

Mrs Ida Mendel

THE INNER LIFE

THE HERALD OF THE NEW AGE

*Preparing the minds of men for the
coming of that Age.*

Devoted to the study of the Soul and of experiences
of an inner nature pertaining to the Soul life.

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EDITORIAL

THE ELECT

IN STARTING this year of 1936 we feel we are entering upon one of the most momentous periods of humanity's existence; for all things point to the next twelve months bringing the end of the Old Order and the beginning of a New Order, one beyond the capacity of present humanity to comprehend in all its significance.

It therefore behooves all who appreciate this and who sense somewhat its vital import to begin to take an inventory of their affairs as it were, and to "clean house" and prepare for the new and unknown state that awaits, so that they may be wholly fit and ready when it comes.

We will try and point out some things that are necessary in order wisely and surely to prepare oneself to be a part of the New Order—those of us who more than anything else want to be a part of It. Of course we refer to those who are truly making the finding of the Kingdom first and supreme in their

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thoughts, and to them only. For only they will be of that Order. Mistake not that fact.

How do we know? By the words of our Lord Jesus Christ. Did He not say very definitely, "*Seek ye FIRST the Kingdom of God and His Righteousness, and all things else will be added?*" And did He not, when His disciples asked Him to tell what shall be the sign of His coming and of the end of the Age, then tell of the remarkable signs related in the 24th Chapter of Matthew; after which He added:

"And then shall appear the sign of the Son of man in heaven; and then shall all the tribes of earth mourn, and they shall see the Son of man coming in the clouds of Heaven with power and great glory.

"And He shall send His angels with a great sound of a trumpet, and they shall gather together His elect from the four winds, from one end of heaven to the other."

"Verily, I say unto you, This age shall not pass away till all these things be fulfilled."

Now we wish to suggest a new interpretation of these words, which may give you a glimpse of a meaning not before considered.

Have you wondered what will be the "sign of the Son of man in heaven?" Have you thought that heaven may mean the heaven or spiritual heights of man's consciousness, and that it is *there, in that heaven of each of His Elect*, where the Son of man (Jesus Christ, the Son of God or Higher Self of each man who is of the Elect) shall come? And have you realized that this Son of man—the Only Begotten Son in every Christed man—has already come to many, and is rapidly coming to many more preceding the end of the Age? And to all such does He come "in the clouds"—the heaven of the mortal mind, "with power and great glory." Many can testify to that these days.

Because we feel that in September, 1936, will be a very important occurrence, perhaps even the culmination and closing time of His Coming—considered from this viewpoint, we are taking this occasion to impress upon our readers once more this most significant meaning, that they may consider it in all the aspects we herein indicate.

WHO ARE the Elect? They are *those who have elected Christ as their Lord and Master*, and Whom only they look to and are following. By that we mean—they are following the Christ *within*, their own Divine Self, and no other Teacher or Authority.

Are you doing that? Are you *sure*? Then you are one of the Elect. If you are not wholly doing it now, you still have the opportunity of doing it before September, 1936; for maybe *at that time* "we that are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air; and so shall we ever be with the Lord."—1 Thes. 4:17.

It is more than possible; for the "Great Tribulation" which precedes His Coming may be what the world has been going through the past six years, and the "Battle of Armageddon" may be the final *economic* battle that will be fought before September between the forces of righteousness and those of the darkness, the latter of which, led by Anti-Christ, are now trying to get control of the world. And who will say that Anti-Christ is not now manifest in the world, and is not almost in complete control? Think this over, you who believe in the Pyramid and Bible prophecies.

This being possible and that we may now indeed be in the "Last Days," read carefully verses 36 to 51 in Matthew 24, noting particularly the following:

"*But of that day and hour knoweth no man, no not the angels of heaven, but my Father only;*" how some shall be taken and others left; and how we are to "*watch, for we know not what hour your Lord doth come.*"

Yes, dear friends, it is your Lord you must watch for—watch very carefully. For He may call you any hour, any moment! And you must not be so engrossed in selfish material interests, indulging so thoughtlessly in the pleasures of the senses, that you cannot hear His silent Voice within, cannot get His leading and heed it, when He would save you from disaster when it befalls your city or community. For it would seem that the "Great Tribulation" must culminate outwardly in some such form.

How are you to prepare yourself? By this moment beginning to wait upon and serve your Lord to the exclusion of everything

else; keeping mind and heart ever fixed on Him, seeking to please Him in every word and deed, having no other thought than that. By so doing you link your consciousness with His, and it is then wide open to receive His instruction and guidance. And you may be sure *He will take care of His own.*

Need we tell you again Who is your Lord—that He is your own Divine Self—God within you? That He is not only the I AM of you, but He is Jesus Christ, Divine Love, the Holy Spirit of God?

No, not Jesus Christ the man, who was born, lived and was crucified nineteen hundred years ago; but the Comforter Whom He promised to send in His Name, Who would teach you all things and lead you unto all truth.

If He has come to you, and you have recognized and accepted Him as your Christ and Lord, and you KNOW Him as He IS—that He is in the Father, and you in Him, and He in you; then you are truly of the Elect, and you know that all that the Father hath is yours.

Yes, there are those here in the flesh at this time who know this—more of such than you realize. But there are many more that know it only intellectually, thinking they have found and are following Him, when they are still following Jesus *the man*, and know not truly their identity with the Loving One within, Who has been guiding and teaching them from the beginning.

But it is for all who want to know Him as He IS that these words are intended; to help them learn the difference and so to open their hearts and let Love enter and possess them, that through Love's Consciousness their minds will be made to feel and know God and His Christ as They are—as the very life, consciousness and nature of them.

But they must not be confused and think the "Mighty I Am"—should they become conscious of him—is the Christ, the Loving One within. For there is as much difference between the "Mighty I Am" and the Lord Christ as there is between the soul and the Spirit—as there is between the mind and the soul. *Let all take careful note of this.*

Yet when the soul—as the "Mighty I Am"—has been *Christed* by the "descent" of Divine Love, the Holy Spirit, into its con-

sciousness, the Loving One becomes indeed a Mighty Power—aye, the greatest power in the world. Likewise when the mind has been Christed by Divine Love, then we have on earth in the flesh One who is doing the work of the Father, even as Jesus did it when He was here.

WHAT we have been trying to show is that the time is growing very short to get your mental house thoroughly in order for the "Great Day" above pictured. Those who have been going through severe trials and are finding it increasingly hard to hold their faith in God, and especially in Jesus Christ—all kinds of doubts as to His true nature being put in their minds; those who find themselves powerfully attracted by other teachers or teachings whose basic truths seem similar to Jesus', but are surrounded with phenomena, marvelous happenings, a Master perhaps exhibiting great knowledge and psychic powers, and which subtly inspire in them a strong desire to follow because of the promise and possibility of attaining similar powers,—those are the ones who are being tested to see if they are true followers of Jesus Christ!

Think you, you can be true to Him when thus listening to outer teachers and yielding to the sophistries of self, forgetting former teachings about the Loving Christ within and failing to hear His quiet Voice reminding you of them?

Dear friend, are you in the midst of much inharmony, doubt, uncertainty, trouble, and think you are fully loving and trusting God? If so you are deceiving yourself. For what is manifesting is but the result of fallacies and error self has caused you to believe and which beliefs are the cause of all your troubles. So long as self has any hold over your mind, inharmony will always be in evidence in your life. It cannot be otherwise—it is according to the Law. "*As a man thinketh, so is he.*"

On the other hand, if you find one who is truly at peace in his mind, whose life is happy, serene, loving and filled with the good things of this world, you may be sure it is because a real love and trust in God rules his every thought, word and act.

Such a one may not go to church, may not know any metaphysical or occult teaching, but he is very definitely aware of a loving Something within that is unerringly pointing the way for him and on which he relies and waits every moment of the day.

Such a one cannot but be wide open to Christ's leading—to the directions from his Brothers in Christ, Who use all such for the helping of those who can be got to listen in their trouble and distress.

Many are in the world today ready to be convinced that there is a real way of salvation from the evils, the wrong and hard conditions now manifesting everywhere; ready to believe that there must be a law which if faithfully observed will bring them freedom, peace and happiness.

But it is also true that the vast majority of people have never given a thought to such things—they are concerned only about making a living for themselves and their families, or about how to get the most pleasure out of life, how to satisfy their craving for sensation.

These are the two main types. The former can be reached and are the ones to whom the Great Ones in charge of the destiny of humanity are now directing Their attention. The others, because of their personal desires, must not be interfered with, for they must be allowed to have full satisfaction; for only thus can they learn the folly and futility of such desires and can then turn to higher things. For such life itself is the best teacher, and the Great Ones, and Their disciples who have learned this, let life have its way with them.

Because of the time growing so short, every mind channel open to the Light of Christ—every potential disciple—is being used to draw by the Light shining through them those souls who can be reached. Such channels are the Elect, the World Servers in the flesh being used by our Christ Brothers in Spirit. That is the purpose of the Elect being here at this time.

Therefore all who are of the Elect are being awakened to their fullest capacity in these Last Days, and are being taught, prepared and equipped for Christ's use as fast as each individual makes it possible. Can you understand now why some of you are so interested in these truths and why this strong desire in you to be wholly worthy?

From this you can also see why the strenuous testing going on at this time; why you are finding it so hard and are confronted continually with evidences of faults, weaknesses and negative qualities still unmastered. It is only to inspire in you so strong

and persistent a determination to conquer them that nothing of self can withstand it. When it will not be long, for the Spiritual strength needed is always released when such a determination is called into play.

How may you conquer, when such a determination is aroused? In only one way, dear friend, and that is to turn to God in a simple, childlike, *perfect* love and trust, holding your mind to a confident *knowing* that He will take care of everything.

When your mind finally succumbs and no longer yields or listens to self's pleas, you will *know* you have conquered, and your true work here on earth will begin, and the power of Jesus Christ will be vested in you.

SERVANTS OF GOD

THE SERVANTS of God kneel often at the foot of the Cross to watch their Saviour hanging there; and they bow in adoration before a love so great that Bethlehem and Calvary cannot measure it; for only *love* can hope to know LOVE.

O Giver of life and grace, Thou Who hast so loved the world; what can we, Thy children, do for Thee!

Out of this love in adoration and thanksgiving grows love in intercession and action; for with vision comes obligation, and a great responsibility. No soul can watch by the Saviour in His Crucifixion without the anguish of a great desire—to heal those wounds of Love with the love of many hearts.

Thus the fires of prayer are kindled, and stream heavenward in the flames of intercession, reparation and action, arising in turn, one from the other.

—By M. R. Lang, in an article on
Intercession, in *Sharing Magazine*.

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THE NEW YEAR

By F. I.

STANDING with folded wings of mystery—folded wings of uncertainty—folded wings of possibility, this New Year waits to greet us, you and me.

We have laid aside the volume of 1935. We opened it with so much joyful expectancy, quite unable to guess all that the pages would reveal to us; and as we turned them one by one, read and re-read them, what did we find written thereon?

We found the mystery of unexpected sorrow, of contacts which tortured and seared out hearts, of betrayals, falsehood, deceit—mysteries! Yes, the mysteries of the frailties of human nature.

We also found, written on many, Oh so many pages, the benumbing poison of uncertainty, pages (or days) over which we lingered, reading them again and again, not knowing what was best to do; until wearied and perplexed, we turned the page over, to find, written on the other side silent words which pointed to us *The Way*.

And as we read on and on, we came across the mystery of possibility. Hereon were written the counsel contained in the *Laws of Life*,—mysteries indeed! Our joyful expectancy was changed to interrogatory wondering.

Were these "mysteries" all that the New Year had for us? Page after page was slowly turned; true, all of them were not filled with that which seemed so hard to understand. But as we turned them, some were bare, blank sheets, on which we could write fair and loving thoughts; others were blurred and stained by fallen tears; and again we find some with names erased, and lines left out, pages torn and blotted.

But scattered here and there among all of these we find many pages on which is written much that fill our hearts with joy and unspeakable peace; on which we read the promises given to us by the Man, Jesus the Christ. From these promises, from the lessons therein, we find, as we read slowly and with quiet heart, the solution to each "mystery" which the Old Year held for us and which was unfolded to us throughout each month of transforming renewal.

Can we not then expect the unfolding months, the twelve new chapters in our life, to bring even greater joys to gladden our hearts, blessings for which to give thanks? Will not each day give us another chance to do better, to put into practice the lessons we have learned from the mysterious teachings of the Christ which life never fails to bring to us? We live only one day at a time, and if we accept unto ourself these teachings, and desire more than anything else to let God rule and direct our every thought, word and act, we shall find all uncertainty changed into positive action, and that *anything and everything is possible*.

For God is within all—waiting, and gives each one of us Greeting at the New Year Season, as well as an invitation to spend the unfoldment of the twelve chapters of it with Him in The Kingdom.

Yes, He gives invitation to all; for did He not send His Son Jesus Christ, to lead us and to show us every step of the way?

FAILURE?

OH LONG and dark the stairs I trod
With stumbling feet to find my God.
Gaining a foothold bit by bit,
Then slipping back and losing it.
Never progressing, striving still,
With weakening grasp and fainting will.
Bleeding to climb to God, while He
Serenely smiled, unnoting me.
Then came a certain time when I
Loosened my hold and fell thereby;
Down to the lowest step my fall,
As if I had not climbed at all.
And while I lay despairing there,
I heard a footfall on the stair.
In the same path where I, dismayed,
Faltered and fell and lay afraid.
And lo! when hope had ceased to be,
My God came down the stairs to me.

—Author Unknown.

“AS A MAN THINKETH”

A VERY interesting proof of “What one holds in consciousness as being so outmanifests itself” will be found in the following incident.

A FRIEND who owns a small hotel phoned me asking for the privilege of bringing a man who was stopping with her to see me, and who, she claimed, needed help very badly. After she had explained his case to some extent, I told her I could see him the next morning.

She came with him at the appointed time, and after introducing him left us alone. He was a fine, intelligent looking man, quite neatly dressed, about thirty-five years old, six feet tall and weighing all of two hundred pounds. After he was seated I asked him to tell me all about himself and his problem.

It was an interesting story and not wholly unusual or different from many I had heard. He had come in his own car from a town in Texas with his family—a wife and two little girls. They had gotten as far as Cincinnati, Ohio, on the funds he had left; but from there he was helped from town to town by the Relief Organizations who sent him to Salvation Army or Volunteers of America Barracks or small hotels, where often they had to sleep in a large room with all kinds of derelicts, and under such foul conditions that they often preferred to sit and sleep as they could in their car.

Of course I did much questioning, and brought out the following principal facts: He had been quite prosperous up to 1930, had built up a nice business as the representative of an Eastern Refrigerator Concern and of other household goods manufacturers, and was earning from \$500 to \$700 a month, and saving much of it. But when the financial crisis struck the East, his Refrigerator Concern—the chief source of his business—failed, and later other houses he represented; and gradually business dropped away until he was not making expenses.

Ordinarily optimistic, he would not acknowledge defeat, and managed to keep going by trying all kinds of things. Finally, however, as conditions all around him got worse he began to grow discouraged and in time as with many others could see no ray of hope, as everything he tried seemed to peter out with no apparent future ahead of him.

I then asked him why he came East and why to Akron, and this was his surprising answer: He had become interested in Astrology and had had his horoscope cast, which stated that his financial condition would not change until July, 1935, when he would contact a teacher in Akron, Ohio, who would be the means of freeing him and putting him back again on his feet. So the latter part of June he had scraped together in one way or another enough funds to get to Cincinnati—but now here he was, and he hoped I was the man who would free him.

I did not hesitate to tell him some plain truths—that he, himself, and not the times, was to blame for the conditions that had befallen him, and that before I got through, if he was open-minded, I would prove it to him.

He said he was not only open-minded, but that he was at the end of his rope—had even gotten to the point where he had contemplated suicide for himself and family; and therefore was ready to try anything that sounded reasonable and promised a way out of this awful situation.

From the tone of his voice and the hope I saw shining in his eyes, I believed him. I got out a copy of *The Way Out* and explained to him that in this little book lay the secret he was looking for; and then read him the words on the cover page, "*This message points clearly the way to freedom from lack, limitation, inharmony, disease and unhappiness. There is no excuse for any who read it to remain in such conditions, if they really want to find their way out, and are willing to do their part.*"

I spoke these words as impressively as I could, stressing the last six words, telling him that there is actually a law, as sure in its operation as the one when eating the wrong kind of food or too much of it brings indigestion, and which if obeyed—like when wanting to bring back a good digestion one must eat the right kind and quantity of food—would as surely bring him back to financial health and strength and a restored confidence in himself.

Then I read him the first few pages of the book, preparing him for its statement of the Law, that "*Whatever you think and hold in consciousness as being so, outmanifests itself in your body or affairs;*" and followed it by explaining carefully how one's thoughts and feelings influence one's actions and produce thereby whatever results that manifest. This I illustrated in different

ways, reading more from the book, particularly about the one who lost her position by anticipating and fearing she might lose it.

I showed him how through her fears this woman had built a picture in her mind of what might happen, and by constant thinking and worrying about it she had enlarged and vitalized the picture, until it became so alive and real in her mind that to her it had become as an accomplished fact. And so it just *had* to outmanifest as it did.

I was evidently able to make the whole picture so clear to him that he immediately saw the application, and said:

"Yes, I can see how I unconsciously did much the same thing, only more gradually; and it took me four or five years to build my picture. But I built it pretty darned sure, didn't I? But what is the answer, and what can I do now?"

"Remember the Law," I replied. "Whatever you think and hold in consciousness as being so, is what outmanifests." Then all you need do is to build a picture of and hold in your consciousness what you *want* to manifest, and refuse to entertain or admit into your mind or even look at what is *now* manifesting—thus no longer feeding it and giving it life, when it will simply die and disappear from your consciousness and therefore from your life."

"Do you mean that that *can* be done? *Has* it been done? Can you show me *how*?" he asked, eagerly.

"It certainly can be done, and you can do it—if you want it strongly enough, and are willing to do just what I show you."

"Tell me! I am beginning to see that it is possible, and I believe I can do what is needed, if you will show me how and can convince me that it will bring results."

The man had become so interested, and his eyes were sparkling with such eagerness, that I really felt he could and would be able to do what was necessary. So I proceeded to explain to him further about the Law, and read what followed in the booklet, about how all things are first created on the mental plane of consciousness, exactly as the woman had created the belief of her being dismissed from her position, and as he had gradually created in his mind the condition which finally resulted for himself; and

that when the mind accepts these mental pictures as being so, the Law then proceeds to bring them to pass on the physical plane.

This being so, then in identically the same way, I told him, if he will consciously and determinedly build in his mind a picture of what he *wants* to happen, holding it there to the exclusion of everything else, the Law will bring such picture to pass,—that it *has* to do so, it is the Law's mission; even as his part in life is to *think* and thereby *create* his body, life and affairs—either as he had done previously in *ignorance with unhappy results*, or as he now can do *intelligently and to his full satisfaction*.

"Show me how to create intelligently that way, and I promise you I will do it!" he cried. "It is all so new and so wonderful, I don't know how to begin."

"That I will show you," I replied. "Let us go back in consciousness to the time when you were doing the best of any period of your life; when you were prospering continually, were full of self-confidence, and saw only success and everything good ahead of you; when wife and kiddies were happy, and your home was full of lovely things, and life was truly worth living. Can you get back to that time and see and feel yourself in that same consciousness?"

"Yes, that is easy," he replied.

"Can you hold such a picture in your mind, and even add to it—improve on it; this time knowing that just as surely as you keep it always uppermost in your thoughts, feeling again that same confidence and satisfaction in accomplishment; happy that you now know the Law and it all depends on your keeping your picture perfect and free from negative phases; actually going about living in such consciousness to such effect that nothing that appears or happens in the outer can draw your mind away from that picture,—do you think you can do all that?"

"Yes, I get it! I see it! And I believe I can do it, if it will bring the results you say, and I believe it will," he cried, enthusiastically.

"That's fine!" I said. "Then think much on what I have just told you, and begin immediately to establish yourself in that old but improved consciousness, until you feel yourself actually there. And read and study carefully this little book," handing him *The Way Out*; "all the time keeping in mind the picture

I have shown you, thus fortifying your understanding of the Law and strengthening your determination to let nothing stand in the way of its accomplishment."

I told him to pay no attention to his wife's fears or complaints in the meantime, or to what anyone else said; just to hold fast to his vision, being kind and just to everyone, assuming a new attitude of confidence and positiveness to his dear ones that will buoy them up and at the same time attract to them and himself the forces of good that belong to them.

I told him to follow every leading that came to him, concerned not at all about results, only that he was doing the best he knew how what was given him from within to do; knowing that his own good was but waiting to manifest itself, and that it *had to come forth* when he did faithfully his part—which was holding steadfastly to his vision, and *trusting the Law*. I showed him by so doing he was then working with the Law, and when one thus works with the Law, the Law will always work with and for one.

He left me very grateful and confident, and with a light in his eyes that made me feel he had gotten what he came for. He promised to keep in touch with me and to let me know what happened.

I did not see him again for ten days, when he called to report that he had been offered a fine position, much better than he had looked for, by an old friend from another city. It was a traveling job and meant leaving Akron, but he was very happy over it.

He explained the reason for my not hearing from him before was because the next day his wife insisted on moving to another place to stay, and that he had been offered a temporary job that had kept him busy, enabling him to provide enough food, pay rent and get a few needed things. And then had come the offer of the fine position.

I asked him if he understood just what had happened.

"Yes, I *knew*, after I left your office, that things were going to change; and I just lived in the expectation of it—in the *knowing* that something would happen. And it did."

"Do you realize that it was wholly because of the change that had come in your consciousness—because of the new picture you

were carrying there; and that when your mind became altogether engrossed in that picture, you didn't have to look for a job—the job hunted you! That the Law worked it all out for you?"

"Yes, I know it. And I am very, very grateful to you for showing me that wonderful truth. I want to assure you that I feel that nothing will ever cause me to descend from this new consciousness, now that I know the Law."

WAS THIS A DREAM?

A FRIEND related to me the following experience:

"In a dream one night I saw my brother who had passed on some years before. I rushed to him and embraced him, and then he introduced to me a young man standing near, who handed me a small package. Then I awoke.

"Some few days after this my door-bell rang. On opening the door, much to my amazement I found there the same young man that I had met with my brother in my dream.

"He bowed, smiled, and handed me a small package, just as he had in the dream. He immediately withdrew, leaving me gazing at the package in a most astonished frame of mind.

"Upon opening the package, I found it contained a small book, entitled '*The Way Out.*'

"I sat down and read it through, and discovered it to be a most wonderful little book containing many deep truths."

BE STRONG!

WE ARE not here to play, to dream, to drift.
We have hard work to do and loads to lift.
Shun not the struggle; face it, 'tis God's gift.
Be strong!

—A hymn by *Dr. Babcock.*

THE WILDERNESS TRAIL

By S. B.

THE wilderness trail—how lonely it stretches
Twixt heaven and earth;
How faintly gleams the ray above—
Below; what mirth
Unto my waiting ear ascends,
Yet brings no cheer, but deeper rends
The gulf between.

Alone I seem to walk—alone
The narrow way.
Behind me beckoning far and wide
Are hands of clay.
"Come back! Come back!" the voices cry.
They move me not—my heart wrung dry
I must go on.

I must go on—I will not turn.
Tho' death may take
Its toll of flesh—the body frail,
My soul shall wake
To find the tree lies where it falls.
And there as here, the spirit calls,
"Arise! Arise!"

"Come unto Me—I Am within.
Draw nearer, nearer.
In the glory of My presence learn
That I Am dearer
Than all the worldly paths alluring;
For My Kingdom is enduring
Ever more."

Before me now a vision comes.
What meaneth this?
A kiss upon my forehead press't—
Eternal bliss!
An instant heart to heart is One;
The trail is gone—around me spun
Love's robe of Light.

Sweet foretaste of the life immortal,
Not the goal.
An instant—then to earth returning.
O my soul!
"Go back! Go back! to those benighted;
This the troth thou long hast plighted,
Serving Me.

"Serving Me in every brother
Great and small,
Knowing through the heat of battle
I Am all;
Hearing Me when e'er I talk,
Seeing Me beside thee walk
The long, long trail."

A MESSAGE TO WOMAN

"IT IS A large order, the largest ever placed; but it can be filled by the woman who aims constantly to reach that high plane where tryst is ever kept with God; where force is ever interlocked with super-force: a plane from which she can keep clearly in view, like a master at a steering-wheel, the onward sweep of life and the port to which she is steering.

"A plane where she can keep clearly in mind the fact that nothing so much matters as the spirit of things; that houses matter little, if only the spirit in them is sweet; that clothes matter not at all, if only the spirit clothed is brave and joyous, that food even matters not, if only it nourishes the body so that the body may become a more perfect instrument for the spirit's use,—that the object of the whole performance of life is not the acquisition of things, but the enabling the spirit of things to become manifest.

"Not the chair, but the comfort in the chair; not the food, but the health in the food; not the house, but the atmosphere of the house.

"The physical is for a day; the spiritual—forever."

REMARKABLE CHILDREN

IN OUR consideration of the best way to understand and work with the children of today, those who are unusual and difficult to rule or guide, who in fact seem to be outside the reach of ordinary instruction and discipline, we wish to add a few more words for the benefit of parents.

First, parents must train themselves to think of and then deal with them not as children, but as *souls*, and with the chances of their being older and wiser souls than themselves.

This we know is a little difficult to get your mind and human self to accept and to adjust your attitude to its truth; for the natural attitude of a parent is to be a teacher and a disciplinarian. But until you recognize this and then begin to talk to and reason with your son or daughter as an equal, and if their minds do not understand your viewpoint, kindly and patiently, even as you would with a respected old friend, explain all your reasons (and they must be good and sufficient ones) for wanting them to do as you wish,—there is not much chance of getting their co-operation and respect for your parental authority.

This applies both to little children and to older ones. Patience and selflessness more than any other qualities must be developed before one is fit to cope with these souls; for both young and old have an uncanny way of knowing just when self is in evidence and demanding or seeking something for its own comfort or pleasure, and they take special delight in baiting self and arousing all of its irritability and pettiness of nature. This of course results in their getting wholly out of control—for self can never control those who are wiser than or surer of themselves, as such souls, even in children, often are.

And remember, these old souls who came as your son or daughter are making their childish instruments do these things for *your* development as much as for their own; for more often than not, in the cases of these unusual children, they came into your lives more to teach you and aid in your spiritual growth, than for the guidance and instruction they receive.

Think this over, you parents who are trying to rule and guide your children. Have you not often felt the reproof, the chiding, the shame of your own soul, when seeing the look of almost

sorrow or contempt in the eyes of your child, after some outburst of temper on your part when self was wholly in evidence? Then can you not see that such children are undoubtedly here to teach and discipline you, and not just for you to guide and train them?

This being so, the only way is so to gain their respect and confidence that you will be to them their dearest chum, to whom they will always turn and confide everything. And if you truly love them and seek more than anything else to aid them express their highest and best self, you will be continually surprised, not to speak of compensated, by the wonderful understanding and deep knowledge they have of things beyond your human ken.

THE WAY you can tell unusual children are of a high order of intelligence is by their quickness of understanding and by those subjects that engage their mind's interest and attention; also by their precocity along one or more particular lines of endeavor. You must remember that to be an old and wise soul, one must have great knowledge and ability gained through vast experience in many lives, in many countries, under many varied conditions. Such souls coming in such large numbers as at this time must be for a special purpose, and undoubtedly as a part of some great plan concerning humanity as a whole.

It is therefore easy to believe that such souls coming as your children may have something to do with the New Order rapidly being ushered in; and therefore it becomes your duty, if wishing to contribute as much as possible to that Order, to help unfold and equip your son's or daughter's mortal instrument as perfectly as may be for the part to be played by it.

Hence *your part is to work with them*, trusting to their souls to know what they want to do, instead of opposing them and trying to bend them your way; of course always allowing for the natural propensities of their childish animal natures which have to be ruled and wisely directed, and their minds taught as early as possible how to control such natures.

Many of such children are clairvoyant, clairaudient and clair-sentient and have an awareness of an inner world of being where they live almost as much as in the physical, especially if they are much alone. Such children, to their parents who do not understand, are indeed peculiar, but with great possibilities, if

wisely guided. For some reason, however, very few of such come to parents who understand and can guide or explain to them the proper use of such faculties. The result is the child flounders along with its abnormal faculties soon dulled and perhaps smothered altogether, until the soul fully awakens and takes control of the mind and life. We know of more than a few of such souls now in middle-aged bodies who had such early experiences.

But today we find youngsters whose souls are so wise and strong that they need no awakening and are already in charge of their minds, and who will unerringly direct their development and prepare their human instruments for the work ahead. Such souls usually choose parents who themselves are awakened and who will not interfere, but will aid them in their instrument's preparation and development.

All parents would do well to consider carefully the above suggestions and seek to get close to their children, to learn to know their inmost thoughts and to draw them out, so as to be able wisely to work with their souls and thus help them to unfold their natural talents and develop their possibilities as rapidly as possible. For all such come with some natural talents and many with latent genius waiting to bud forth when understandingly cultivated.

There is no greater joy awaiting parents than in working thus selflessly with such wise little souls, for they will find themselves coming in contact with something beautiful and sacred in watching the unfolding of their inner natures.

MANY of them are highly sensitive to Spiritual things. One mother writes:

"Sunny has been telling me many interesting little experiences lately—usually when I am bathing and dressing him in the morning. Suddenly he will stop his ordinary talking and will get very still, when these are some of the things he has told me:

"'Last night there were so many ladies going back to Christ Jesus, but the man at the door would not let me through.'

"'Last night when I was coming back from Christ Jesus I went through the prettiest little green world. (This amused him very much, but it was all he could tell me.)'

"'Christ Jesus was sending the Christ Light to a man last night, and now the man can walk.'

"One day he cried many times during the day because he hadn't been on the 'upper stairs' the night before. The words impressed me because I do not believe I would have thought of using them myself. I tried to console him as best I could. He didn't mention it again until the other day, when he told about the night before 'coming back down the upper stairs.'"

This same mother writes, "Sunny has nearly worn out my *Impersonal Life*, having carried it around with him a great deal since he learned to walk. He undoubtedly loves the feel of its vibrations; while Elizabeth, his little sister, having to take second choice, has with her *The Inner Life Magazine* most of the time.

"They are also deeply interested in music. Sunny talks about it incessantly. He is often found standing before the radio 'leading' the bands as they play; and about the only time he is still is when curled up on the davenport listening to music over the radio. I took him to a band concert this Fall and he sat motionless, spellbound throughout the hour and a half. Elizabeth from the time she could crawl has crawled to the piano, pulled herself up on tiptoes and played on the keys, humming a little tune of her own—the happiest sound I have ever heard. This she does many times a day."

This from another mother: My little boy ran in to me the other day and said, "Oh I'm so happy. I lost your knife, and I said, 'Jesus, I'm so sorry. I'm so sorry I lost mother's knife. Please find it for me.' Then I ran around the house—and there it was. And I said, 'Thank you, Jesus, for finding it for me.'"

He will not be five until February. He told me one morning, "Jesus didn't send me to you; I just looked over the whole world and I said, 'Jesus, that is the loveliest mother.' So I just came to you. But sometimes Jesus does send the babies, 'cause He knows the mammas who need them'."

How these little ones live much in the inner world is shown by the following:

"When our first son, Albert, was about two to three years old, he used to see and play with a little girl who we thought was our first child, a little girl two years older who had passed away shortly after birth. He called her 'little durl,' and always wanted me to set a place for her at the table.

I had taught him to read simple little words made from large letters pasted on pieces of cardboard. One Sunday morning my husband and I saw him toss one of these cardboards as if he wanted her to have it to read. The look of amazement on his face that followed was most interesting to us. Then he started to walk around and around that spot talking to himself. The cardboard had evidently gone right through her and he could not figure out how that could be. He used also to chase a little puppy all over the apartment, but we could never see it."

Another woman writes: "Billy is very psychic. He sees the four elementals, or perhaps I should call them nature spirits. He used to be afraid of them until I explained to him what they were and that they had no power to hurt him; that they were there always around him to help him, to make his good thoughts and wishes for others come true. He tells me he sees them through an eye that seems to be in the center of his forehead."

Another says: "I saw a brownie once when I was a little girl and lived on a ranch in Montana. I played much by myself and used to tame the gophers and chipmonks and climb trees, and one day a little brownie ran out in front of me and was gone again quickly among the trees."

OF COURSE not all children are spiritually minded, for advanced souls of all kinds are here in childish bodies at this time, as can be noted from newspaper stories about them. We have before us clippings telling about Jackie Grubb of Robbinsville, Iowa, 20 months old who is master of 1100 words; while a close second is Carol Lynn Rowe of Creston, Iowa, 21 months old, who can rattle off 600 words, if she wants to.

About a little negro poet four years old in New York City, Phillipa Duke Schuyler, who spelled out a 42 letter word without hesitancy, and then proceeded to play the Mozart minuet, and tell of Christopher Columbus' astonishment at not finding India. She then recited her latest poem, "A Baby on Death." She is a great admirer of Charles Swinburne and his poems.

About a six year old boy of South Philadelphia, Louis Miller, a child prodigy, who can do mental sums faster than most people can do them on paper. When he is not demonstrating his ability at rapid calculation for the benefit of students in the University of

Pennsylvania's Child Psychology Department, he is passing the time showing up the grizzled old card-sharps in his home neighborhood in the game of Pinochle; which he not only plays with never a mistake, but through his quick perception of figures he can frequently guess every card in his opponent's hand.

HE WHISPERS HIS LOVE TO ME

By L. B.

'Tis so sweet just to know that along the way
Jesus walks by my side all the live-long day,
And He knows when the shadows begin to low'r,
And He whispers His love to me o'er and o'er.

When my heart is tempted and sorely tried,
It is then that I know He is by my side;
And I know He will give me the victory
As He whispers His wonderful love to me.

When He scatters the gifts from His boundless store,
And His showers of blessing around me pour,
Lest I humble and grateful forget to be,
Jesus whispers His wonderful love to me.

His voice is so wondrously sweet to me,
There's no music on earth has such melody;
There's no joy that can come to the human heart
Like the joy that His love doth e'er impart.

He whispers His love to me,
He whispers His love to me;
Lest I should stray away from Him,
He whispers His love to me.

"WORDS are so slight! And yet one word will make the wide air quiver endlessly and wake the waves of sound to ceaseless, fruitless quest of some far distant shore whereon to break."—*F. A. Steele.*

THE MOTIVE FOR WAR

THERE has never been a just motive, never an honorable one—on the part of the instigator of the war.

I can see a million years ahead, and this rule will never change in so many as half a dozen instances.

The loud little handful—as usual—will shout for the war. The pulpit will, warily and cautiously, object—at first; the great, big, dull bulk of the nation will rub its sleepy eyes and try to make out why there should be a war, and will say, earnestly and indignantly, "It is unjust and dishonorable, and there is no necessity for it."

Then the handful will shout louder. A few fair men on the other side will argue and reason against the war with speech and pen, and at first will have a hearing and be applauded; but it will not last long; those others will outshout them, and presently the antiwar audiences will thin out and lose popularity.

Before long you will see this curious thing—the speakers stoned from the platform and free speech strangled by hordes of furious men who in their secret hearts are still at one with those stoned speakers—as earlier—but do not dare to say so.

And now the whole nation—pulpit and all—will take up the war-cry, and shout itself hoarse, and mob any honest man who ventures to open his mouth; and presently such mouths will cease to open.

Next the statesmen will invent cheap lies, putting the blame upon the nation that is attacked, and every man will be glad of those conscience-soothing falsities, and will diligently study them, and refuse to examine any refutations of them; and thus he will by and by convince himself that the war is just, and will thank God for the better sleep he enjoys after this process of grotesque self-deception.

—From *The Mysterious Stranger* by Mark Twain.

(Published over 30 years ago.)

A REVELATION

I HAVE wanted for a long time to tell you of a remarkable revelation I had during my first month in California. I stood consciously outside my body just before waking. Someone was beside me—a Master, I am sure. I said to Him:

"I don't want to go back—it's California, and I am not happy there. I want to stay here."

"My child," he answered, "do you not know that California nor New York, nor any other place has ever existed except in your consciousness."

These were his only spoken words, but suddenly I was in a place of spirit where I saw how all things were my creation. I was the only one, and I had created the visible universe—I alone. Then without effort I came back to him.

By the hand he led a blind man to me. "He is your creation, my child," he said. "What are you going to do about it?"

I was terrified at such a weighty responsibility, and asked, "What can I do about it?"

With that he showed me a mirror which he called the "Alice-in-Wonderland Mirror." He told me to visualize perfect sight for this man, which I did. Then he bade me take him by the hand and lead him into the mirror. I led him across the frame, and as we stepped inside, the old picture of blindness dropped away like a cloak before my eyes, and the new picture of his perfection became the only reality. Then my guide and teacher spoke:

"This is the secret of all healing and of all power. Remember it." Then I awoke.

What a sense of freedom and vastness of vision I had! It was almost too great to bear. And out of it grew thoughts about which I must speak with you. I know now that I speak to myself, whomsoever I address; but to you I address my Highest Self.

If I have created my universe, I must redeem my universe. It being one body, it requires but one Redeemer. If this is so, and it seems to me it must be so, all that has gone before is a

prophecy of that which is to be. Jesus is then my Self that I must show forth outwardly. Nothing has lived but I alone.

I wrote once when I was still very young, "Sometimes I think that I alone exist, and that the world was created for my development." If this is so, who can answer me but God the Father? If it is so, and I do not say it is, then either all about me is illusion, or else it is I in all others who have consciousness in them.

But why more than one individual consciousness? Is it necessary? I only know that I feel a burning desire to recreate, to mould anew—to atone for all that I have done. My desire has grown beyond my will and my strength.

How reconcile these conflicting forces? The work I do is so puny compared with what I know I must do. To bring but a few souls into the Path, when I so long to heal every suffering one!

Your *The Impersonal Life* has brought realization to so many. It contains all that is necessary. And I know that only the pure Christ could have inspired it. I know it because the same flood of Divine Love stirs in my heart that I experience when He allows me to see Him.

He taught me for many years, and was so close that when He left, I very nearly died in despair. But He had to go—I was depending too much upon His personal self. It was necessary that He go that He might be born in my heart.

I know that He will answer me through you. And you will understand when I tell you that I want you to lead me. Just as little Saint Theresa asked for a double portion of Love, I ask for a double portion of Faith and Strength, as well as Love. In fact I am audacious enough to ask to be Christed now!

I have never written to you like this. Perhaps this experience was needed to tear down my reluctance and timidity. Help me not to fail. It is for the world I ask it. Small as I am apparently I dare to offer myself to God to be His instrument. Help me, please, in my purpose. Keep me on the Path. Strengthen my will and my ardor. And please write as if you were my brother—the finite me needs that personal touch so much.

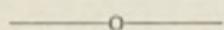
BLESSED Sister, your words prove that you have gone much farther than you realize along the Path to the Kingdom. The very fact that you have found at times that beautiful serenity where you are free from all that is happening in the outer realm, shows that your consciousness is being drawn back into its true home, and in time you will be able to abide in and work from it. You must strive earnestly and faithfully to leave behind, or to rise above all things in the outer that concern you and stir you emotionally, for they are of the self and can have no part in that new consciousness.

The Master Who appeared or of Whom you were conscious was your own Divine Self, and Who is ever with you to guide, direct and teach you when the mind is quiet and is turned within to Him. It is quite unusual that He enabled you to see so clearly that the world and your universe exist *only* in your mind, and that all things then that you know are so only because you think or believe they are.

There is a mighty truth in this; in fact, it is the great secret which, when once fully understood, will enable you to create at will what you want in your world, and likewise to destroy or dispel it at will.

We earnestly hope, dear one, that you will begin to create anew, and carry around in your consciousness only the things God wants you to have there *for His use*. Therefore, you do not need to lead you the one through whom came the truths of *The Impersonal Life*; for you have One within, your own Divine Self, Who more wisely will lead you to that for which He has been preparing you from the beginning.

Just know that the one who writes this you can always count upon as a Brother, ever ready to help when the flesh is weak, and you are not able to turn within to and learn from the Loving One there.



“WHETHER American civilization shall decline until at last it shall be lost in the enveloping shadows of another Dark Age—that responsibility rests squarely upon the shoulders of the men and women whose hands control our national educational machinery today.”

THE ANIMAL SOUL

BECAUSE of the tendency of many earnest seekers of Light to decry their lower nature and to condemn it, and there is much metaphysical and occult instruction how to "kill out" the animal part of our nature, we wish to relay to our readers some illuminating truths that we urge all to consider carefully and to profit by, when struggling with certain qualities that seem to be holding them down to earth.

Remember that it is only through struggle and the calling upon the power within the soul to overcome that one can develop strength either of the body or the mind, not to speak of the spiritual qualities of the will that determine the growth and character of the soul. Also remember that the soul must have a definite purpose and mission in putting on a body of flesh and going through the experiences of earth life, submitting to and indulging in the desires, appetities and passions of the lower nature.

"At the death of the earthly body, the soul would appear to cast off entirely its purely earthly attributes with the earthly shell, which, like the husk of the wheat, has concealed the grain within,—yet it does not do so.

"From every one of the lower faculties it has retained the spiritual germ, and these germs of the grosser propensities may be called, for lack of a better term (there being no word in the English language which exactly expresses this element in the soul), the "Animal Soul," since they are typified in man's lower or animal propensities and are the *soul* elements of these propensities.

"Therefore, the idea which has prevailed among many religious faiths that at death there is a complete severance between the Animal Soul and the higher spiritual faculties is an error as absurd as it is pernicious, because men are thereby led to give undue prominence to the purely intellectual and moral faculties and to cramp and neglect the due, proper and judicious development and regulation of the faculties of the Animal Soul, which is truly not only an immortal part of the soul itself, but is quite as needful as any other for its complete evolution.

"The Animal Soul contains all those elements which give force to the character, strength to will and act with decision, power to command and to contend, perseverance to struggle and battle

with the trials of the earth life here, and with the contending forces of the spiritual world hereafter.

"All the elements which go to make man great in a physical as well as in a moral sense are born of the passions of this Animal Soul, and no one ever emerged from the condition of the Dreamer and Visionary into an active agent for the fulfillment of his dreams, until he cultivated the powers of his Animal Soul as fully as he did those of his moral and intellectual nature.

"The love of conquest, the thirst for power from purely selfish and greedy motives, becomes in the properly developed spirit of the higher spheres the strength by which he protects his weaker brethren, and by which he contends with the Powers of Evil to overthrow them—a strength and force of will which are developed first in the rapacious conflicts of the Animal Soul during life on earth and in the lower spheres of spirit.

"From the equal development of all three of man's moral, intellectual and physical attributes are born those seeds which spring up into the beautiful flowers of a truly spiritual character.

"All the lower propensities of man's soul have each their spiritual seed, and although when unduly developed and un-equally balanced by the development of man's higher nature, and uncontrolled by his moral and intellectual powers, these lower propensities bring suffering and destruction on all sides; yet their very excess of development creates a force of character which (when the higher attributes become equally developed and in their turn are the controlling powers of man's soul) will send the soul upward with a velocity and a strength of flight equal to that with which the evil propensities dragged it down. And such souls will possess a grandeur of character, a power and breadth of thought, which, when combined with the perfections of the higher soul, enable their possessors to become rulers in the spiritual world, and therefore also in the material world."

Quoted from *The Strange Story of Ahrinziman*.

LET NATURE alone a little. The Providence that takes care of the fleas and moles will take care of man also. Order a purge of your mind—it will be much better employed there than in your stomach.—*Montaigne*.

I AM, GOD'S BELOVED SON

By Helene B. Backus

"I AM God!" This very powerful statement when correctly comprehended is a rightful claim to Divine heritage. But too often it is taught indiscriminately by those who themselves have not fully grasped its stupendousness; and it is accepted too literally by some who also do not understand its full meaning, because of not having attained the consciousness from which alone it should be spoken.

Students quote it zealously, correcting those who humbly say that they are "a part" of God; insisting that a part implies a separation—therefore a division, which would mean more than one, and *there is only One*.

An illustration comes to my mind. That of a lady who wanted a certain position and was determined to have it and no other.

"Whatsoever ye desire," she said.

I did not answer, and she accepted my silence as a challenge.

"What is to stop me?" she demanded. "If I am all there is, then I am God."

She did not get the position. She went after it and failed. Can God fail? No! Then what? She was claiming a mastership that she had not yet attained; that is attested to by her daily existence—which is a continual struggle.

"What things soever ye desire." Yes, certainly. The desire is God knocking at the door of one's consciousness. But the full significance of that knock is misunderstood if it is not clearly seen that the desire is not for a particular position, but for the benefits to be derived from it (or from what it represents, such as success, supply, happiness, etc.). Resolving these back to their source, man discovers that what he wants he already has (or is) in essence, and God is trying to manifest it, but man wants it to come forth as he wishes it—not as God intends.

To say, "That position is mine because I want it," is equivalent to asserting that it does not matter who is scheduled to get it by the law of Divine Order. To advance materially by spiritual

means, one must conform to the laws of Compensation and Righteousness. Such a viewpoint as the above is that of recognizing the One Life in an incomplete phase; that of acknowledging Oneness with all Power and forgetting to be one also with Wisdom and Harmony.

One must acknowledge and reckon with the Wisdom which governs Law and Order and knows the stars can not take the place of the sun, nor the moon take the place of the stars; which knows that there is a niche for everyone and everything in the Divine Scheme.

A material place in the Divine Scheme? Certainly. The hairs of your head are material and they are all numbered,—because they are spiritual. In its final essence everything is spiritual.

One must reckon with the Wisdom which does not demand, but accepts; because Divinity has already provided. It does not ask where, because it knows—here. It does not say when, because it knows—now. It does not say who, because it knows—that God alone IS.

That Wisdom knows that because it possesses all things it can possess nothing; knows that the Master is the Servant; knows the Giver is the Gift; knows that God is also the Son.

That Wisdom, when it reaches such a realization of Allness, knows that there is no end to its Wisdom, because Allness means without end.

Christ said, "*He that hath seen me hath seen the Father.*" There is only One Life. Speaking from the true "I AM" consciousness, *I am that Life.* From where I stand in the universe of consciousness I am the center—and the circumference—and all between. Every man can say the same thing. Or in the words of another teacher, "Spirit is present in its entirety at any given point." Therefore, *I am all there is.* I am not only the whole, I am the part; and as the part can not be separated without making two wholes—a great and small, then as the part I am also the whole. Jesus said, "*I and the Father are One.*" But he also said, "*The Father is greater than I.*"

The drop of water in the ocean can rightfully say, "I am the ocean," when speaking from a realization of its oneness with the vast sea. But should the drop of water decide to go East when

the tide turns West—which it could not do, it isolates itself in its own consciousness from the current, and it then no longer realizes itself as the ocean, but as a lone drop of water.

In like manner, man as a part of humanity or of God separates himself only by *thinking* himself separate—for he along with all men comprise humanity; and as humanity is God's means of expressing Himself, each man then is as vitally necessary to Him as is all humanity, for without *all* men God could not fully express Himself.

Those of the "I Am" consciousness know that man can never really be apart or separate from God. God is above, below, through, around, in man, and IS man. And yet man can seemingly separate himself from God, using the very gifts the Father gave him to accomplish it—the power of *thinking* and of *free will and choice*. God left man free to do and believe whatever he wills. And the mysterious part is that whatever man believes is *absolutely so to him—as long as he believes it*. And then with his creative power of being in God's likeness, he brings forth that which he *believes*. And if it is not the truth of his being, he, like the drop of water, is going contrary to the current and finds himself presumably cut off from his all-supply of Good.

The story of the Prodigal Son shows that clearly. He went so far away that he was no longer conscious of being his Father's son, and when he suddenly remembered it he had to turn back. And the other son, too, evidently had not realized his entire heritage, for though he was in the consciousness of his Father's House he had not taken advantage of all its riches. He had overlooked the wealth of Love and had not made his at-one-ment with It; anger and resentment against his brother prevented Its expression in his life. But the Father, unable to show anything but Love, merely reminded him that all was his.

Man must ever prove his God-nature, and it should not be done halfway. He can not assert his authority in Power and forget it in Love. It must be a Love that loves another as his self, because he knows that other is himself; a Love that takes in all, though they be related by flesh and blood, by law, or not at all; that loves regardless of race, color, or religion; a Love that forgives all, because understanding the Oneness of All, or the Allness of the One Life, and knows that there is nothing or no one to forgive—for All is One.

Then only can he truthfully say, "I am God." And as one teacher words it, can "Remember it with pride, but say it with great reverence, because it is truly a wonderful thing to contemplate."

Jesus, "Who thought it not robbery to be equal with God," proved his equality by his works—the only way it can ever be proven. He was conscious of His divinity in every phase of His Consciousness and Nature. He was all Wisdom, Love, Justice, Knowledge, and Understanding, and that is the Christ toward which all men are working. The Christ Consciousness means Sonship. And let us remember God had a Son, who worked for and with His Father.

There is a reciprocal action between God and man that can not be overlooked. It is manifest in all nature, in the ebb and flow of the waves, the positive and negative of electricity, the masculine positive and the feminine passivity. What is in creation must be in the Creator, in its final essence. As Spirit acts within itself so there is an interaction between all creation.

All great writers have stressed this dual play. One, having written innumerable books on man's dominion, ends one of his last writings by asserting that *the most important thing is to trust*; that God is the one to trust, but that also there must be someone who trusts; there must be an action of trust within all action. Another says, "Regulate all your actions to God," and then repeats that *God is the only actor*. Again that double action.

And so on all through the teachings of these wonderful men, including those of our beloved Master, man's absoluteness—his part in God—is shown; but trust is stressed by them all. Again the interaction—dominion and trust. Lack of trust is simply impatience, and impatience is a gate that one builds and then has to open and pass through before one can go forth to find the Kingdom.

Man, having discovered that he is all there is, must act and manifest his allness. And when he manifests it in all his characteristics, qualities and activities, his works will proclaim his divinity. Then a voice from heaven will announce, "*This is my beloved Son, in whom I am well pleased.*" Back of the powerful utterances of Jesus Christ was the full consciousness of His Divinity.

So, knowing that "I am all there is," let us say it with authority and power,—**"I AM ALL THERE IS, THERE IS NONE BESIDE ME."** Then while standing on that platform foursquare, let us answer back lovingly, trustfully, **"THOU ART ALL THERE IS, THERE IS NONE BESIDE THEE."**

Then recognizing our Allness at all times, let us strive to manifest it; and meanwhile let us be content in knowing, "I am His beloved Son."

"BE STILL AND KNOW THAT I AM GOD"

By V. F.

IT WAS a day in June. I had been walking down through a wooded knoll, shadowy and cool 'neath the dense foliage of trees through which only an occasional glimpse of sunlight was permitted.

As I approached an opening I noticed a dilapidated gate, close by the remnants of a crude fence which had once encircled the field ahead. Stepping over this obstruction, I gazed out over the surrounding land which sloped towards a small lake beyond.

Urged by a gentle breeze, myriads of daisies in all their white and yellow glory were gracefully swaying and nodding. They seemed to beckon me on as I hesitated in rapturous silence. Slowly wending my way along a narrow path, I stooped to examine them more closely, marveling at Nature's handiwork, which pressed me on all sides. Upheld by tall slender stems of dark green, their velvety white petals encircling cushions of yellow, they seemed to catch their glow from the Sun towards which their faces were ever turned.

In the stillness, save for the occasional sweet notes of some bird hardby, I marveled at God's power in fashioning such exquisite loveliness. I plucked and carried away in my arms some of this beauty. But I carried away far more.

The daisies faded in due time, but that picture will never fade from my mind. Ever after, when I wish to shut out the strife and turmoil of life and wish to be still, I picture my daisy field. Only God could make a daisy, and only God can make me still.

MENTAL CAUSES AND PHYSICAL MANIFESTATIONS

TYPHOID FEVER

"AND Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour."

"Then came the disciples to Jesus apart, and said, Why could not we cast him out?"

"And Jesus said unto them, Because of your unbelief, for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain (any large problem), Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you."—Matthew 17:18, 19, 20.

St. Mark in the 23rd verse of the 11th chapter, states it as follows:

"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed and be cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith."

THE DISCIPLES came to Jesus and asked to be told the secret of healing and He told them in plain simple language. But it was too simple for the masses or even the disciples to fully comprehend. The gap between the intellectual concept of this truth and a true understanding of just what He meant extends to a great chasm, which can be bridged only by deep study and an intelligently practiced faith.

There may be great danger in attempting to help another when we ourselves have only a superficial knowledge of the higher laws of mind.

Unless one has thoroughly convinced himself that mental action is the creative power and that it is constantly working, he had better not attempt healing; for he is but using blind faith, and the results will be uncertain. This law works in a very subtle manner. The Master did not fail to point this out to His disciples, and it has been available to us for a very long time.

He said, "And shall not doubt in his heart."

Several years ago a farmer living in the country about five miles from my home, came to see me about his daughter. She

had been ill with *Typhoid Fever* for several days. She had seemed to be started on the road to recovery when a relapse occurred which caused her condition to be very critical. It seemed that there was no hope for her. I was asked to take the case. I told her father that I would do so if given complete charge of the case and not interfered with in any way. This was agreed upon.

The next day one of the neighbors came to see me at my place of business in town. She said, "Do you realize that Miss is a very sick girl." I told her that judging by the usual method of diagnosis that would be true." She then said, "Don't you know that she is so weak that she is liable to die any minute?" I said, "No I do not agree with that." She then said, "You are not letting her eat anything; how can she live without nourishment?"

I said, "Do you mix food for your family in your garbage can?" She replied, "Certainly not." I explained that I knew she didn't, but I wanted her to understand that this young lady's tongue was coated with a covering as filthy as the lining of a garbage can, and her stomach was likewise so coated. Her abdomen was distended to the limit with gas and there was constant danger of perforation of the intestines. So I had required an absolute fast, until the gas was eliminated and the tongue cleansed.

I further explained that I had given much thought to the case and was sure that I was offering the only chance for recovery in so critical a situation. I told her that I had succeeded in satisfying the family that I was doing this and that it was too much for me to have to convince the whole neighborhood, and if she really wanted to help, she should try to explain to the rest of the community that the best possible methods were being used. This she agreed to do.

The reason the fast was ordered was that the flame of life was burning very low. To fan it back to normal there should be as little interference as possible. The fast was continued until the tongue cleared; then for a day or two only the juice of the heart of a ripe water-melon was allowed. No other material methods were used.

The essential thing however was to convince my mind that I could by the power of knowing the truth convey to the subcon-

sciousness of the patient the idea of health, harmony, strength and vital power. This was conveyed not by merely holding the thought or by mantrams or affirmations, but by a deep inner *knowing*, a transference of that knowledge by feeling rather than by thought.

The lady soon recovered, and entered college a few months later.

But now comes the sad part of the story.

Sometime later another daughter had Typhoid Fever. The mother had been giving much time to the study of metaphysics and had observed the handling of the other case. She decided to take care of it herself. She had all the general knowledge of the other case, but she failed to know the one essential. She was simply trying to cure her daughter.

You cannot experiment in the application of mental laws. In the accumulation of knowledge of physics experiments have led to progress. The trial and error methods have proven successful, but in the application of spiritual laws there must be no experimentation. This lady failed because of her *unbelief*. She *had doubt in her heart*. The daughter died.

I had a similar occurrence in connection with a case of appendicitis. After the case with which I was associated reached a successful conclusion, a physician asked me just what I did. I tried to tell him. In fact he had been present—but was not allowed to do anything—nearly every day in connection with the case that culminated so perfectly. In a few months he had a similar case. He *tried* what he thought was the same methods. The boy died.

In both of the above cases it would have been much better to have called in regular physicians and used orthodox methods.

I refer to critical situations. However we can all understand and know how to use the perfect laws as taught by the Master. Until we do reach that understanding we can constantly stand guard at the door of our consciousness, as suggested in *The Way Out*, and in the degree that we *hold in consciousness only positive, constructive thoughts and feelings* will we manifest perfect health and prevent the manifestation of conditions that may lead to critical situations.

THE BOOK OF NATURE

UPON opening a book to read, one has the knowledge of its contents as a task ahead which requires only the time and effort necessary to read and study the printed words. In opening the book of Nature, one comes into a field of learning that demands all the efforts of many lifetimes to read and fully understand even its first chapter.

Through the ages man has builded into books a record of all the knowledge gained in his studies of Life and Nature; and today man has at his disposal a means whereby he can appreciate some of the infinite wonders and the stupendousness of that invisible world hidden in what we call Cosmic Nature, and in even the Nature of our little world, called the Earth, that has locked within it vast knowledge awaiting man's reading.

Cosmic Nature, which is the last rung in the ladder of knowledge and which can be reached only through the enlightening power of Love, awaits being added to the records of the ages. In the unfolding of its secrets there will be gained the Divine Knowledge and Power that will be used in the expression of our God Nature and Perfection and a life of eternal freedom.

—J. S. B.

AT-ON-MENT

GOD is at the center.
I am at the center.
The center is everywhere—
God and I are there.

God is the Center.
I am the Center.
Like the sunbeam and the Sun,
God and I are One.

—Frank Hartman.

NO DEATH

"THERE is no death in God's wide world,
But one eternal scene of change;
The flag of life is never furled—
It only taketh wider range."

THE IMPERSONAL WORK

IN THIS Department will be included teachings and truths for more advanced students, especially for those who have received the monthly lessons in the sixty-five issued Papers.

Some of our readers perhaps may not be able to grasp these truths, but we urge if so that they reserve them for future study and consideration, as they will contain matter of vital moment to the soul, when it is grown ready to receive and use it as intended.

INNER WORKERS

IN THE last issue in this Department was stated and illustrated a very great truth, one which clearly understood should equip every *Inner Worker* with the power to "rise" or retire instantly in consciousness far beyond the outer realm of appearances, when danger, trouble or inharmony of any kind threatens.

Try to realize just what that means. If anything unduly affects or displeases you, or if you wish to be free from any disturbing condition, all you need do is to know that condition exists only in your mind—for it is only your brain mind that sees it, as it does not exist in your inner mind which you now know is part of God's Mind, the One Consciousness.

Then by determinedly thinking and seeing clearly in your brain mind the good and perfect of the condition that was manifesting, refusing to see anything else, if you will know it IS so, because you will it to be so IN YOUR MIND of which you are the master, it must so outmanifest—the Law will cause it to manifest. How such conscious picturing and willing caused the outmanifestation of fighting to cease was explained in the December article.

Now let us apply this to some condition in which danger threatens you. If at the time of such danger you can deliberately turn your mind's interest and attention to a knowing that being Pure Consciousness in which there is no such thing as destructive forces of any kind, the danger no matter what it is must fade away, as it no longer then exists in your consciousness.

Remember, this applies only to your consciousness and to what and whom you include in your consciousness at the time, as things and conditions are only what YOU think they are.

Of course this great truth can be applied to sickness of any kind, to financial conditions, to lack, limitation, inharmony or trouble—for yourself or others.

But we suggest that those who wish to experiment with and prove this Law and get accustomed to using it, start with some particular disturbing condition of your own, and stay with it until mastered in your mind exactly as shown. Two good illustrations of how to handle it are illustrated in two other articles in this issue, "*As a Man Thinketh*," and "*Mental Causes and Physical Manifestations*." Study them carefully to see how the Law is applied therein.

We wish now to point out some of the spiritual technique employed in such Inner Work. First you must realize that you are doing the work; that you are making your mind think and see what you want it to see, and not what it of itself believed was so—that which *appeared*.

In all such activities in the past, your mind thought it was doing the Inner Work, when it was you who were requiring and directing it in all that it was doing. Because of this there was always an element of doubt and uncertainty about results in the mind. The mind had not yet been taught wherein lay its power and that of itself it could do nothing.

We have been endeavoring to get all Workers, all who are preparing themselves for service, as you have noted for sometime past, to become aware of the necessity of freeing themselves from the consciousness of their minds and of learning to take conscious control of all their thinking faculties.

In other words, they must learn to know themselves as pure consciousness, as apart from their minds, which are but their instruments of expression; and that therefore they must become master of their minds and all their forces. Until they know that and are able to retire at will into their true consciousness, there will always be the element of doubt and uncertainty in the mind.

When able to work thus consciously from your true center, there naturally is felt a power coming forth to enable the mind to do what you want it to do. More and more will your mind recognize this, and develop confidence in you, as you teach it who you are and what it is and what is its true mission—to wait upon and perfectly serve you.

Naturally when it thus yields to you and learns to look to and depend upon you, more and more do you develop its powers and train it to be a perfect instrument for your use; until in time it becomes a master-mind. When such is attained you are then fully equipped to do what you came here to do.

If you can know it, this is what every awakened soul on earth is now striving with redoubled efforts to accomplish—to perfect its mind instrument as quickly as possible for the difficult times ahead.

We do not know of any other teaching that is thus openly and specifically aiding its students to retire consciously into the soul consciousness and to work from there. Those of you who are able to grasp this meaning and especially those who have followed faithfully the Impersonal teachings, who are beginning to know yourselves as souls, and who are consciously striving to enter and abide in this inner consciousness, it can easily be seen are far in advance of their fellowmen, and are the ones who will be the true *Inner Workers* who will become *World Servers*; because they will work in the full consciousness of their souls.

Those who recognize the significance of this will do everything possible to acquaint themselves with a knowledge of the soul and its powers, and they can find no greater help in *The Inner Life Study Course* on the Soul indicated in the advertising pages herein.

Once more let us state that those who are becoming aware of themselves as souls are but entering the "I Am" consciousness; for the "I Am" consciousness is but that of the soul whose mind is now conscious of it as "I Am," as distinct from the mind's "I."

And it is far different from the Christ Consciousness, where Divine Love rules every thought, word and act, and one is doing the work of the Father on earth even as he is doing it in Heaven.

Of course, when a soul has become Christed by the "descent" of the Holy Spirit which thereafter makes its abode in the heart, then the "I Am" speaks from the Consciousness of Christ, or of Divine Love, and works consciously with its Brothers in Christ.

THE DESERT SHALL BE AS THE GARDEN OF GOD

HIGH in the air above the desert in the valley called Borago, this beautiful vision was shown me by the Holy One:

A host of Angels were seen floating in the air. Their glory and brightness seemed to fill all space, and a veil of fire like heavenly mist seemed to touch the earth. The earth became covered with this dew from heaven, and beautiful flowers and shrubbery sprang up. The sand of the desert became as a beautiful garden, and the mountains of stone changed. Beautiful green grass sprang up, and the stones became as beautiful gems changed or planted by this heavenly, holy Spirit Mist which these Holy Beings sent to earth.

I could record only these few words as this Holy Being extended both hands above the earth:

"There shall be no more waste or desolate places on the earth. The Light of Spirit hath called the earth to awake and come up higher, and to obey the law of Spirit Action, when all the laws and ways of Heaven will manifest on the redeemed earth.

"There shall be a New Heaven and a New Earth, and the Glory of God shall show forth upon the Planes of Remah, and the earth shall change and grow and bloom as the Garden of God; there shall be no more darkness, for the earth will dwell in the Light or Breath of Spirit forever more. Man shall become a full conscious Being, seeing and knowing the Power and Glory of a Living, Loving God."

—Mrs. H. E.

THE FULFILLING LAW

IT IS the Age of the fulfilling Law, the earnest of the life to come. It is the Age when the sword of hate shall break its blade and there shall be no need for swords. When hate and greed are slain then war shall never be in human thought.

When Love shall enter in the human heart as Breath, as Holy Breath, then shall be done away all great wars on human kind.

First man will learn the sacred Laws of Brotherhood revealed by Heart of God to heart of man. 'Tis then will follow Peace for all, Good Will to bless the world.

Man chained by ignorance can serve no purpose good, nor bear a blessing to his kind.

The God of Wisdom doth the law unfold to human hearts, e'en to human hearts this day, and many, many are they who are ready for its shining Light, its shining Light dispelling ignorance by its vibratory wave—its golden Breath.

Lift high the Beacon and stand as one rooted in Eternal Power. The Blessing of The Holy Breath I breathe upon thee.

—Samuel to Jessica.

WHY NOT ALLOW ME FULL EXPRESSION?

YE ARE NOT flesh and blood, as ye have thought, but are substance of My Substance.

Ye have not chosen Me, but I have chosen you. You must not even think you had anything to do with the choice.

Go forth in that understanding. I am the life in your body. Know it, and be forever free from the ills of the flesh. For is not My Life always pure and perfect?

Then why allow your mind to deny My perfect expression as your self? Healing power is therefore within you, not without—for I am that Power. Receive and use Me.

Soon ye shall know the Truth, and the Truth shall make ye free from every limiting thought—which means from everything limiting My outer expression. For I cannot long be limited, even by your mind, which is also My expression of My Self.

Dwell on the words, "I am Life. There is no other than My perfect Life." Then shall My Life come forth and express its perfection.

I HAD asked a question about the confusion or dissatisfaction which sometimes arises from seeking without, when the following came:

My child, it is because you *thought* you had to seek without to be taught by Me. Now you know otherwise.

I am your Teacher—the only Teacher for you. Know that always. Be ever conscious of Me within, and allow Me to guide;

then you cannot fail. As you go about your daily tasks knowing always I am within, then are you always open to My guidance. For when you are thus constantly aware of My Presence, you cannot possibly fail or be misled.

By thus abiding in the consciousness of Me, in time you will merge into My Consciousness, when you will be able to see Me in all men and in every living thing. For Am I not the Light of the world, and do not all live and move and have their being in My Consciousness?

ONE WHO HAS LEARNED TO TAKE CHARGE

THE LITTLE personal me who first read *The Impersonal Life* and wrote you is no more, for I have taken her place, tho' I am not yet in complete control.

Last week I fought a hard fight—and I won. The joy and gratitude and peace of mind seemed full of "the abundance of life" at the victory. Now the overcoming of any discord has become a game which I play with me. And I take pride and joy in the victory over me!

It is great fun, if you use your sense of humor, tho' not easy by any means, and it takes real will (Divine will) power, and My determination. But I have found it can be done, and I have determined to do it.

DESIRE AND ACTION

IT IS righteous to assume what you wish to have, and to see it beat into reality and action.

The glad law of Creative Light is operative in the mental realm to the extent you follow it through the progressive steps of visualization, desire, hoice, command and action.

Action. Assume the full completion of your desire. This brings visualization into action, and visualization is necessary—is positively essential in creating by command.

This is an age of mental power, you will remember—not of brawn, not of hand. It is an age of Gods creating by the I AM Word of Power and Light. When men are Gods in the making, there is no false idea about lack and limit.—J. H. H.

THE INTERPRETER'S HOUSE

IN THIS Department will be given interpretations of dreams and visions of those needing to know their inner meaning. We reserve for it only those of special interest and helpfulness.

KARMA

I DREAMED I was a handsome young man. I was dressed as an Oriental and seemed to be a Prince. I was on a mission and was at the head of a large company of soldiers. I left my soldiers and went alone into the mountains. There in a secret place was a tree which, when I pressed a certain branch, revealed an opening where there were vast treasures. As I was about to take the treasure a beautiful girl came and threw her arms about me. I did not feel any love for the girl, but let myself be drawn by her body. We seemed covered with red leaves. When I regained my senses I was terribly disgusted with the girl and threw her away from me. I bound her hand and foot, then taking two bags of the treasure I got on my horse and with the girl still bound across my saddle I rode back to my men.

We galloped onto an open plain, and there appeared before me a man with the body of a green snake with the head of a devil. I rode up to him and threw the girl into his arms, saying, "Here, this belongs to you." The devil did not want her but took her and rode away.

At this I was greatly relieved for I thought I was now freed, and with much happiness I rode on until I came to two great mountains. In a pass through these I could see what was my home in a beautiful city. I rode into the city and straight to a palace. There on a small gold throne was a King. I laid the treasure before him with a bow. He seemed pleased, yet looked at me queerly. He took out a large scroll from his breast and unrolled it before me. On it I saw that everything I had done was written. But the thing that stood out with bold letters was the incident with the girl. I felt terribly ashamed and held my hands over my eyes.

What impressed me so about the dream was the marvelous reality of it and the perfect sense of health, vitality and manhood, when I am a smallish invalid girl! Do we reincarnate in both sexes?

Your dream is most interesting and was the means taken by your Higher Self to convey to you a great lesson. It was probably intended to show you what the succumbing to the sensations of the flesh finally brings—remorse, disgust, shame, and the sorrow of the King, your True Self.

All our actions are indeed entered on the Scroll of Life and some day have to be accounted for and the full penalty paid. It may have been an incident in a past life and it is not strange that you then had the body of a man; for the soul in order to gain all experience and knowledge has naturally to learn through the avenue of both sexes.

You alone can know just how much of this dream applies to you now. Go back over this dream experience and meditate upon it, humbly asking your Higher Self to unfold to you His purpose in thus revealing it to you, and expect to be shown; and then note carefully the impressions that flow into your mind.

It is more than possible that the effects of that deed in the past may have so impressed themselves on your soul that the remorse felt may be the cause of your present weakened physical condition. So if you can now see the folly of such sense indulgence and will send to the soul of that girl wherever she is a knowledge of your condition and your deep regret and will ask her forgiveness, it may be the means of freeing you from the physical infirmity that has been holding you back in this life.

Think this over, and it may help: You are indeed a Prince, the son of a King, your Father in Heaven; Who has placed you at the head of an army of soldiers—your mental and emotional forces, which you are to rule and use wisely in the King's service.

When you go up into the mountain of Spirit, often there you find a secret treasure hidden in the Tree of Life, which yields itself to one able to discover and master it. But always the tempter comes in some beautiful and unsuspected guise, and if the lower nature is still in evidence, you quickly tumble from the heights and succumb to the claims of the flesh—after which remorse, disgust shame is felt.

Instead of blaming the girl for your fall—she but symbolizes your lower nature—and consigning her to the devil, you should blame yourself only, and should strive determinedly to master that subtle force of the flesh that lures and would hold you when the hidden treasure of Spirit calls and awaits your claiming it and dedicating it to the King.

VOICES

ONE NIGHT last week while asleep the voice said, "You will go to your father's funeral next week." I had the understanding that it meant my husband and I went through much agony trying to throw off the effects. It might be well to explain that my husband is a heavy drinker, and he had just gotten over two protracted periods.

Another time I was lying down in the afternoon, when a voice said, and it was as if a pair of hands were placed on my back. "It is your liver that is the matter with you." About six years ago I had a wonderful healing of a fibroid growth, after the physician had said the liver had to be removed.

Regarding the voices that come when you are asleep, it looks very much as if the one telling you about your father's funeral did not come from a helpful source, and we urge that you do not accept such communications unless Something within instantly confirms their truth. Oftentimes mischievous entities try to deceive and have fun with those who can hear and who accept their words as so, and it is never best to accept anything as true, anymore than you would the words coming to you from people in the outer world whom you do not know. If you keep this in mind it will save you a lot of trouble.

THE INNER ROOM

CONTAINING quotations from our replies to those writing us for help in their *Spiritual problems*.

Each day at 12 o'clock noon, we take the names of those asking for such help in the Silence of the Spirit, and "Speak the Word" for them. Many hundreds have testified to receiving the blessings of such ministry.

PERFECT LOVE AND TRUST

WE HAVE read carefully what you have told us of your problem and truly appreciate what you have been through and want very much to help. But to do so, it will be necessary to tell you some plain truths that will be a little difficult to see at first.

Experience has taught us that until we bring our minds into a simple, childlike, *perfect* love and trust in God, into a *knowing* that He will take care of everything, we are falling short, are clogging up the channels of our consciousness, and naturally we have lack and limitation expressing in our lives.

The simple explanation is that we do not open our minds to God and His riches; we do not trust Him nor look to Him for our supply. Instead we look to husbands, jobs, incomes, friends—to material sources only, and forget God entirely, or at least we fail to consider Him sufficiently at such times. The proof of this is our fears, doubts, worries and concerns about material things.

Of one thing you may be sure—one does not truly love and trust God fully until one can spend freely one's last dollar in a confident *knowing* that He will provide plenty more, unconcerned about where it is coming from or how it will come—just *knowing* that He will take care of it.

Now what has that to do with your problem? Maybe it is at the bottom of it and is the cause of your husband's present condition and the hard luck that has followed him so long. Can you not see, dear friend, that you and he must someday come to that simple, childlike, *perfect* love and trust in God? These are not just words. They have a mighty potency to one who stops to take in their full meaning. For when you can let go absolutely and trust *all* to God—really trust Him, you will find that that which has been holding back your husband's good for so long will suddenly disappear and that good will begin to pour forth freely in your life in miraculous ways. We have seen it proven many times.

WHO IS GOD?

YOU ASK Who God really is. What does it matter? Jesus Christ was His image and likeness sent to earth that all men might see and know him as He is. Do you get that? God is not a man, no more than was Jesus. He is PURE SPIRIT, pure Consciousness, and all consciousness is His consciousness.

Now listen! Your consciousness is His consciousness, and He, therefore, is *all* that you are, just as He was all that Jesus was when He was here. For God is All in all, and He is not in just one man, but is manifesting His Self in all men. Humanity is the outermost expression of His

Self. But all of humanity is not yet through every avenue expressing the perfect pattern that we know as Jesus Christ, although within every human manifestation is hidden and is expressing His image and likeness.

This is rather deep, but it will pay you to stay with it until you get all of its real meaning, which is very wonderful.

GOITRE

YOUR letter received and we note that after getting our last letter and doing what was shown you the goitre was much better, but that there has been a seeming relapse.

We ask you to study carefully the thoughts and especially the feelings that you are carrying around in your consciousness, and if possible how these feelings affect the appearance of goitre—when there is fear and worry it becomes more pronounced, and when you have faith and become fearless you hardly notice it is there.

Now note particularly the feelings that caused the relapse and then try to see that when you do just what you were told to do and hold true in your mind the picture given you, the improvement will be sure to follow. If it did it at first, it will do it again.

Above all things in practicing the exercise given, *mentally push* the life forces in the blood to the congested parts, *seeing* these forces break down the old dead tissue clogging up the arteries and permitting the blood to penetrate and bring about a renewal of the circulation. See this clearly and with it the veins carrying away the dead matter of the surplus flesh of the goitre.

Just as surely as you do this will the goitre go down and the trouble disappear. But you must all the time watch carefully all feelings of fear, doubt, worry, criticism or inharmony of any kind that try to get in the mind, which must be kept absolutely free of all negative and untrue thoughts, so the picture of a perfect neck only is thus built back in your mind. For nothing less than a perfect picture can have any part in a consciousness that is trying to express God's perfect life.

THE OUTER GARMENT

NO, DEAR friend, we were not in any way disappointed when meeting you in person; for we saw you beautiful and perfect from the beginning, as we know your soul really is. Your outer personality means nothing to us other than as the garment you wear. Therefore we cherish and bless it even as we do you.

When the past is really dead in your consciousness (from what follows you will see that it is not yet wholly so) the outer appearance will be beautiful, a replica of the inner you; it will be a wonderful garment—an instrument which you can use and do perfectly what you came here to do. So try to forget utterly that old self that the mind sees; try to get back in the consciousness of your True Self and abide there always, where you will be unaffected by anything that will come to pass. That must be your continual effort from now on, for there are wonderful things awaiting those who can do that.