

# HOW TO ENTER THE SILENCE

*By*  
HELEN RHODES WALLACE

*MAKING CLEAR THAT EXPERIENCE  
WHICH CLARIFIES PERCEPTION,  
INTENSIFIES EFFORT AND  
ESTABLISHES PROS-  
PERITY*

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## FOREWORD

**I**N order to enter the SILENCE it is necessary to anchor human intelligence to a higher degree of consciousness.

This Silence is not an inert passive state, nor psychism nor trance. It is a lucid work of the highest spiritual activity.

The experience clarifies perception, intensifies effort, creates efficiency and establishes prosperity.

The guarantee of arrival is PRACTICE. "Do the thing and you shall have the power."

—THE AUTHOR

BOURNEMOUTH,  
ENGLAND.

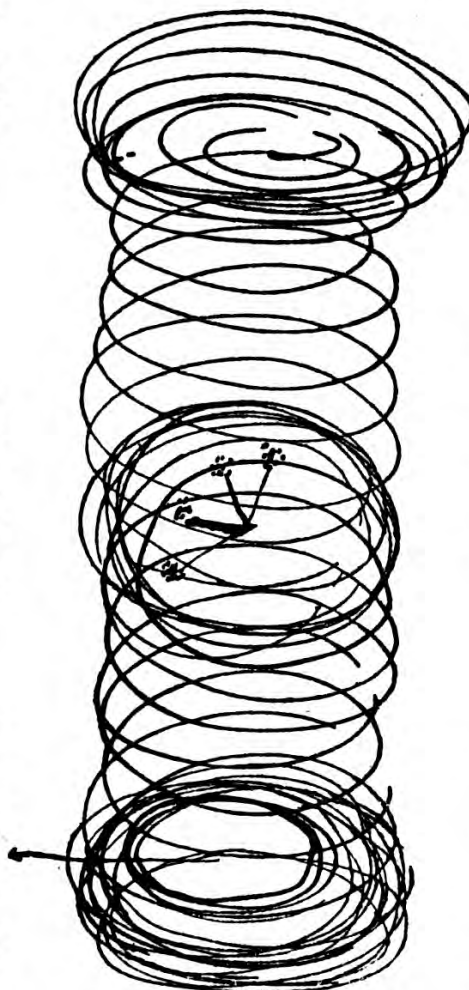
## MAN AN OFF-SPRING OF GOD.

First Cause : God : Spirit :

Higher degrees of consciousness reach down and take hold of lower degrees of itself and lifts it to its own level.

Latent faculties which depend upon experience in the outer world for their awakening, and which in turn react upon the soul as moral deposit.

Infinite spirit pulsing in man as the heart throb of human life. Denser veils or bodies by means of which the soul contacts external life, its outermost form being the human body.



Universal spirit veiling itself in myriad veils for the purpose of creating an individual soul.

Individual soul gains its wisdom by virtue of the law of cause and effect. Punishment for ignoble deeds purges it of evil tendencies and the miracle of transcendence proceeds.

For the purpose of illustration this diagram appears to stretch through space, but in reality the entire design is telescoped in each individual life.

Scientific research : An electrical apparatus is now perfected which registers life energy ceaselessly pouring into man at incredible speed through atoms into cells, organs and body.



## THE SILENCE

**T**HERE is an act of the mind, natural to the earnest and the wise, impossible only to the sensual and to the fool, healthful to all who are sincere, which has small place in modern usage and which few can distinguish from vacuity. Those who knew what it was called it MEDITATION. It is not READING, in which we apprehend the thoughts of others. It is not STUDY, in which we strive to master the known and prevail over it till it lies in order beneath our feet. It is not REASONING, in which we seek to push forward the empire of our positive conception. It is not DELIBERATION, which reckons up the forces which surround our individual lot and projects accordingly the expedient on the right. It is not SELF-SCRUTINY, which by itself is only shrewdness. Its view is not personal and particular, but universal and immense. It brings not an intense self-consciousness and spiritual egotism, but almost a renunciation of individuality. It gives us no matter for criticism and doubt, but everything for wonder and love. It furnishes immediate perception of things divine, eye to eye with the saints, spirit to spirit with God, peace to peace with heaven.

In thus being alone with the truth of things and passing from shows and shadows into communion with the Everlasting One, there is nothing at all impossible and out of reach.

Let any man go into the Silence ; strip himself

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*of all pretence and selfishness and sensuality and sluggishness of soul ; lift off thought after thought, passion after passion till he reaches the inmost depths of all, and it will be strange if he does not feel the Eternal Presence close upon his soul—if he does not say, “ O Lord, art Thou ever near as this and have I not known Thee ? ”*

—JAMES MARTINEAU

NOTE

Biblical references are taken from the American Revised Version, A.D. 1901.

Reference herein made to Ruysbroeck and Dionysius the Areopagite, are taken from old manuscripts, edited by Evelyn Underhill.

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# HOW TO ENTER THE SILENCE

*A Book of Remembrance.*

## HOW TO ENTER THE SILENCE

**T**HERE are those who devoutly seek to harmonize Religion and Science, who desire to lose neither the pivotal fount of spiritual resource called God, nor the knowledge gained in the realm of experience by exact observation and correct thinking called Science.

The thinking mind seeks Laws that lay bare a vital process, laws that can be easily understood and used in LIVING problems, shorn of scholastic technicality and mystery.

Experience, not theory, reveals this miracle-moving law. Self-certifying evidence of living contact with the Great Spirit in practical results is the only testimony that can command a mind and heart active in the affairs of the world yet alive with vision and hungry for truth.

Man is today immersed in the scientific spirit. It is the native atmosphere of this generation. He is growing unafraid of ecclesiastical dogma and is unwilling to accept mere opinion without confirmation from other sources. He seeks with the aid of science to uncover universal laws that shall prove the spiritual ultimates stated by religion.

If, through experimental science man can

GET TO KNOW the nature of the medium with which he has to work, and the means at his disposal to operate it, and can keep his vision on the spiritual ultimates of religion for inspiration and realization, he is in a fair way to relate himself to a CREATIVE PROCESS which shall invade his life with new powers, insinuating itself into every open channel of activity with practical relationships to all human well-being.

SCIENTIFIC SPIRITUAL CONTACT IS AN EARNEST OF EFFICIENCY.

Human life is the opportunity for conscious readjustment to a higher order of consciousness, and yet without losing the best that human life has to give of work, love, family, and national, civic and social relationships. These are unifying centres for universal evolution.

Jesus reproved the man who made no use of talents and capital intrusted to him. He taught the expediency of work, thrift and investment with legal interest ; that service in the world was as imperative as prayer, and that a balanced life required spiritual resource for material achievement. He recognized that mankind had need of many things and he took infinite pains to teach him how to get these things. He recognized the necessity for suitable clothes, and even the value of personal adornment, illustrated in his story of the Prodigal Son.

Jesus' supreme message was man's relation to an invisible and inexhaustible source that can never be spent, and which can be brought to bear upon every detail of human life. He found access to this munificence by means of a filial mental

attitude and in silent spiritual communion with the Great Spirit. He perceived an answering intelligence underlying life instantly responsive to man's call upon it. So intimate and personal in its miracle of help as to merit the name Father, so universal, all-pervading and life-giving as to be called Spirit. He recognized man as a spiritual being in the process of synthesizing his lower and higher natures ; and through conscious co-operation man should achieve the next step in biological evolution, Spiritual Consciousness, through conscious recognition and development of the germ of Spiritual Life breathed into him in the beginning when he became a LIVING SOUL. This Life lighteth every man as he is coming into the world. (John i. 9.)

Thus is set forth man's Spiritual genealogy.

NO one book could contain all the results of research into human consciousness, the A B C of mental states, the application of mental surgery in denials and affirmations, the use of formulæ, the knowledge of and relationship to unvarying Principle, all these various steps are reiterated in each reprint of these well known facts.

The writer leaves the beginner to find his way through the welter of words that attempt to answer his questions.

Every beginner is book-mad, hastily scanning a hundred books and practising none. As if the miracle of transfiguration could be achieved through reading about it, instead of a process to work out oft-times through sweat of blood. But, gradually however, as the mind feeds on



LIVING TRUTH, curiosity subsides, and with a new vocabulary and fleeting visions of Spiritual Home-coming, the student is ready to begin in earnest to recover that record of Remembrance between the Great Spirit and the Soul.

One does not jump into a state of perfect understanding, one GROWS TO IT. A working knowledge of any law is gained only by study and practice. Beliefs and tendencies that reflow into consciousness must be reformed in terms of the growing mind. Man drags his whole past with him transmuting it day by day, inch by inch as he struggles toward the light.

This book does not attempt to include all knowledge within its covers, but it does attempt to point The Royal Road to the attainment of spiritual consciousness, and for the healing of discord, disease and poverty through the practice of Meditation and The Silence.

"The heart which abandons itself to the Supreme, finds itself related to all its works and will travel a Royal Road to particular knowledges and powers." (Emerson.)

"ABANDONS ITSELF," that is the difficulty. How shall a man divest himself of the personal SELF, when that Self alone abides regnant in his consciousness? It is impossible except he fix a supreme idea in his mind and enter into the process of lifting the whole consciousness to the level of that idea.

Scientific analysis resolves all elements into a First Cause. *Statement of Science*: "We are at last face to face with an infinite and eternal energy from which all things proceed and to which all things are related."



*Statement of Religion:* "In God we live and move and have our being."

These two statements differ only in terminology. Both testify to the unity of everything in the universe, the oneness of all life with man linked to this invisible Source.

## THE INNER PRESENCE

SINCE the publication of the first edition of this book, further facts concerning the Invisible Life Element have been obtained through Scientific Research.

At a recent meeting of the British Biological Association, a Mr. Ashton exhibited an electrical apparatus which he had perfected which registered the action of Invisible Life Energy pouring ceaselessly into man, in "Sworls at incredible speed, forming tiny vortices of energy and throwing off electrical particles called Electrons and Ions, or positive and negative electric force, and revealing the ATOM, heretofore only inferred to exist, as the first transforming mould through which this invisible life moves into cells, organs and body.

Through all and in all is this inpouring Life Element animating and informing man. To recognize this one fact opens the mind to its inexhaustible Resource, and by right mental attitude new energies are released and adverse conditions transformed.

MEDITATION : "The Spirit of God at the Centre of me is a sea of ceaseless energy whose nature is Intelligence and Well-being. I immerse myself in IT. I hold myself receptive to this Life Element, inbreathing this LIVING PRESENCE, and through the action of my thought, my consciousness vibrates in unison with its original

wave motion, and QUICKENED by my Realization of my Oneness with its Life and Law, Living Spirit flows through me like electric fluid imparting its own Life and Wholeness.

My body is likened to a mirror, because it photographs in its Living Lens a state corresponding to the emotional impulse, as if the emotional counterpart was being reflected as it is being experienced."

Consciousness is the vehicle of transformation and every idea fixed in it reproduces its correspondence throughout all the levels of intelligence of the mind and body.

**E**XPERIENCE demonstrates that this Energy of God is governed by Law and that man can get to know how to release interior life energy to meet every human need.

SCIENCE: Prof. Henri Bergson: "With slight effort we can release more life into the organism, and with increased effort we can release unlimited power."

*Jesus*: "From within man the spirit of God flows forth like rivers of Living water. If any man willeth to do his will he will know of the teaching, whether it is of God or whether I speak of myself." He knew the law with which he worked would yield the same result no matter who used it.

SCIENCE: Prof. Wm. James: "Higher degrees of consciousness reach down and take hold of lower degrees of itself and lift it to its own level."

The purpose of Meditation and The Silence is to reopen this Spiritual Centre within each soul.

Spiritual Meditation that RE-stores and RE-

B

generates requires a focus around which to anchor the whole intelligence. That focus must be something other than the human self. It must be endowed with AWARENESS sufficient to respond to the call of man, with Reality sufficient to assure omnipresence, and with Power sufficient to awaken FAITH in its law.

To engage and operate this life power for PRACTICAL RESULTS, there are certain laws to which the individual life must conform, failing which there are factors present which inhibit development.

In accord with science, one must have a starting point for experiment and investigation defined as a Working Hypothesis. Accept, then, the word GOD as mystical shorthand for prolix and tedious definition. If inherited interpretations fall short of expressing YOUR God, redefine it. The Bible bears witness to the evolution of this word from Genesis to Revelation, unveiling its meaning as mankind evolves to apprehend higher truths.

Time presses, the urgency of human needs calls for action, and though you should pause here arguing the point for a thousand years you would be no further on the path of demonstration. With all the power of resolution command the wavering mind to yield supremacy to the undefinable God and LET THE PROCESS SET IN, till new perception dawns, recognition ripens into devotion, love, and Mystic Union.

Fling wide the barriers that separate you from this inexhaustible Source certifying itself as Health, Intelligence, Harmony, Efficiency. Sooner or later one must arrive at this

pivotal point if life and affairs are to be transformed.

Compelling Creative work requires a mind indelibly traced with Spiritual Law, working always in the spirit of goodwill and justice toward all men. The moral life must be rooted in principles of justice, honour, and truth.

Consciously to co-operate in this Reproductive Miracle, one must know the nature of mental processes, and have the capacity and energy to command and manipulate his faculties with persistent and undeviating purpose and precision. He must hark inward to the never failing inexhaustible Source, the Scientific Ultimate, call it God or what you will.

The picture-making mind requires image and form to fix its ever flowing states. Idea, objective or subjective, acting in mental substance creates its corresponding image. Meditation fixes and intensifies idea and image through maintaining stable equilibrium for the transfer of the idea through the inevitable links in the chain, until it eventuate into its corresponding external fact.

Diagrams act as mental footholds, so that thinking passes logically and unfalteringly from a particular fact to a permanent principle with Awareness of relationship, thus developing the faculty of reason.

Reason enables one to abstract a general principle from a multitude of facts ; to classify and correlate facts so that they may thus become available in the conduct of life. Reason perceives how the law operates in detail and thus acquires the judgment to use that law in dealing with new and unprecedented situations.



**I**NTUITION alone, gives no power to use that principle in controlling life and conduct. There can be no reason without intuition, but there can be intuition without reason. Wisdom is the product of a perfect balance between the reason and intuition. Meditation reinforces and strengthens the reason, and quickens insight and intuition with Awareness of practical relationships. The sustained attention practised in Scientific Meditation involves all the reasoning powers and is therefore, the foundation of good judgment, character, and the development of the will to command the thinking processes in controlling and directing the vast sea of forces which make up a man's physical, emotional and mental life.

Accept then, the Working Hypothesis of both Science and Religion : " The unseen undivided flow of Inner Life from which all things proceed and to which all things are related," and which empties into the soul of man. Regard man as a **LIVING LINK** in the external world united by " myriad veils " or forms to the Infinite and Invisible Spirit.

Realize that the whole purpose of creation was to produce a body capable of responding to higher and higher degrees of consciousness, the germ of which was breathed into the human form " As it was coming into the world."

Enter into the realization of this universal life now active in man, until growing perception shall open this dark, submerged, rubbish-choked channel from the heart of man straight to the heart of God, for ever linking the Great Spirit with its human vehicle.

Thus is traced the moving creation to its Source, with man united at his roots with God, his machinery of mind fashioned to render immediate response to spiritual activity, designed as an organ of universal consciousness, capable of RE-presenting in the world of form a correspondence of Original Life and Intelligence, fitted perfectly to RE-peat, RE-flect and RE-think God's thoughts after Him.

The mask of personality, the Soul's machinery for this life, into which is fitted all the intricate inlets and outlets for the working of invisible Spirit, may be likened to the mask in which the deep sea diver is encased as he descends into the unknown, and whose connection with the upper world may be temporarily cut off, and in that momentary isolation he may suffer from nervous collapse. Restore communication with the sustaining life-power and equilibrium is the result.

**T**HE purpose of Meditation and The Silence is to re-open this spiritual highway and provide within man's interior being a Centre for the activity of higher degrees of life and consciousness.

SCIENCE : "The more evolved intelligence uses the lower intelligence and changes it into its own likeness by a mysterious quickening process which is Inward, Silent, Hidden, and of which we have no knowledge except by comparison with successive states."

RELIGION : "Behold I stand at the door and knock ; If any man hear my voice and open the door, I will come into him, and will sup with him and he with me."

SCIENCE : Prof. Bateson, Pres. Biological Association, England : " The Higher powers in man are not due to something added, but to the absence of factors which inhibit their development ; they are releases of power heretofore suppressed, the instrument is there but it is stopped down."

Ignorance, fear and discord are the barriers that " stop down " the action of original life and intelligence. Know the truth of man's relationship with his source and that truth shall set him free from diseases brought about by his false beliefs.

Passive assent to any doctrine leaves one in a mere vocabulary resting upon words and creeds. A LIVING TRUTH that can be tested leads to active experience by means of which man receives the result of his belief, and by virtue of which he enters into a permanent LIVING relationship with an omnipresent active intelligence called GOD.

Scientific Meditation is the means to stir this life-giving energy into activity. Thus man can be in himself a living witness to the Divine Miracle. Steadfast persistent endeavour, even through a thousand failures, is the record of the captivity of steam and electricity brought into the service of man.

God is a God of knowledge (2 Sam. ii. 3). There is no magic about it. It is the working out of knowledge and law moving into manifestation through a chain of advancing impulses of calculable, definite, and inevitable sequences.

Get into position and LET the process set in. Reduce vague, disjointed, unorganized thinking



to sharp defined statements, and compel action to accord with thinking. Waste no time in mere argument and speculation.

Do and you shall KNOW, and DOING always precedes KNOWING.

“We lie in the lap of immense intelligence which makes us organs of its activity and receivers of its truth. When we discern justice, when we discern truth, we do nothing of ourselves but allow a passage to its beams.” (Emerson.)

In accord with this statement regard the human machinery as an organ of God's consciousness, a distributing centre for original and perfect life, designed in the beginning, in the creative order, as a part of the originating cause of the universe. It may be likened to an automatic lens filming any idea held in the focus of attention.

When the thought rests only in the outer personality and existent confusion, the discordant vibrations reflect as inharmony and disease. The self-induced pictures leave them devoid of the image and likeness of Divine Impulse. Through identifying with ideas that steady the mind, man has the power to shut out destructive ideas and substitute harmonious ones.

*The undertow of subconscious race tendencies has little chance in a mind self-governed.*

**N**OTHING short of daily spiritual immersion in the chemical waters of Reality will dissolve discordant films and open the way to pure knowing. Such a cleansing is MEDITATION.

*Meditation is a process of denuding the mind of ignorance by enthroning high ideas, which shall by daily energizing become powerful vibratory centres, dominating and re-adjusting the entire organism.*

Such a method leads to mental lucidity, a dynamic state of mind which includes both the knowledge and the power to fill an idea with substance, and with Awareness of being, IN THE SELF, the process of bringing a desired state to pass. That state of mind is called FAITH. This is no mere passive belief state, it is the highest state of mental and spiritual activity. An active state of the highest spiritual potential.

*Faith is giving substance to a thing not seen.* (Heb. xi.)

Faith is not an intellectual belief in something or someone, but a STATE OF CONSCIOUSNESS *capable of transforming an invisible idea into living existence.*

Faith is the mental equivalent of intellect, hands and technique, calling into being things that are not, creating the invisible form and content of a thing, moving it forward into existence by laws inherent in mental force. One can get to know how to give substance to a thing not seen. Meditation is the LIVING GROUND and thinking a thing gives substance to it.

“God calleth the things that are not as though they were.” (Rom. iv. 17.) “Endure as seeing the invisible.” Jesus: “Believe that ye have received and ye shall have.”

When a man understands the nature of the process his thought is undergoing in the act of

Creative Thought, he knows that he is receiving the spiritual counterpart of his idea.

The LAW governing any force is the logical process through which that force is controlled and directed, and spiritual law is no exception. Physical experiment is written so large on the face of the universe that results to be obtained wholly by mental means seem vague, but only so to the beginner who has yet to witness the law operating through his word.

Giving substance to a thing yet uncreate is to endow it with power.

A thing becomes endowed with power when it becomes saturated with conscious intelligent activity.

No one but a human being can endow a thing with substance, simply because the human being IS THE PROCESS that converts substance into things.

To manipulate the mental field for the deposition of substance, the whole consciousness must fuse into a state of knowing, a Creative mood called Faith. Man is well nigh lost in his objective senses. He cannot see, handle, touch nor taste Faith. Therefore it must be removed from the objective plane and it must be one of the elements that enter into Subjective Creative Cause.

**W**ITHIN one's own being is manufactured all of colour, tone, quality, influence, beauty and endurance of the thing desired.. Within man lies latent all the elements that combine to create the fulfilment of desires ; so dynamic it is that Paul said : " It is a CONVICTION of

things not seen." He also said : " Try your own selves whether ye are in the faith, Prove your own selves. Before Faith came we were kept inward under the law."

Man cannot be trusted to do invisible work until he learns how to act from principle, and he is taught through punishment and suffering ; and his wrong methods and mistakes corrected by means of the laws operative on this material plane. Man must earn the right to carry his affairs into spiritual currents by offering adequate transforming mental machinery. Two things must possess affinity if they are to unite, and the state of man's mental machinery profoundly affects spiritual activity.

Faith is a supreme kind of thought force that is reinforced on all planes of man's being, having its foundations resting upon the laws of justice, good-will and right action in external performance, rightly related to the mental field in thought, and anchored spiritually to the one Source of Life, Wisdom and Supply. Such an electric charge of high potential sets up inter-communication linking atom with atom as one united intelligence throughout the universe, and is as real a force as the gulf stream, and which insinuates, overbears and surmounts the universal ether holding its integrity until fulfilment comes.

Man lives in a *UNIVERSE* not a *DIVERSE*, and every atom of it bears a definite relation to every other atom, designed to act in mutual service, dependence and balance. *MEDITATION* is the process of saturating the human dynamo with potential energy able to reach throughout the universe for fulfilment.

Creative work requires the mould of an idea set in super-human power and intelligence, and held there in burning ardour till its inward fire fashions its correspondence on the outer plane. To enter The Silence is to enter this Living, Glowing, incubating chamber, Radiant with rejuvenating life, beyond the ebb and flow of human clamour and agitation.

When the mental field is ALIVE with this Creative Miracle one is said to be in a state of FAITH, a dynamic mental mood that removes mountains of difficulties, subdues kingdoms, works righteousness, stops the mouths of lions, quenches the power of fire, escapes the edge of the sword and from weakness is made strong. (Heb. xi. 33.)

NOTHING is achieved until the mind is captured. Consciousness has ebbed and flowed for ages, brought under restraint or harnessed for action only as it is driven by work, and when the work in hand is accomplished reverting to the subconscious drift.

It is to this undeveloped margin of mental life that there is need to apply effort. Thought should not be allowed to subside into automatic uncontrolled, subconscious undercurrents. Constructive ideas should fill all the margins of life. This is the office of the will, to determine to do it, and behold, the thing is done.

Moral and spiritual rectitude is won only after hard struggles. Remnants of the ape and tiger still crouch beneath the surface. They should be brought before the conscious mind and re-educated.



The ways of wisdom are countless. A living knowledge of nature and experience is necessary to confirm, strengthen, and support feeble initiative. Training and technique organize the intelligence for efficiency and human relationships. Law lays the foundation for trustworthy action. Finally there is FIXED in the soul a moral integrity that discerns between the Real and impermanent almost involuntarily; discursive, rambling reading and thinking is brought to judgment and the spiritual process sets in.

The surface self-conscious mind is the medium for response to sense impressions and experience. When an experience is powerful enough to arouse deep emotion, that impression is carried deep into mental processes defined as the subconscious mind. This mental field can be protected from adverse influences, operated and directed, and become a powerful factor in creative work.

The superconscious mind can become active in the conscious mind by right mental attitude. The commanding ego is the self-conscious mind standing mid-way between its higher and lower levels, having the power to open and close the interior lines of communication. These three aspects of consciousness have no abrupt divisions but flow and re-flow into each other.

The self-conscious mind commands and directs subconscious mind, invokes and becomes receptive (not negative, inert and will-less) to the power it invokes in the superconscious field.

Each aspect of consciousness behaves in a certain definite way, knowledge of which offers

the means to accelerate individual progress, which in turn reacts upon all human relationships and universal progress.

CONCENTRATION is the first step towards getting control of these diverse mental currents, bringing them to a focus for direct and unified action for the forward movement on the spiritual highway leading to The Silence.

SCIENCE : No two things can occupy the same place at the same time.

*Two Mental Laws : The Law of Inhibition :* Every idea tends to prevent the production or development, or to cause the disappearance of ideas which cannot be united to itself according to the law of systematic association for a common end.

*The Law of Association :* Every idea causes to develop the subconscious fact, and tends to associate to itself ideas which may harmonize with it towards the common goal.

RELIGION : " I will bring upon this people the fruit of their thoughts."

Within the inner sanctuary in a still supernal silence every thought must be brought captive to ideas of perfect states, and held by mental and spiritual affiliations, never by force nor by external will power, but by attention to the undivided presence of one idea.

Concentrate with the mind and *relax the body.*

With practice concentration passes into Meditation and then into The Silence, and in time becomes effortless. Learn to " Let go " in a very positive manner. By mental argument,

and denial delete from the consciousness all discord, and with adequate Treatment wash the mind clean of destructive ideas, **FIXING** Truth Ideas in their place and **BELIEVING** them into life.

**E**ACH individual organism is a fully equipped power-house with the self-consciousness the ruling power at the central station, selecting and distributing incoming impulses and impressions. If man is only half alive, unaware of his great office, the mental and spiritual faculties are weak from non-use, the will flabby, and he is unable to challenge the horde of intruders that pass the barriers intended to protect the vast reproductive fields of subconscious mind.

With his qualities of self-government unexercised he degenerates into a slave of subconscious uncontrolled emotions.

The racial deposits of evolutionary experience as it has yielded response to the tiger, ape and hyena instincts, reflow across the threshold of the self-conscious mind. This host of unregenerate tendencies snarl in selfishness or whine in self-pity, pouring their hot fires of passion and greed into the self-conscious mind, colouring all its judgments, intensifying its fears, and paralysing right action.

To clean up this whole field, the first step is to use the wireless code that operates between the self and the subconscious called self-suggestion.

Denial and affirmation define a method of cleansing the mind and establishing a mental attitude that shall automatically reject the false and retain the true, by constantly suggesting the truth to the inner mind.



SCIENCE : There is always some kind of consciousness going on. There is a stream, a succession of states of desire or feeling that constantly pass and re-pass that constitute our inner life. Every impression that runs into it from the skin, or eye, or ear, runs out again into muscles, glands or viscera, and builds or tears down vital processes through the invisible paths of escape, the nerve currents, and which remain more or less permanent features of its structure, modifying its action through all future time.

“ Every idea completes its circuit in the body ; peculiar modes of excitement in the brain leave a sort of tenderness or exalted sensibility behind them which may take long periods to die away, and as long as it lasts these tracts are liable to have their activities awakened by causes which at other times might leave them in repose. Every experience of deep feeling leaves its combination of emotive impulses linked together, lying latent in subconscious substance, and *at any time when one element of an experience is suddenly brought forward into the focus of attention, quick as a flash the whole experience is reproduced mentally unless inhibited or transformed by a conscious process of mental and spiritual re-education.*”

When the individual awakens to the truth of his spiritual nature and destiny, and consciously enters upon definite means to clean up his subconscious depths, he will stand guard at the door of conscious thought rejecting and reversing, *not ignoring*, every intruder to the well-being of his mental and physical life.

THE subconscious mind cannot accept an entirely new idea with which it cannot establish relationship through previous experience or education. In Concentration, whatever idea is to be developed: reason, discuss, discriminate and argue mentally about it *until you deliberately choose the condition to be developed.*

This voluntary chain of interest gives logical sequence to the operations of the subconscious mind, and in the words of Prof. Wm. James, "When an idea is passed into the subconscious mind with Interest and Attention, and AN IMPETUS GIVEN TO IT BY CONCENTRATION, in that moment the subconscious mind springs upon that idea like a wild beast upon its prey and deep into subconscious research one idea connects with another."

Apply this law to the working of fear and worry ideas that flash from brain to nerves until every muscle of the body is quivering with fear ideas; or when encouraged and quickened under the glow of kindness and spiritual perception by the use of ideas of Truth, Love and Harmony, the nerves are hushed in Peace and Wholeness.

A USEFUL mind depends upon the number of ideas at its command. If powerful, good, well-organized ideas are in the mind, the isolated ideas of evil are easily re-arranged and overruled. The subconscious mind is continually choosing among the ideas presented to it according to the Law of Association, for mental activity is automatic and persistent.

*Man can take the initial step by introducing an idea, creating an interest in it and passing it*

*with intention* to the subconscious mind. Then the subconscious mind becomes a silent partner working with unceasing zeal to complete the work begun by the conscious mind.

The secret of an efficient mind is to have it under the control of a spiritually developed will, able to unify all the faculties, using them for a single purpose, and holding them in a single focus. Without the power of concentration one is the tool and slave of external forces and automatic habits, like a straw in the wind driven hither and thither by conflicting emotions scattering the life forces in unproductive thought and action.

Ruysbroeck : "A single intention draws together the scattered powers ; a single intention is beginning and end of all virtue."

Concentration upon one idea even for a few moments FIXES mental action, produces intense vividness in the focus of consciousness, unifies the mind, gives clearness, lucidity and vigour to the thinking process. Consciousness then, instead of being diffused over a wide area, yielding vague and blurred impressions, is brought to a focal centre yielding clear and definite ideas charged with life and power.

SCIENCE : "The slightest thought changes the brain structure leaving its tell-tale mark."

Concentration is of two kinds, Objective and Subjective. In objective concentration the mind is focused on external objects and concrete images. In subjective concentration the mind is fixed on an abstract idea or a Truth Statement. Let the student be patient, determined and persistent, regarding the lower mind as his

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working partner to be disciplined and trained to perfect obedience ; every time the mind wanders, bring the drifting attention back gently, easily but firmly to the central idea.

Strive constantly to think INWARD toward the centre of being where truth abides in fullness. This opens the door of the Superconscious mind, and the deeper the idea is carried into the finer forces the greater its intensity and power.

When mentally assorting ideas for concentration let this thought float in the margin of consciousness : “ *The Infinite Intelligence illumines and directs me,*” thus reminding the imprisoned soul of its never failing Source, lifting it from its self-limitations, to Divine Munificence.

**T**HE more the emotions are enlisted the easier concentration becomes.

SCIENCE : Wm. James : “ Take care to launch yourself with as strong and decided an initiative as possible. Accumulate all the possible circumstances which shall reinforce the right motive. Put yourself assiduously in conditions that encourage the new way ; make engagements incompatible with the old ; envelop your resolution with every aid you know. Reverse every adverse thought.”

Character is the moral deposit of a thousand struggles, and every good that is worth possessing must be paid for in strokes of daily effort.

Prof. Wm. James : “ New habits can be launched, a new and regenerate nature can be built up through new associations, new experience, new impulses.”

Regeneration depends upon the ideals active



in the mind to arouse the emotions and stimulate the will to determine action in accord with it. Consciousness is essentially an associating machine. Voluntary and purposeful thinking organizes the subconscious mind into an effective instrument and endows the higher emotions with expulsive power so as automatically to reject false thought. With each new ideal that comes into life the chance of a life based on some old ideal will vanish.

The subconscious depth is a vast charnel house of the immemorial past. In it is stored up all the experience of all life through vast æons of time in the mineral, vegetable and animal kingdoms and all of human experience up to the level of present self-consciousness.

Strange remnants of a forgotten past awake from time to time and reflow into consciousness, or events suddenly uncover long slumbering passions. This reflow is to be regarded as merely automatic wheels going round, not the real man at all.

MAN possesses two invisible arms of mighty power, subconscious and superconscious mind that draw from illimitable space all necessary aid, that connect with ways and means to deliver from evil and to prosper right effort.

S. McComb in *Hibbert Journal*: "The action of the heart, circulation of the blood, secretion of the glands can be affected through influence brought to bear upon the subconscious. It is to the process of affecting the subconscious that the term 'Suggestion' is applied. We know that a few words can unlock pent-up energies,

remove mental and moral inhibitions, and unify disassociated states of consciousness. We should guard our subconscious field from any suggestion that is not beneficial, and we do this by taking the law of suggestion into our own hands, and continually voicing to the inner self the Truth of Being. To affirm is to suggest."

Develop faith in Divine Resource and Law to the high point of authority that you may speak with conviction to an obedient sub-mind. Man is equipped with higher and lower vehicles capable of working for him while he sleeps. The whole past self is destined to rebirth. Man is expected to recover his submerged past, to immerse it in Divine life and Truth, thus to re-inform and re-generate it.

Concentration is a mental pruning-knife that cuts away useless thoughts and tendencies. Concentration upon Truth statements enables one to summon mental and spiritual resource at will and be delivered from adversaries.

Concentration upon Principle stabilizes and cleanses the mind, and the old rule for prayer should be applied here, and once a day at least, preferably before going to sleep, immerse the mind and affairs in harmonious currents that shall bear them above discord and conflict. Peace of mind and prosperity in business demand it.

**M**EMORY can be recovered and strengthened upon Eternal Truths.

*Memory cannot be lost*, but it can be submerged under useless and annoying details. Memory is not a separate faculty, experience cuts its track

through brain substance leaving its record there as memory.

One says, "The cares of yesterday, I cannot let them go; One wronged me yesterday I can't forget." The "You" who was wronged yesterday have passed into "Today," no one can fetter you, you are Free Spirit. The one who initiates adverse action is bound to it until it is remitted and dissolved, *but you can refuse to connect with any one's adverse action*, it belongs to the perpetrator. Preserve the pages of your life for Truth and its manifestation.

Refuse to carry over the mistakes of yesterday, if they are yours take every means to rectify them. If they are another's, refuse to build them in today's life. "Vengeance is mine, saith the Lord, I will repay," not because of favour, but because Cause and Effect is a Cosmic Law.

Affirm a hundred times a day "God, Good alone governs me, no other presence no other power," and go forward doing and believing Good, thus bringing it to pass by thinking it.

Thinking generates a peculiar kind of force, *always the counterpart of the idea* held in the mind.

Concentration is defined as the process of intensifying action through removing weakening or adulterating elements. One concentrates easily upon what one loves. One is brought into involuntary concentration when absorbed in beautiful music. These infrequent moments of loss of the sense of self is the kind of experience one must have when voluntarily turning from discord to harmony, from false impressions to spiritual reality, wrapt in contemplation, unified with high vibratory forces.

THE Truth that heals ignorance and discord lies at the roots of pure being in simple Reality. Spiritual knowing is walled in behind mental fog, therefore concentrate upon God-Truths, deny the Reality of their opposites, and let the action of God take place. Concentrate upon Truth, Wisdom, God, and the hidden good will be uncovered whether it be health or possessions. Concentration is a CREATIVE act. One idea held in the focus of consciousness sharpens the mind to a point and the mental image is impressed throughout consciousness. One does not have to agonize, but to *realize*.

Let one idea carry the mind inward, GO WITH IT, look away from all adverse appearance to perfect reality. In this Most High Place all ways and means are connected, and the outer mind impressed and directed.

Spiritual repose is the nature of superconscious life, cease to cloud it by fuss and fret. Submerge yourself in that sea of Harmony. Relax. Take hold of Eternal Truths and you need never labour to let go of anything, alien elements drop of themselves. Expand inwardly, Perceive the inner splendour: REST IN THAT.

Concentration is not a mere word, it signifies a state of mind. Do these things and that state of mind is achieved. One of the wrong factors usually introduced in mental work is fear.

*Fear is not a thing in itself*, it is developed by ideas of worry and impatience.

*Develop understanding Faith in original Life and its Laws.* At the slightest hint of discord throw yourself into this revivifying fountain of life, fix the mind upon the conquering inner Life



and Intelligence and let fear go as freely as you would open your hand to release a bird. The mental life needs continual harmonizing.

AFFIRM : " I think only the words that are spirit and that are life. At the roots of my being I am pure spirit endowed with every means for a complete and efficient life." Then as earnestly search the mind to uproot egotism and selfishness.

SOMETIMES at the back of the mind are thought habits a little over-active, as self-pity and over-sensitiveness. The antidote is to contemplate their opposites : unselfishness and goodwill, and act in accord with the idea.

*Every thought enters into the Creative process of life, and when little whirlpools of adverse thought are created in the stream of life, all the mud, sticks and stones that float in that stream are drawn into these whirlpools and they strike us as accidents, loss of valuables, fits of temper, interferences and contention.*

*Every adverse thing that happens is a voiceless warning.* Overcoming power follows the realization that within man is the power to turn all things to good account.

Three groups of self-adjusted bonds hold man in mental slavery :

1. Indolence, ignorance and self-love.
2. Aggressiveness, haste, self-importance.
3. Demanding rewards, exercising authority, condemnation, self-pity, self-righteousness.

All these await transmutation, consumed by the power generated in Spiritual Meditation.

Transformation takes place within man, *he*,

*himself, is the machinery.* "Not by might but by my spirit, saith the Lord."

**T**HERE is no condition so unpromising as not to offer opportunity for the development of spiritual and practical efficiency. When Sarah Bernhardt was injured in a motor accident and had to have her leg amputated, her career seemed ended, but supported by unconquerable resolve she fitted herself to the part of a one-legged soldier.

The oyster transfigures its grain of irritation by re-clothing it in its own emanations. That which threatened wreck becomes the source of its highest value. It refuses the grain of sand as an irritant and acceptance forces a new product born of hidden resources that glorify its drab life with a precious jewel reflecting heavenly tints.

Contemplate your thought as a tangible seed, take it with your mental hands and plant it in your mental soil. Pour upon it love, warmth and protection. Reject every intruding adverse influence that would overcome your growing idea. Hover over your seed thought in contemplation and grow it to maturity through loving it into life.

Exalt the common things of life and spiritualize existence. Do not delay your good by trying to coerce persons, but create new conditions out of inexhaustible infinite substance that can never be spent.

**M**AN does not have to persuade God, but he does have to persuade himself to enter into communion with the substance of life, to

learn the law, and to speak the word that shall set the cosmic elements into motion to bring his good to pass.

RESOLVE: This one thing I do. I will increase my power to think, to know, to surmount difficulties, to increase my efficiency. I will spiritualize existence; I will to realize that "I am captain of my soul." Intelligence, Right Judgment, Harmony, Wholeness, Prosperity are mine through God who is my life.

Thought is a force and that force is not annihilated simply because one may not choose to recognize it. To ignore discordant conditions, therefore, does not readjust them. Every false claim must be met by specific denial of its reality and truth, affirming the truth AS IT OUGHT TO BE. No general denial will answer, because there are in the mind certain discordant ideas and conditions each requiring specific argument in order to break down and stop its action.

Because the mental life seems hidden one assumes that secret vices, vicious temper and immoral thought are *safely walled in*, incapable of harm, while the fact is, there is no fence for thought, it interpenetrates all barriers, marring or aiding all plans, contaminating or cleansing the mental life of the world. The mental field has got to be brought under right law exactly as physical action has been disciplined. It is to his mental life that man must apply himself to uproot, eject, and destroy all false thought by a denial of its reality and of all fear regarding it, and in the same breath reversing and substituting ideas representing desired conditions.

**D**ENIAL of evil in all its forms with argument and affirmation of the spiritual foundation of man undermines and breaks down the development of adverse ideas together with their external pictures in the body.

Denials and affirmations are STATES OF MIND, not a form of words. Words afford mental footholds to steady the mind until it is stabilized in a positive attitude which involuntarily rejects destructive thought.

ARGUMENT: There is no discord in Divine and Perfect life, therefore this discord is the outworking of some false belief, and I perpetuate it by mental repetition. I resolve to dissolve this false belief from my mind, and to substitute a perfect idea every time an adverse thought seeks entrance, therefore I will feed mentally upon the Truth of the one Life which animates and informs me and in which I live and move and have my being. I will to recognize only God and his manifestation: Harmony, Wisdom, Wholeness, Joy, these only will I think into my life.

In like manner disconnect the mind from all undesirable states and conditions, and reinforce argument by right action. Worry, self-pity, impatience, fear, all come up for judgment; these are man's adversaries and for efficient treatment man agrees with his adversary quickly (he should not ignore it), so that he may determine what he must do to separate himself from its claims and pluck it out by the roots. The intruder must be met and antidoted. There is work to do. Jesus did not find this a work of effortless adjustment. "He learned obedience through the things which he suffered."

In all treatment begin at the Fountain-head, "In the beginning God," and by scientific argument relate the external organism to its Source. Know only one mind at work, God. Deny the reality of all false thought and LET THE ACTION OF GOD TAKE PLACE. Be calm, use your vision and your word and rest in Law. Reiterate and reaffirm the ever flowing forth of Life and Wisdom from the fountain-head to be appropriated by man in whatever form he determines. Be one-pointed, one-minded, Identify with the Idea, *and manifestation will take care of itself.*



*HOW TO ENTER THE SILENCE*

**T**AKE hold of the whole consciousness and thrust it forward with naked intent stretching into God. "Better to have the eyes of the soul opened in contemplation than to behold all the angels and saints in heaven." (Dionysius the Areopagite, 5th Cent.)

The peace that passeth understanding is a peace that is brought about by conquest of the self, of its perpetual discords and ignorance. It is an active peace that has wisdom and power in it.

"Now grasp this well, whoever means God, must have God present in his mind under some Godly attribute, as Truth, Wisdom, Wholeness, Harmony, etc." (Ruysbroeck.)

To enter the Silence means to turn the mind inward, focusing the mind upon a God-word, meditating upon it and in it until the spirit of that word flashes into reality and the mental field is alive with it. These God-words are herein called the God-positives.

Invisible lines of connection link the inner with the outer world. Jesus said "my words are spirit." One must carry thought past the mere form of letters to spiritual Reality symbolized by the word. These words release corresponding force exactly as push-buttons release electricity.

SCIENCE : Prof. Wm. James : "Under certain conditions there is an influx of a higher

order of consciousness ; something from above takes hold of the lower part of itself quickening it with a new morality, often utterly re-creating the outer man."

RELIGION : " Beholding the glory of the Lord (contemplating perfection) we all, reflecting as a mirror, are transformed into the same likeness." As though the mind was a photographic plate and Meditation a time exposure.

Concentration precedes Meditation and is an act of the will bringing all the faculties into captivity, narrowing the focus of attention to one point and from that point, other conditions being equal, there ensues involuntarily its very opposite, a vast expansion of consciousness, even the fixed centre vanishes. This Expansion is a step in transcendence. This is the Creative mood for readjustment and healing. Anything less than this dynamic state is of the lower levels of personal will power, suggestion and hypnotism.

TO ENTER THE SILENCE signifies the SILENCING of all unreality, of doubt, fear, false beliefs, worry, complaining, grief, of everything that is merely of the outer personality, and remaining FIXED in the revivifying fires of inpouring re-storing life.

SCIENCE : Henri Bergson, France : " FIX the attention upon the undivided flow of Inner life, we are not this vital current itself, but we are part of this inpouring life come to self-consciousness."

Concentration leads to the threshold of The Silence, and except regenerating fires within the soul light the way, one will never be able to cross that threshold. To get into a mental subjective

state in order to concentrate upon shrewd business methods, to stimulate personal influence to coerce others and to aggrandize self, leaves one in the region of conflict and force, relying wholly upon the personal mind.

**M**EDITATION is a state of lucidity brought about by a combination of factors that closes the door of the outer world and opens the being to the influx of higher knowledges and powers, which impart their wisdom at the point where thought and effort are active.

Divine wisdom and efficiency are not limited to a form of words but are expressed in the universal vocabulary of experience, reinforcing human effort at the moment when decisions and effort are put forth, exactly timed for the hour of need. Hence the mistake of expecting immediate verbal answers to problems. Words are the external expressions of inner states. The inner state is the point requiring readjustment and the outer expression of words follows as a natural sequence on its own plane.

The great need is to treat by scientific denial each false claim, affirming the Truth as it ought to be, and LET the action of God take place at the right time.

“For the word (expression) of God is LIVING and ACTIVE and SHARPER than any two-edge sword and PIERCING and QUICK.” Treat, Affirm and rest in confidence that THE ACTION OF GOD IS TAKING PLACE.

Divine wisdom and efficiency is as a third arm that is brought into operation when man's two arms and brain have fulfilled their purpose.

THE SILENCE is a tempting word to the lazy mind, thinking to enter a do-nothing state without method or effort and to remain there inert and passive receiving deific gifts.

Knowledge has never been vouchsafed to anyone who is inert and ignorant of the laws of the element he desires to use, either in the realm of mind or spirit. Every step in advance forces advance in conscious intelligence and right use of the will in compelling individual application.

To strike out the will and sit in a state of subjective passivity developing mental emptiness leads to physical wreck, mediumship and obsession. Loss of health and financial failure is the inevitable result.

To achieve The SILENCE requires lucid work of the highest activity demanding time, study and practice and signifies a spiritual quickening contact with the source of life.

One should not attempt the practice of Meditation when fatigued or sleepy. The work requires conscious possession of all the faculties with discerning co-operation, and should not be left to the last remnants of the day, hastily seeking some refuge in a form of words. Such attempts are mere delusions.

Physical stillness alone will not open the inner doors to supermind. Mental stillness alone may be only vacuity. But when physical and mental stillness is the result of scientific concentration, bringing into captivity all the faculties through the undivided attention to one idea, the conditions are ripe for the higher states of Meditation and The Silence.

One cannot concentrate on nothing. To concentrate on circles, the point of a lead pencil, candle flame or a crystal is to deflect the mind into unrelated channels rather than to lead it to become one-pointed in vibrant creative ideas, which according to psychological law, must find connecting links throughout consciousness, if the subconscious mind is to create corresponding conditions.

Ruysbroeck : " Now mark this well, when a man wishes to possess inward rest in idleness, then he is ready for all errors. A small consolation may greatly rejoice him for he knows not what he lacks. The rest which he finds consists in his own idleness to which he is inclined by nature and habit and he falls into a self complacency from which he seldom recovers. This sinking down into subjective passivity in bare vacancy is a caricature of the PERPETUAL WILLED EFFORT REQUIRED IN INWARD CONTEMPLATION. This bare vacancy may be found by all men, for it is but a psychic trick to precipitate the consciousness into a subjective state. There is a world of difference between subjective nothingness and the high activity of spiritual intelligence. God is activity, not passivity and idleness, but an eternal striving."

**T**HERE are well-worn paths on the spiritual highway, with the ascent clearly indicated and with accompanying experience certifying Divine Union. There are " Signs " accompanying every stage in the soul's great adventure, and none of them rests in psychic phenomena, nor on the astral plane nor in trance.



Ruysbroeck : " Spiritual gifts come from within in union with spirit and not from without into the imagination by means of sensible images."

St. John of the Cross, 14th Cent. : " I am terrified by what passes among us in these days, persons who know nothing of the Illuminative Way, whose life is unpurged of selfishness, say, ' God has spoken to me,' or ' It was revealed to me,' or ' I am chosen ' but it is not true, such an one has been speaking to himself, self interest causes him to reply to himself and then to imagine that God has spoken. Visions, voices and mental pictures we must fly from. All bodily appearances are obstacles in the way."

Hilton : " The less the soul thinketh that it seeth God, the nearer for to perceive Divine Love."

Mme. Guyon : " It is very important to prevent souls from resting in visions and voices, for this may check them for their whole lives. Corporeal visions are the least spiritual of all and the most subject to illusion."

St. Angela of Foligno : " The eyes of the soul do behold spiritual and not a bodily presence."

Dionysius : " Quaint sounds and smells and light, all is less than spirit-knowing ; work not with these."

Mental images proclaim the lower levels of consciousness. The intellectual machinery cannot act on the spiritual plane. It is the recording machinery of the sense mind and its blindness is a psychological necessity on the higher planes of perception in order that the instrument designed for each forward step in the projection

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of the creative process may do its appointed work. The outer eye cannot function on the mental plane: "Thou canst not behold me with thy two outer eyes, I have given thee an eye divine." As objective sight is superseded by mental perception, so also in the action of superconscious mind, spiritual cognition or pure knowing supersedes mental perception.

To see on any plane with definition and understanding requires training. A child cannot distinguish objects clearly under five years of age. Years of training are required to relieve mental and moral blindness. THERE IS THOUGHT LIFE IN THE SOUL to be communicated and experienced, and to receive which, one must attain to a state of consciousness above self-thought images.

Henri Bergson: "Behind the mental state lies a vast region of perceptions and correspondence which elude the image-making powers of the surface consciousness. The more transcendent the perception the less of it will the image contrive to represent."

Patanjali taught that there was a condition reached in spiritual meditation where there was a cessation of the transformation of the thinking principle, and perception and spiritual quickening became immediate. THE SILENCE is that state of co-ordination of the different parts of the human mechanism as to render this result possible.

**T**HE will must lift the self out of its lethargy and carry the consciousness above the emotional contagion of the lower sense mind.

Ruysbroeck calls the will "KING OF THE SOUL." It is the faculty by which the mind makes choice of its action and directs the energies to their fulfilment. It is the governor of the entire organism, designed to command and transform negative states of mind in the self.

It has been thought that only a passive mind with annihilation of will was the necessary state for Divine approval. Deity can do nothing with will-less persons. He needs a dedicated will to act from principle and not a machine to be driven.

Prof. Henri Bergson, France : " The abnormal person continually lags behind the continual pressing forward movement of spirit, always with the past, unable to keep step with progress. The abnormal person is the result of a negative will moving round a centre, while the normal person moves through an experience and conquers it, and is quit of it, and is ready moment by moment for more life, ready to become knit in the law of spirit, and by deliberate choice, WILL to enter into the renewing creative process."

Entering Into The Silence is not an intellectual theory, it is a physical, mental and spiritual act of the very highest order and involves emotions, will and action.

Many sink into a passive subjective silence merely to enjoy sensuous quietism and the unsubstantial fancies of imagination. This is sensual self-indulgence, and because there is absence of willed effort the subconscious impulses of the lower nature may assert themselves and lead to psychic delusions and emotional orgies,

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preventing any rise into super-consciousness.

Moral and spiritual rectitude is won only after hard struggles. In the beginning while the elemental emotional satisfactions are undergoing refinement and the senses still dominant, there may be experienced a sensible delight in the effort toward harmonious rhythm.

*Check any tendency toward bodily sensation* by lifting the focus of meditation to the Brain Centre thus bringing the emotions under control of the will. Purification is a continual process and calls for perpetual fires burning on the altar of the heart consuming the dross of unworthy aims and self-delusions.

Only after long and repeated failures is man ready for this culminating work of Divine Union. Unyielding conditions in the personality and environment alone compel it. In walking the high path, pain and suffering will be experienced, but IT WILL BE GROWING PAINS with an accompanying sense of victory, and while suffering is not the purpose of spiritual activity, purification is, and no one passes through purifying fires without suffering.

**E**ACH age makes its own peculiar contribution to the revelation of God to man. The Oriental mind seeks in seclusion and refusal of action in the world to attain to the state of non-attachment to things. Christian mysticism recognizes that the soul is perfected here by means of experience in the right use of things. Jesus rejoiced that in the midst of life he had achieved the miracle of transcendence. "I have

overcome the world " and he conditioned his glory upon having lived his life tested in the world by every known means. He admits that he was straightened in the process. " I have a baptism to be baptized with and how am I straightened till it be accomplished." He fully recognized the place and purpose of man's temporary experience on this planet by using it as a means of spiritual growth.

Every step on that Quest has been filmed to all eternity and thrown upon the cosmic screen, a living testimony of the way of spiritual evolution. To all theory, ritual or phrase-makers there is but one answer : A life lived. A miracle certainly, yet no mystery.

The primary duty of service in the world in some worthy work is required of the spiritually developed. Doing leads to further knowing, experience is needed to draw out the soul's interrogation.

Phil. ii. 5-6 : " Have this mind in you which was also in Christ Jesus, WHO COUNTED NOT THE BEING ON AN EQUALITY WITH GOD A THING TO BE GRASPED."

Ruysbroeck : " The sons of God, though one with God must eternally remain other than Him, a union in which the primal distinction between Creator and created is never overpassed."

TRANSFIGURATION is a Life process, a new and LIVING way of plucking out by the roots every barrier that impedes the miracle.

**T**HERE is a place as well as a state for the Silence Centre. Spiritual Reality creates its own vehicles for the transformation of human



consciousness. Jesus defined it as an interior well of water springing up within man unto eternal life.

Brother Lawrence made practical application of this and opened his Heart Centre as an Oratory wherein to retire from time to time, with the soul insensible to everything but divine love. By continued practice, fixed firm in this centre, he found a mighty fount of power capable of generating high spiritual radio-activity, exalting the mind to Spiritual sight. "No longer I believe, I see. Many do not advance because they stick in penances and particular exercises, while they neglect the love of God which is the end."

Jesus: "Link all effort to an inexhaustible living Fount within the being and enter into relationship with it as with a loving Father."

**T**HE hardest lesson in the new education is to know God as LOVE. Reasoning from the human standpoint, any law may be violated for love, hence any request made to this being called LOVE should be automatically granted.

Divine Love must be something higher than this that would make chaos of the universe palpitating with the cross purposes of subhuman desires.

Man is set in a universe with all its secrets spelled out in the cryptogram called LAW, and the text-book of this universe is written large as Cause and Effect, so that he who runs may read: "Whatsoever a man soweth that also shall he reap." Thus is man guaranteed in his sowing.

How difficult to denude the mind of false teaching with its haunting pictures of an inexorable judge, who, to placate his offended dignity, demands the death of his well-beloved son, and that for ever after, that son is pleading with this offended deity to grant forgiveness to the race.

It is not strange that the thinking mind of today refuses such a presentation of the Great Spirit. Jesus taught nothing of the kind, all this has been foisted upon the people by the ignorance and authority of man. Is. xxix. 13: "Fear of me is a commandment of men which hath been taught them."

Paul believed that the spirit of God was in Christ reconciling the world unto himself (2 Cor. v. 19), *not himself unto the world.*

Accepting Jesus as the interpreter of God we must get to know Him as LOVE. Jesus said man must get into the mental attitude of the little child toward expected good. So loving and personal is this love as to note even the fall of a sparrow, this vagabond among birds; so particular in its care of man that even the hairs of his head are numbered; hyperbole, perhaps, but it serves to indicate his idea of the omnipresent love of God, and as a father He knoweth our need of things, and by a system of inter-communication the restoring power of God can be brought to bear upon all life's circumstances.

**M**AN has lost connection with this Divine Munificence. He must reopen the channel through his mental field and get into the

attitude of love toward the super-life under the name of Quick Helper, a Friend of man, Loving Father. This dynamic state of mind Jesus assures us will open ways and means for fulfilment of man's needs when man co-operates in thought, will and effort.

✓ Comply with that state. Break up and dissolve unbelieving unproductive states of mind, and exalt mental action to the point of uncovering hidden resources. Co-operation has been clearly stated by the teacher of spiritual law. "When you pray believe that you have received and you shall have." Man has got something to do in this creative miracle, and while he is asking God to change his world, his human machinery must be adjusted and set to reproduce the mental fabric exactly as a loom is set to weave a pattern.

Man is the breath of God working through a marvellous contrivance called the human body, designed to reproduce with fidelity a correspondence, point for point with the original figure held in the mental focus.

Rhythm is the secret of superphysical transfer. When man is "In tune with the Infinite" the transfer of super-normal powers follows as the inevitable result of the eternal forward movement of Original Impulse flowing into open channels at its own level.

The supreme office of the human machinery is to transfuse and amalgamate physical, mental and spiritual elements for the projection of something that is subjective into objective manifestation.

"He will do exceeding abundantly more than

you can ask or think according to the power that worketh in you."

The human machinery must be dedicated to whatever work we ask of God, whether it be of business, love or character. One must get into the rhythm that symbolizes the idea desired. To demonstrate, one must think and act and live as if already in possession of the desired state, for thinking it is creating it.

**T**HERE can be no divided existence of *being* one thing and *having* its opposite. The whole being must be in unison with the creative miracle, for the power and responsiveness of spiritual substance is profoundly affected by the nature of the instrument through which it manifests. When man sends his prayer into the Infinite he must, at the same time, trace his desire throughout his mental field, seeing mentally the conditions as they ought to be, vivid, complete, finished ; and he must stay in that state of realization for a definite period daily. Thus is created the mental and spiritual foundations, and defined with steadfast fixity the character of the work to be accomplished. To doubt or waver loosens all connections and renders manifestation impossible.

Ruysbroeck : " One must have an eternal loving and striving ; a love that is not a sentimental feeling, but rather a holy energy. Thus in contemplating God, the essence of all that is, we introduce a perfect cause to work its work in us."

" Man may turn inward with ease and freedom and without hindrance from sensible images

as often as he wills to think upon his God. From this unity springs devotion and gratitude for well-being. Thus God enters the heart by means of his gifts."

No argument is needed when one has even for one moment passed into the finer forces. The marvellous sense of liberation and harmony is sufficient incentive to enter deeper into the experience that seems to melt the entire being into heavenly beatitude.

"Love of God" is not in words but in power, and the spiritual satisfactions defined as "Love of God," induce a state of mental and spiritual activity that easily carries the whole being forward.

Intellectual understanding will not exalt the mind till it enter the heavenly peace nor any power of will, nor any law vested in personal power. Nothing less than this sublime, longing, yearning love. When this love drenches the soul, there is no more need of coaxing by means of symbols.

**W**HEN once there is established the habit of pressing into God as Quick Helper, the whole mind rooted there for all resource whatsoever, a dynamic state of mind in one-pointed mental pressure unites with a high potential to give substance to creative thought, completing its circuit at the creative base with answering response. One says it is the work of God without knowing how or why. Another knows that it is the work of God because he knows the how and why, for by his working hypothesis there is nothing else.



Man is the circulatory system of the One Supreme Intelligence. The whole body mechanism is a unit for the interpretation of mental action. Consider the act of blushing, an idea flashes fire and burns red-hot throughout the body through mental agencies alone. The Brain dynamo articulates an idea into living cells which in turn send out a living vibratory force through nerve wires connecting like currents of force on its own level. From one plane to another an idea is transformed into its exact correspondence as the inevitable links in the miracle of final manifestation.

Man has efficient machinery in his own mind and body to change his life and affairs, it only requires the Will to Do it.

“ Build on Resolve, and not upon regret  
The structure of thy future ;  
Do not grope among the shadows of old sins,  
But let thine own soul's light shine on the  
path of hope  
And dissipate the darkness.  
Waste no tears upon the blotted record of  
lost years  
But turn the leaf and smile, oh SMILE to see  
The fair white pages that remain to thee.”

ELLA WHEELER WILCOX.

The great Truth to realize is this : Union with Life-giving Spirit is the result of Love. Not repeating formulæ, not trying to force law, not coercing other people, not deceived with subconscious phenomena, not temporizing with shrewd intellectualism, but a deliberate pouring forth of the whole being to imbibe and absorb Divine Life and Wisdom.

The vocabulary of the Divine Adventure is

LOVE, with man in affectionate relationship with the Great Spirit and its Life-giving response. This life-interchange transcends the meaning of the word "Love" as understood by man in his various ephemeral, personal moods.

**B**ROTHER LAWRENCE, having subjected himself to exercises, penance, fasting and prayer, tells in his little book "The Practice of the Presence" how he developed his own method. He speaks of it as "The best and easiest method I know and I advise the whole world to it." After years of trouble and disquiet he laid aside particular forms of devotion giving himself wholly to the practice of this method, and that "Somehow I found myself changed all at once, and my soul, which till that time was in trouble, felt a profound inward peace, as if it had found its centre and place of rest. I feel my whole spirit and my whole soul lift itself up without trouble or effort of mine, and it remains, as it were, IN ELEVATION, SUSPENDED IN GOD."

SUSPENDED IN GOD: That is the experience of transcendence in the Silence. All that precedes this is of the outer mind and may be classified under Concentration.

*HOW TO ACHIEVE TRANSCENDENCE*

**B**ROTHER LAWRENCE repeatedly says, "Enter into yourself, you need be no longer in search for something without, for of your Heart you can make an Oratory wherein to hold loving converse with God."

In the beginning of his religious life he tried to put out the thoughts he did not want and by this method he found he was occupied with his sense world all the time. He realized he was using a negative method, but when he began to think of the thing he wanted he ceased spending his energies putting things out, he simply put one idea in, and as the word GOD connoted the sum total of all life's needs in wisdom and supply, "He fastened his whole mind on this one word GOD. It acted like a sword of the spirit, it cut him loose from everything undesirable."

In the beginning he spent the time appointed for private prayer to feed his mind on high notions of God, to convince his mind of and to impress deeply upon his heart, the Divine existence, rather by devout sentiments than by studied reasonings and elaborate meditations. Later as he developed command over his wavering mind he filled every moment with a sense of the Divine Presence. His view of prayer was nothing else but a sense of the Presence of God, HIS SOUL BEING AT THAT TIME INSENSIBLE

TO EVERYTHING BUT DIVINE LOVE. With this practice at last we should gain a habit which would naturally produce its acts in us.

His first step toward spiritual freedom was to live as though there was no one but God and him in the world. This resolve loosened the "stranglehold" of personalities upon him. Thus he gave the best that was in him of thought and service to all, for to be true to the higher self "It follows as the night the day thou canst not then be false to any man."

Part of his appointed work in the Brotherhood was preparing food and washing dishes for which he had a great aversion. So he began the "Union of mind of man with mind of God" right in this hated occupation. It became his effectual reminder to Practise the Presence of God by directing all his work to Him. The thing that he thought he could not endure became the opportunity for incessant practice, and like the pearl oyster he developed by means of this hateful irritant, the priceless jewel within his soul that has for three hundred years lighted man's spiritual pathway.

**S**PIRITUAL consciousness is a matter of growth. It is not attained haphazard any more than mathematics is learned by guessing at it. Brother Lawrence accepted the idea of the kingdom of heaven as being within him, as a LIVING TRUTH. He resolved to focus his attention in his Heart and to make of it a sanctuary wherein to draw all his faculties to a centre, and to open his mind to the Divine Presence by assuming the mental attitude that

he was in it. " Naturally he experienced many failures, BUT WITHOUT BEING DISCOURAGED HE SET HIS MIND RIGHT AGAIN and continued his exercise, until he arrived at a state wherein it would be as difficult not to think of God as it was at first to accustom himself to it."

He had a roving mind but he " Brought it into captivity by the will " until finally in the midst of the most distracting or exacting occupations he learnt to ACCORD ACTION WITH CONTEMPLATION, and with several people calling for different things at the same time, he possessed as great tranquillity as if he were on his knees in prayer. He says, " We must always labour at it for in spiritual matters not to advance is to go back, but those whose soul is stirred by the spirit GO FORWARD EVEN IN SLEEP. To arrive at this state, the beginning is difficult for we must act purely in faith."

He frankly admits that he found great advantages by it. IT ABOLISHES PAIN : " I have had enough experience to abolish all doubt that a soul at this stage can feel pain." IT CONFERS PEACE : " I am in a calm so great that I fear naught, my soul feels a profound inward peace. It fills my life with *continual happiness*." IT AFFORDS PROSPERITY : " I receive ready succour upon all occasions supplying me with food and clothing and the key to treasures." It endowed him with Wisdom in his business transactions.

" We must know before we can love. In order to know God we must often think of Him and when we come to love Him we shall also think of Him often, for our heart will be with our treasure. Ponder this well."



Brother Lawrence regarded God as his supply and himself served of God at His table, his house and clothes direct reminders of the Divine Giver. Man needs to put spiritual foundations under his brick and mortar houses, and to regard himself as the guest of God rather than a reluctant tax-payer. Brother Lawrence grew to realize a profound living companionship which quickened and spiritualized his whole personality. He did not use many words in prayer, rather did he hold himself in the mental attitude described by Tagore : " Day after day, O Lord of all worlds, shall I stand before Thee face to face."

Words signify LIVING things : This Inner Oratory is a LIVING thing, and the whole personal self enters this Oratory on its knees ; then follows the experience of transcendence when " THE SOUL REMAINS IN ELEVATION, SUSPENDED IN GOD."

## THE INWARD WAY

*"For the creation waiteth for the revealing of the sons of God."* Rom. viii. 22.

REVEALED through the transmutation of the whole human organism in the white heat of spiritual ardour.

The Inward Way has three stages of arrival with infinite variety and degrees of attainment within these stages.

1. Purgation, The primary break with the sense consciousness.
2. Contemplation or Meditation, The recognition and development of Spiritual consciousness.
3. Illumination, The Union with Divine Mind.

THE SILENCE PROVIDES THE CONDITIONS FOR CONSCIOUS UNION.

The Inward Way is the process of being born again and implies new perceptions, functions and characteristics wrought out through normal practical methods for self transcendence here and now.

"I am the Resurrection" not WAS nor WILL BE, but exhibiting the miracle in his present life, teaching that the Resurrection is a LIVING experience. Heb. x. 20. Jesus dedicated for us a New and Living Way. Paul illustrated the experience as "I die daily, die to evil."

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The Resurrection has been misinterpreted by painters with minds full of pictures, as a man suspended between heaven and earth. A purely physical thing instead of the supremacy of spiritual man over animal instinct through the law of inward growth.

Dionysius The Areopagite: "Be wary in this work that thou take no example at the bodily ascension of Christ to strain thine imagination as thou would'st climb over the moon. Heaven is as nigh down as up, and up as down, behind as before, on one side as other, for whoso hath a true desire to be AT heaven, that same time he were IN heaven spiritually, for the high and the next way is run by desires and not by paces of feet."

Man is surrounded by atmospheres perfectly attuned to the rhythm of his human state. HIS UP and DOWN is measured in terms of spiritual perception and moral quality, fitted exactly to his mental development.

CLASSICAL tradition has preseved the heroic process of soul-pruning for the aspirant for spiritual consciousness. It taught that the barriers that cloud spiritual perception are false human tendencies covering the soul with seven dense veils which must be burned away by divine fire within. These barriers are self-righteousness, avarice, lust, anger, gluttony, envy, inertia.

The seeker after the Pearl of great price entered upon methods calculated to kill or cure. He submerged himself in their opposites and sought purification in the acid test of self-

abasement, poverty, bodily torture, penance, fasting and service.

Paul's method is the direct method of first intention. His instruction was "Keep the thoughts active on whatever is true, honourable, just, pure, lovely and of good report," and to resist the backward pull "unto blood."

The psychological law of the Association and Inhibition of ideas supports this view, and scientific research in mental action has added nothing to this perfect method except a mass of evidence to corroborate it.

By the simple method of preference of ideas, thought nourishment is denied adverse ideas which fall away leaving the mirror of the mind held as a lens in the focus of the preferred idea.

Paul added also an illustration which the most advanced thought of the day is refurbishing. He said, Regard the body as a mirror capable of reflecting states of mind, and by holding certain ideas in the mind to the exclusion of everything else, man is transformed into a corresponding state. He furnished a Brief for denuding the mind of false thought, a method which would at the same time achieve super-tendencies. His words are: "Faith is the Victory that overcomes the outer world; to that Faith supply Virtue, and to Virtue, Knowledge; and to knowledge, self-control; and to self-control, patience; to patience, godliness; patiently seeking to conform to the measure of the stature of spiritual life. HE THAT LACKETH THESE THINGS IS BLIND, HAVING FORGOTTEN THE CLEANSING FROM HIS OLD SINS." There is no intimation here that

Deity would perform this miracle independent of man's effort.

**D**IONYSIUS The Areopagite about A.D. 500 reduced the growing complexity of spiritual systems to extreme simplicity, and his teachings were quoted for 800 years as "Dionysius saith thus and so." He called his method

*"THE CLOUD OF UNKNOWING"*

"Let nothing live in thy working mind but a naked intent stretching into God. Look now forwards and let be backwards. At first thou findest but a darkness, as it were a cloud of darkness of unknowing betwixt thee and God.

"When I say darkness, I mean a lack of knowledge. It is not a cloud in the air, but a Cloud of UNKNOWING. Thou shalt come to this cloud and dwell and work therein above thee and put a cloud of forgetting beneath thee, twixt thee and all creatures that ever be made. I take out not one creature, whether they be bodily or spiritual, for thou art further from God by whatever rests in the mind, for that thing is above thee for the time and betwixt thee and thy God. Leave all outward working of the wits. Have thy naked intent folden in one word : GOD, and with this word beat on the Cloud and this darkness above thee and smite down all manner of thought under the Cloud of Forgetting with one word OUT.

"If any thought press upon thee to ask thee



what thou wouldest have, answer him with no more words but this one word, God, whole and unbroken. And if foredone special deeds press betwixt thee and thy God, STEP ABOVE THEM AND TREAD THEM DOWN UNDER THY FEET, and try to cover them with a thick Cloud of Forgetting as they had never been done in this life, and as oft they rise as oft put them down with this one word, GOD. The fewer words the better, and best when it is in pure spirit without any pronouncing of word.

“ Judge thyself as thou list but let other men alone. Set thee sharply to this work, have no reserves, hold no measure, never cease while thou livest, LET IT ABIDE IN THEE EITHER IN WORK OR IN WILL.

“ Previous work must be done to strengthen right resolve and repent of past folly, this is one form of humility, but there is another, as high above this as Christ is above all other men, a perfect CAUSE to work its work in us, God in contemplation, and we no longer being under the feeling of wretchedness but under a perfect cause for spiritual uplift.

“ Whatever the sins, hang up your love in this Cloud of Unknowing and tread down every hateful thing done or undone. Let thy special beholding be more to the worthiness of God which is perfect than thine own wretchedness which is imperfect. Then thou hast God in whom is all plenty. A perfect worker shall be made so virtuous and charitable that his will shall be purified. DO ON THEN FAST. It may be hard and straight in the beginning when thou hast no devotion, but sometimes He shall send

out a beam of spiritual light piercing this Cloud that is betwixt thee and Him. During the whole of life the souls should see and feel this Cloud between him and God.

“ Time, place and body should be forgotten in spiritual working. The Inward Way which seems at present a Dark, the Inner man calleth it ALL ; The outer man calleth it Naught. Leave thy bodily wits and work fast in this Naught. Fasten thyself to God with a leash of longing. The things of taste, sight, feeling and hearing are all of the outer senses, work not with these.

“ Some there be that without much and long spiritual exercise may not come to the perfection of this work ; and some there be so subtle in spirit and so homely with God in this grace of contemplation that they may have it when they will, and yet have full deliberation of all their wits, bodily and spiritual.

“ It is marvellous to number the stirrings that may be in one hour wrought in a soul that is disposed to this work. DO ON THEN I PRAY THEE FAST, for there was never pure creature in this life, nor never yet shall be so high ravished in contemplation that there is not evermore a high and wonderful Cloud of Unknowing betwixt him and his God.

“ Therefore swink and sweat in all that thou canst and mayst for to get thee a true knowledge and a feeling of thyself as thou art, and then I trow that soon after that, thou shalt have a true knowing and a feeling of God as He is.”

WELL may we say with St. Martin, "Can all this be needed to find God?" Aye, is it so feeble an attainment that it can be achieved without discipline or effort.

All systems, all methods are of value only as they serve the one great purpose, the capture of automatic, random, unproductive thought. Different methods appeal to different temperaments and there are some who require all and every possible means to arouse the body consciousness. Hence the value of penance, hair shirts, all-night vigils in prayer on stone floors, fasting, seclusion, cloisters, symbols, strenuous exercise and submitting oneself to unremitting selfless service, not in mere passive negative renunciation but as a chosen scaffolding to support new modes of thought. Thus it is left to each to make choice of effectual means to achieve the Miracle of Transfiguration.

Eckhart: "But if it take not place in me, what avails it? Everything lies in this, THAT IT SHOULD TAKE PLACE IN ME."

### THE SILENCE CENTRE

THERE are two centres to be used in Meditation, the Heart and the Brain both Positive Voluntary Centres.

The involuntary subconscious centres are already overcharged with sub-human tendencies called by Ruysbroeck "The subsoil of human nature where we are below instead of above the levels of normal consciousness."

The chief business of the awakened mind is to move out of and clean up these centres of sensual animal instincts.

Standing in the place of power and dominion in the Heart or Brain Centre, hold the emotional nature receptive to spiritual renewal invoked from the highest levels, thus informing, re-educating and re-generating the lower levels of consciousness.

SCIENCE : *British Medical Journal* : "The brain is an organ designed to transform latent energy into active energy."

The brain is a mechanical calculator, a mental and physical gramophone, capable of holding imprisoned within its recesses the vibratory correspondence of every idea presented to it. Its governor is the Will.

By means of the brain the involuntary subconscious centres are brought under conscious control and the forces that have been involuntarily trapped and energized in instinc-

tive centres are made to feed higher centres of activity and intelligence.

Standing in the high watch-tower of the human habitation, the ego is able to assemble all subconscious activities under the control of the will, decree obedience over vagrant and fugitive impulses and set up relationship with Original life and power.

Right standards and moral qualities transfigure the grey recording mass into an intricate system of highly developed electrical cells, with correspondence in the Heart Centre and with intercommunication throughout consciousness.

**I**N the secret laboratory of the heart is blended the voluntary and involuntary impulses. The heart is the animating Centre of the involuntary sympathetic system but threaded through and through with striped muscle, called in scientific term "Striated Muscle," indicating that it is under the control of the will muscles or voluntary system. Victims of heart disease may take notice that they are not at the mercy of a runaway heart but that the reins of the heart are in their own hands.

The blood is fluid life, an unstable formless medium exactly fitted to receive the faintest emotional vibration, holding all experience in suspension in it, and traversing the entire body twice in a minute, it communicates corresponding emotion to every cell.

SILENCE IN THE HEART unifies the whole being. It is the transmuting centre by means of which intuition is received into the mind,



and it is the animating centre of the astral or emotional body. When self-control and spiritual rhythm obtains in this centre the higher perceptions awake.

The Heart Centre is the centre for regeneration. This the dark incubating chamber where the synthesis of emotion and will is consummated. This the Altar where consuming fires transmute disease and poverty into life and munificence. This the Transition Centre from life to life. The ego conserves the results of experience by means of the heart in which is held in suspension all reactions, all faculty. All the elements extracted from experience are registered here, and by its dynamic power the suspended life is carried across the threshold of the next life. Long after the body is pronounced dead, long after the brain has refused to work the heart continues action while consciousness is being withdrawn from the body.

Boehm : "Steadfastly fix thine inner eye upon one point and by Faith press into this inmost cell within thee." This was called by mystics "The cell of knowledge."

Spiritual certitude of Divine contact is not in the body but in the highest regions of consciousness which admit of no bodily sensation. In Meditation, lose the sense of the heart as a physical organ, and regard it as an inner Sanctuary, the meeting-place of the soul and the Great Spirit, and by an act of living faith perceive the inpouring life as Light and immerse the whole being in this Radiance. Imbibe it—Absorb it. Melt into it. Feel its cleansing fires consuming all dross, all unreality. Mentally

impress and appropriate this cleansing idea as a real experience.

Eph. i. 17-18: Having the eyes of your heart enlightened the Father may give you a spirit of wisdom and revelation.

### THE BRAIN CENTRE

THE brain organ can be aroused and its powers quickened by scientific meditation. The act of concentrating upon any point draws blood to that area, arouses and intensifies activity there. The brain is the chief dynamo of the human mechanism. It needs to be recharged consciously from the Original power house. The inertia and stagnation that creeps over the brain is caused by lack of adequate stimuli of real purposeful thinking. Its use as a mere automatic repeater does not force new combinations and readjustments through mental action, thereby augmenting reflexes for vigorous reasoning and capable judgment. Lack of creative thought consigns the brain to syncope.

The hands are the external instruments of the brain and unless some expression is given by them in response to individual creative thought, the whole bodily mechanism becomes an automatic machine. Indolence leads to impairment of the thinking machinery and the result is atrophy, degeneration and old age.

To strengthen the brain use the instruction given for the Heart Centre. Begin with repose : INWARD BREATH ; Open Heart Centre : Invoke the undivided flow of inner life, centre in the God Positives, then softly, without effort or movement mentally open the Brain Centre, approximately in the centre of the head,

and fix the inner eye upon the life force inpouring and flowing forth through this Centre.

Take the Inward Breath from the Brain Centre, mentally expanding skull and skin to receive it. Thinking is an organic process and its organs need refreshment and new life. Feed it by using the full octave of God-Positives, feel the spirit of the word itself thrilling the brain. Will to follow the thought with feeling and realization that it is being done, with the mind always lifting and expanding.

**M**EDITATION IN THE BRAIN CENTRE :  
Living Father, I recognize that my life is one with Thy Infinite life and wisdom, and I open all the avenues of my being to receive thy presence. The infinite intelligence illumines and directs me : I live and move and have my being in God : There is only one intelligence active in my affairs, God, leading me in ways of truth and wisdom : God alone governs me, no other presence, no other power. The Infinite Life fills and strengthens me. I open all the doors of my life to thee : I fix in my mind the word of HEALTH : WISDOM : PROSPERITY : and I let the action of God take place. There is only God and His manifestation : Wholeness, Harmony, Joy, Peace, Efficiency, Prosperity, all else is unreality. I do now lift my thought into the free and liberating currents of expanding life. I sail the sea of God and all is well.

The giant cells of the brain during waking hours are interlocked forming a zone of communication, but in sleep the nerve tendrils disconnect, withdrawing themselves, breaking

this belt of inter-communication, rendering the machinery unresponsive to external stimuli, while being RE-stored from within.

RELIGION : "He giveth to his beloved IN sleep." Believe it and charge the mind on going to sleep with high purpose. And if working out problems charge it to find the way of solution. The subconscious mind never sleeps, it may be made a valuable helper. It is you who must fix any idea that you desire the subconscious mind to work upon, and you may be sure that it will give the desired help in your hour of need.



## THE SILENCE IN THE HEART

**D**IONYSIUS the Areopagite : " In this work a perfect worker may not suffer the memory of the holiest creature that God ever made to commune with him. He that seeketh God perfectly will not rest him finally in the remembrance of any angel or saint that is in heaven. Arrest the first thought, cease never in thine intent. Take hold of the consciousness and thrust it forward with naked intent stretching into God."

Ruysbroeck : " In Divine Union there is no intermediary between the soul and God. One is lifted up above reason into a bare and imageless vision, the understanding and will is transformed, drenched and established in an abysmal Imageless void of beatific knowing."

This kind of Creative work requires a suitable enclosure. It is an act requiring seclusion and silence because interruption and movement keeps consciousness on the surface. The beginning is all important, for the steps leading to the Silence open invisible doors and at any moment the mind may pass into the deeper levels. Preparation takes valuable time, haste and impatience hold the mental field like an impassable wall. Spiritual quickening is the result of a right beginning. Therefore the need of providing suitable conditions for this practice.

A quiet room, door locked secure against the accident of interruption: A time set apart disguised under any name to meet the curiosity of enquirers.

Interior rhythm precedes all manifestation, therefore breath and position are powerful aids in unifying vibrations of mind and body. Place the body in a position of physical comfort. A sense of discomfort will keep the mind on the surface. Let cushions support head and arms, thus at the very beginning suggesting rest and refreshment. Avoid a rigid position, do not rest on the spine. Let the upper part of the body feel free. Dispose the lesson and any helps to be used in order on a table so near as to require the minimum of external effort. Let the feet touch loosely, but not crossed, the hands so loosely clasped that a spider's web could be drawn through without breaking, with the left thumb resting in the right palm, right thumb free resting on outside of left thumb. The body is now a closed circuit, open only from within.

**B**EGIN rhythmic breathing, which is merely an easy in and out breathing without effort, never tense, never holding. Gradually deepen this to the INWARD BREATH. Thus: Close the eyes, open the inner eye, perceive toward the heart, see it as a fount of living spirit: engage its activity by keeping the inner eye FIXED upon it and drawing it out into the Heart Centre easily, serenely, and exhale it inwardly all through the body. As you inhale expand inwardly without movement of the body. Expand head, brain (still, imperceptible), neck,

arms, chest, lower limbs and exhale INWARDLY through the feet. Sink consciousness steadily toward the centre of the being. Softly, gently introduce a thought.

As you inhale realize that the very life of God is now active in you, FEEL its calm. As you exhale, send new life to every cell with the thought "I am filled with Divine Life."

Regard the Heart Centre as the centre of the chest with the breast bone as diameter.

The Inward breath becomes imperceptible in the Silence. The student must take time to practise it for it is the only breath used in Meditation and The Silence.

THE ALTERNATE BREATH is useful at times to restore nervous states, and if used in the period of Meditation should precede the Inward breath. The latter is mental, and it is important to waste as little time as possible in external exercises. The whole purpose is to breathe INWARD. Think inward, Expand inward and move the whole consciousness inward.

The Silence is devoid of physical action, the experience is in the mental field with physical action in abeyance, mental and spiritual activity at their highest.

It may assist the mind to work with the symbol of a circle. Draw a circle of any size and within its centre draw another tiny circle. Let the outer circle represent the circumference of your aura and the inner circle represent the central fount of supply which is taken hold of by the inner breath and directed throughout the body.

Let that inner circle represent your Heart

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Centre : Feel its outpouring life restoring you : Expand inwardly to receive it : Perceive this inner breath as the spirit of life pulsing from the heart of God : Take hold of it mentally as you inhale, drawing it from the margins of the unmanifest out into the human body slowly, easily, softly. All laborious contortions are unnecessary and inimical to Meditation. Gymnastics have their place in physical development, but not here.

RHYTHM is the first and last word in breathing. Softly, but with no perceptible physical movement, expand inwardly like a balloon, and as softly turn the breath downward exhaling. Relax constantly. Drop shoulders and elbows. Let the hands and feet feel heavy, this relieves tenseness. Feel the back relaxed and soft, let the face expand from within, becoming soft, the lips merely touching, no contraction anywhere. *The Heart Centre is the Centre for spiritual development.*

With the body in position take conscious direction of the vibrations by the Inward breath. With a growing sense of expansion open the whole being to the undivided flow of inner life. Let the One Life, One Intelligence, One Substance fill arteries and veins.

Paul : " Hold the pattern of sound words in faith and love. Wash the body with a word." One of the most powerful words to readjust discordant conditions is " HARMONY," inhale and exhale with it. Let its rhythm unify your discords. In like manner take hold of God through the God Positives. Regard yourself no longer as a mere object of flesh and bones, but a spiritual centre of high radio-activity,

an encloser of God Power, immersed in spiritual essence.

Stately music is a powerful agent in the readjustment of consciousness. Its subtle influence involuntarily captures the subconscious mind. Orchestral music may be used as a means for meditation rather than for an orgy of emotion spending itself to no purpose.

Exercise, fresh air and baths, high thinking and simple living are means to keep the body elastic and responsive to high degrees of consciousness, and by daily application to secure it against the disease of inertia. Temperance in all things. "Go not beyond the beam of the balance." (Pythagoras.)



## TRANSCENDENCE

CONCENTRATION brought to the point of passing into Meditation marks the union of opposites. Concentration implies effort. Meditation is effortless. Concentration captures every faculty, narrowing consciousness to a point wherein is set a God-positive, and as the focus becomes stabilized, *expansion of consciousness ensues*, called by the old mystics "Infused contemplation," meaning that the human being was being imbued with the contemplated idea.

As meditation deepens, all thought transformation ceases and pure perception is reached in terms of the ideas meditated upon. Expansion of consciousness includes the body, for it is for the very purpose of uplifting the body consciousness that transcendence is entered upon. The whole being is carried forward, the process is movement. "Wisdom is more moving than any motion." This marvellous experience of expansion exalts the body consciousness out of its automatism, and while its activities are held in abeyance it is drenched with spiritual energies.

NEVER LOSE THE POINT IN MEDITATION. Enter the method with a calm interior sight sensitive to degrees of uplift, moving forward and upward with intention, serene, motionless, and when, having slipped into the thrilling state of The Silence, STAY IN THIS STATE OF KNOWING,

keen to perceive the effect throughout the being, noting that the body mind has transcended its lower levels and is merged in the one unifying spiritual centre, its narrow confines transcended, even the hands and feet cannot be located in mind with definition.

To be able to observe one's state without precipitating consciousness on the surface requires some experience in transcendence. One should have such calm self-control that the return movement into self-consciousness shall be intentional and deliberate, analysing every shade of transition, thus impressing the mind with the way of ascent, rendering each future attempt easier, until meditation shall no longer wait upon "means," but remembrance of past homecomings shall whisper its eternal melody in the heart carrying one forward even in sleep.

Mere emptiness and tendency to sleep is utter inertia, and to abide in that nothingness is to degenerate into subjective bodily sensation.

**E**XPANSION is to the mind what "sparking" is to the motor. It signifies power and movement. Without this living fire there is no quickening and the work remains on the lower levels of thought as a form of words. "Sparking" does not take place in an engine until the intake of air and spirit is combined in exact measure and under control. Neither can EXPANSION occur without a corresponding intake and a controlled mechanism. In EXPANSION the outer mind is submerged in high degrees of intelligence, the experience is physical as well as mental and spiritual, thus testifying in terms understood by

the common consciousness and devoid of all images.

The soul has its altar. In this HEART CENTRE is a Holy of Holies within man where Divine Unction certifies itself.

In Acts xviii. 24-28 and Acts xix. 1-4 we read of the eloquent Alexandrian Apollonius, who had been instructing students in Ephesus, and to whom Paul put the question, " Did ye receive the Holy Spirit when ye believed ? "

They answered, " Nay, we did not so much as hear that there is a Holy Spirit." This word has been considered as belonging to an obsolete vocabulary having no relationship with experience. " Ye are the temples of God and the spirit of God dwelleth in you." When there is fusion of mind of man with mind of God there is an expansion of the spirit or " Breath of God " within ourselves that sweeps us with a mighty flood of power above thought and words, unifying body, mind and soul with its own essential nature, and sensed by us as a marvellous rhythm, expansion and lucidity. *This expansion is the first step in Transcendence.*

Thus man becomes a centre and channel for the creative action of spirit, and its activity certifies itself in this sign whereby man may know that he has become an efficient instrument for the readjusting, harmonizing, restoring energy called THE HOLY SPIRIT.

THOSE who say that suggestion is the only means used, speak only from that level where suggestion is used in speaking the truth of life into the consciousness. It is the outer contact

of mind with mind. From this point the healer moves steadily from statement to statement, both audible and silent until both see "Eye to eye," perceiving that in God man lives and moves and has his being. At this point argument and suggestion have gone as far as human effort can go ; then, with the whole consciousness saturated with Reality, from that LIVING GROUND something spontaneous and seemingly unconnected with any human stress and strain swells through the being like swift fire, communicating itself to the patient as supernal calm, warmth and rhythm, blotting out pain and lifting mind and body out of discomfort into Harmony. This is the activity of the Holy Spirit. It is man's work to prepare the way.

Century Dict. : " In most languages ' Spirit ' and ' Breath ' are synonymous terms used to signify the principle of life conceived as a fragment of the Divine Essence breathed into man by God."

This self-certifying presence of the Holy Spirit is a necessary concomitant of true healing. Without it one is left in the common vocabulary of suggestion and personal magnetism, unrelated to wisdom and spirituality.

To attain to this level and to be ready for this miracle to take place through the human channel whenever called upon, demands persistent practice.

Without this confirmation within there is no justification for the use of the term " Spiritual Healing," because the effort is wholly on the lower levels of mental action, and being devoid of this answering response of spiritual fire,

suspending both the patient and the Healer in super-physical forces, gives no honourable evidence to either of spiritual quickening.

**METHOD :** Advance step by step into the Inner Sanctuary from mental argument, handling false beliefs, fixing ideas of Truth in the mental field, narrowing to abstract ideas : Identifying with God-positives : Passing from the word to the spirit of the word, Expanding : Ascending by aspiration, prayer, realization, to the Most High Place unifying with the One Life ; moving forward until met and suspended in the spirit of God.



## REALIZATION

**R**EALIZATION is the ripening process in mental creation. It gives vividness and definition to a mental concept. It is perception throughout consciousness of the thing or state desired with all the emotions attending that state as a finished fact, calling the things that are not as though they were. (Rom. iv. 17.)

Realization is possible only when there is clear understanding of Spiritual principle and unvarying law, and a method adequate to engage it. The initial impulse rises in man.

Realization leads to perpetual growth, increased expansion and illumination.

Meditate constantly upon Divine Life and Intelligence, its presence in man, his human machinery its instrument, mentally receive it and Realize that the action of God is taking place in you to overcome all discord, sickness and evil and compel effort in line with this idea. Passive assent or mere mental belief is inefficient to condense the cosmic currents into LIVING CONDITIONS.

## PRAYER

*"The Supplication of a righteous man availeth much in its working."* ST. JAMES.

**W**E are thus told that there is a scientific law involved in this process called prayer. IT WORKS.

Effectual prayer is a process of releasing by means of the human instrument, certain elements necessary to bring about the answer. Man has not learned how to stay with his prayer according to the instruction, "When ye pray believe that ye have received and ye shall have." He has unbelieved his request from the moment he sent it into space, and doubting its possibility instead of believing it to fruition, he has not complied with the law of mental creation.

Effectual prayer means working with ardour. Devotion is a degree of mental pressure that enables consciousness to move out of the conflict of cross purposes into a centre of calm, the LIVING GROUND for the operation of spiritual forces.

It matters not how the personal mind is persuaded to look beyond its limited self, whether by scientific analysis or religious faith, experience will finally lead a thinking man to his knees in gratitude for well-being from a source higher than his personal mind.

The Great Spirit endows mankind with bene-

ficent forces : fire, electricity, steam, and lastly mental energy, all given to man under the same conditions, namely, that he get to know their laws and bring them under his control ; thus prayer is another process of engaging miracle-moving energy.

No one who seeks transcendence can object to either devotion or prayer. Both lift the mind above the lower self. Whoso desires supreme gifts beyond the ken of the common mind must conform to the laws of spiritual bestowal.

Devotion works through exalted thought and defines the quality of thought necessary. All the way to the calm state of realization in God, pray with intense desire for wisdom, strength, health, help, knowing that God does not withhold it, but that the human mind requires this firm reach into an overflowing fount to confirm its weak faith, and to anchor the mind to something higher than itself.

When the mind is STAYED upon God, continue in prayer, realizing that in the life of God is contained every element of which you have need and that you are NOW being quickened, animated and informed by it. Realize that the spirit works, is now working in you according to your thought.

MEDITATE : There is but One Life, One Intelligence. I am in that Life. All anxious thought dissolves in the Presence of Divine Love. Infinite Intelligence overrules my affairs. All discord is healed with Harmony. All fear melts away in the presence of confidence in the Divine Presence.

There is one body, one spirit, one God and

Father of all who is above all and through all and in all, and I am in that life, it inspires and directs me, surrounds and supports me, illumines and strengthens me. I think into it and it reproduces my word. I claim Health, Wisdom, Efficiency through God who is my life. I believe it into life. I have Faith to believe that the very God of very God guards my thought action with the integrity of His own law.

**T**RACE with deepening understanding all the known connections, all ways and means connected with your problem. This vitalizes mental action, opens new channels and commands from unseen elements new adjustments and combinations not yet energized to action.

“He will do exceeding abundantly more than you can ask or think ACCORDING TO THE POWER THAT WORKETH IN YOU.” Prayer works, and the initial impulse rises in man to bring his prayer to pass.

The whole question of prayer rests upon man's idea of the nature of God. Slowly but surely man is coming into the recognition of a vastly different God than was worshipped on Mt. Sinai. The God of our forefathers had the power to keep his creatures burning for ever, and there are still those who accept their disease as “sent from God,” accusing the Father of Lights of being a dispenser of boils and fevers.

It takes a mind free from egotism to perceive that the root of disease is ignorance, that somewhere along the path of life, law was violated, and to face himself like a man and say : Of my own ignorance I created this. This diseased

condition is the result of destructive mental forces generated in wrong thinking; I am responsible for this, I will arise and go to my Father in whom is all resource for my healing.

In ancient times the gods were fed with living sacrifices, and in the hope of securing favour of God a father had the power to deliver his sons to be burned,—but the records do not state that any of these fathers offered themselves to be burned.

The fire-god, moloch-god and disease-god are going the way of all the world, revealing a God of Love and Law, of whom the old prophet said: "He that toucheth you toucheth the apple of His eye."

If God is believed to be a Divine Presence, an Omnipresent, Living, Loving Energy, man can enter into that rhythm and partake of its nature and beneficence.



## MEDITATION

*With means and without means*

**M**ME. GUYON : " Divine Union has its commencement, its progress, its achievement and its consummation. You cannot get from the entrance to a distant place without passing over the intermediate space. Two things must have some relation or similarity before they can become one."

Symbols and diagrams are a means of support to the mind as it advances through unknown and untried ways. These afford connecting links for thought, carrying the mind without a break from particular details to general principles. The subconscious mind cannot accept an absolutely new idea with which it is unrelated either by experience or argument. Symbols and diagrams give impulse to mental action, which proceeding from known facts easily carry the mind forward into the unknown.

"Going Inward" is a progressive movement in consciousness, requiring a scaffolding of incontrovertible logic to capture the whole mind. Diagrams are mental sign-posts pointing the way and uncovering the process. The beginner has no sense of mental definition. He has no centre, no focus and no circumference, his mental forces are diffused and unstable.

To be able to act with definition, holding the

whole mind with a firm grasp, use the outline of a circle to define your controlled aura. Draw a circle of various sizes and place it where the eyes will rest upon it often and carry it about with you for a frequent reminder. Learn to walk in it, to eat in it, to sleep in it, to work in it. Place it over every personal interest, over home and family and use it in all treatment, all meditation. You will soon perceive how life power has been scattered, drifting on floating currents.

Handle the mind with definition, hold it captive to an idea. Consciously enter upon ownership and operation of vast interior forces pre-ordained for man's benefit.

Mme. Guyon : "Meditative reading leads to Meditation. Those who read fast reap no benefit, one must absorb the heart of a subject, reading a line, then closing the eyes and assimilating it. Then, by an act of living faith place yourself in the presence of God, with eager sinking into the inmost centre, NEVER LOSE THE POINT but feed upon the truth in highest realization, passing above reasoning about it."

*HOW TO EXALT THE MIND*

**P**LACE the most ideal picture of Christ in front of you so that your eyes may easily rest upon it as you read. Arrange on the table before you brief statements or mottoes and practise silent contemplation of them. Add to this any and all means to capture the wayward senses : Prayer, incense, or an unfolding rose, symbolizing your own unfolding soul.

A symbol, whether an object or an idea, provides a mental centre to which the mind gradually attaches itself, and as consciousness identifies with the spiritual significance beneath the idea, spiritual perception is aroused in terms of the idea.

*“ CREATION IS THE ACTION OF THE  
MIND IN AN IDEA ”*

**T**HE mind is not capable of bringing anything to pass except it be accompanied by the emotional counterpart of the idea in living energy.

Feeling is the only language understood by the subconscious mind. How to create deep feeling is the secret of demonstration. So long as one depends upon stimuli from without to cause action one has no power of initiative. Therefore one must learn how to initiate activity in the inner mind, and produce deep feeling, independent of all external stimuli, by means of ideas. Thoughts create feeling ; repeated feeling creates function ; function becomes automatic habit.

Interior meditation (Inward gazing with naked intent stretching into God) unifies the whole consciousness in one undivided vibratory wave ; daily practice will develop and establish this wave impulse and consciousness will be lifted permanently to higher levels.

As only perfect models are used for copy in the educational world, so only perfect spiritual models should be imaged for spiritual growth.

This symbol will give perfect visualization and definition, feed the mind on the highest ideal, deepen feeling and initiate activity in the inner mind, enunciating corresponding electro-motive force throughout the organism.

G

Let this symbol transcend its picture limits and impart its Strength, Beauty, Repose, Wisdom, Harmony, Wholeness, Well-being, Oneness with Omnipotence. Practise melting into these Divine qualities, keeping the focus steady in a God-positive. Expand ever inward, letting the power symbolized by the word radiate through you. Lend your whole being to each idea in turn, become enraptured with the thought of your soul's perfection. When consciousness is captured, the idea stable, the mind one-pointed, argument has done its work, rest in that state of knowing ; ever ascending in spiritual realization and aspiration ; in a moment that you know not you will have lifted the mind where the transfer of higher forces is inevitable, and you will be carried into the SILENCE, suspended in God.

MENTAL ARGUMENT : This is the spiritual reality of man. I realize the truth of myself : I am a divine soul having an outer mind. The Father and I are one : Around and within me is Infinite Life and Intelligence : I am its instrument : I think God's thoughts after Him and so I do now come forth in the power of my inner glory and fill my outer life with Harmony : HARMONY : Glow with the becoming. Close the eyes, thinking it deeply with heart, mind, and soul. Expand : I keep my mind open constantly to the limitless life within : I will to recognize only God and his manifestations, Wisdom, Wholeness, Harmony : These ideas LIVE IN ME. By my word I FIX these living ideas in my mind, and by the law of God my whole nature is transformed into their image and



likeness. There is no separation in Mind, Divine mind knows my need and is charged to bring it to pass. I am alive with the idea and I let the action of God take place. I know only One Mind at work, Living, Active and Quick. That Mind reproduces my word. Standing in the presence of God there is nothing to fear, nothing to strive against, but everything to create, to trust, these are my divine foundations. In letters of living fire I write these words across my being: These things are mine, through God who is my life.

When you feel the spiritual glow waning centre again on the symbol with ardour of mind and soul. Realize that the Omnipotent life of God flows unceasingly through you, imbuing you, informing and endowing you.

Thus by persistent expansion and exaltation of consciousness, that part immersed in the physical shell is aroused, energized and lifted into higher degrees of knowing.

Dwell reposefully, lovingly on every word, immerse yourself in it. The human machinery is the circuit of mental impressions, use it to produce definite results; learn its laws and recreate your world.

Enter into living relationship with nature, its solitudes are vocal with inspiration, its repose is refreshment, its leafage silent testimony of inward fires. Enter into a mood of loving absorption with the woods, fields, mountain, sky, limpid pools, the sea: Let the soul feel kin with all life.

Retire often to the heart of nature and drink from her fountain of perpetual renewal.

In the old saga, Wotan sought a drink from the fountain at the roots of the great tree of life. It was guarded by three Sybils who demanded that he surrender one eye in payment. Thereafter Wotan walked one-eyed through the world, afire with vision, blind to old allurements.

## HEALING

THOUGHT subjected to the internal fires of the human dynamo becomes powerful electro-motive force. Through scientific use of the thinking apparatus new causes can be set in motion that readjust, restore and recover the self and affairs.

At the meeting of the British Biological Association in 1919 Dr. Waller exhibited a machine for photographing the thoughts and emotions acting upon the electric energy of the nervous system of the body and the brain, and however brief the experience it is recorded.

Having analysed the nature of the forces generated in the mind, it can be easily seen that readjustment of body and affairs begins when the emotive-radio-activity generated in the human dynamo is sufficiently powerful to engage high velocity ether waves, lifting consciousness out of depression and inertia and connecting with resources hitherto unused.

Healing is not the result of peculiar and mysterious magic, but it is the normal result of the action of a high potential of electro-motive energy induced by scientific process.

Absent Treatment demands the same intensity of realization, the same procedure, the same sense of life communicated as in Present Treatment.

To those who, after having followed thus far

in the soul's adventure in Reality ask for hard and fast formulæ for healing disease and establishing prosperity, let the answer of Jesus answer : " Seek the kingdom of heaven and all things will be added." The method of arrival which has sufficed to carry consciousness into the SILENCE and experience the " signs following " reveals the kingdom of heaven, and the same method is used for the realization of any condition and will bring into manifestation whatsoever one applies it to.

Thinking alone will not bring prosperity unless reinforced by action in line with the idea. " Faith without works is dead." Whatsoever problem is to be solved requires daily treatment. Every connection must be mentally traversed so as to vitalize and harmonize every known means, giving impulse to the mind to unknown yet related resources. Human life and effort has got to be wrought into the problem.

There is no cheap and easy way to liberate an immortal soul from the human jungle and lift it up into the finer ethers. Every false claim must be analytically handled and daily treated in order to dissolve and break down the claim, together with its affiliated ether waves, and stop its action. No general statement will do this. Each false claim must receive specific treatment peculiar to its own false representation. In this lifting process level after level of mental ignorance is overtaken, subjugated and transformed.

All meditations, treatments and proposed demonstrations should be written out and worked through daily, changing as meditation clarifies the mind.

## VIBRATION

**R**HYTHM or vibration is the common denominator of ideas. An idea received into the brain dynamo by means of the senses is reduced there to its common denominator, wave impulse, and conveyed to the communicating centres in the human organism in the universal code, vibration, enunciating itself in exact correspondence to the idea.

SCIENCE : Howell, "Modern Physiology considers the nerve cell the source of electrical energy for the nervous system. These cells show fatigue and the necessity of sleep for recuperation."

Mosso : "Increased mental activity is accompanied by rise of the temperature of the brain."

Howell : "Nerve cells discharge electric energy with rhythmic regularity independent of any stimulation."

Muscle Tone : "When a muscle is stimulated directly or through its motor nerve, a musical tone may be heard by applying the ear or a stethoscope to the muscle."

"The process of conduction in the nerve is a phenomenon of an order comparable with the transmission of light or electricity, with the velocity so great as to defy measurement."

"We have positive evidence that when light falls upon the living retina an electrical



disturbance is produced by the visible rays of the spectrum.

"We have positive evidence that motor discharges are accompanied by a wave of electric potential, the axon of the nerve discharges : the dendrite of the nerve receives." (A nerve cell sends out two processes, an axon and a dendrite. These constitute a perfect system of communication throughout the body.)

Sir Oliver Lodge : "We cannot affect the ether mechanically, but we can vibrate it electrically. An electrical charge, in sufficiently rapid vibration is the only source of ether waves."

Maxwell, quoted by Sir Oliver Lodge : "The interplanetary regions are full of this wonderful medium. It extends unbroken from star to star, and when a molecule vibrates in the dog-star, the ether receives the impulse of these vibrations and after carrying them in its immense bosom for years, delivers them in due course, regular order and full tale into the spectroscope of Mr. Huggins at Tulse Hill."

In other words, we are immersed in a sea of ether so sensitive that it transmits instantly to the uttermost parts of the universe the slightest vibration imparted to it.

ACCEPTING scientific analysis, a nerve cell is a source of electrical energy ; all sense impressions are conveyed to brain cells ; thoughts operate electrical forces which are discharged into the ether. The discharge of a nerve cell is an electric phenomenon. The ether is a vibratory medium transmitting messages in

the universal code, vibratory correspondence. Thus is assured communication throughout the universe, mind with mind. The universe is a universal phonograph, recording the thoughts of man in ceaseless flow connecting with human receivers exactly tuned to receive the message.

The universe is a storehouse of energy which can be set in motion by human impulses. The initial impulse rises in man and is carried on etheric waves to its destination.

Sir Oliver Lodge : " Ordinary matter seems so quiescent, placid and inert, yet to the eye of the physicist it is a scene of well regulated but intense activity. From these radio-active elements small projectiles are emitted with a velocity far beyond anything known, except the velocity of light itself. They are shot off with a speed which, if there were no obstruction, would carry the particles from London to New York in the twinkling of an eye ; and from a speck of radium, millions of such atomic projectiles are shot off every second.

" There is still a more secret store of energy to be found in the ether. Every cubic millimetre of the ether of space contains an amount of energy equal to the total output of a million-horse-power station, working day and night for thirty thousand years. The store is omnipresent and absolutely exhaustless."

The following are the words verbatim of a lecture by Richard Carr, England, whose experiments were elaborated into a system by W. H. Preece which has been in practical use by the British War Department :

" Surprising results may be accomplished in

mental telepathy between two persons who are in sympathy and who understand the communication of thought from one person to another. We are familiar with remarkable phenomena that could be explained in no other way except through the communication of one mind to another. To say that they are coincidences would be absurd. Sir Oliver Lodge and Mr. Marconi place a transmitter in one room and a delicate receiver in the other ; an electrical energy immediately passes through walls, books, everything, and our ideas of solid bodies receive a rude shock. I can press a button a definite number of times and an exact response is at once recorded on a ribbon miles away in the complete absence of connecting wires.

“ Every atom in a tree and in a bar of iron can be set into rapid vibration. There are always spaces between atoms, iron contracts and expands with cold and heat. If there is absolutely nothing solid in nature, it follows that it is possible for a medium possessing certain qualities to permeate all things. We have the strongest reason for believing that such a medium exists.

“ Throughout all solids, liquids, gases, ourselves and the atmosphere there exists one medium known as ether. The ether is the medium and electricity is the messenger. The light of the sun is accepted as the same with electricity. The ether is not the air, the air is counted by thousands of waves per second, while ether is by hundreds of millions. Ether conducts light while air conducts sounds. We see lightning before we hear the sound of thunder. The eye sees red at the rate of 400

billions per second and violet at the rate of 700 billions. Ether is the medium, light the agent and the eye the receiving instrument."

**T**HOUGHT, then, is a substantial force in the world like electricity and heat capable of benefiting or destroying the one who uses it. As man is the machinery of thought, he should know its laws and how to govern it, because his well-being is involved in every impulse that passes through him.

Man has thought of conquest as relating only to his external world, unmindful of the sea of forces raging within his inmost self.

"The activities of radium are so great and mysterious that a mere speck will agitate gold leaf through a dividing wall, and after curing a thousand malignancies in succession remains as it was in the beginning without losing power."

Experiment proves the individuality of each wave impulse. "Radium is so rapid a vibratory wave that its speed is unimpeded as it penetrates the spaces of denser atoms and sends its light wave 187,000 miles before it spends itself, simultaneously moving through the same field of space with myriads of other vibratory waves."

"All things are possible to him that believeth." Believeth what? Believeth that they are possible. Once set the mind straight as to what is to be accomplished, moving forward with persistent effort toward a given end, the force that supports it to completion across the void is FAITH.

The physical senses are able to respond to a very small number of the motions which make up



the life of the universe. Physical science is becoming super-physical recognizing as it does the possibility of impressing subjective intelligence through mental action.

Thus universal law reveals the healing process. When consciousness is aflame with the Truth of life as Health, Harmony, Prosperity in tune with Original trend, it is upborne with like currents of irresistible power, and anyone who will place his mind in contact with that dynamic Centre will receive into his own consciousness the vibratory correspondence of LIVING Ideas.

All the forces of the universe are designed to aid man and wait his touch to obey him.

**J**ESUS did not treat man as a mere reflection but as a co-worker with God. He said he was about the Father's business, that he came to do the work of Him that sent him. His work was to give health and strength to the body and right ideas to the mind. In short, to make a man every whit whole. He never taught that the earth was unworthy of man's care or unfit for God's activities. We are assured that it is the divine purpose to bring order out of chaos through the co-operation of man, "My presence shall go with thee." Ex. xxxiii.

There was nothing of the mechanical, impersonal theory in the healing work of Jesus. His method was particular and personal. He appealed distinctly to the personal spirit. His words are "Stretch forth thy hand," "Damsel, arise," "Lazarus, come forth."

Jesus did not guarantee that a man would not be ill if he persisted in evil practices. "Go and



sin no more lest a worse thing come upon thee."

Jesus did not heal all the sick in Palestine, he admits that he could do very little healing in Nazareth because of the unbelief of the people. He required that the one seeking healing should feel his need and reach out for it, and although Judas lived with him for more than three years he went away worse than he came. Jesus taught that the nature of the mental soil, its depth, its quality profoundly affected the growth of mental seed.

Man's inmost motives challenge the forward movement of spiritual energy. Man thinks in LIVING FORCES, which respond with exact fidelity to the thought seed thrown into it. Harmonious life is a LIVING SCIENCE conditioned by "The power that worketh in you." The whole story of creation is told in these words: "The word made flesh."

Nations and races have sunk out of sight, incinerated by the swift fires generated in inflammable human elements, or swept by cyclones of savage instincts and tempestuous passions, each phase of which traverses the atmospheric ethers devastating as it goes. This generation witnesses the attempt to fathom the depths of mind and spirit. Knowledge of books alone is not sufficient, nor will-power, nor belief, nor effort, but all these together, united in an unbroken bond of union between God and man will yield new knowledges and powers.

SICKNESS and discord have been accepted as a legitimate part of life and unattached to hidden causes. Man can separate himself

from these standard delusions by the aid of the sharp two-edged sword of mental and spiritual surgery. He must establish inseverable relationship with the quickening presence of God as the undivided flow of life and health from within, deleting from the mind all thought of separateness, closing up the gap between God and man.

While man lives in a physical body he is held accountable for an existence of usefulness. If he finds himself handicapped by a slow-moving body, wheezy breathing organs, protuberances inside and out, he will have to cut away, physic and tonic the mental body as he has been doing to the physical body, to clean out the causes of these appearances.

Man needs to become expert in the use of tools that are LIVING and Sharp. Mental life is a Living thing. Ideas that operate mental life are LIVING Tools. Consciousness is alive through and through with defensive weapons for self protection. Man is held in mental bondage by ancient delusions that put their paralysing touch upon the vitals to the third and fourth generation.

ON the physical plane there is physical infection, and when the body is invaded by infectious bacilli it manufactures and pours out an "Antibody," to overcome the invading enemy and render it immune from recurring attacks. The mental life is provided with like weapons. Its "anti-body" is corrective thought discharging electric power throughout the organism, neutralizing adverse conditions.

Jesus: "Eat my words and have life in

yourself." The new surgery operates mentally. The new spiritual serum is injected mentally. The new electricity is generated from within. Physical resources are paltry compared with this spiritual elixir.

The universe is ALIVE, and man, standing in the most high place of mental and spiritual initiative, can reach to its nether-most boundaries and set it athrill by powerful ideas.

Spiritual healing prescriptions are powerful tonics. They stimulate dying forces, they stir the embers of real being, they kindle new fires within the mind, delivering man from his only real enemies.

The mental attitude is the thing that needs healing, the body has no alternative, for by its nature and the law it is forced to respond. By taking mental remedies the roots of tumours and cancers are loosened, and the acids of rheumatism dissolved. The remedy is applied to the soil that holds the roots.

One of the first things prescribed in physical treatment is a purge. It is also the first thing in mental treatment. The mental purge is called Denial. It separates the mind from false beliefs. It purges the mind from wrong thought and the action of God takes place.

Instead of indirect application of external means to a result, interior means are used in Direct Healing, demonstrating an indwelling life process readjusting the whole being.

Selfish instincts, fits of temper, resentment, habitual deceit and lust produce mental adhesions. These destructive thoughts will manufacture diseased conditions faster than

any serum can counteract them. False growths may be cut away, yet the mental cause is not undermined, the roots are still there and the same destructive causes continue their baneful work. Disease is not the punishment for broken laws, it is the evidence of it.

Man is here for one supreme purpose, to grow in knowledge, and growth in knowledge is not a cut and dried process that can be handed down like houses and lands. Knowledge is undergoing perpetual renewal.

The TRUTH as it is in God admits of unceasing revelation to the mind of man, and he should see to it that no merely ancient inherited beliefs rob him of his divine inheritance.

Get away from the idea that the body is a fixed and unchangeable thing. It is an ever changing kaleidoscopic register of thought.

In treatment a patient is connected with whatever stream of consciousness is generated by the Healer. If that stream rises no higher than the human personality, one may contract pernicious mental infection. If the power invoked rises to the heights of spiritual Truth the whole being feels the touch of new wisdoms and powers.

**I**N the Most High Place where spiritual life imparts itself there can be no personal thoughts, no discords. The mind must have attained its freedom to "Hang on God," in fixed realization.

To operate and direct spiritual impulses the mind of the Healer must be alive with an understanding Faith that is built upon reason and experience, with knowledge of mental and spiritual law, and with a confidence born of



self-certifying contact with spiritual energies.

ARGUMENT to lift the body out of its mental paralysis induced by ceaseless complaining : Speak to it with love and power : Body, I lift you out of condemnation, no longer do I call you sick or weak : I praise you : I tell you the Truth of yourself : You are strength : You are Health : You are Youth, Beauty and Symmetry : Every cell in you shall have my deep desire to restore and refresh you. Body : You are made in the image and likeness of God, whole, radiant with Life. I keep my eye fixed upon the inner glory so shall I transform you into the divine likeness. This truth shall set you free.

All effort is directed to changing the consciousness, for outer conditions are tethered to inward states.

Healing treatment requires teaching, audible and silent, but a higher level must be reached, and if the Healer has not yet ascended to that level, how shall he lift another? Words can never do it. The Healer must be the LIVING LINK WITHIN THE CHAIN. He must take the Giant Swing into Reality, and the forward movement will lift the patient, holding both suspended in spiritual equilibrium and harmony, and where there is harmony there is healing.

The giant swing of the gymnast across space is not his initial swing, his first efforts were upheld by firm footholds, swinging where his feet could touch the solid earth ; until finally, FEELING THE SPACE ENCIRCLED IN HIS CONSCIOUSNESS, he extended his mind to a reach of safety and achieved THE GIANT SWING. This is exactly the method of the student working in the invisible.

H



*DIVINE GUIDANCE*

**D**RUMMOND: "I ran up the natural Law as far as it would go, and the appropriate connection seldom even loomed in sight till I had reached the very top. Then it burst into view in a single moment."

A mind confident of its Spiritual Resource, observing natural Law, faithful to every duty, meeting experience with a resolve to measure up to Spiritual Law, anticipates the inevitable link in the chain of *DIVINE SEQUENCE* and is upborne and supported in its providing care.

Infinite Intelligence has manifold resources at its disposal to lead man to contact this perfect chain of sequence so that every human need is met. It is for ever working to incorporate into its Harmony every human life, seeking each and all for Unity, Completeness, Happiness and Reality.

When one realizes that the limited personal mind cannot guide in all things, and external resources have been exhausted, *THERE YET AWAITS A LEADING* through Practice of The Presence in Meditation and The Silence, to guide us with unerring instinct and almost unconsciously we seem to slip into the right place that leads to the fulfilment of life here and now.

This means that our mind will become quickened to respond to higher degrees of consciousness and incorporate it as normal

faculty. Signs will be given us day by day of the companionship and guidance of God as a Real and Loving Presence, enabling us to readjust our life day by day to events as they appear; for every day requires new adjustments in the light of the emergence of the DIVINE ORDER, revealing its chain of sequence requiring our immediate act in accordance with it, lifting us into fuller realization of our Ideals and helping us to make continual readjustments for equilibrium. This implies an arrangement of means to ends so that acts complement each other as hook to eye.

Through the continuity of LAW from the inmost centre in us to the circumference of our outer relations DIVINE LOVE finds a way through our co-operation to lead us into Spiritual Perception, Health, Efficiency, Harmony and Happiness.

When we maintain our first Principle, DIVINE GUIDANCE, secondary matters clear up one by one, and in the pictorial language of daily experience the lessons to be learned are revealed, and every forward step is illumined by the Light of the Spirit; and as we go forward expecting Divine Guidance, our pressure is upon the very Life of God laid down in man as various levels of consciousness to bring our thoughts to pass.

## ILLUMINATION AND DIVINE UNION

ST. JOHN of the Cross, 16th Cent. : " The spiritual light wherein the soul is steeped is not of itself so distinctly perceptible or visible, yet when anything is presented to the mind or it is called upon to decide between the false and the true, it at once perceives and understands it with infinitely more clearness than before."

Ruysbroeck : " This incomprehensible Light which enwraps and penetrates us as the air is penetrated by the sun is nothing else than a fathomless Inward Staring in a vast expanse. The soul itself fills that expanse. The one in whom this takes place must be inwardly seeing WITH THE EYES OF THE UNDERSTANDING.

" As air is penetrated by the brightness and heat of the sun, and iron penetrated by fire, yet each keeps its own nature, so the touch of God *quickens* with life, ENLIGHTENS the reason, TEACHES Truth and discernment and keeps us stable in great strength, yet the creature does not become God.

" Whenever the soul's highest powers are turned inward with active love they are united with God without means, and with no intermediary between himself and God but his enlightened reason, and his active love ; and the bare uplifted understanding, lifted above images, is drenched through by abysmal love, as iron

is by fire, which pierces through every condition and all being."

St. Theresa : " I do not now mean that we see either a sun or any other brightness, only there is a light not seen which illumines the understanding."

ILLUMINATION, LIGHT and AWARENESS are synonymous terms signifying that the consciousness is penetrated by lucidity. The experience is shot through and through with spiritual certitude which seems to light up the whole inner man throwing light on all his problems.

By different mystics whose lives witness to the Union of mind of man with mind of God, the experience has been called " INWARD EXPANSION, AN OUTGOING FLIGHT, ABSORBED INWARD GAZING, DIVINE UNION, MELTING INTO THE DIVINE ABYSS, DRENCHED WITH SPIRIT, IMAGELESS NUDITY, PROFOUND IMMERSION IN GOD, PASSING BEYOND OURSELVES."

St. John of the Cross : " This ' Lighting Up ' is the enlightenment of the powers of the soul by this divine contemplation."

Spirit Illumination publishes itself in practical efficiency, it clarifies the perception for right judgment and right action, produces states and conditions of well-being, happiness and prosperity, confers new strength and skill and promotes man's general welfare.

To reach this Fount of overcoming power requires the high potential of love toward God. Thus man is challenged at the very outset to produce a motive power adequate to climb the spiritual heights. The new world to which he seeks admittance is guarded by law, the law of

love toward God, and in active expression in the world, thus opening all the channels for the "munificence" he seeks. It cannot be bought, nor cajoled, nor intimidated nor commanded. Man earns it by placing his own life in sacrifice (sacred fire), transmuting it into a Living Countersign.

**T**HE old mystics speak of two "Dark Nights": the Night of the senses and the Night of the Spirit.

St. John: "The first Dark Night is of the Intellect and is necessary in order that divine intelligence may act direct upon the soul by detaching it from the web of the lower senses, thus giving it an independent impulse. The denuding Process naturally leaves the senses in emptiness and darkness. Why call it 'Dark Night'? Because Divine Wisdom is as yet dark as night."

It is in this "Dark Night," in the Silence, that spiritual knowing and illumination is imparted. Transcendence is an experience of storm and stress for body, mind and soul because new forces are entering the consciousness exactly as in the period of adolescence. If during the whole process one holds the emotions firm, determined to know rather than to feel, there will not ensue the dark night of spiritual fatigue. If the emotional temperament is strong the experience will be strong, and as action and reaction is equal and opposite, a high spiritual state long continued will be followed by fatigue. After a period of rest the whole human fabric emerges readjusted and



stabilized beyond the rise and fall of emotional transports.

Too long strenuous hours spent in these high currents will lead to fatigue and exhaustion just as the body becomes overcharged by submitting it to any high velocity current. One can overdo in any department of life, in study, work or exercise. Balance must be maintained while one moves forward. If weakness is induced there is no gain. Any emotional inundations signify loss of power. Knowing God is an individual experience and must be adjusted to individual peculiarities of temperament.

*THE BE-ATTITUDES*

**F**OUR little words have challenged the spiritual aspirant, wholly misinterpreted by the material mind for a material world. They are Humility, Obedience, Poverty, Charity.

The following definition of these vows belongs to the very earliest Christian tradition.

The first three words have reference to the attitude of the soul toward God, and the last indicates a compensating movement of the Divine toward the soul. These words are the spiritual vernacular of man on his high Quest, and apply to the hidden life of the spirit, the LIVING GROUND of spiritual union with God.

These words signify spiritual asceticism, not objective methods of forced starvation and weak resignation in obedience to external domination. Spiritual life is not bought by the giving of alms, but by the giving of self to God. It is easier to DO something than to BE something. Through extreme external practices the body may be reduced to weakness, incapable of doing anything, but spiritual asceticism attains to a strength of character and force of will that renders one incapable of evil acts from choice.

Love and Humility are mutual terms in the spiritual vocabulary. Love of the Divine grows as the mind realizes the giver of every good and perfect gift, and dependence upon this resource develops a yearning in the soul for that good,

and humility to be worthy of that munificence.

Poverty is the least understood of all. Man begins at once to think of the reluctant surrender of old clothes, or giving money, or of becoming a beggar subsisting on the dole of the state or of friends.

If there is one law which determines one's duty done before God, it is the law of self-support.

Ruysbroeck : " There are many gifts of God which are for the good an aid to and a source of virtue. These are health, wisdom, beauty, riches, worldly dignity."

Original Life and Spirit need distributing centres on this plane, and to a soul dedicated to service, no amount of means is deflected as belonging to the self for the self alone, and no amount need be considered too much for intelligent distribution.

Spiritual poverty means a conscious realization of how beggared the self is of spiritual life. It compels the soul to " Hang on God " as the only source. The straight and narrow way is thus defined : inseverable connection with God, looking neither to the right nor to the left, God alone the giver of all things. Voluntary poverty means renunciation of dependence upon the little personal self, taking hold of higher victorious energies stayed in the thought " My soul waiteth in silence for God only."

Spiritual poverty is selfless use of everything one has. St. John of the Cross : " I am not speaking of THE ABSENCE OF THINGS, for absence is not detachment."

Chastity and poverty mean one and the same

thing : complete detachment from the domination of the senses, with the eye single to God, with satisfaction possible only in contemplating Perfection and conforming to it. These are the Pure in Heart.

Spiritual poverty is a realization of the utter lack of spiritual wealth and hunger for it as the hidden treasure of God's Presence, and no matter how great may be the certitude of that Presence the soul must perpetually feel its need. Outer destitution is not meant. The human is still in the kindergarten stage, seemingly unable to understand except by objective illustration. Spiritual poverty is of the spirit, empty toward God, ever yearning to receive of his fullness. These POOR IN SPIRIT SHALL BE FILLED.

This opening of the interior life toward God in yearning, asking and receiving is spiritual love.

IN EARLY CHRISTIAN TEACHING THE EARTH LIFE was called the place of mystic death, meaning that man had the power to die to his subhuman instincts. A life lived in conscious transmutation of the lower elements of consciousness was called "Mystic Death," and for such there is no second death.

Those who go unpurged into the next life we are told will experience fire, and true to material interpretation it has been understood to be objective fire. On this plane pain and suffering are a means to educate and compel physical man to right action, but his whole mental life is torn with conflicting passions, and unless they are burned out here they will be compelled to undergo fiery processes calculated to consume them.

Mankind refuses to bend to the ecclesiastical whip, yet in the secret depths of his heart he longs to hear of some compelling Truth that shall open the door of his fool's paradise and give him spiritual certitude.

That certitude lies in a new field of experience, in mental and spiritual contact with new knowledges and powers re-interpreting his place in the universe.



### HIDDEN MANNA

*"For the word of the Cross is the power of God."*  
1 Cor. i. 18.

JESUS laid this spiritual yard-stick across human life as its sign of Triumph. It was a sign of lifting power. It was his spiritual diagram of evolution which he used to illustrate the transformation of the son of man into a son of God. Its mathematical proportions, simplicity and nakedness of outline symbolized the perfect man. Paul identified himself with it as a living active process for the transformation of the lower elements of consciousness imprisoned in its house of flesh, and dominated by the external senses. The inner spiritual man must be released by the crucifixion of the old man on the Cross of Denial.

The Cross was used as a sacred symbol by Egyptian priests who called it the Tree of Life, signifying the process of mystic death to the animal and material selfhood.

Just as sacrifice was symbolical of an inner process until materialized by limited minds, so the Cross was purely symbolical of transcendence and transfiguration, until mental palsy required the stimulus of visible signs to enable the mind to carry the thought from the external object to the sublime truth hidden beneath the symbol. Thus the body of Christ becomes a

wafer to be eaten, wine becomes his blood to drink, and a wooden cross displaces Divine alchemy. Verily mental palsy has crept upon the race.

Crucifixion was a common military punishment and innumerable victims suffered this form of execution, but no other used the experience to convey further knowledge to the race. Spiritually Jesus abolished death and brought life and immortality to light. (2 Tim. i. 10.) His continued life and ascension is an EARNEST of the spiritual destiny of man.

THE chief priests and rabbis taught that there was no life beyond the grave. Paul, after his conversion, announced his message as "Christ Crucified yet Living" and not as the disciples did as "The Gospel," and from his new revaluation of life elaborated his Corinthian letters on the natural and celestial bodies. His interpretation of symbolism and Reality he called "Mysteries concealed from the foundation of the world," meaning that they were absolutely new to his generation.

The Cross was a way to LIVE, it degenerated into a symbol of agonizing death by Roman torture, wholly divorced from the purpose and use of spiritual symbol.

Jesus passed through death, he said there were other mansions in the Father's house: "Though he die yet shall he live." Rev. i. 18: "I was dead and behold I am alive for evermore." The caterpillar does not lose its life when it becomes a butterfly, it changes its appearance.

Spiritual overcoming is an interior process.

The last enemy to be overcome is man's fear and ignorance of this transition.

Knowledge of God gives strong footholds across the unseen, across which is a great gulf FIXED, "and none may cross from thence to us nor from hence to you." (Luke xvi. 16.)

"To him that overcometh will I give of hidden manna." (Rev. ii. 17.)

The soul breathed into man in the beginning is the thing liberated in spiritual consciousness, it is the soul that undergoes suffering in uniting with the lower elements of consciousness, it is the soul that feels spiritual contact, and its crowning work is to lift up and transform all the lower elements of consciousness, and as oft defiled in reclaiming subconscious instincts, as oft restored in re-union with its higher elements in Scientific Meditation.

Merely to exist as human bulk is to be dead spiritually and to possess no anchorage in the hour of need.

Try to realize yourself as a soul grown to the present moment by means of five avenues of communication, the senses, elaborated and refined through ages of subhuman evolution.

Realize that the senses are the legitimate means for receiving external information, and that now, having become familiar with the vehicle of consciousness, its nature and its laws, you are at the point intended IN THE BEGINNING for the reclaiming of all the subhuman lumber that companioned and supported your growth.

Establish inseverable relationship with the source of all life and wisdom, "In the beginning God," lift the inner eye to the super-conscious

heights and affirm "The Infinite Intelligence Illumines and Directs me." Loosen the soul from its narrow prison by re-affirmation of this thought until the mind is steadied, and the soul can listen through the subconscious din to its own higher intelligence, and by persistent identification with the Truth of itself, lift itself up and out of the racial depths and recover and restore body, mind and soul. Thus regenerating the self regenerates the planet through recharging its atmospheres, lifting etheric wave impulse to a high potential until the universal ethers are rid of poisonous human emanations.

Any knowledge is worth only what it contributes toward the final destiny of the race, placing man's feet firmly on the LIVING GROUND of a new cycle.

Facing man's spiritual destiny take hold of the consciousness and thrust it forward into THE SILENCE moving forward to TRANSCENDENCE upborne by unfaltering resolve :

" Into the Light  
Into the heart of the fire  
To the innermost core of the deathless  
flame  
I ascend—I aspire."