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¶ "The Power of the Highest shall overshadow thee."—Luke 1:35,



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CHARLES EDGAR PRATHER, Ph.D., Editor.

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Primary Lessons in Divine Science

CHARLES EDGAR PRATHER.

LESSON 8—HEALTH AND HEALING

The Reality of Health.



SINCE GOD IS WHOLENESS, Order and Harmony is the true State of Being. This is the Truth of God the Source, and therefore of all creation, the Effect or Manifestation; for you can not divide God, the Cause inhering in the Effect and actually constituting it. The invisible and the visible are not diverse, but one—a Uni-verse. The seen and the unseen are one—the outer and the inner. That which is true of God invisible is true of God visible.

Since God is the changeless Reality of Wholeness, Completeness, Perfection, this Reality is made visible in all manifestation to the eye that is responsive to the Light of Truth. This is the attitude spoken of by Jesus when he said, "If thine eye be single" (seeing only the Reality of Goodness and Truth) "thy whole body shall be full of light."

Since God is the changeless Reality of Order and Harmony, then to the degree that we see God in the visible do we recognize that normal, natural condition or state called Health.

Health is eternal and changeless. It is the true state of each and every one. Health, the normal, natural state of Being, means to be well, whole, sound, poised, balanced, vigorous, peaceful, harmonious—the expression of all the qualities of Perfection or Completeness.

Explanation of Sickness.

You have heard people say that they were in "poor health" or "ill health." There can be no such state or condition. Health can never be ill, for in such case it would no longer be health.

To be sick is but an evidence of an unilluminated mentality. In other words, people get sick because they do not see the Truth of themselves. Therefore ignorance is the cause of disease. Since ignorance is the lack of knowledge, that is—nothing, there is no actual cause for disease: it has no basis, truth or reality. There is therefore no physical causation. Then what is it and its occasion?

The belief in disease is the disease. It is but a mental conception, not a truth. It is sense thought, not spiritual. It is darkness, not light; ignorance, not knowledge. It accepts the seeming, the appearance, as real in and of itself, with qualities and powers of its own, which are often adverse to the good. This is the work of personal thought, called by Paul the "carnal mind" which is ever at variance with and wars against the Spirit—the Truth.

When one sees not the Truth of Being, but lives in the realm of effect, in the seeming, in appearances, this attitude is of the mentality or personal thinking. (This is not real or true thinking, for Thinking is the action of Mind, which is perfect and forms only true Ideas, but because personal thinking imitates the same process of formulating images, we must use the word "thinking" because of the lack of a better word acceptable to our common language; but always qualifying or explaining it by the use of the adjectives "true" or "right" when referring to real Thought, and "false," "wrong," or "personal" thought when referring to the mental action of belief, opinion, etc.)

This realm of the mentality—personal thinking—is shallow, hollow and unstable. It judges from appearances, forms wrong opinions and untrue conclusions; and by its own judgments inflicts upon itself limitation, sickness, suffering and death. Thus illness is the evidence of imperfect, wrong, personal thought.

If one mentally images disease, he not only sees it all about him, but is subject to it himself: for "as a man thinketh, so is he." We do not deny the appearance, but know that it is but the evidence that one has not been illumined by the Truth; that he has not seen or thought aright. Sickness is the result of sick thoughts. Physical harmony, or health, is the truth of the body, but so long as one believes it subject to adverse or evil influences, his body interprets his false mental conceptions as weakness, sickness, limitation.

Here, then, is the only place for healing—in the mentality. Mind is always perfect, whole, and needs no changing; indeed, it can not be changed. But the plane of personal thought—the mentality—has been obscured and encumbered with untrue conceptions, beliefs, "vain imaginings," until the Truth is not perceived, felt and known.

The Process of Healing.

The process of healing is not a change in Consciousness, for that is the Illumination of Truth—God—which ever shines for all. The transformation from ignorance to knowledge, from darkness to light, from error to Truth, is a process in the thought or mentality of man. It is the removing of the sense-deluding goggles from our eyes, the opening of mentality's windows to the sunlight of Truth.

Truth is Truth. No amount of untrue thinking can change the eternal state of your being. You are the embodiment and expression of Wholeness, Harmony, Health. Your thoughts of health do not create health, neither do your thoughts of disease create sickness. Mentality is but an interpreter, and according to your interpretation do you enjoy the one or suffer the other.

The work of thought—true Thought—is to think "God's Thoughts after Him," and thus interpret correctly, whereby we know the Truth of Wholeness and are one with it. It is Infinite Perfect Mind thinking in us as our very selves. On the plane of mentality—personal thinking—however, we obstruct this free flow of Mind in us by injecting or obtruding our personal conceptions, beliefs, opinions, etc., and see all things through these colored glasses of sense, and interpret accordingly. True thinking clarifies our vision, while personal or false thinking obscures, beclouds.

The question of realizing Health is simply a matter of clear spiritual perception. Light reveals the Truth. The more we know of Truth the more perfect and harmonious we see our bodies, environment, etc. Health is being revealed to us just as rapidly and as fully as we open our eyes to the Truth.

To become conscious of any Truth, you must start from the fundamental basis or fact: **GOD IS ALL THERE IS, BOTH INVISIBLE AND VISIBLE.** To know this is to know omnipresent Health—Wholeness and Harmony, vitalized by Life, Love and Power.

The secret of health lies largely in one's attitude. How are you thinking? How are you looking at things? Are you judging from appearances, your mental conceptions of them, or from the basis of Truth, which is "righteous judgment"? Are you "double-minded," that is, do you believe that everything must have its opposite? that if there is good, there must also be bad? health and sickness, opulence and poverty, happiness and misery? If so, you are partaking of the Tree of Duality, the forbidden tree. If so, is it any wonder you have mixed conditions in your life? The more you give place in your thought to evil, adversity, disease, etc., the more will you see of them: because these are the goggles (false mental conceptions) through which and by which you see these untrue images.

Healing is the process of attainment or realization of the eternal state of our being. It is a transformation in thought, from the ignorance of belief to a knowledge of Truth. This is the process indicated by Paul: "Be ye transformed by the renewing of your thought." It drops

all short-coming (sin) for righteousness; weakness and limitation for the fullness of strength and vigor; poverty and distress for opulence and satisfaction; worry and disease for peace and harmony. Such is the result of spiritual enlightenment—the truest, purest and highest method of healing.

The Scope of Healing.

Yet healing does not relate merely to physical wholeness. It must first be an inner or spiritual perception, and this then applies to every phase of Life's expressions. As we see more and more of the truths of Life we are evolving into a fuller, freer and better manifestation of Wholeness and Harmony, this evolution being the process called Healing, which is but another name for Unfoldment.

One thing alone rights any condition—the consciousness of the Presence of God. This means seeing all that God is right there where discord seemed so evident. There is but one way by or through which we may attain to this realization—receptiveness to Truth. Desire is the incentive, prayer the door, faith and words the means or method which lead to realization.

“Hold fast the form of sound words” implies the necessity of being steadfast to the good, pure, wholesome, strong, sound thoughts or ideals. Adhering steadfastly to our highest vision of Truth, there will be no room in our mentality for anything adverse, for no useless or “idle” thought. Therefore it profits little, and may be a hindrance to clear perception, to look for correspondences, for the cause or occasion of any shortcoming.

Our first thought should be the Perfection of the Whole (God). Then every thought of any phase or condition or environment, or of body or any of its members, will be seen in the same Light; for the Truth of God is the Truth of Man. Since God is perfect, so must His creation be; for Cause and Effect are one; like begets like.

Since there is no physical causation for disease, this condition or appearance must be handled where it is conceived—in the personal thought or belief. Therefore, to relieve yourself of any seeming ill condition, you must rid your mentality of the “seeming” in thought. This can be done only by knowing the Truth. Practice seeing but One Presence and Power—the Good, which is Life, Health, Peace, Intelligence, Love and Joy—in yourself, in every event, circumstance and condition.

Keep up this practice daily until you form a thought-habit of seeing only Health, Wholeness, Soundness, Perfection everywhere—full, free and abundant. If, because of former habits of wrong thought, adverse “seemings” thrust themselves before you, ignore them, refuse to give them any recognition or sanction, by the more firmly adhering to the Reality or Truth revealed to you. You may not be able to explain the “why” of these appearances, even to yourself. Don't try to do it. If you do, you admit, at least to a degree, that they are so. Simply turn your thought from them, and filling your mentality with the good and

true, there will be no room for them to further distress or annoy you;—and thus are you transformed; “old things pass away: behold, all things have become new.”

In steadfastly beholding One Presence filling all and being all, the One and Only Substance, we lose the conception of lack, and manifest Opulence, Supply; “for of His fullness have all we received.”

In steadfastly seeing God as perfect Order and Peace, we lose the conception of all discordant notes in ourselves and environment, and Harmony, Love and Happiness prevail.

In steadfastly holding the Idea of Life, Harmony and Strength, we lose all conception of the opposite, and manifest Health.

In steadfastly adhering to Right, Justice, Balance, mental belief in their opposites is supplanted by the realization that Intelligent Love rules the universe.

In steadfastly holding to the Truth of our basis—the Omnipresence, we relieve ourselves of every conception of anything adverse, the resultant consequence of which is Heaven here and now.

This is the process, when applied to the Self and its avenue of expression—the body, which is known as Healing. When applied to the mentality, it is called Unfoldment. And when related to the soul, it is termed Evolution. By whatever name it is known, it is the process through which we pass from darkness to light, from ignorance to knowledge, from sense to Spirit.

REALIZATION

Ruth Pollard-Lang.

I sent my spirit-self in search of Paradise,
For I was weary and bent and travel-worn;
I sought that Eden where youth and hope never dies,
And the rose that once has blown, forever blooms.

I sought a phantom place where joy and peace abide;
Through storm and stress my spirit wandered far,
And, ever elusive, hope led where wind and tide
And thorny pathway and rock-bound barriers were.

“There is no haven of rest,” despairing, I cried;
“In all the world there is no will but God’s will;
So I shall strive no more, but whatever betide
Live at peace today, for this alone is mine.”

And lo! in serene Today, I find a Light,
And in its glow I dwell in Paradise here
And now; for Truth makes all things heavenly bright
With knowledge, parentlike, for its guiding star.

Mental and Spiritual Helps

For New Students of Truth

By MRS. C. L. BAUM.

—Second Help—

YE ARE CHILDREN OF GOD



SINCE THERE IS BUT ONE SOURCE from which all creation proceeds, we are learning to know ourselves as expressions of this source or as Children of God. Each child partakes of the Nature, Substance and Life of the Source which is the Father of us all. As we accept this Truth of ourselves, we see that all we really are is established and that we can not change our nature, substance or Life.

The only thing we can change, if things seem to go wrong, is our thought about ourselves and our attitude towards ourselves and our world.

Children of Men.

The Bible tells us, "the children of men do evil in the sight of the Lord," and the children of men stand for the false conception we have held about ourselves, for not knowing what we are, nor from whence we come, we have thought and acted ignorantly and consequently lived as though we were merely material, mortal bodies, exhibiting all the weaknesses of so-called mortal belief.

First in our thought we separate ourselves from our source, and believe that God is afar off—so far that unless we prayed very loud we should not be heard. This is one of the concepts that "is evil in the sight of the Lord."

Next "the children of men" believe in evil as well as good, and this dualistic conception is the main cause of most of their troubles.

Everything in their world is divided into good and evil; in the simple matter of food there is a difference of opinion about all they eat and "what is one man's meat is another man's poison." It would be absurd if it were not pathetic, the way these people are dominated by their food. Go to a sanitarium, for instance, and the main topic of conversation is "what I can" and "what I can not eat." How often we hear the Bromidic remark, "I like it, but it does not like me," and all sorts of things are "poison to my system" or this, that or the other "does not agree with me." When the children of men grow up, they will realize the mind of Unity which is in perfect agreement with all substance and these ignorant speeches will then be eliminated.

The children of men exist and pass on according to their beliefs,

and because of their ignorance they know but little freedom and less peace.

For years they have had a false view of the Great Loving Father and in consequence they make fear and worry their habit of thought.

The Children of God.

The children of God, those who realize their own divinity, "follow after righteousness," right thought, right word and right action, for as they are consciously illumined they see with eyes that are "single to Truth," consequently their whole world is filled with light. Having the true conception of God and the Universe, every shadow is dissolved and they see only the Good everywhere.

They can say now with perfect understanding, I believe in the Fatherhood of God and the Brotherhood of Man. This is at first theoretical and it takes an eternity of true living to demonstrate the full Truth of it. For many are they who say "I believe," but few who in the activity of each day's experiences, choose to follow the Truth to the utmost.

As we realize our divine nature, a deep change comes in our attitude and in our thought.

If we are pervaded with changeless health, we must refuse even to talk of sickness.

If we are born of Perfect Love, we must of course think, speak and act lovingly. If we are Divine we must live divinely. The true children of God walk and talk with the Father, communing with the Infinite Intelligence and constantly living from the spiritual Perception of Truth.

We can say at this stage of our unfoldment, "We are children of the Light," for we have the understanding to illumine every experience and in this Light we find no evil to fear.

All Are Children of God.

Jesus said, "Seek to know thyself; and ye shall become aware that ye are sons of the Almighty Father, that ye are in the City of God."

This wonderful Master did not say we should, in the course of time, become sons of God, but that we should become aware of this truth of ourselves; so the truth of our divinity was never postponed, but our awareness of it had not yet come to fruition.

It is unquestionable that we are the spiritual ideas of the Universal Intelligence, for everything begins in mind and is brought into visible expression by the ceaseless activity of Life, therefore the Infinite Mind is the first Cause of all that exists. The more fully conscious we are of the Omnipresent Good, the more harmony, joy and peace we make manifest in our lives.

"That which is born of Spirit, is Spirit," and as we become aware of our true birth and cast out the old material concepts of ourselves, we shall understand our spiritual nature and live as children of the Most High.

To those students who have but a slight perception of Truth, I will say, begin at once to live as though you believed in the Truth of your Divinity which you have accepted and declared.

In the simple ways of life, be true to your Principle and do not fail in bearing witness to it at every opportunity.

First, treat all people with courtesy and consideration.

Second, keep your thought controlled, quiet, loving and serene.

Third, do not pose, or act in an abnormal way.

Fourth, do not assume a set smile; a cheerful spirit does not need a continuous grin.

Remember you are Being Divine and not acting a part, so be your simple natural self in all you do or say.

True greatness is always unassuming.

Endeavor to appreciate the other children in the Great Divine family, not at the world's valuation, but according to their true value, for each has his part in the great drama of Life, and is retarded by condemnation or does better work by your appreciation.

Acknowledge the Father's wisdom, Love and Power in every child of God, for in so doing you will help him express more and more of his Divine nature.

Again, in the daily meditations (and all Truth students should have regular times for study and silence) we must go back of all external difference, in order that we may realize the Unity of the Father and his children, the same in nature, substance and Life.

Think deeply and earnestly about this Truth until Unity becomes to you the great reality of all Life.

Then in your day's activity, think of yourself as but one member of a great family and that all the rest are equal to you in nature, inheritance and life.

The words of Paul, "Beloved, ye are now the sons of God," is of great significance to us today, for they cause us to realize how necessary it is for us to put off the old concepts of self and to put on the new knowledge of Self and with the mind of Truth, thinking and living true to that which we have always been.

Man can not be unlike his Source, for Like begets Like, therefore man is the true Idea and perfect expression of his Father.

The conceptions of men can not change the Truth of man, no matter how long it takes him to realize his Spiritual and harmonious nature.

To those who understand the Law of Expression, it is easy to see why Divine Mind can not express anything but what it is, hence its expression, man, is complete and harmonious now with full Power to "Bear witness to the Truth" of his Divinity.

The eternal Law of all expression is "Every seed bringeth forth after its kind," and we read "I have planted thee wholly a right seed, saith the Lord." So all God-begotten children are "after His kind" spiritual and God-like.

This was perhaps the very greatest message Jesus came to deliver, salvation through man's knowledge of himself, and many verses could be quoted from the Master's own teachings to prove this Truth, viz., "Call no man on earth your Father. One is your Father which is in Heaven." "Be ye holy, even as your Father which is in Heaven is holy." "Know ye not that ye are temples of the Living God and that His Spirit dwelleth in you?" "Know ye not that ye are children of God?" and last, but greatest, that wonderful word, "The Spirit Itself beareth witness with our spirit, that we are the children of God."

From this we clearly perceive that man is not material, had no material source, and that which he has called a body of matter was but his false conception of his true body which is spirit; in other words, man is not what he appears to be, but is a spiritual being, endowed with the fullness of the God nature, hence he can say with Jesus, "I and my Father are One."

In the Hidden words of Baha U Llah we read, "O children of men, do ye know why we have created ye of one substance? that no one should glorify himself over another. Be ye ever mindful of how ye were created, since we created ye all from the same substance, ye must be as one soul, walking with the same feet, eating as with one mouth, and living in one land, that ye may manifest with your being and by your deeds and actions the signs of Unity and the Spirit of Oneness. This is my counsel to ye, O, people of Lights! Therefore follow it, that ye may attain the fruits of Holiness from the tree of Might and Power."

One more quotation from this same Illumined Soul, which I hope will be realized by every student of Truth: "Oneness in its true significance means that God alone should be realized as the One Power which animates and dominates all things, which are but manifestations of Its Energy."

The children of conception are many—begotten in belief.

The children of God are one—begotten in Truth.

Man is a manifestation, not a reflection of God. The word man is from the Sanscrit word manas, which means mind; "festation" is from the Latin word "facio" which means to make; hence man is mind made, or expressed from God Mind and not from matter.

Let us then acknowledge our Divinity, think truly, speak only the truth and live always in the Spirit of Love to our Father and in Divine fellowship with all men.

A spiritual evolution is going on in Man. His mind is developing and causing to unfold new faculties which will lead him to higher paths of attainment.—William Walker Atkinson.

I am consciously abiding in the Presence of the Living God. I am filled with Divine Life and Energy; and the peace, the health and the rest of this Life are mine now.

The International Bible Lessons

CHARLES EDGAR PRATHER.

Lesson 10, March 7, 1915
SAUL ANNOINTED KING
I. Samuel 8:10.

Golden Text: Fear God. Honor the King.—I. Peter 2:17.

Peloubet, in his notes on this subject, says: "The real subject of this lesson is the Transition Period of the Israelite Nation from Childhood to Manhood. It corresponds to the transition period of every human child from childhood to maturity. And herein lies the value of this lesson to children in the Sunday School: It is a mirror in which they can see themselves. The underlying principles are much the same—the same restlessness, dangers, difficulties, uncertainties; the same fears and warnings on the part of parents and leaders."

These things are not Principle, for that is fundamental Truth, the law of right action, the Cause inhering in effect. These adversities are the product of false thinking and beliefs—and are evidenced today in the unenlightened mentality of youth as in the days of our lesson, over 3,000 years ago. But by their experience in the attendant suffering they bring, one may be awakened to see, know and practice Principle, thereby enjoying the fullness of just the opposite of these limitations.

Samuel had found a ready response to his appeal for a true religion. It was Samuel who introduced the use of stringed instruments in public worship, together with songs of praise. He opposed all idolatry, immorality and mere formal religion. He had instituted public education in the "School of Prophets"—all of which prepared the way for the new order of national government.

As the Hebrew people looked forward to a kingdom of peace and prosperity, presided over by Truth and Righteousness, it symbolized the vision of youth looking forward to the time of actual fulfillment of his highest desires; he longs for better things, and a change from the past.

Samuel felt at first that the people were rejecting him, but obedient to the inspiration of Truth, he granted their request for a king, but desired. How like the mentality of man! Samuel, through teaching them warned them of the danger of looking to earthly power for the Good they the principles of true Being, had led them to practice the same whereby they had become prosperous and were protected from enemies. Instead of continuing to recognize this Presence, however, they forgot God in

A king was therefore the best for which they were fitted, but it was their success; and thus they rejected largely both God and Samuel. not the ideal government—a government "of the people, by the people, for the people," under the inspiration of Truth. Yet, after all, Infinite Wisdom is shaping the destinies of all. Read these chapters of our lesson and see how God led Saul to Samuel, and Samuel to Saul, through the free will and desire of each.

Intuition—the voice of God—instructed Samuel and he was obedient. Saul was not pompous. He declared himself to be of one of the smallest tribes, and his family inferior to others in the tribe. It is such a heart, devoid of selfishness and personal ambition, which the Spirit finds the best capable of true service. Thus at the meeting of the people the same directing hand—through that inner prompting—Saul was elected, and the first king was hailed with the salutation, "God save the king."

Lesson 11, March 14, 1915
SAUL GAINS HIS KINGDOM
I. Samuel 11:1-15.

Golden Text: He that is slow to anger is better than the mighty; and he

that ruleth his spirit than he that taketh a city.—Prov. 16:32.

After his anointing as king, Saul returned to his home on the farm, where he could have opportunity for meditation, prayer and decision, before taking any action as king. And this should be our method in every undertaking.

He had not been the unanimous choice, and while many followed him, others—"children of Belial" (worthlessness, ruffians)—rejected him. But Saul "held his peace." Only "in quietness and confidence shall be thy strength"; don't lose your mental poise when others snub or oppose you—hold your peace. This is the first step toward mastery.

This kingdom is a representation of the right spirit or thought in every boy and girl, man and woman. God's own Spirit is the Life, Intelligence and Power in each which will make us triumphant over every seeming ill and wrong, if we will but let express in and through us. This Perfect Mind will control and direct our thoughts and desires, save us from sense beliefs and their dangers, strengthen and make us whole. Our part is to recognize and co-operate with it.

As we do this, we will find a host of kindred thoughts—"whose hearts God has touched"—which will be revealed as good influences, kindly advice, moral encouragement, hearty co-operation in attitude and works, and, above all, the consciousness of God's Presence with us as our very selves fraught with Power from above.

Thus, when sense conditions crowd upon us, as at times they will, as did the Ammonites upon the Israelites, we will be directed by the Spirit, as was Saul, just what and how to do. At such times "take it to the Lord in prayer," and the spirit of courage, determination and energy will vitalize your whole being into action—consecration and service.

The three companies into which the army of Israel was divided symbolizes the three planes of spiritual preparation: Recognition, Appreciation, Acceptance of Truth; Meditation, Communion, Realization of the One Presence and Power. This is the noonday, the flood of illumination which dispels and annihilates every vestage of mental perversity, especially the perversity of the emotions which the Ammonites represented.

Lesson 12, March 21, 1915
JONATHAN AND HIS ARMOR-BEARER
I. Samuel 14:1-46.

Golden Text: Let us put on the armor of light.—Romans 13:12.

Failure in continued success is not the fault of the law; it lies with us in falling short of its full requirements. The story of the decline of Saul and his kingdom is the story of neglect to improve his possibilities and opportunities. He threw away the higher things for the lesser. He had started well and nobly, for he had opened himself to the direction of Spirit, and had taken Samuel as a noble example; but he was not wholly consecrated to the Highest. He was therefore not wholly receptive to Truth.

Some people turn to God that they may be relieved of their diseases; others that they may be lifted out of distressing poverty, and yet others for various reasons—but not solely for Truth's sake, not because they long for the full consciousness of the One Great Reality—God. So long

as they have an impulse for relief (which is good), they take on all the forms of sincerity, but their worship is largely from without, and thus lacks the Power of true religion.

Saul caught many inspirations of Truth, but he did not live wholly in them, nor kept himself even open to further direction. While Saul was at Gilgal Samuel had instructed him to wait for him seven days (symbolic of material fulfillment or preparation), but when Samuel did not appear, Saul, impatient (the wrong attitude) of delay, went through the religious ceremony of preparation himself, and was ready to march to meet the advancing Philistines (pride of physical strength), when Samuel suddenly appeared.

This attitude of restlessness, impatience, self-sufficiency, is purely personal, and brings opposition, antagonism, and finally suffers defeat. Be careful of your attitude about the so-called "little" things of your daily experience. All such sense conditions and attitudes must give place to the higher. Saul must give place to a successor—"a man after God's own heart"—conscious of being the expression and therefore the representative—not of self, but of God.

Yet Saul had the opportunity to right himself, but failed to do so, and again he disobeyed the higher promptings of Truth, and thereby brought upon himself his own punishment. Remember, God does not punish us; we punish ourselves in violating Law, which is ever and eternally the same "right rule of action."

Now Jonathan was the son of Saul. The meaning of the name Saul is "death" or "grave." This is the result of giving oneself to sense, in letting personality supercede spirituality. Jonathan represents "love," and means conscious unity with the good: It was his faith in the One Power which caused him to declare to his armor-bearer, "Come, let us go over unto the garrison of these uncircumcised; it may be that the Lord will work for us, for there is no restraint to the Lord to save by many or by few."

The signs agreed upon represent the alertness and responsiveness of Jonathan to the direction of Infinite Wisdom, together with a fixedness of purpose to follow that guidance in either case. And God gave him the victory because he had properly prepared himself for it.

Lesson 13, March 28, 1915

GOD'S MERCIES TO DISOBEDIENT ISRAEL

Read Nehemiah 9:26-31.

Golden Text: Righteousness exalteth a nation; but sin is a reproach to any people.—Prov. 14:34.

This is a review lesson. Looking over the lessons of this quarter, embracing the Period of the Judges, and the Period of the Kings, in its beginnings, we find the facts stand out prominently:

In the Rule of the Judges—Deborah and Barah, Gideon and his 300, Samson, Eli, and Samuel, these four same things took place in the same order: (1) Departure from God or the Truth, causing disobedience, and therefore religious decline. (2) Oppression by enemies, until it became intolerable (result of number 1). (3) Repentance and prayer to God for help (result of 2). (4) Deliverance by God's raising up a judge who at first, at least, was obedient to Divine direction.

From a government of Judges to that of a United Monarchy, we see the first king, Saul, with wonderful advantages and opportunities; his uniting of the people largely through threats, which could not hold them long; and through his own disobedience to Right, he lost his power. We also learn that the right attitude (Jonathan) is the saving power of our higher thoughts (Israelites) from destruction by the Philistines (sense thoughts).

THE KINGDOM

WILLIAM YEATS MORE.



HE ONLY APPROPRIATE text for our subject is that of Jesus, and our aim is to show its practicality. "THE KINGDOM OF HEAVEN IS WITHIN YOU."

"It is no use to preach to me from without: I can do that too easily myself. Jesus speaks always from within, and in a degree that transcends all others—in that is the miracle; that includes the miracle."—Emerson.

In these days of multiplying books and educational facilities, it may seem untenable to declare them valueless and a fruitless waste of energy, unless applied as aids to solve the sphinx riddle of the ages. "Man know thy-SELF." Know thyself above and beyond mechanism, above and beyond the outer transitory Me, up to acquaintance with "The I Am that I Am"—the deathless "Me of Me."

This persistent aspiration will assuredly lead us to the Kingdom, and will solve all problems, and is the trustful child-like attitude enjoined by the Master: is the path trod by the wise of all time, making them victors over chance and happening—adding them to the roll of immortals, "redeemed from among men."

This entrance door can not be evaded; it is the one and only escape from the weary round of birth and death, and the main point we here emphasize is that of the inevitable; viz., that sooner or later we shall, or must, enter. Since this is so, why not now?

Sectarian religion, philosophy, classic lore, or trust in the vicarious work of others, are all good enough as pointers or examples for emulation; but the consciousness that is a reflex from the inner shrine can not be ignored or supplanted by aught else, however high or lofty its pretensions may be.

The initial attitude for entrance to this gateway inevitable is, first of all, Purity of Aim; sincerity and absolute trust in the indwelling Spirit; a faith in God that knows neither fear nor doubt. This is the preparation we must make ere we can pass muster in nature's great "civil service exam;" therefore the sooner we buckle down to its requirements, the sooner will we be free to enter.

This is the real "Peter" at the gateway; which even he bearing that cognomen, as well as the teacher Jesus, had to conform to its mandate in every particular because it is the one and only gate leading into life.

Emerson, on "Soul-Unfoldment," says: "We need not fear that we can lose anything by the progress of the soul; the soul may be trusted to the end. . . . Let us lie low in the Lord's power, and learn that Truth alone makes rich and great. There is guidance for each of us, and by lowly listening, all shall hear the right word. Place yourself in the middle of the stream of Power and Wisdom, which flows into you as Life, and when in the full center of that flood (highest consciousness) you are impelled without effort to Truth, right and perfect contentment."

In this flood-tide of Consciousness that Emerson speaks of, let us

cultivate every revealed quality, virtue and attribute, and our release and emancipation is accomplished, for we then realize our true Sonship; like the prodigal, "we come to our Self."

There is no soul growth unless we take or attain to this life-degree, which is the conversion aimed at supernaturally by old orthodoxy. We decry no system of religion or ethics that leads to this culmination. We only try to show the simplicity of natural soul-unfoldment, without superficial, special or supernatural aid.

It is simply man's assertion of Divine Sonship—his real inheritance; proving individually the Master's affirmation, "The kingdom of heaven is within you."

We deem the admonition of "seeking first the kingdom" so important, that our main life-aim should be to concentrate on that step, which may justly be called the one goal of physical life.

Jesus plainly emphasized this point when he said, "The disciple is not above his Master: but everyone that is perfect (attained consciousness of wholeness) shall be as his Master."

The story of Jonah teaches the utter futility of trying to evade this imperative Master degree, for the neophyte can not escape, whatever befalls the temporary encasement, for the will of the Highest is mandatory, and a requirement that no soul, however high or low, so-called, can possibly elude. We may search the bibliography of earth, legends and traditions of all time, yet no trace or shadow of evidence can be found of one single exception to this infinite fiat of final unity; which is life's keynote.

John says, "This is the light shining in darkness which comprehendeth it not; but is the true light which lighteth every man that cometh into the world." John means every man, not a mere percentage of the race; and as Jesus asserted to Nathanael, "Hereafter ye shall see heaven opened, and the angels of God ascending and descending upon the Son of man." We take this saying as universal; not merely personal to Jesus' unfoldment, but a prophecy that applies as surely in our day as it did in any past age or time. It means simply the awakening of the son of man to the dignity, glory and honor of his true nature as Son of God; and his right to use the words of his brother Jesus, when he said, "I am the door; if any man enter in, he shall be saved. I have power to lay down my life, and power to take it again."

This is the "Master degree" that we are all destined to arrive at, even if we require the discipline of ages in auto-inflicted hells, ere the true consciousness dawns.

In a late magazine article Edward Herrman gives the highest note in Theosophical teachings on our text: "Plato speaks of the time when gods will live in the temple built by men; meaning that all humanity are destined gods. However, such a transformation can not be accomplished in a few thousand years. Just as it has taken an immense period of time to develop a human being out of the first forms of life, so it will take millions of years, of repeated efforts, of incarnations, until the immortal Psyche has built for itself an immortal body which will enable her to lead a conscious spiritual existence. The soul has to become a

creative power, reflecting in all its actions the light and will of God. The Spirit must get absolute control of soul and body ere man becomes a divine being, and this requires constant exercise of intelligence and will. He who attains this stage becomes an adept whose inner senses are opened so that he comes into possession of apparently miraculous powers. He knows the thoughts of other men; he sees and hears at the greatest distances; his magnetic power is so strong that he cures sickness by his touch; he may leave his physical body and appear to others in his astral body; he is able to act at a distance, and influence others by the concentration of his thought and will. Pythagoras and Apollonius of Tyana were such highly developed men; but even in our own time such adepts are living among us. The man who understands that he is the sole arbiter of his destiny, is on the road to that evolution which finally leads the soul to a full knowledge of good, and enables it to overcome the attractions of physical life, which ends compulsory incarnation on this earth."

Since the discovery of the Rosetta stone which gave the keynote to the literature of ancient Egypt, we find that their "Book of the Dead" gives the same truth, though tinged somewhat with dogma, yet compares favorably with modern sectarian literature.

There are several tons of manuscript now awaiting translation in the British Museum, by trained Egyptologists, which may add to our knowledge of the Ancient Wisdom; possibly revealing more of the deep spiritual lessons hid in the symbolic circle-mounted cross of Isis and Osiris.

While lately in Egypt, we secured a specimen of the old-time life symbol, and though it is as common with them as the plain cross is with us, it is only the illumined few that know of its true meaning and deep significance. Briefly, its lesson is Unity, identical with that last message of Jesus, in answer to the question, When his kingdom should come? as given in the Apochraphal text.

We quote these verses by Ella Wheeler Wilcox, so that we can add the crowning apex, by another inspired soul of our New Day:

"There are two kinds of people on earth today:
Just two kinds of people—no more, I say;
Not the sinner and saint, for it is well understood
The good are half bad, and the bad are half good.
Not the rich and the poor, for to rate a man's wealth
You must first know the state of his conscience and health.
Not the humble and proud, for in life's little span
Who puts on vain airs is not counted a man.
Not the happy and sad, for the swift flying years
Bring each man his laughter and each man his tears.

"No; the two kinds of people on earth I mean
Are the people who lift and the people who lean.
Wherever you go you will find the earth's masses
Are always divided in just these two classes.

And, oddly enough, you will find, too, I ween,
 There's only one lifter to twenty who lean.
 In which class are you? Are you easing the load
 Of overtaxed lifters who toil down the road?
 Or are you a leaner, who lets others share
 Your portion of labor and worry and care?"

In view of the above statement of partial unfoldment, there is a call for each of us to awake to our destiny as Son of God; heir to the Kingdom; therefore, an individual affirmation of conscious unity is the higher note of the new spiritual renaissance.

Let us consciously do our share of the world's redemption; add our voice to the song celestial—music from the very heart of God:

"Beat through me, music from the heart of God,
 Beat with thy waves of wondrous melody,
 Loosening the chains that bind me to the sod,
 Making my being thrill with ecstasy.
 No longer do I lie a lifeless clod
 Upon the shore of time. Alive and free,
 My soul sails on a sea of harmony;
 Conscious at last it lives and moves in God.
 Then, as responsive chords begin to move
 From depths within, where silence reigned so long,
 I feel myself a part of Life's own song,
 Whose theme through all eternity is Love,—
 Love unto God and all created things,
 For nothing less can give the spirit wings.
 Now is the Kingdom come, the Will is done
 On earth as it is in Heaven;
 God's kingdom, My kingdom, the power and the glory
 For ever and for evermore, Amen, Amen."

Man's Relation to God.

In whom we live and move and have our being. There is one God and Father of all, who is above all, through all, and *in* us all. He hath given us of His Spirit. Of His fullness have all we received.

I live, move and have my being in Wisdom, Love, Life, and Power. I am Perfect. *This is the Truth of all.*

I am come to bear witness of the Truth of God's full Presence everywhere at all times.

I bare witness by thinking, speaking, and living the Truth every moment of the day.

It is the Lord that girdeth me with strength, and maketh my way perfect.

Remember to think only health, only love, only power, only joy; and, verily, thou shalt dwell in the house of the Lord forever.
 where at all times.

NONA L. BROOKS.

“PHYSICIAN, HEAL THYSELF”

Alice V. Davis



WHO IS THE GREAT PHYSICIAN? The Great Physician is the CHRIST within. Jesus said, “And I, if I be lifted up, will draw all unto me;” meaning that within us (our consciousness) dwells the wonderful Power of Love that, when recognized, will subdue kingdoms, remove mountains of doubt, of fear and worry, and will bring happiness and health to all. The Christ within is the “Light that lighteth every man that cometh into the world.” It is the same Light that we had with God before the world was, and we are here to bear witness of that Light. This Light, when recognized by us, will illumine our bodies (God’s Temple) with the radiant splendors of the Sun, for we are now Suns of God, filled with the Light and Glory of the Infinite One, His own image and likeness. We are the perfect Idea of God (His own Idea of Himself), Souls with bodies living in an Ocean of Spirit. All is Spirit.

The Christ within is “the Way, the Truth and the Life.” What is this Way, this Truth and this Life? It is the way of Love, of Peace, of Joy, and of Satisfaction—the well-spring of Joy—the fountain of Life within all, and when we lean upon this Presence, the living waters of Life flow through us and water our gardens with love divine. Jesus said that he of himself could do nothing, but the Father within knoweth and doeth all things.

The Christ within, the “only begotten son,” all men are Sons of God, co-eternal, co-workers with God. We are here to express Him, his noblest work, filled with the Intelligence and Power of Himself. When we show hatred, malice, revenge, criticism, and think thoughts unlike God, our bodies, His temples, will picture the results of our thinking, speaking and doing. But the remedy is always at hand: “Lo, I am with you always.” “Be not afraid; it is I.” “Be still, and know that I am God.” “Cease your striving, and be at rest.” Stop trying to do yourself, and be still and listen for the “still small voice” within your own soul, saying, “I am thy very self expressed; come unto me and I will give you rest. Look within and find Me, the living, loving Christ.” Then let this Presence come forth and shine through you, in thoughts and words and actions, until your countenance (the face of God) is illumined with the Light of the Christ.

True healing consists in knowing we have already received all of the gifts of God. So “stir up the gift of God that is within thee.” You are now His own Image and Likeness, and “like produces like.” Constant daily expression of these gifts bring forth the fruits of the spirit—Health, Peace, Harmony, Satisfaction. Right Here and Now in this world, on this plane of manifestation. The Kingdom of Heaven is within you, and the Christ within is the King of Glory. Every man is a King; for when he realizes his relationship to God, he reigns supreme, and his body obeys his will. We are governed by Law, and are a Law unto ourselves. Ignorance of the Law causes all inharmony. I, Being—

cause and effect. Being—doing, Result. I am a Law unto myself, by my thoughts, words and actions. What a glorious revelation it is to know that we are Heirs of God, joint heirs with Christ, and that the Christ abides in the Holy of Holies—our own Souls.

“Our God is never so far off—as even to be near;
He is within. Our Spirit is the home He holds most dear.
To think of Him as by our side is almost as untrue
As to remove His starry throne beyond the skies of blue.
So all the time I thought myself homeless, forlorn and weary,
Missing my joy, I walked the earth, God’s own Sanctuary.”

So “Awake, thou that sleepest, and the Christ (within) shall give thee Light;” will fill your hearts with love, your bodies with health, your homes with joy, your purses with wealth of substance. The Almighty is your defense. Yea! “Thou shall have plenty of gold and silver.”

Cast your burdens on the Lord (Law), and let the Christ within think, speak and act through you. Surrender yourself (this little self) to the Greater Self, and consecrate yourselves to the wonderful Presence, the Comforter, the Great Physician within yourselves, and this Comforter will give you the Realization of your Oneness with Himself; and your thoughts will be the thoughts of the Infinite, your words will be the words of Life and Joy, and your actions will bring forth the glorious revelation of at-one-ment (the atonement), the Son in the bosom of the Father, filled with the consciousness of the whole Truth, or baptized with the Holy Ghost. This is the true baptism. “I in Thee and Thou in me.” “Christ in you the hope of Glory.”

May this year be the dawning of a new “Way,” a higher, grander, more noble way of loving. A “way” known only to those who trust the Christ within and follow the Light, God within themselves.

“Faith without works is dead.” The only way to do the works is to BE Faith; then Think and Do from the standpoint of Wholeness (Holiness) and the works are sure to appear.

This spiritual New Year will bring Light, Joy, Peace, Health and Wholeness, when we trust the Presence within ourselves. We consecrate ourselves to Thee, Dear Father, in Love and Service. We will let Thee think and speak through us, knowing this year will be a year of Happiness for all, and Thy works will be made manifest by loving deeds, so that all will feel Thy Presence, and will know that the Christ is risen within our mentality, and that now we are living in a new heaven and a new earth; the heaven within, and the earth (our bodies) are redeemed Now by the Light of the Christ within, and we can say with Jesus, “I, if I be lifted up, draw all unto me.”

Oh that men would praise the Lord for his goodness, and for his wondrous works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness. *Whoso is wise and will observe these things, even they shall understand the loving kindness of the Lord.*—Ps. 107:8, 9, 43.

THE FIFTH ASSEMBLY OF DIVINE SCIENCE STUDENTS

The Fifth Annual Assembly of the Students of the Colorado College of Divine Science was held at Denver, Colorado, the Home Center, January 19, 20, and 21. That "all things work together for good" certainly has been proved in this instance, as it was possible for a large number of friends to meet together "In His Name," strong in the faith that "where two or three are gathered together in my name, there am I in the midst of them."

The College was attractively decorated with palms and pink carnations. Simplicity was the method followed in every detail, hence all sense of the stiffness of formality was done away with, and a closer companionship felt. All sessions were conducted with that quiet dignity that springs from the Christ Spirit.

Each year the Assembly has met a great need—that of showing the way to satisfy a great hunger for Truth, to know what the Urge within the Soul means, to know how to meet all conditions, how to face all events, how to co-operate with all people, how to enjoy all environment. More, to know that the Urge within Man is Divine Love, and that it is the Still Small Voice telling each one of his own infinite possibilities through realization of the Consciousness of the God Presence and Power as All. That Love—Divine Love—is the Light that never fails, and that it lighteth every man that cometh into the world; it is the golden cord that binds all expressions into one. This is Unity.

This year the consensus of opinion seems to be that a broader, deeper, more comprehensive, consequently a more practical understanding of "the reason for the faith that is in us" has been realized, and a greater spiritual alertness attained to go forth and serve, even as Jesus served.

The first session was opened by Miss Nona L. Brooks, the President of the College. Many greetings were given, both by our visitors and by letters from the absent friends. Each message breathed forth its word of love and good will. The First and Second Churches were well represented. Among the visitors from other states were: Mrs. Helen E. Close, President of the California College of Divine Science; Rev. Ruth S. Dalziel, Minister of the First Divine Science Church of Oklahoma City; and Mrs. Kathleen M. H. Besly, of Chicago, founder of the American Drama League.

The loving and gentle presence of our beloved friend and teacher, Mrs. Fannie B. James, was felt, and the opening words of her address of welcome given to the Students of a former Assembly seemed to fill the room as a benediction. There was not one there who did not receive the blessing. She said then that "We are now to test the joy of gathering together with one purpose: You with a heart that beats for me; I with a heart that beats for you: conscious above this of the One Great Heart that beats for all. There are many things this ingathering may suggest to us, but I purpose to dwell especially upon the **STRENGTH OF UNITY.**"

The Word, then, of this Assembly may best be expressed in the words of Paul—"When I was a child, I spake as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things." There was a great spiritual awakening, and because of this awakening we say these words with Paul. No longer a child to be satisfied with a passing happiness—the froth of living, may I say—the looking to things for joy and satisfaction. Being no longer children, we have become men, and being men, have put aside the many childish points of view, and now stand as men living from principle—therefore understanding Life as we go on our way.

Our "meat" is to cling to the Joy of Life, the brightness of Life, the Goodness of Life from Principle, even when we can not see this Truth, BECAUSE every atom of our Being proclaims it. It is fatal to individual unfoldment to spend time believing Life is so full of hard experiences, that it is barren of Joy. It is fatal inertia to love hard experiences AS hard experiences, but it is the Joy of Living to love ALL as the Full Presence of God. It is the Living, Loving, Intelligent Law of the Universe that like begets like. Truth is serious because of its limitlessness, but Joy is as limitless and as essential, for it is inherent within Truth—it is the complement of so-called seriousness. "A merry heart doeth good," we are told. A hearty laugh will drive away the most stubborn case of the "blues." Life seems not hard to the "Singing Heart," and the "singing heart" is only another name for Inner Illumination.

The social side was not overlooked. A committee of hospitable ladies served hot coffee at noon each day, free of charge, to all who wished to lunch at the College. On Thursday a Basket Luncheon was enjoyed at the College, and it was good to be there. The merry quip was heard on every side to its proper accompaniment of hearty laughter. After this delightful time, a Song Service was held, and every voice was lifted up in tuneful lay with right good will.

The Thursday afternoon session closed the Assembly; the subject was most appropriate—"Stand, therefore."

"If ye know these things, happy are ye if ye do them."

ALICE C. EATON.

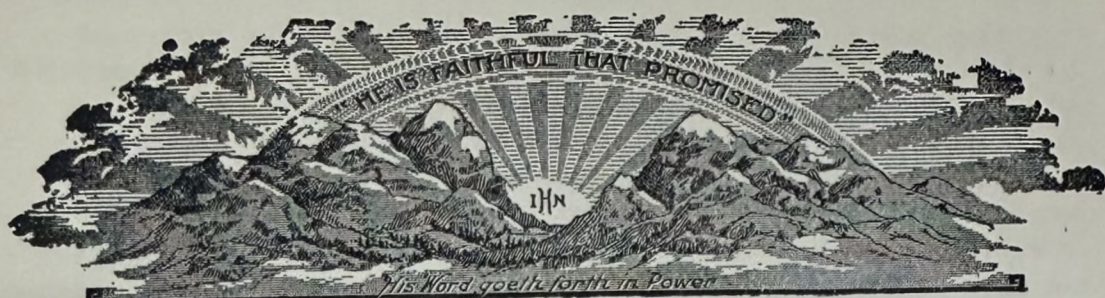
THE TWENTY-THIRD PSALM

Divine Love is my Shepherd, I shall not want,
 Love maketh me lie down in green pastures.
 Love leadeth me beside the still waters.
 Love restoreth my Soul,
 Love leadeth me in the paths of righteousness for Its name's sake.

Yea, though I walk through the valley of the shadow of death,
 I will fear no evil for Love is with me.

Love's rod and Love's staff they comfort me,
 Love prepareth a table before me in the presence of mine enemies;

Love anointest my head with oil, my cup runneth over;
 Surely goodness and mercy shall follow me all the days of my life and I will dwell in the consciousness of Love forever.



The Power Society of Silent Unity Helpers with Daily Studies in Divine Science

Open to All Subscribers of "Power." Observe Following Instructions:

In His Name. "Blessed be the Lord God, and blessed be His glorious name forever; and let the whole earth be filled with His glory." Whatever service is rendered, whether in receiving or giving, will be "In His Name." As Jesus said, The doctrine, the words, the works, the good, are not mine, but His that sent me.

Our Help is gladly, freely given. Our consciousness, our time, is yours, and we expect your earnest co-operation.

Be Thou Whole. No matter what you have thought, we declare Wholeness unto you. The world, or any part of it, is imperfect only to the soul who has not yet seen its Perfection. All things that are possible to God are possible to the soul that believes on God. You may see as He sees, know as He knows, trust as He trusts.

Attitude. Attitude includes your motives, your beliefs, your impulses. Therefore your thoughts, words, and deeds express your attitude. Remember, attitude controls only living, or the use of the forces. Life is perfect, unchanging.

Believe. Believe in God, in yourself, in your fellows. Accept this Universe as One in Purpose and Plan, everything and everybody co-operating at every point.

Pray. Pray "His Kingdom IS come, His Will IS done, on earth." Be open to God, and He will reveal Himself to you, and you will see, hear, understand—yes, receive all He has in Mind for you, "prepared from the beginning," only waiting your willingness, openness to receive.

Receive. Receive in the spirit of Love and Confidence all that comes, knowing that the Giver of "every good and perfect gift" cannot fall short of manifesting His own Perfection to and through you. Relax, let go, and let be His Perfect Creation.

Trust. Trust God for Wisdom, Health, Supply, and Happiness. He is the ONLY Source, the Mighty Coun-

sellor, the Great Physician, the True Provider.

Rejoice. Rejoice in the Law of the Lord, and give Him hearty thanks for all His benefits. Count the blessings, every one.

Be Silent. For the sole purpose of knowing conscious Unity, communion with God, wherein you receive guidance each day for every activity of thought, word and deed.

Concentration. Love the Lord thy God with all thy mind and heart and strength. Do all things heartily (wholly) unto Him. Keep your faculties united. One moment of absolute concentration on Omnipresence is "all powerful."

Time of Silence. The Power Society of Silent Unity Helpers will treat you at 9 o'clock each morning for the realization of One Presence. Each name enrolled will be called and a special blessing will be given.

Read. At first read simple lessons. Try to get the viewpoint of one true soul. Understanding grows; it cannot be forced. Inwardly digest all with which your soul agrees. Read broadly only when you have unfolded the discernment of the Spirit; many expressions confuse a soul that is not yet established in Truth.

Correspondence. Send us one letter a week. You must be faithful in this for your own good.

Our time is given you conscientiously, but we have little time to reply by letter. Know that you are being remembered so long as you report regularly.

Compensation. We hold all in Universal Abundance. We believe in giving and receiving—Divine circulation. We will lovingly receive whatever you send, "in His name." "Freely ye have received, freely give."

If you wish a personal treatment by the editor, with letter of instruction, enclose \$1.00 offering therefor, stating same when writing.

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Daily Studies for the Month

MRS. FRANCIS GAVIN RITCHIE

DIVINE SCIENCE STATEMENT OF BEING

God is All there is, both invisible and visible.

One Presence, Knowledge and Power, is ALL.

This One that is ALL is Perfect Life, Intelligence and Substance.

Man is the Expression of God, and is ever One with this Perfect Life, Intelligence and Substance.

THE LORD'S PRAYER

(In present tense.)

Our Father which art in heaven,

Hallowed is thy name.

Thy kingdom is come; thy will is done on earth as it is in heaven.

Thou givest us each day our daily bread.

Thou forgivest our debts as we forgive our debtors.

Thou leadest us not into temptation; but dost deliver us from all evil.

For thine is the kingdom, the power, and the glory, forever and ever. Amen.

ANOTHER MONTH OF GOD

FOREWORD.

Let us make this month a month of real consecration to God.. Let us no longer be satisfied with a half-way position toward God, but give ourselves unreservedly to the One Great Presence. In our first Silence each morning this month let us take the following statements of Truth. May we not keep these words merely on the lips or in the head, but may we rather lay them up in our hearts. Let us feel the real meaning of these words:

Thou Infinite Presence, Thou art All and in all, "the fullness that filleth all."

Thou art the Source and Substance of all things; therefore, All is Good.

Thou art my Wisdom, in which I see only Perfection.

Thou art my Love, by which I realize how everything works together for good.

Thou art All.

I now know myself as Thy expression.

Beside Thee there is none else.

(From "Spiritual Healing.")

ANOTHER WEEK OF GOD-LOVE

Monday, March the First.

Bible: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself.—Luke 10:27.

(Read also Deut. 6:5, and Matt. 22:36-40.)

When we keep this commandment there will be no time for criticism or for condemnation. Today we have twenty-four hours in which to love God; to do and say the loving thing to the people we see; to keep that big loving attitude toward the whole world of people we do not see.

Tuesday, March the Second.

Bible: If a man say I love God, and hateth his brother, he is a liar; for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?

And this commandment have we from him, That he that loveth God love his brother also.—I. John 4:20, 21.

(Read all of that chapter, please.)

Today I guess we had not better **say** much about Love, but let us **live** it. Do not let us waste any more time; let us get busy and love that one who seems to us unlovely, or that one who has done us wrong; that "dreadful injustice" (so **we** think).

Think on **these** things: **The Fatherhood of God. The Brotherhood of Man. The one big loving family.**

Wednesday, March the Third.

Bible: By this shall all men know that ye are my disciples, if ye have love one to another.—John 13:35.

My little children, let us not love in word, neither in tongue; but in deed and in truth.—John 3:18.

(Study page 149 in "Truth and Health.")

Thursday, March the Fourth.

Never speak disagreeably of anything. Say: "I do not find fault. I love all and everything."

If you find you have been holding thoughts of revenge, dislike, fear, or injustice of any kind, say, "I am willing to give up that belief," and then add, "Since God is my Source and God is Love, I know how to be love to all."

("Truth and Health," page 303.)

Bible: "Love rejoiceth not in iniquity, but rejoiceth in the truth."

(Read I. Corinthians, thirteenth chapter.)

Friday, March the Fifth.

"When hearts are full of love to God
And to their fellow-men,
But words of blessing will they speak,
Over and over again."

Let us give out only words of blessing today. If we are tempted to speak in a sharp, irritable manner, let us put our finger upon our lips and change the unkind word to a kind word, a word of love, of blessing. This is one way to have "another day of God-Love."

(Read Psalm 19:14, and page 160 in "Truth and Health.")

Saturday, March the Sixth.

A little child said: "When I get in my bed at night I think of God's love right with me, wrapped all around me like a big, thick blanket, and I **know** it will take care of me and will keep me healthy and happy, and that there is nothing to fear or to bother about, so I just go to sleep."

Let us drop our belief of fear and have a child-like faith in the protecting care of Love. When tempted to indulge in fear or worry, put aside the very **first** fear-thought and take in the meaning of this wonderful promise of Love:

Bible: Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.—Isaiah 41:10.

Let us **memorize** the above verse today, and then **use** it. **Feel** this Love-Presence as a Reality. It **is** with us. It **will** strengthen us. It **will** help us. It **will** uphold us. It holds us up in power and in health and in perfect harmony, even in the midst of a medley of false beliefs. **Trust It.**

Sunday, March the Seventh.

Let us live, not from the false-belief side of things, but from the **Love-side**. Are we tempted to love only a few? Love is no respecter of persons. Love sees good evrywhere. Are we tempted to be discouraged? Love knows no weakness. Love **is** Strength. Are we tempted to believe that sickness and lack of any kind have power? God is the One, the Only Power, and God **is** Love.

Bible: Do not I fill heaven and earth? saith the Lord.—Jeremiah 23:24, last part.

Love fills heaven and earth; so it is our part to find and to use this Love-Presence that is not only all around us but **within us**.

(Read page 163 in "Truth and Health.")

ANOTHER WEEK OF GOD WISDOM

Monday, March the Eighth.

It makes no difference what we are believing about ourselves, the **Truth** is that of God's abundance of Wisdom have we received. Wisdom is "the light that lighteth every man that cometh into the world." Each one of us has this light. Do not let the adversary, ignorance, make us believe it has any power.

Bible: For I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay nor resist.—Luke 21:15.

(Study page 141 in "Truth and Health.")

Tuesday, March the Ninth.

(Read the eighth chapter of Proverbs, please.)

Bible: Counsel is mine and sound wisdom: I am understanding: I have strength.—Prov. 8:14.

"Sufficient unto each moment is the Wisdom and Strength thereof."

Trust this All-Sufficient Wisdom. It makes no mistakes. Are you in a place where the way seems dark? Close your eyes to the seeming darkness, and acknowledge the Light of God's Wisdom right in that place. Keep on acknowledging this Presence of Wisdom, no matter how things look. You will be led by the Spirit of Wisdom.

Wednesday, March the Tenth.

Bible: "The Lord by wisdom hath founded the earth."

Let wisdom be one of the foundation stones in our character building. It takes so much wisdom these days to live a strong, harmonious life. It is not wise to be sensitive, is it? Today we are going to be wise enough to be sensitive only to the Good. At the very first thought of sensitiveness to anything adverse, put a wise thought, a thought of love and good-will in its place.

(Study page 190 in "Truth and Health.")

Thursday, March the Eleventh.

Bible: "Happy is the man who findeth wisdom and the man that getteth understanding."

The truly wise people are always the happiest people. They are too wise to let the unrealities press in upon them. They are wise enough to cling to the Realities—to Love, to Joy, to Health, to Strength.

(Study in "Truth and Health," page 125.)

Friday, March the Twelfth.

It does not show a bit of wisdom to get angry, or to be impatient or irritable, does it?

Let us make, with the psalmist David, this resolution:

Bible: My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.—Psalms 49:3.

(Study page 193 in "Truth and Health.")

Saturday, March the Thirteenth.

God is Infinite Wisdom. This Infinite Wisdom is **within me**. Claim this Wisdom; use it; trust it. God is only as much wisdom to me as I take and appropriate.

(Study page 203 in "Truth and Health.")

Never let us expect much realization of Wisdom when we go around saying how little this one or that one knows, or how little we ourselves know. Let us say, rather, "**I do know; I can do; for 'I and my Father are one.'**"

Sunday, March the Fourteenth.

Bible: Wisdom is the principal thing; therefore get wisdom.—Prov. 4:7.

(Read all of the fourth chapter of Proverbs.)

God hath not given me a Spirit of fear; for I am the Spirit of Love, of Power, and I have the Sound Mind. I express in perfect intelligence; for the Inspiration of the Almighty gives me understanding for every need. The fullness of all Good is mine now, and I realize it, and it is made manifest in all my affairs. ("Studies in Divine Science.")

ANOTHER WEEK OF GOD-HEALTH

Monday, March the Fifteenth.

The Power of Love that freely forgives all our iniquities just as willingly heals all our diseases. We know the same Source for health as for forgiveness, and one is as surely granted as the other. ("Selected Bible Readings.")

Bible: Who forgiveth all thine iniquities; who healeth all thy diseases.—Psalm 103:3.

(Study page 125 in "Truth and Health.")

Tuesday, March the Sixteenth.

Bible: I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.—Jer. 30:17.

I am the Lord that healeth thee.—Ex. 15:26.

And the prayer of faith shall save the sick, and the **Lord** shall raise him up.—James 5:15.

(Study pages 128 and 129 in "Truth and Health.")

Wednesday, March the Seventeenth.

"Simply waiting in thy Presence,
All the strength belongs to me;
Life that cometh from the Father,
Frail or helpless can not be."

Memorize the above, and feel the **Truth** that it contains.

(Study page 150 in "Truth and Health.")

Thursday, March the Eighteenth.

Bible: Ye shall know the Truth, and the Truth shall make you free.—John 8:32.

The Truth is that health is **real**, and that beliefs of sickness are not of God and consequently are unreal. Don't let your thoughts or your words dabble on the belief side if you want to realize health. Think Health, talk Health, **know** that Health is Omnipotent.
(Study page 152 in "Truth and Health.")

Friday, March the Nineteenth.

Bible: "According to your faith be it unto you. All things are possible to him that believeth."

There are many people (even Truth students) that believe in sickness. They put enough faith in it to diagnose it and to watch it. Diagnose **Health!** Watch **Health!** If a belief of sickness ever comes to us, we are going to take our eyes off the mental delusion and put them on the One Great Reality, the **Omnipresence**, in which is the **fulness of Health**. It is always with us, always **within us**, no matter what we are thinking or feeling. Our faith is in **God**, not in false beliefs.

(Study page 27 in "Truth and Health.")

Saturday, March the Twentieth.

Bible: "And Jesus went about preaching the gospel of the kingdom, and healing all manner of diseases."

"He that believeth on me, the works that I do, shall he do also, and greater works shall he do."

Jesus saw men suffering from their own delusions; he could tell them the Truth. Truth dispels illusions; Truth frees from beliefs. If one in a nightmare seems to suffer intensely, shall one who is awake arouse the dreamer from his delusion? By all means, we would say.

("Truth and Health," on page 267.)

Sunday, March the Twenty-first.

May all the weeks to come find us welcoming them with this thought: "**Another week of God-Health!**" Let us always expect health and look for health.

"Out of my poverty, into his wealth;
Out of my sickness and into pure health;
Out of the false, and into the true;
Out of the old man, into the new.
Wonderful Love that has wrought all for me!
Wonderful work that has thus set me free!"

(Colossians 3:10. Study page 284 in "Truth and Health.")

ANOTHER WEEK OF GOD-JOY

Monday, March the Twenty-second.

The little things that worry and trouble you, crowding out the spirit of joy, amount to nothing, and **have only such power as you give them in your thought**. It is a common experience that after a season of worry and anxiety we see the futility of it all, and realize that joy might better have dominated our thought to the exclusion of worry. Joy is real, eternal and changeless, while the other beliefs are temporary and without reality. ("Studies in Divine Science.")

Bible: Let all those that put their trust in thee rejoice; let them shout for joy, because thou defendest them.—Psalm 5:11.

(Read the 23d Psalm.)

Tuesday, March the Twenty-third.

We rejoice in all things, since all that the Creator made is "very good." We rejoice in rain and sunshine, in heat and cold, in wind and calm, in darkness and light; in **everything** we give thanks and acknowledge the Omnipresence. ("Selected Bible Readings.")

Bible: "Glory and honor are in his presence; strength and gladness are in his place."
(Read 100th Psalm.)

Wednesday, March the Twenty-fourth.

Bible: "Thou shalt rejoice before the Lord in all that thou puttest thine hands unto."

This will be another day of God-Joy for us if we will keep the above commandment. We can keep this rejoice-commandment in everything we do. We can not rejoice and complain or condemn at the same time. **Get the rejoice habit.** Grumblers are a drag on humanity.

Thursday, March the Twenty-fifth.

Joy is Real. Joy is Changeless. Joy is that steady Something that makes us indifferent to what comes in the outer. No matter what comes, we must keep the unshaken Joy attitude. We are not here to be whipped around by experiences. We are here to **stand true** to our birthright—Love, Health, Joy.

Bible: "Ye shall go out with joy and be led forth with peace."
(Read 1 Cor. 16:13.)

Friday, March the Twenty-sixth.

Joy is Something that you carry right around with you. It is not something that can be pasted on you from without. A beautiful house will not give it to you; nor will friends, nor theaters, nor card parties. All these are all right in their place, but joy comes only by **knowing God**. You must get it this way.

Bible: "Be glad in the Lord, and rejoice; and shout for joy all ye that are upright in heart."

(Memorize the 1st Psalm.)

Is my **delight** in the law of the Lord?

Saturday, March the Twenty-seventh.

We are not very well acquainted with God if we are sour-faced.

Acquaint now yourself with God and be **joyful**. Don't let us indulge ourselves in any long-faced weakness. It does not pay. Don't let us ever pity ourselves. This is a very subtle weakness. Perhaps we do it and do not know it. If we will but count our blessings, and get the "count-my-blessings-attitude," there will be no time for self-centeredness. Try it.

"I rejoice and am glad."

"I sing unto my world a new song."

"Joy is the grace I say to God."

Sunday, March the Twenty-eighth.

"I am a radiant center of joy." You are. Do you **know** it? You shall **know** the Truth of the Omnipresence of Joy, and you will be freed from beliefs of depression and sorrow.

"I have a merry heart." This is Truth. Say it over and over again. Make yourself believe it.

Bible: "He that is of a merry heart hath a continual feast."

Monday, March the Twenty-ninth.

Thou shalt rejoice in every kind of weather.

Bible: "The earth is the Lord's and the fullness thereof."

Thou shalt commend thy neighbor and praise his goodness.

Bible: "Behold how good and how pleasant it is for brethren to dwell together in unity."

Thou shalt greet each morning with a smile.

Thou shalt joyfully go wherever duty calls. ("Lessons in Divine Science.")

Tuesday, March the Thirtieth.

May each day mean to us not twenty-four hours of strength, but twenty-four hours of God; another day of God-Love, God-Wisdom, God-Health, God-Joy. **Insist** on this attitude toward each day. You can get this attitude and you can keep it.

"God is with me, guides my way
Through every moment of this day."

Wednesday, March the Thirty-first.

"So to the calmly gathered thought
The innermost of truth is taught;
The mystery, dimly understood,
That love of God is love of Good;
That to be saved is only this,
Salvation from our selfishness."

Another month of **God-Love**, not personal love. Another month of **God-Wisdom**, not personal planning. Another month of **God-Health**, not beliefs of sickness. Another month of **God-Joy**, not "up-and-down" happiness.

Another month of God. Make every moment a moment of God.

"I nothing am, can nothing be
Except a part, O God, of Thee."

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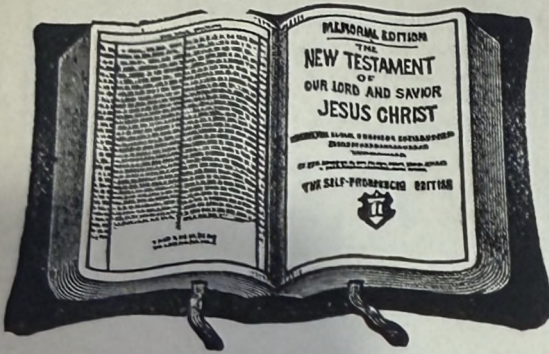
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