, laden with celestial inspiration, radiate to us.

The soul is a spiritual entity, and can truly express itself only through a mind educated in spiritual truths. In the majority of persons, the mind is educated in earthly knowledge, but the principles of the soul-life are not considered of practical use, so they are ignored. Instead of being helped to manifest by the expression of love and blessings, the soul is more often limited by condemnation and false beliefs, which close up all the mental avenues through which its nobility, power,

and beauty would shine forth.

As you educate your mind in the understanding of Divine Wisdom and in the expression of Divine Love, your soul will become alive with these qualities, and you will become a center of living joy.

As you realize that the love of the Ever-Present is radiating from within your soul, you will give it forth in thoughts of blessing, and in words and deeds of kindness to all. The rainbow tints of Divine Thought will illuminate your mind until your positive good feelings dissolve all fear and pain, and your presence fills the souls of mortals with celestial gladness, so that they are quickened by your light and, after a time, awakened to thrive in the full glory in which they live.

As the germ of Omnipotence in you develops and expands, you will feel more and more that your godlike potential is blossoming within you; until your whole life becomes a song of praise to the indwelling glory of Jehovih.

Glorious, most glorious, to the perception of the soul are those transcendent beings who inhabit the celestial sphere. Each one is a globe of glory, radiant as a living sun with the light and warmth of the Creator's eternal Love and Wisdom.

It is the united activity, wisdom and power of all the mighty souls of love, who, through ages of time, have evolved to a high degree of self-conscious individuality, that create the organic realms for our solar phalanx. From this glorious sphere of Love/Intelligence, these Angels and Archangels radiate their concentrated Blessings of Love and Wisdom to all forms of life in the Creator's universe, to quicken and awaken and develop that latent germ of Divinity which lies slumbering in each and every individual.

THUS SPEAKS THE LIVING SOUL

Affirm:

I am an immortal child of the I AM.

I live in endless Splendor. I breathe the Spirit of Eternity.

I see with Omniscient Eyes. I know that All is Good.

I am radiant with Omnipotent Love. I am living the Way, and the Life Everlasting.

I and my Creator are One.

DIVINE REALIZATION

Philosophy is very interesting to the intellect, but it does not satisfy the heart. Science reveals the workings of the laws of Jehovah's nature, but the secret of that Eternal Presence is not discerned. Music is the most uplifting and inspiring of the arts; it moves our souls and often makes us feel what science and philosophy cannot explain. Music attunes us to the Spirit, and causes us to feel the deep pulsations of the soul nature.

Our Creator is Love, the great emotion of life, the supreme expression that imparts life and motion to all things.

To know this is to understand the essential Truth of Being; but the mere intellectual apprehension of this Truth will not satisfy the heart, nor fill life with the bliss of the Divine Presence. Nor will mental acceptance of the truth that the Creator is love impart to us the divine expression, the Creator's transformative emotions, to our feelings, so that one is forever aspiring to be a new being, filled with the joyous health and happiness of the Spirit of Love.

The Creator is love, and love does not flow into the intellect; love enters the feelings and affections and inspires all the emotions of the heart. The intellect has its use in the development of a rational faith; the intellect sees the light of the Ever-Presence, but the heart feels the ecstasy of divine realization. The true way to realization is so simple that many, after hearing of it, consider it of so little importance that they continue to search among the complex fabrications of philosophy for the joy which comes only through the awakened emotions of the heart.

The difference between mortal love and the love of the Creator is this: Mortal love is personal and thus limited in its pleasure, and often causes pain because it is selfish. Immortal love transcends all personal limitations; it is impersonal and unlimited in its joy-giving power. Personal love feels for a few; the love the Creator feels is for all.

If you would realize Jehovah, then LOVE! If you can awaken your love nature, and, without thought of recompense, pour yourself out as a blessing for others, you will forget the petty vexations that spring from the limitations of your personality; you will forget yourself in the supreme joy of loving; you will realize the love for others which is the love of the Creator.

Behold! An angel stands before you! He is all radiant with the glory of the Creator's Presence. His face shines with the realization of the beauty of holiness; every feature expresses the purity, the tenderness, and the nobility of Divine Love personified. His presence breathes out the music of love, the harmony of heaven. His whole being vibrates with the light of the Creator. Even his garments are luminous with the joyous radiance that proceeds from his soul. You see the image of the Creator's likeness, of Love, and your soul is enraptured with the vision of divine loveliness, as it feels the benediction of love streaming from the angelic

character.

That angel in all his beauty, in all his power, is the realization of the Spirit of Divinity, is the vision of the Creator, Love expressing through an individual form. And that angel expresses the possibilities of your real Self, your soul, the image and likeness of the Creator. Within your soul are the attributes of Divinity, the powers and possibilities of the mightiest archangel.

Let your soul express and you will realize that you are an angel of the Ever-Present. When you walk the streets and mingle with the people, keep in mind the truth that you are that beautiful angel, radiant with joyous love to all creatures, and you will find a new joy in life; you will feel that the kingdom of heaven is now a divine verity, and you will allow the truth which makes the kingdom harmonious and perfect, the truth of love, to manifest through your character.

Not by breathing exercises, not by mental gymnastics, but by expressing love will you realize the Creator.

I have walked among people in the realization that I existed only to impart the joyous light of love to ignorance-darkened souls, and while radiating a blessing to these souls in need, I have felt my soul thrilled with the Omnipresence. I have felt the love of the Creator for humanity, and to feel that is to feel what the prophets and mystics of past ages felt, which endowed them with wisdom and healing power. While listening to music I have held myself in this attitude of mind: "I am Thy love to all souls. I am the angel of Thy presence illuminating all souls with the wisdom of love," and so great became the ecstasy of my soul that I felt like crying out for joy. The wonderful Breath of the Spirit became so mighty in its deep, mysterious movements through my being that I could scarcely contain myself.

Those who are unawakened conceive of the Creator as a profound stillness; their idea of peace is a state of inactivity. But there is no stillness anywhere. Only in the realm of matter is there any degree of inactivity, and matter is only relatively inactive in comparison with the more refined activities of mind. As we enter the deeper nature of humanity, the activity as well as the complexity of active forces increases, and culminates in the Spirit of the soul, which is the breath or motion of Omnipotence, the emotion which is Love.

If mortals could but see the beauty of this truth, the goodness of all that exists in infinite nature, they would live to love and praise; they would rejoice in their power of love, and become radiant blessings of love to each other.

You have no idea of the spiritual power that you may realize by the exercise of the spirit of Love towards others. You must begin sometime if you ever wish to enter the kingdom of Love. Death will not instantly elevate you into the kingdom of loveliness if you are unlovely in character. Neither will death plunge you into any greater misery than you now experience. The realization that your existence continues will tend to free you from many false beliefs and set you searching for the way which you should have found while in the flesh; but if you have not

cultivated the expression of soul love, neither the Creator nor the angels can immediately transform your feelings so that you can appreciate an atmosphere of beauty and refinement in the society of immortal souls of love and wisdom.

But why wait for death? Embrace the opportunities that present themselves in the eternal Now. Share that love and compassion which covers and conquers all things, for you will never walk the same path twice, and an opportunity neglected is lost forever.

Begin with the lowliest creatures of earth. Think of the tiny forms of life inhabiting the blades of grass, living under the stones, swimming through the water, and filling the woods with a murmuring music that chants the praises of Universal Life. Every one of these tiny creatures is an organization of mental energy individualizing the Universal Mind and Substance. The little minds within these beings do not die when the body decays; they continue to exist in the Universal Mind. Your thoughts of goodwill can aid the evolution of all these little minds. Do you not feel sympathy with their active endeavors to grow in experience? You can help them by blessing them with your love-thoughts. When, for instance, you bless a butterfly, all species of butterflies receive the waves of thought-force which proceed from your mind, and their minds are strengthened by your blessing. So you, with your more highly developed powers of soul and mind, can aid every little creature in existence.

The Creator loves and embraces all creatures in Infinite love. If you would realize the Creator, you must enlarge your love to feel as the Creator feels. In universal Love there cannot be any condemnation for anything. Love has no enemies.

Bless all things in the mineral, vegetable, and animal kingdoms; then you will feel more inspired with love for humankind.

Think of the myriads who are suffering physical pain and mental anguish for lack of the love which would quicken the healing power within their souls and give them peace. Believe, when you send out your blessing of love to them, that your love will set their souls to vibrating; that they will feel the blessing and lift up their hearts in praise to their Creator, who has inspired your thought and feeling with an Ever-Present healing Peace. Do this in the Creator's Name, for Love's sake, and you will be warmed and healed by the love you shed abroad. In loving others you heal yourself.

You will learn from this practice how to start the mighty stream of love flowing, and once you have it started you can direct it into any part of your own organism in need of its life-giving and transforming power. It will start as a little trickling rivulet, but as you encourage its expression, it will wash from your mind the obstacles to its progress as it flows outward through your nature. It will wash away the mud and melt away the granite in your mind; it will become a rushing torrent of spiritual energy that will convert all the streams of your thought and feeling into one mighty motive of divine purpose, which will link your will and all the forces of your nature to the omnipotent purpose of the Creator, and allow this Infinite love-power to manifest through you.

This is the goal toward which evolution is pushing you. This is the supreme attainment of divine unity with the Ever-Present. This is the way to realize and manifest the love which is Omnipotence.

REALIZATION

These affirmations, when made repetitively in the proper spirit, will awaken the feeling of divine love and develop the awareness of the I AM within you:

I desire that the Infinite Spirit shall radiate through my soul, mind, and body for the inspiration of humanity.

I am a radiant center of soul life to all in my world.

I am an impersonal lover of humanity. From my soul flows the fountain of impartial and impersonal love to all the children of the Ever-Present Creator.

With true understanding I behold the immortal soul of each individual as a quenchless spark of Divinity, and to these immortals, clothed in the deceptive garb of a mortal personality, I give my spirit of living love.

I am a soul-sun of love and wisdom to all humankind. I bless the good and the bad, knowing that all are children of the Creator, in process of evolution.

My soul loves to feel that it is a strength and comfort to all souls.

My soul loves to feel that it is fulfilling the work of Divine Service by strengthening the poor in spirit.

Now am I one with the Creator and with all exalted souls in heaven, and now the radiations of my love and light reach out to all souls incarnate, uplifting and inspiring all within my sphere of influence.

I am a link in a chain of souls, uniting Jehovah with the lowest states of life, and through my love for all life I have an omnipresent influence for good.

I praise and bless the evolving life in the mineral and vegetable kingdoms of nature, and in response to my recognition and blessing, a wave of omnipresent vitality comes flowing back to me.

I recognize and bless the intelligence of the Ever-Present that is striving to manifest throughout the animal kingdom.

I bless the unenlightened ones in human form who have not yet realized the omnipresence of their Creator. I bless them with the quickening light of eternal life.

My words and thoughts of blessing clothe the spiritual light in vibrant, substantial form, enabling the light of Jehovah to reach the lowest depths of mortal mind.

My thoughts of truth shall be living, quickening seeds of immortal life, sown in mortal minds; in the Creator's good time they will bear fruit and lead minds to the Sun of Righteousness.

I am a mighty magnet radiant with the attractive power of Infinite Love and compassion, that continually draws souls to the immortal presence of the I AM.

My life and mind and soul shall serve and praise the Ever-Present, whose pervasive Spirit has led me into the path of everlasting bliss.

Do unto others as you would have them do unto you.

This true philosophy of life revives the awareness of the Ever-Present's healing power. It is alive with healing energy. The same mighty Spirit of Love that healed through the prophets of old is willing and able to heal the sick now, if the mental conditions of faith and expectancy are aroused. This service is valuable to the extent that it allows each individual to unfold his or her true potential in service to the Great I AM. While no one can reach fullness of service when sick in mind or body, the healing of the sick is not the ultimate answer to the planet's needs. Only the great awakening of humanity to Infinite Goodness will heal the woes of earth.

You can help by holding an awareness of the planet's needs and by pouring your blessings of healing love upon those who are reading these truths in expectation of healing. Even though you yourself may be sick, do this in the Creator's Love, and you will become one with the healing currents from the spiritual worlds. You will feel uplifted, inspired, and healed by the Spirit of Love which unites all blessings into a great battery of healing power. It will grow stronger as greater numbers cooperate by sending out healing thoughts. Wonderful will be the results!

Almost miraculous have been some of the results already. The angelic worlds stand ready to pour down their blessings and power upon us. They are but waiting for us to open the door of our hearts to start the current flowing. The Infinite Spirit will enter the current of our loving thoughts and inspire us with Its healing power. With this glorified Presence of love in mind, pour out your thoughts and feelings toward others who, like yourself, are looking for healing.

You do not need a fixed thought, as your feelings will form thoughts of blessing, and this concept will help you understand how to begin. "I bless all who are sick in heart with the healing love of the Ever-Present, whose Spirit is the life of my soul. "You will become all aglow with healing love. You will develop the capacity to realize heavenly feelings. Joy, such as you have never before realized, will gladden your heart and enlighten your soul. The Creator will become real to you. What a transforming power this practice, long continued by many devoted souls, will bring into the currents of the world mind!

The Creator is in an Infinite state of Love. But only as mortals in negative states of life realize the love of the Ever-Present does Love gain power in the lower strata of mortal existence and influence human society.

Therefore, every heart that pours out the love of the Creator toward humanity helps to increase the power of the Infinite Spirit with mortals, and becomes a fulcrum upon which the Creator has chosen to reset a divine lever to lift humanity out of its state of ignorance and misery.

I know you will get wonderful realizations from this practice, because my own experience and many letters from those who are expressing their soul-love in this way confirm what I say.

ORGANIZATION

In the beginning was Organizing Power. Through the process of organization, Infinite Life took form as the Creator's universal nature. Without the law and process of organization there could be no form of any kind.

Whenever the Spirit of the Creator has anything to accomplish, an organization of atoms, of forces, of individuals, or of souls is evolved for its accomplishment. Even the atom is considered by modern science to be an organization composed of a nucleus surrounded by a large or small number of electrons. Thus, the atom is composed of a central spark of force with a number of smaller particles of force surrounding it. Atoms are aggregated together to build every variety of form in existence. The solar system is like an atom greatly magnified. Every force, material or spiritual, evolves a suitable organization for its expression and manifestation.

If, in the early history of the planet, atoms had not begun to be organized by that Intelligent Presence to build forms, the human form could never have been produced. The human body is the most perfect corporeal organization that has yet been evolved in nature by the progressive power of the I AM.

This demonstration of Organization is not limited to the material world. It is the formative power of the spiritual worlds as well. We see an intelligent power working to organize atoms into forms for the expression of various qualities, and we see the same power working through human intelligence to draw together minds of like motive and thought for the fulfillment of ideals. What we see "nature" doing seemingly in a blind way, and what we see human beings doing however imperfectly, we may be sure that more spiritualized "nature" and more spiritual beings are doing in harmony with a greater degree of wisdom and a freer expression of power that pertains to higher states of being.

Around and above us there is a mighty organization of souls, of living, eternal beings, invisible to physical sight but nevertheless of great influence over the minds of humanity. As the planets are held by the attraction of the sun, or the little particles of electric energy are held by the central spark in the atom, so the sons and daughters of the Creator, the souls of "just humans made perfect," are attracted to work together as a cohesive organic unit to form the mightiest organization in existence.

All souls who have awakened to the consciousness of the power within, all who have realized the Creator as the soul power of their being, and have gained dominion over material things and forces by the exercise of that power, have, in the spiritual worlds, risen to the soul estate of enlightened angelic beings. They live and work in harmony for the education and upliftment of humanity, both incarnate and discarnate. They have realized in their own souls the power of the Ever-Present. They realize divine compassion for souls bound by the limitations of ignorance, and they work and pray unceasingly that the light may penetrate the

darkness of mortal ignorance and dispel the gloom and sorrow which oppress humanity.

If there were only the mechanical law of reaping what we sow, we might never hope for freedom from the unceasing fruitage of mistaken thoughts and acts. We would be bound forever to reap all the evil thoughts that we had sown in the Mind of the world. The seeds of past wrong thoughts would continually come to fruitage in discordant conditions of mind and body. The Hindus taught that souls are bound to the wheel of the law of cause and effect, bound by what they termed karma. They deified karma and gave it unlimited power, as the unenlightened Christians deified the devil and made him almost equal with God; both were bound in slavish fear to their own limited beliefs. But we now have caught a gleam of heavenly truth. We now know that sin and sickness have no right to limit the soul's expression. We know that through faith in the goodness of truth, through exercise of our positive thoughts of truth, we may dissolve the evil seeds of past sowing and consume all their rank mental growths. By the mercy of divine Truth, by the grace of our Ever-Present Creator and the assistance of our overshadowing host of angels, we are awakened from the sins of ignorance; our souls realize their inherent, God-given dominion over all karmic laws, over all mental causation. We are enthroned with the Power to shape our own destinies, in the realization of the Omnipotent, of the Cause of causes, and the glorious truth of divine Love.

The beneficent light of heaven is poured into our souls by the ministering hosts of the Ever-Present, and the slumbering soul spark within us is quickened; new aspirations are born, and we desire to know and feel higher ideals. The quenchless flame of love is kindled within our souls, and our bodies become filled with and healed by the living glory of our immortal nature. To the age-long work of the Creator and the overshadowing hosts of enlightened angels must all credit be given for the golden glory that is beginning to illuminate the Mind of the world, which is now as never before saving humanity from the dominion of sin, sickness, and death. The work that the Creator gave humanity to do has grown in love and power through the ages despite our shortcomings, especially in the spiritual realms. Now the hosts of heaven of every race and creed and color are marshaled for the glorious attainment of spiritual maturity, which will eventually lead to the manifestation of the kingdom of love and peace, health and prosperity, on earth as it is manifested in heaven.

With wondrous rapidity, minds are awakening to the light of truth that is shed all about them. Souls are being kindled all over the world. Many voices in many tongues are telling of the healing, saving Spirit of Truth, and whenever the full conditions are met, the Spirit heals. Some have tried to gain a monopoly on Truth and claim all rights to its promulgation. No organization can bind or limit the great Light that is flooding the earth. Many organizations have been especially useful in overcoming the prejudice and ignorance of old creeds and superstitions, and providing protection against the world's savage resistance to Truth for the pioneers

of Light in the wilderness of ignorance.

“As many as are led by the Spirit of God, they become the children of God”, radiant with the divine glory of love and wisdom individualized within the soul. They are led by the Spirit of peace and purity. They are fed constantly on supernal love and wisdom. Their souls glow with the substance divine, and they know their kinship as children of Jehovih. Even while incarnate, they know the companionship of the immortal servants of the Great I AM, ancient in wisdom and power. They love the Creator and strive to implement the Divine Will, and the Ever-Present Power of mercy and grace abides within and expresses from their souls, radiating from them to quicken and strengthen other souls. They are ministered unto by the holy angels, and in turn minister unto souls in need.

In the name and love of the Ever-Present Creator, we find the fulfillment of all the desires of our souls. In Jehovih’s name comes the ministering power of the holy angels, filling the soul with love, the mind with wisdom, and the body with life and health; and even bringing into the life of the one who fulfills the divine law, a prosperity which is unailing.

Your soul is composed of the glory of the Creator, of the essence of that radiant, divine substance, sparkling with conscious realization of endless life and love. Know that your soul is alive with the glory of the Creator. Strive to realize that your body is filled with that glory, the glory which radiates from the perfecting presence of the Creator. The Ever-Present is the visibility of Absolute Perfection to your soul. The Creator is the Door to eternal life, now. Draw that Divine glory into your soul, for the Ever-Present is the perfecting Power within your soul. That Divine essence and substance are the life of your soul. The Eternal glorious consciousness will grow so great within your soul that you will transcend the limitations of mortal knowing, and you will feel and know as the angels feel and know, with the full intuition of the omniscient Mind of the Creator. You will partake of the light of heaven.

PRAY WITHOUT CEASING

How is the realization of the living Truth to be gained? By unceasing devotion to the Creator through daily study of divine truth and by daily prayer for more of the Spirit in heart and mind, united to mental affirmation of the love and wisdom and perfection in the soul.

You are in this world for no other purpose than the development and expression of your soul, through service to your Creator by serving the needs of others. Through fulfilling this necessity of your being, you will find enduring growth and satisfaction, and in no other way. If you turn all your attention to earthly things and do not develop your immortal soul, you will not find enjoyment in the realms of light when you leave this world, and you will feel no attraction toward the realms where congregate the enlightened and wise souls of heaven. Unless you develop a love for Divine Wisdom, and express Love in helping others while here, the social life of the heavenly spheres will prove distressing and confusing to you, because there is no self-centered happiness there any more than here, except in the activity of the higher faculties of the mind and soul. So, if your love is for earthly things and affairs entirely, if your treasure is in this world, your heart will be here and you will remain in the atmosphere of earth as an earthbound spirit, hovering about the marts of trade, the home, the club, or the tavern, according to your quality, in an unsettled state of weary search for the peace which earth-life cannot give you.

Once we see that we are immortal minds, creating an immortal destiny by the quality of our thoughts, desires, and aspirations, we feel how important it is for us to make the building of a noble, sincere and generous character the business of life.

People in the world talk about and live on the negative or inconsequential side of life. The frivolous and attractive aspects of mortal life are not endowed with eternal life and joy. They are all transient and, as far as we are concerned, must come to an end. When minds live in the contemplation of material things, apart from spiritual realities, they lose hold of their soul life and come to nothing. They die sooner than would be necessary if they had kept in tune with the life of the Creator within and above the soul.

We need to magnetize our minds by daily contact with the central dynamo of Life in order to partake of the divine vitality that will enable us to overcome sickness and premature death.

Life forms die when they can no longer be made to serve the purpose of Life. Those who keep their conversation and their thoughts in the light of heaven become immortalized while here; they live in heaven while here, and when their bodies tire of physical activities, they lay aside their physical forms as they would lay aside a garment no longer of use. To them, the physical and spiritual worlds have become blended into one great reality in which they live eternally, whether here or there as to visible presence.

After the discovery of the power of mental affirmations, New Thought students are apt to underestimate the value of prayer. This comes from a mistaken belief that the soul is all-sufficient in itself. The individual soul is as dependent upon the Creator and the invisible inhabitants of the spiritual realms for its sustenance, strength, and proper development as the personality is dependent upon mortal teachers and parents for its care and education, and upon the farm and the store for its supplies as well.

Some have a vague idea of the Creator as a principle, capable of thinking without a mind, of acting without the use of form; a formless energy that is watching about everywhere, ready to do everyone a good turn without being asked. Remember that the law of cause and effect operates with the same undeviating exactitude in the spiritual realms as in this world. If you want to gain any effect, to heal a disease, to overcome a habit, **you must start into activity a cause equal to that effect.**

The exalted consciousness of Divinity has demonstrated that It chooses to interact with material things, or with mortal minds, through the mediation of souls. The Creator has evolved souls to share in Creation by being intermediaries in the implementation of Divine Will. Souls are individualized activities of the Creator. Souls are the eyes, ears, and hands of the Creator. Souls who have awakened to the inner consciousness of the Creator feel the movement of the Infinite Spirit, and through the impulse of that inner Will of wisdom and mercy, they work from the spiritual side of life to fulfill the prayers of humanity.

We are co-workers with our Creator in the manifestation of Divine Will and Wisdom. The Creator needs us! The Creator has chosen to be dependent upon us to act out the Divine Will, just as we are dependent upon the Infinite for the power to act. The Ever-Present is our Power to act. We, incarnate, are also dependent upon our elder brothers and sisters in the spiritual world for many of the blessings of health and prosperity which we experience in this life. By affirmative and constructive prayer to the Creator, we set in motion an intelligent power which communicates our desire to the proper department of the Divine Mind, and when the desire has grown to sufficient strength through continual prayer, it furnishes a basis of mental energy through which Divine Intelligence may operate to bring results.

If we do not pray to the Divine for what we need as the Creator's servants, we do not make our desires known in heaven. All desires are like prayers, and all desires bring results equal to their strength and intelligence. Prayer gives our desires clarity of form and instills them with power. If we have a desire, that desire goes out from our mind and works on other minds to bring results. It does not rise above the plane of thought in which it is generated. Selfish thoughts draw attention from the realms of selfishness, while benevolent thoughts are perceived in the higher realms of Benevolence. A thought grows stronger as it is held daily; its force and ability are increased by added desire. But simple desire works single-handed. A

desire formed into prayer to the Creator gains the cooperation of spiritual beings. Prayer sets in motion the Providence of the Creator, which is an organized power composed of multitudes of mighty spiritual beings.

Every prayer qualified by unselfish love and altruistic aspiration creates a thought-form which becomes visible to the angels of the Creator, and the Infinite Spirit of wisdom works through them to bring about conditions for the answering of the prayer. The many limitations to the answering of a prayer cannot always be overcome immediately, and so the prayer must be persisted in until the forces of heaven and earth are able to combine to bring about its fulfillment. If, through lack of faith or discouragement, the prayer ceases, co-operation from the heavenly realms may soon cease, because the angels may be dependent upon human minds for the thought force necessary for them to operate in the mind of the world. The power of the Creator's angelic forces have, under certain circumstances, limited conscious activity on the earth plane without the assistance of mental organizations of persons on this plane. They require our faith and cooperation to provide the energy, the step-down transformer, the battery, the anchor, to induce the physical manifestation on our physical plane. One must never discount the power of unity of thought.

The world is again waking up to the realization of the power of prayer. Even the most conservative orthodox journals are giving space to those who write of the health, the prosperity, and the general spiritual good that has come in answer to prayer. Prayer serves a purpose that simple desire, affirmation, or suggestion cannot serve, although these methods are very necessary for the proper development of the mind and soul.

For many years, my life seemed an abject failure. I could not make a success of anything. I was sick in body and morbid in mind. I lacked individuality. But I learned that there was a Way to find the Creator in our lives. I learned how to commune with the Ever-Present. Through learning how to pray, I found the power in Jehovih that gave me individuality. Through prayer I drew unto myself that essence of the Spirit which made me a conquering soul. Through prayer, my soul reached out to its Creator and received sustenance from that living World of Ever-Lasting Life. My soul drew on the Spirit and became aflame with divine glory.

A material illustration may give greater clarity to the value of prayer for a human soul. There hangs from the ceiling a live wire charged with the positive electric current from a mighty dynamo. In my hands I hold the negative wire. I reach up and touch this negative wire to the positive wire, and immediately there is a blinding flash of electric light. Thus it is that humanity is glorified. The Creator is the positive Mind, the positive Spirit. Humanity is the negative mind, the negative spirit. During prayer, people's minds reach out toward the positive Mind of the Creator, toward the Mind that is full of realized power, generated in the dynamo of Omnipotent Love. When the prayer becomes sincere and intense with love and devotion, there occurs that wondrous meeting of the human and the Divine, the

negative and the positive; and the flash of immortal glory fills the negative mind with a quickening power which is the source of life and health.

Many have felt in greater or lesser degree this touch of the Divine; it was a time of realization for them, and they look back to it with tender recollection, and also look forward to the future state of enlightenment in heaven as a continuous feast of spiritual communion, like that one glorious experience of the past. But why wait for heaven when heaven waits for you? Such communion may be a daily fact of your experience, and its realization should be sought for daily. Let it become the dominant purpose of your life to grow spiritually in order to manifest the presence of the Creator. Gradually turn all your desires in that direction and compel all your destiny to work toward that end. Do not let any apparently limiting condition thwart your purpose. By prayer, you cultivate the cooperation of your Creator and hosts of angels, and when working with the Ever-Present as your faith and strength, all things are possible; you can become completely empowered. The All Power wills your permanent success.

Pray to the Creator and your prayer will reach the most exalted plane of power, drawing to you the blessings of the highest and holiest souls in heaven.

In the example of the prayer which follows, the prayerful attitude is united with the affirmation of truth, making a very powerful combination:

MOTHER-FATHER CREATOR! I am a soul-child born from the blending of Thy divine attributes. Satisfy me with Thy love. In my soul are cradled the masculine and feminine potencies of Divinity. My soul is an organization of Thy love, wisdom and power; an image of all Thy qualities; a seed of Divinity. Through living in the glorious sunshine of Thy love, all these wonderful soul potencies are quickening. Glorify me with the illumination of Thy loving presence, that I also may glorify Thee.

I am a perfect soul born from Thy perfect nature, but I need to live in the sunshine of Thy Spirit, that the power within may grow and develop as a seed of the Creator sown in an earthly body.

I need to commune with Thee consciously, thinking the thoughts of Thy Mind and feeling the emotions of Thy great Heart of Love in order that this negative earth-mind and body may become filled with Thy life, making it a perfect dwelling place for the expansion of the essence of soul power within.

My soul is illuminating and healing this mind and body as I commune with Thy Spirit. My soul becomes more glorious as I exercise Thy love and wisdom. I am Thy child in soul and spirit. Thy glory is transforming my body and enlightening my soul, so that in harmonious awareness I am elevated by Thy high desires and holy aspirations. I am complete and satisfied in Thee. I am Thy immortal child. All Power and Glory to Thee forever, Jehovih.

A HEALING PRAYER

Living Creator!

I recognize that my life is one with Thy unlimited life and power.

Thy constructive Mind is within me, building my mind and body in strength and perfection.

I open my mind to the influx of Thy mighty Presence of health and peace.

Thou art within me a fountain of vitality flowing into every faculty and organ of my being.

Thou art the Power within my nature, and Thy life and health have all power to regenerate and heal my body.

I am organizing Thy life and strength into a mind and body of health and perfection.

Thy substance is feeding and restoring every part of my body to positive health.

I praise Thy healing life and intelligence in every organ, in every nerve, in every atom of my flesh.

I praise Thy glorious wisdom which is illuminating my soul and purifying my mind of every limiting thought.

I praise Thy tender, healing Love which invigorates and upholds me and dissolves away all fear.

O Living Creator, this is Thy holy temple; make it a perfect dwelling place from which shall radiate Thy healing love and wisdom to all Thy children.

O Creator, glorify me with Thy healing power, that I also may glorify Thee.

Read this prayer over several times, strive to assimilate every word within your being, and then sit quietly with eyes closed while the Spirit of the Creator flows through your nature, fulfilling your desire.

TO OVERCOME ANTAGONISM

Living Creator!

Bless their minds with Thy wonderful love which dissolves away all vindictive feelings. Hold their personalities in the glowing presence of Thy harmonizing love until all their antagonistic feelings are melted away.

O Creator, melt from our hearts all hateful thoughts and feelings. I bless them with Thy love which overcomes all their feelings against me. I feel so great a love flowing from Thy Presence within my soul that when they think of me they are disarmed and cannot feel aught but kindness.

I bless my world, visible and invisible, with Thy harmonizing love. All is love.

HEALING LOVE

Living Creator!

I bless all the intelligent centers in my body with Thy healing love. From my awakening soul I pour healing love into every part of my body.

Thy love streams out from Thy Presence, filled with the power to heal my whole body, and it holds me in eternal peace. Thy love is my mighty protection.

I praise Thy Spirit of Love.

THOU ETERNAL SPIRIT OF WISDOM

Awaken and inspire my soul with Thy Divine Breath. Let my mind become illumined with Thy glory. Inspire all my thoughts with the pure light of Thy Omniscient Mind.

I pray with all the sincerity of my mind for the Spirit that shall quicken my intuition and lead me into the highest, holiest understanding of the mysteries of Thy Divine Life.

Guide me, O Thou Great Creator, in the path of light and love. With all the fervor of my emotional nature I desire Thy wisdom. Inspire my judgment and increase my power of discrimination. Help me to live by my Highest Light under the inspiration of Thy Wisdom and Power, that the power of Thy Spirit may become manifest through my mind and body, for the increase of Thy Glory in the souls of humanity.

JOSHU'S PRAYER REVISED

Living Creator!

Father-Mother of all souls, who art in the pure, heavenly state within all souls, who art the Soul of souls, hallowed be Thy Name of Love.

Thy wisdom and love are revealed in the peaceful purity and in the grace and perfection of our souls.

Thy kingdom come, Thy will be done in mind and body as it is done in our souls.

May Thy kingdom of love and justice become manifest to all beings in human and animal forms; may Thy almighty Will, which bringeth peace and plenty, be done on earth as it is done in heavenly realms.

Give us this day our daily bread; for Thy essence does supply all our necessities and satisfy all our desires from the goodness of Thy omnipresent Mind. Feed us spiritually with the Bread of Life, that we may grow strong in the wisdom and dominion of Thy Spirit.

Forgive us our trespasses, as we forgive those who trespass against us.

Dissolve from us all condemnation and teach us to see the angel of Thy Presence in all. Inspire us with Thy love and compassion for all souls, that we may quicken and resurrect the latent goodness and power in souls incarnate.

Lead us to victory over all temptation, and deliver us from even the appearance of evil. Let us feel the attraction of Thy Spirit leading us to freedom from all earthly attractions, that we may fulfill the laws of the soul-life as sons and daughters of Thee, our Creator.

We abide with Thee now in the bliss of Being, for Thine is the kingdom, and the power, and the glory, forever and ever. Amen.

SERENITY

I am poised in the majestic Will of the Creator.

The Ever-Present's will is cleansing me of mortal attachments and setting me free. All darkness of the past is entirely dissolved from my mind, and I dwell in the pure peace of eternity.

My soul is wedded to the Creator and my devotion is to no one except as I see the I AM in that immortal Presence.

I am living in eternity for eternity, and the things of time do not affect or disturb me.

It makes no difference to me what people think of me, for I am centered in the love of the Almighty.

Only what the Creator desires for me shall come to me.

I am surrounded by that Mighty, Protecting Love, which dissolves from me all mortal propensities.

No evil can come nigh my dwelling-place because I put my trust in the Ever-Present.

All affections and desires of the past that were not consistent with Truth are cast into the ocean of oblivion.

TRUST

My soul is attuned to the merciful love of the Creator, and all my nature is harmonized and healed by that Mighty Presence.

Jehovih is the Center of my life, and I allow the Infinite to rule and regulate all things in my nature and affairs.

I recognize the Ever-Present's majestic Will as all-powerful and all-sufficient.

My faith is strong in the power of Divine Will and the wisdom of Infinite Mind, and by faith I am partaking of Infinite Wisdom and Power.

All things are now working for the manifestation of Jehovih's goodness and truth. I am a strong and powerful expression of the Ever-Present's Love, which creates health and harmony in all my life.

From my soul flows the Fountain of Infinite joyous life and strength.

The Creator's omnipotent Will is working for my good and for the good of all whom I love, and no mortal power can hinder this invincible Power.

GRATITUDE

I am a mighty magnet of love to draw souls to the Creator.

All my affairs are dominated by the Spirit of Love, which brings to me abundant prosperity. I have faith in the prospering power of the Creator.

I am strong in the magnetic power of the Ever-Present, and draw all goodness to me with unceasing regularity.

Oh, living Spirit of Eternity, dwelling within my soul, I praise Thy Holy Presence. I rest in Thy eternal peace and harmony. I trust in Thy unceasing Love and Power to bring all good to pass in my life.

I am one with Thee, my Creator, and am drawing closer and closer to the conscious realization of Thy Presence, which shall dissolve all my fears and hold my mind, unwavering and steady, in eternal peace.

I praise Thee for the life and strength that I now manifest, and I know that I will gain new dominion and power day by day, as I walk hand in hand with Thee, until all mortal limitations are overcome.

I praise and glorify Thy Ever-Present Spirit, and rest in conscious unity with Thee through time and eternity.

Praise to Thee!

PEACE

I affirm my perfect freedom in all directions and on all planes. My soul is the Power of the Creator and has been given the power to heal all the ills of my flesh and all the inharmony in my environment.

The Creator will fill in all the broken places in my life's path with love and wisdom and power.

My soul life accepts and knows this Power, and from henceforth I rest in this Power in safety. All my surroundings are peaceful.

The light of heaven shall yet dawn in my life, and I shall share in its glory. My soul shall gain victory. All is good!

A CONCEPTION OF THE CREATOR

The basis of all systems of religious thought is God, the Creator. Every new philosophy is founded on a new conception of this one primal Power. The many seekers after God are like the proverbial blind men who tried through the limitation of touch to get a conception of an elephant. One got hold of the tail, and to him the elephant was like a rope. To the one who found the trunk, the elephant was like a snake. Running against his broad side, another was certain that the elephant was like a wall. From the shape of a leg the fourth was sure the elephant was like a tree. In like manner all the limited conceptions of God are but partial views of the Infinite and Eternal One. We might as well accept as a starting place the fact that, from the very meaning of the words infinite and eternal, which are used as descriptive of Deity, God is nothing less than the Whole. We must see that God is at least as great as the vast universe; and, if we concede that all is a manifestation of one Power, there will be room in our idea of God for all the expressions that come to our minds through growth in knowledge.

The Hindu Vedantists postulated an abstract, impersonal being who was beyond all ideas of consciousness, neither conscious nor unconscious, so immutable that it was incapable of generating a universe, and so absolutely quiescent and peaceful that in it there was no thought or desire or activity of any kind. After formulating this entirely incomprehensible idea of God, they were led to think that this absolute Being was the only reality and the only truth; that all else was nothing, unreal and illusive; that all created things were the “figments of a fictitious illusion”; that both the internal and external order of things, the earth and earthly beings, and the heavenly states with their countless hosts were all a vast hypnotism; an endless succession of dreams that were to be escaped by absorption into the abstract state of the Eternal. To escape the joys of life as well as the sorrows was the aim of every true aspirant for emancipation from the bondage of existence, and all effort was toward the end of sublimating the mind to the degree that the individuality would lose itself in the one great Essence of existence.

But the pendulum of thought has now swung to the opposite extreme, and humanity at present is not seeking to lose its individuality, but to build it stronger; not desiring to escape existence, but to enter more deeply into it.

The conquering and overcoming activities of the western races are the expression of a divine method, in that they are conducive to the development of great individualities. There was truth in the Hindu ideas of God and in their methods of spiritual worship, but it was not the whole truth; just as there is partial truth in the ideas of God prevalent in the orthodox world. The Hindu system of thought vividly grasped the Soul of the universe as the supreme reality, but denied that there was any use for the mind and body of the universe; so all effort was toward the reduction of the human mind and body to a state of pure unresisting quiescence. The occidental mind is infatuated with the material side of existence, and it is only beginning to comprehend or acknowledge that the physical universe

has a subjective or mental side. Hence, very little attention has been given to the development of Truth except the faculties or qualities that deal with manifested forces.

The soul has not been considered worthy of any attention, nor is it thought by many to be anything more than a name; in fact, so strong is the materialistic spirit of the age that, even among certain metaphysicians who have formulated the laws of the invisible but omni-active Mind, there is a strong repugnance to the idea that the Divine Soul of the Whole is individualized in the human form. Some think that, so far as the laws of mind will serve the personal ego in conquering the forces that have to be contended with to fulfill the needs of mortal existence, so far, only, are they good. But the pendulum of human development will find its poise between these two extremes, and the philosophies of the East and of the West will be united for the production of a new evolution of beings who, while powerful in individuality and ability to surmount every limitation of negative existence, will nevertheless realize their full power and wisdom through the acknowledgment and expression of the higher potencies, qualities, and attributes of the Soul life of God.

We are rapidly outgrowing the belief in evil that has shrouded the mind of the world for so many ages. To the oriental mind, all existence was a form of evil, even the highest states of manifested life in the heavenly spheres. All was looked upon as limitation and bondage, and only in the Absolute was there enduring rest from the bondage to everlasting transmigration and change. To be sure, there was the greater evil of the deluded souls sunk in sin and misery, with no aspiration for emancipation; and the lesser evil of living for the welfare of others; but at its best, life was criticized and condemned as evil, and escape from life was the only good. With all their metaphysical subtlety, the dark shadows of evil covered their minds and limited their perception of Truth.

Later religionists placed humanity in the midst of two great contending forces of Good and Evil; but the good was much nearer and more easily and quickly realized than in the most ancient philosophies, for it was not considered necessary to go through a number of incarnations, as in the Hindu system of thought, before the ties of attachment could be cut and the good attained. One had only to wage the fierce fight against evil in the present, to find a pleasant future, secure in the arms of paradise for all eternity.

We no longer look upon existence as evil even in greater or lesser degrees, nor do we see in the universe of God the opposing forces of Good and Evil. But we rejoice in the knowledge that it is ALL good; we observe the lesser good and greater good; good undeveloped and good developed; but from its worst to its best aspect, from the lowest to the highest degree and form of manifestation, it is all good.

We now comprehend the great truth that we stand in the midst of a growing and evolving universe. In and behind it all are manifesting the purpose and the will of the omnipotent Creator. Whether we stand on a planet whose humanity is young

in the expression of the divinity latent within it, or on a planet older and wiser and more well rounded in the individualization and expression of the omniscient intelligence of the Creator, it is all good. The young planet with its warring, savage humanity, and the older planet with its humanity of peaceful, godlike beings, are alike formed from the universal substance of the Creator. The love of the Infinite One is shed as graciously upon the warring tribes of cannibals filled with hatred and cruelty, as upon the angelic beings radiant with the consciousness of Divinity. The patient love of the Eternal is wise with the knowledge that ALL is Its own evolving substance, pregnant with the Infinite Life that shall awaken, during the endless evolutions of time, the intelligence of each atom, as of each mind, to the fullest realization of the intelligence and purpose of the ALL.

We may look upon the cosmos as the manifestation of an almighty battery of energy, a divine, conscious battery, so that the duality of “matter and energy” created by materialistic science will be resolved into the conception of one Omnipotent Intelligence, expressing Itself through the positive and negative poles of Universal Substance. The objective universe of so-called matter is the negative aspect of the one Universal Substance, the negative pole of the great mental battery. All substance is capable of endless development in intelligence; the subjective realms and states of existence are this same Substance in a more refined degree of expression, in a more positive and intelligent state of manifestation. In and around the negative realms and worlds is the individualization of the One Substance less developed in intelligence, while farther up in the states and conditions of sublimated and spiritualized existence are the beings who have grown radiant with the positiveness that is inherent in the inmost and all-comprehending sphere of omnipotent, omniscient and omnipresent Consciousness, the Soul of the vast whole, the I AM.

Our minds expand and thrill with the sublime conception of the magnitude and mightiness of the Creator of the universe, an individualized and forever individualizing expression of the eternal and unmanifest, whose negative body, the physical universe, is infused and sustained by a positive mind-body, the spiritual universe. The Whole is forever developing intelligence and perfection as that great Soul comes more and more into expression, infusing the positive and negative poles of the Infinite with more of life, love and wisdom, and manifesting in each succeeding cycle of progression more of the perfect grace and power that is inherent in the Soul.

Our hope enlarges and our faith grows sure of the possibilities of our own unfoldment, for we see that the Creator is individualized while remaining as the Whole, and the whole is forever developing Its power of expressing Divinity. As the positive Mind of the Ever-Present grows more positive, that Mind infuses Its positive intelligence into the negative body of existence, so that negative substance continually grows more intelligent. And through this, the unceasing process of individualization of being, as an epitome of the Whole, is polarizing the

intelligence and power and substance of the Creator toward the development and expression of a more positive and enduring individuality.

We are each one an individualized soul, being polarized and organized from the love and wisdom and power of the Soul of the Creator, and each individual soul has organized a positive and negative pole of mental and physical energies that are drawing constantly from the positive and negative poles of the mind and body of the Creator. So it is evident that as individualization is a law of all life, subjective as well as objective, all beings that ever evolved from the bosom of Divinity still continue and will ever continue to progress in Divinity through the various stages of human, angelic, and archangelic being. It does not take much imagination to see the supernatural universe filled with the myriads of beings who have lived in human form, and to see perpetuated in more sublime form the trees and flowers and all the beauties of earthly scenery on a grander and more varied scale.

We can imagine the older, wiser, and more powerful souls in the position of gods and goddesses (not meaning Creators, but high-raised angels), as radiant suns of spiritual life and love to the less developed souls attracted to them and their kingdoms for wisdom and love, the appropriation of which will give them greater growth and stronger powers for spiritual expression.

With what exalted emotions we contemplate the idea of these spheres of spiritual beings, all working in harmony and obedient to the law of love and life, and seeking to make their realizations of benefit to those less developed; so that each planet is surrounded by its mental and spiritual worlds of living beings, who appropriate the Light from higher states of Mind and bring it into the lower states, all working as a constant blessing and upliftment to incarnate humanity. In this truth we have one explanation of the teachings of a myriad of religions of the past. There has been truth in all teachings that have been wafted to earth from the heavens above for the spiritualization and education of humanity, and our system of thought must be large enough to embrace all that is good of the past, as well as the discoveries of modern scientific research; for in the Whole there is that which will satisfy every human emotion and desire.

Those who long for absorption into the Absolute, as well as those who wish to enter Nirvana, may work out their desire to their own satisfaction, without limiting the good of any; and all who delight in the expansion and development of their individuality will find boundless possibilities for growth and progression throughout eternity.

THE GOD IN HUMANITY

Man and woman are the highest expression of the Creator, and they can evolve to a higher type of being through the understanding and recognition of the truth that they are the Mind of the Creator through and through, from soul to physical atoms.

Humanity is personifying as much of the Creator as it realizes; manifesting the life and intelligence that it has appropriated from the Universal Source.

The enlightened man and woman are conscious that their substance and life is the Creator. Their minds and bodies have been educated to that degree of divine consciousness where they can truly realize and affirm: "I and my Creator are one." They have polarized so much of the Infinite Intelligence into their brains, and educated the cells of their bodies to express so much of life and intelligence, that every part of their beings is positive God-Mind, developed from negative mind into a consciousness of power and dominion that commands the respect and obedience of all negative and undeveloped forms of mind. They are the temples of the living Creator, and the Ever-Present lives in and glorifies their entire nature.

The negative conditions of disease and death find no place within their organisms, for each atom has become positive with Conscious Life; the latent healing power resident within each living cell of tissue, which is a certain manifestation of life and spirit, has evolved until the whole body expresses the healing Spirit of the Creator.

There is no craving for the gratification of the senses or longing for the companionship of any being or beings, for the soul has awakened to conscious unity with the bliss of the eternal Being, and realizes that it is an organized expression of the masculine and feminine principles of the Divine Mind, a complete whole within Itself. Having educated the sense mind to the level of its own plane, it is able to hold in equilibrium the magnetic and electric forces of the human battery, and so satisfy the spiritual nature with divine peace and harmony.

The All-Mind is the mighty key to this spiritualized nature, the vital tone to which every atom of their bodies is attuned, and their lives are radiant with a celestial melody as It vibrates throughout the tiny cell-spheres filled with Universal Life and Love.

The enlightened man and woman live in the opulence of Omnipresent Love, and when they retire from the world for divine communion, they are permeated with Its supreme glory, which transfigures them and holds them in the ecstasy of immortality. They are that Love individualized, and are filled with the eternal energy of giving and receiving. They are perpetual springs, for from their hearts and souls there emanates the blessing of universal love to all; from their minds flow the illuminated thoughts of truth, filled with freeing, healing grace for humanity; their lips speak forth the words of everlasting life and joy, and their hands impart the healing touch.

Through their intuition and acquired knowledge, they furnish to their associates valuable and useful information; the tone of their voices interests and impresses those with whom they come in contact; and through the truth which dwells in their own lives they are able to give to others the pearl of great price. Their friends, for whom and with whom they are working, receive with them from the one living, invisible Source, whose center is everywhere.

Knowing truly how to receive and how to give, how to attract and how to express, they live in greater fullness, for they are cooperating with the law of divine circulation that fills their emptiness from the limitless store.

They live in the understanding of their union with the inexhaustible Source of all, the inexhaustible productiveness, the supreme Love which is all-sufficient in all places.

Having but one great desire, the healing, awakening, and freeing of the Creator's beloved, they are in tune with the mighty purpose of the Creator, which gives them a power and wisdom that penetrates to the root cause of all manifestations. All forces in the universe conspire to carry out their will, and success crowns their efforts with perfect accomplishment.

The limitations of matter have disappeared from the consciousness of the enlightened man and woman, for their pure penetration into the essence of things has resolved all the different and varied forms of manifestation into the one responsive Substance, Who acts on their will because they have entered into the Consciousness that is the essence of all substance. From this plane of causation they can move the interior springs of all lives and, as an embodiment of the Creator, they cause all things to conform to their mighty purpose.

These divine souls, standing in the consciousness of the real and true, see all things as they are and not as they seem to the eye of uneducated sense. To their vision, the universe is spread out as a limitless sea of intelligent mental forces, a vibrating ocean of light and life, glistening from every atom with the effulgence of a mighty Intelligence, and comprehending in its boundless Love all the beings who have evolved from and who forever dwell in the breadth, depth, and height of Its immense activity.

Seeing that All is Mind, All is Good, All is the Creator, the enlightened man and woman are one with the Creator and all Divine expressions; there is no limitation to their vision or to their knowledge, for they are divine in every faculty. They can hear all the vibratory whisperings of the Good in all the universe, and enjoy the blending of their minds with the Mind that fills infinity, thus partaking of divine Omniscience.

Realizing that they are all Spirit, and that there is no law but the Will of the Creator, and that they themselves are that Will, whatever they will must be effected through their nature. They can become positive to the vibrations of light so that mortal eyes cannot see their form, and they can make themselves so positive to the attraction of earth that water will seem a solid substance to their feet.

The enlightened man and woman can exert a powerful and beneficial sway over other natures who are willing to be influenced by their positive will of goodness and peace, which quickens them with the vitality of Eternity and satisfies their spiritual natures with the living Bread of Life.

Glory to the perfected man and woman, for they are the personality of the Creator, the I AM.