

New Light

— *from the* —

Old Book

by

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"Health Is In You",
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Dedicated to a Noble Soul

Bella Graham

A truly good life of serving and giving.

Introduction

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The "new age" is a reaching out by unsatisfied millions for a glimpse of a larger life. The majesty of the soul and the future glory of humanity are not an idle dream. Above the complexity of thought, the conflict of human environment and the discords of human existence, a light is dawning on the horizon of life which symbolizes a new consciousness for the human family. The rustle of a transcendent triumph for mankind is in the air. Prophetic notes are ringing clear and true, heralding the approach of greater possibilities for the children of men.

Man need no longer seat himself on the footstool of subjection. Man may through higher choice claim to share the throne of high power, and rise above the mists and uncertainty of an uncontrolled life. God is still ruling the universe and man being part of God can never sever his relationship with God. Up through the ages of the changing past, man has evolved from a humble beginning but ever altering, ever changing, ever unfolding according to the pre-determined design of God — for man, after all is said and done, is a divine experiment.

Man, the divine experiment, is the sole possessor of the universe, for man alone can appreciate its wonders and glories. At the base of life are the inorganic mineral structures, then organic vegetable and animal life. Then comes man at the apex of all organized life, the glorified highest development of God's Creative Intelligence.

Man has not been "fearfully and wonderfully made" without a purpose, and that purpose is quite plain to the eye of every discerning beholder. There is a threefold purpose in life: the enlargement of the mental conscious-

ness of the individual: the beautification of the physical earth; the rendering of every surpassing excellent service to our fellow man.

Man is a conscious thought of God. Through a divine thought, all-wonderful man has come into being. Through the lifting of man's thought, a greater, vaster life begins to unfold. Man is a mind, not merely a man. To man's shame he does not yet comprehend the imperial majesty of his mental world.

God delights in the man who dares to think creatively, to speak creatively, to live creatively. Let this little book point the way to the unfoldment of mind which enables man to use the divinity within him, and thus discover health, happiness, truth, opulence and God.

God is Light, Truth, Intelligence and Justice.

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1

"Ask and it shall be given unto you; seek and ye shall find, knock and it shall be opened unto you."—Matt. 7:7-8.

In life, in nature, in the cosmos, wherever we turn we find that mind and body are inseparable, neither one is not in itself sufficient. We must combine desire and work, faith and action, prayer and doing. Results come from the harmonizing and fulfillment of the mental and physical.

The average man sleeps. He does not know that his life is a form of sin because of his tolerance and acceptance of a meagre life when all good things are at his hand.

2

"Therefore, I say unto you, what things so ever ye desire, when ye pray, believe that ye receive them and ye shall have them." — Mark 11:24.

Man, to whom all things are possible, to whom nothing can be denied, in the main lives an impoverished life in spite of the ringing promises of God. The sin of sins is to live inadequately, to suffer or to fear. When will man awaken from his sleep, when will he cease denying himself a beautiful life, when will he be what he has been destined to become?

3

"Neglect not the gift that is in thee."—1 Tim. 4:14.

God has never severed his connections with man. God is still the center of every man's life — saint and sinner alike. God lives in every man because every man has come from God; therefore God is the Father of every human being. God's greatest gift to man is mind. But man so frequently chooses to use his mind as an instrument of hindrance — or neglects to use it altogether.

Man sleeps, man toils, but man knows not life nor

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the presence of the gift that is within him. Life is incomprehensible to man because he is unacquainted with the possibilities of life. He does not see life — he awakens for a moment, confused and puzzled, then he sinks back into a sleep which he has no desire to throw off.

By his mind, man finds freedom or serfdom. The highest employment of mind is to use it. Though we use it erroneously at first, sooner or later we will find a perfect plan: practice will create perfection. With intelligent mental control nothing can be denied us as we develop a creative consciousness.

4

"Thou shalt also decree a thing and it shall be established unto thee."—Job 22:28.

When man resolves, prays or decrees, his mind is in action, so he becomes a creator. When man allows his mind to lie dormant, he reduces himself to the plane of the animal and condemns himself to a creature existence. The spiritually awakened mind discovers his higher self, which leads him to the discovery of God.

It is what we recognize and value that makes us and builds our existence. That which we choose and accept constitutes our life. Without a knowledge of truth, man has little chance to select things of worth and value. Without exact wisdom, man cannot be expected to choose wisely or safely. When man decrees in ignorance, his word is just as creative as his word spoken in pure truth.

When man creates in the consciousness of error, chaos ensues. When man affirms in the dimension of truth, harmony results. Truth is always a friend and liberator of mankind. Therefore our first desire should not be for things, but for the necessary understanding to enable us to identify those principles which will bring a blessing in their use.

5

"Wisdom is the principal thing: therefore get wisdom: and with all thy getting, get understanding."—Prov. 4:7.

When the light of pure truth enters the mind, wis-

dom immutably follows. The man who heaps up wealth or possessions, and ignores the pursuit of truth and wisdom, will find little joy in his material affluence, as the possession of understanding is necessary before man can spend his money wisely.

In the proportion that man understands truth, man lives profitably. To "understand" means the attunement of a man's life with a well-spring of peace and power. Only the man that is teachable can understand—he alone is willing to become meek and learn to comprehend the mysteries of the universe and the power of God.

The sole protection from harm, hurt, failure and disease is to know that by using the wisdom of life, these hurtful conditions cannot come nigh our dwelling place. The ways of understanding are pleasant, peaceful, precious; above all they are rising ways, planes above the mire of sickness, fear and poverty. God is understanding, wisdom and intelligence. The moment a man elects to live intelligently he arrays himself in a God-like robe and casts off the rags of doubt, guesswork and error.

6

"To the wise the way of life goeth upward."—
Prov. 15:24 R.V.

Life should be a steady ascending climb, not an uncomfortable downward drag. When a man walks with wise men, light is available to him. When he consorts with fools and scoffers, he is inclined toward error, which is mental and spiritual darkness.

The man who is not concerned about mind illumination and spiritual truth, is not moving his life upward to the zone of health and happiness. The man who does not cultivate his desires along the lines of spirit, lacks judgment of values and will most certainly reap a harvest of disharmony and tears.

The whole universe is found to be filled with limitless blessings, when man has the development and appreciation to recognize them and utilize them. The man who scorns truth and spirit is deceiving himself. He can never find wisdom or spiritual power because of his wrong attitude. The man who is humble in the possess-

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ion of wisdom will reap riches and honor and constantly find good.

As we trace the cause of all disease, suffering, war, misery and failure we find it originates in "lack of understanding". With understanding, man shall live safely, happily, securely and intelligently. Man's feeble attempt to outshine the wisdom of God is comparable to a wisp of a cloud trying to hide the sun from the whole earth. Just as the sun outlasts all mists, fogs and clouds, so does the wisdom of God endure from generation to generation, from everlasting to everlasting.

7

"Great peace have they who love thy law: and they shall have no occasion of stumbling."—Ps. 119:165 ERV.

Wherever we turn in life we find that a price is demanded for the possession of any blessing. In nature the tree that is denied the sunlight withers, shrivels and dies. Children in the slums, condemned to a sunless environment, grow weak and contract tuberculosis or other diseases.

The whole universe thunders, "Laws must be observed if peace and health are to be maintained". If we pull our radio aerial inside the window, we cannot hear the radio broadcast. Likewise, unless we are attuned with God's laws, we cannot begin to get out of life what we should.

An hourly, daily, unceasing quest should be the discovery and utilization of God's laws. God's laws embrace physical, natural, cosmic and divine triumphs. Everything has come from God, therefore all laws are divine, as they pertain to the wisdom and understanding of God and are actually a part of God.

During the ministry of Jesus, He did not try to weaken the nature of men by holding out the promise of getting something for nothing. He encouraged those who listened to him to pay the price for the blessing they desired to achieve.

"Forgive that ye may be forgiven."

"Follow that ye may be fishers of men."

"Seek ye first the kingdom of God."

Any type of philosophy that pretends to teach that it is right to expect something for nothing is erroneous. Prayer itself is a discipline. It is physical, mental and spiritual activity; therefore it is a fulfillment of the law. So we are promised, "The prayer of faith shall heal the sick." However, prayer and fasting, or prayer and health discipline while sick and strong, will prevent sickness, which is a larger achievement than curing illness.

8

"The soul of the sluggard desireth and hath nothing."—Prov. 13:4.

We live in a world of law and principle — not in a universe of chance or luck. God expects of every man the intelligent use of his body and mind. God equips man with mental and physical forces not merely to have them, but to use them. When man puts his powers into operation, they increase, multiply and unfold. When a man is a slacker or a shirker, his powers lie dormant and though he breathes he does not really live.

When man recognizes his tendency toward indolence, and determines to overcome the sense of postponement and procrastination, and learns how to claim God's blessings, then God feeds him most bountifully with the "hidden manna" or spiritual wisdom which gives him power of limitless potentiality.

As man grows wiser, he discovers he lives in a world of cosmic Justice. He is governed by a law of Justice. Life is going and coming, sowing and reaping, and our daily thoughts and habits determine the future quality of our life. With the same measure that man metes out to his neighbor, the universe measures back to him. If a man wants to have friends, he must first show himself to be friendly. If a man seeks to injure his neighbor, he should remember what befell Haman who sought to slay others and who instead was hanged on the gallows he had prepared for Mordecai. "Man's mischief shall return upon his own head," says the psalmist, and "He that leadeth into captivity shall himself go into captivity and he that liveth by the sword shall die by the sword."

9

"When I was a child I spake as a child, I understood as a child, I thought as a child, but when I became a man I put away childish things."—
1 Cor. 13:11.

The purpose of life is spiritual experience; there comes a time in every man's life when all physical things pall him. The only solace and comfort in that dismal hour is turning inward to the spiritual realm. Man is not placed in the world to stagnate. He is placed here to unfold and develop, to change for the better.

The idea of childhood is immaturity, but man does not have to remain immature — he should seize hold of learning and thus broaden and exalt his life. Above all should man seek spiritual power. "The flesh profiteth nothing." Everything that is visible will presently disappear, but the invisible cause endureth forever.

The origin of sickness, failure and death lies in the desire for things. When man rises above the allurements of things he finds peace and profit in the unseen. Youth seeks the possession of things, age turns to the undimensional. Youth is raw and knows not true values. Age is mellowed in experience and turns to that which is of profit and worth.

10

"Be ye thankful."—Col. 3:15.

Man should appreciate life and the possibilities of life. Man should open every new day in the consciousness of thankfulness for being alive and for the privilege of another chance to live more wisely and more intelligently. The sanest form of gratefulness is to be glad for the possession of exact knowledge of God's laws and the manner in which to utilize these divine principles.

The very least we can offer God is a grateful heart for his manifold mercies toward us. When man forms the habit of appreciation of even a slender blessing, soon it will augment and increase: such is the creative nature of appreciation.

Man is exhorted to "Magnify the Lord" and thus glorify God through his expression of praise. In everything should man give thanks — always should he mani-

fest the habit of thankfulness. Sorely does the world need the light of joy. The happy heart is a doer of good, wise is he who makes happiness a consistent habit.

11

***"Thou madest him a little lower than the angels."*—Heb. 2:7.**

Man has climbed to his present high estate not through mere chance, but because of a divine purpose. Man seems to be an experiment with God, so every new life is a fresh attempt to demonstrate the majesty and divinity of man.

Man should endeavor to live up to his God-like heritage, never down to his creature inheritance. Man is divinely ordained to perfect himself, to be whole and well, to enjoy all of God's blessings.

Man is created in the image and likeness of God, he is filled with the spirit of God. Man is potentially a god as he manifests a life of wisdom, power, health and understanding, all God-sprung attributes.

The wretchedness and sickness of life belong to man in his undeveloped state. When man recognizes he is the begotten of God — a child of the Father — then all power becomes his and he ascends above the fogs and mists of discord of the flesh and travail of the mind.

All things are man's when he turns from his lower nature to his higher. When man dallies in the valley of indecision and limitation, his eyes are blinded by the darkness. When man lifts his consciousness to a loftier plane, he finds the fullness of the whole earth awaiting him in the light of truth and vision.

12

***"And God said let there be light and there was light."*—Gen. 1:3.**

Darkness is the opposite to light — darkness and light cannot demonstrate at the same moment. Truth is the greatest light in all the universe. When man has the light of truth as his only authority, no mishap can come to him: his feet can never slip or falter.

Man is cautioned to be a doer as well as a hearer of

the word. The word of truth has creative authority — it has the power to change conditions and dominate circumstances. Man should learn to speak the word which God spake of old and thereby “healed and delivered men from their destruction”.

Man, as a child of the Father, should not hesitate to use his word to speak weakness from his person, and establish strength within his bodily parts. Jesus spake the maximum in words when He stated, “It is the spirit that quickeneth, the flesh profiteth nothing: the words that I speak unto you, they are the spirit, and they are life.”

Words and law are synonymous when man learns God’s laws and fulfills them, then man can command and create as we are told God commanded and created.

13

“For I have no pleasure in the death of him that dieth, saith the Lord God: therefore turn yourselves and live ye.”—Eze. 18:32.

All good comes from God. God’s intention toward man personifies good. God wants man to be healthy, wise and prosperous because God is man’s Father. Even as an earthly father cares for his children and is mindful of them, to a vastly larger degree does God sustain, guard and protect His erring sons and daughters.

Somehow man is inclined to refuse the counsel and aid of God and decides to walk his own blind way. As a consequence the whole earth is in the throes of sickness, crime, suffering and death. This unfortunate state will continue until man returns to God and accepts His instructions as to the proper method of living.

God created the heaven and the earth, also man, therefore who can better advise as to how man should think, work and live? Man must get back to the first cause — God — if he is to find healing and liberation from his self-inflicted suffering and bondage.

God is not here to take, but to give — fully, richly, abundantly. Mentally beclouded, man cannot recognize the benign intentions of God and refuses to accept the rich blessings of the earth, though they are offered freely without money and without price.

God is mighty in strength and wisdom, but He does not despise even the most unenlightened person. God wants to shower His goodness upon all, but is compelled to wait because of man's indifference, disbelief or ignorance. The least man can do is to ask, but even this slight discipline is not willingly granted by indolent, dark-minded man.

14

***"Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God."*—1 Cor. 10:31.**

Life is lived in two ways: in harmony, and out of harmony. When man harmonizes his thoughts and life habits with the laws of God, he thereby glorifies God. When man chooses to live an intemperate, selfish life, he fails to recognize his responsibility to God and thus condemns himself to an existence of disharmony and suffering.

The life of holiness is developed through an elimination and refinement of self. Worry, fear, anger, hate, sickness, evil are all reactions to disharmonious living. If man is to be released from these bonds, he must rise above them by the adoption of higher thoughts and improved habits.

Overeating, gluttony, immoderation of any kind must be discarded if man is to live his best as God so planned for him to live. Man's body is formed from the food he eats, the oxygen he breathes and the water he drinks, therefore he should study these elements most closely. Man should learn to know God, but should also learn to know himself and operate his life so that his presence on earth is a constant glorification of God.

When man is weary of suffering and becomes willing to learn God's laws of food and life, and is obedient in the practice of these laws, then will he possess, enjoy and eat all the good of the whole earth.

15

***"Let them alone: they be blind leaders of the blind and if the blind lead the blind both shall fall into the ditch."*—Matt. 15:14.**

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God is all truth and God's truth is always available to every man when he desires it. It is the business of man to pursue truth, not the business of God to force truth upon His erring, unwilling children.

The earnest seeker of truth will ultimately attain it, but first of all he must have a high hunger and deep desire to know and experience truth. God's truth, not man-made, spurious truth, grants freedom. Pseudo truth creates one disappointment after the other. God's truth is the master power that builds the City of Perfection for every man who wills to erect such a fine city. God's truth is also a master key that will unlock every treasure room in the world.

Man is intended to come into knowledge of truth because man cannot lift or purify his spiritual life (which is man's highest life), without being aware of and obeying the conditions of truth which bring healing and blessing in their observance and performance.

Truth is never operable without a purchase price of use, discipline or obligation. God is not here to make men idlers by granting them all they wish merely for the asking or praying. Man is commanded to "Buy the truth and sell it not". We cannot buy without a payment and the payment God demands is fulfillment of the conditions governing the particular thing we desire to demonstrate.

God does not desire men to be leaners and weaklings depending upon others. God commands His children to "be strong and quit yourselves like men". God does not delight in the man who worships through fear, but He does exult in the man who finds pure joy in His worship.

The commandments of men are in vain; the doctrines of selfish gain, no matter how alluring in their presentation and guise, do not bespeak divine truth. He who believes in any false doctrine, weakens, suffers, sickens and dies. God's divine truth as revealed to every thinking man when practiced, brings health, peace, happiness, life, wisdom and every form of necessary supply.

Man should examine his daily thoughts and activities. If his obedience to these thoughts and activities is affording him sorrow or suffering, it is a demonstration of their unworthiness. No matter how deeply he has revered them, they should be discarded or set aside, as they do not prove their supposed worth or quality.

16

***"Walk in the spirit and ye shall not fulfill the lust of the flesh."*—Gal. 15:16.**

The fruit of the spirit is life, joy, peace, health, faith, meekness, moderation and wisdom. The fruit of the flesh is the opposite to these spiritual fruits. The harvest of the spirit is gainful and prospering — the harvest of the flesh is unsatisfying and disappointing.

These statements are not inferences against the necessity and goodness of the flesh, but merely reminders that the flesh itself is but the lesser part of life, as it represents the finite. When the body is placed in its proper relationship to spirit, health returns to the body and peace enters the mind.

The spirit in control means improvement and refreshment in body and mind. We read, "But if ye be led of the spirit, ye are not under the law". Punishment is meted out to man when he is under the lash of the law. The nature of law is to change man's mode of living when he is at variance with the laws of life, whether they be physical, mental or spiritual.

A peaceful, protected life can come but from one source — observance of God's laws in every plane and dimension of life and living. When this is done, life harmony will follow as immutably as day follows night.

17

***"It is good for me that I have been afflicted; that I might learn thy statutes."*—Ps. 119:71.**

When times are at the high tide of prosperity, man turns his eyes away from God. He is entranced with the sound of mad music, the glare of light, the shouting of frenzied voices. He is plunged into a state of self-hypnosis. He believes that entertainment and eating and drinking are the real and true. But retribution follows; lean times arise and the gay music is changed into a plaintive wail; the bright lights grow dim and flickering, and appetite is lost for food and drink because eating and drinking have brought intense physical distress.

So through suffering man is stopped on his mad rush toward destruction and begins to take time to catch up

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and think. As man thinks he finds that he has been living an unreal life, he has been astray. He deceived himself by relating himself to the shoddy and spurious, and now, through the resultant suffering, his eyes have been opened to truth.

Therefore to find God and to live in truth, it is necessary we should be chastened in suffering so as to force us to appreciate that which is infinite and true. It is even spoken of Jesus "Though He were a son, yet learned He obedience to the things which He suffered".

In the perfecting of character, the development of personality and the enlargement of life, suffering plays a prominent part. Let us not rail against our self-inflicted wounds and distress for out of this chastening may come forth a perfect life. At the moment we suffer we are grievously troubled. Later, however, when God has taught us how deeply we have sinned and how improvidently we have lived, our suffering passes and the light of truth enters our life and we give thanks for the blessing and benefits of pain.

No matter how self-willed man may be, God never forsakes him. Man may go down to the lowest depths of sickness and misery, yet God is ever by his side ready to lift and heal him when man is ready to call upon Him.

18

"Be not therefore anxious saying what shall we eat? or what shall we drink? or, wherewithal shall we be clothed? For after all these things do the Gentiles seek, for your Heavenly Father knoweth ye have need of all of these things."—**Matt. 6:31-32.**

God created men and women and implanted desires, passions and appetites in the consciousness of human beings. God understands the weakness of man, also his strength. Man in himself is weak and finite. Man in God is strong and infinite. Man's daily life should be lived in God; ever should he have the perfect assurance in all of his comings and goings, "God is here".

God knows that the physical comforts of life are

necessary. Christ fed the multitudes; He himself fasted and bade the disciples "turn aside and rest awhile". Man's physical food builds his body parts, blood, nerves, brain, muscle cells and bone. Therefore man is wise when he eats in moderation unadulterated food fresh from the earth or tree, laden with life-giving qualities of health-imparting power.

Likewise man should wear clothes that please the eye. As no man lives unto himself, in desiring to live his best, recognizes his responsibility to his fellow man. Life should not be suspense — rather should it be contentment. In man's finite knowledge life is stress and suspense. In God's infinite wisdom life is protective contentment. Wise indeed is the man who lives securely in the shadow of God's Infinite Presence.

19

***"A broken spirit drieth the bones."*—Pro. 17:22.**

Cheerfulness is conducive to life and health. Worry, sorrow, care and anxiety tend to disease, suffering and death. Man should learn to live rejoicingly — to nurse cheer and refuse to embrace worry. The rare life looks for God's sunlight — the ordinary life sees but the darkness of existence.

In the world, tribulation and good cheer are found side by side. The tribulations of the world can be overcome by a joyous consciousness and the acquisition of wisdom.

To live rejoicingly is really an obligation, because the joyous life is an inspiration to its possessor and a blessing to all who enter his influence. God delights in joy: let us therefore make our way joyous and our pathway bright and shining by letting God into our life. "Rejoice in the Lord always, and again I say, rejoice."

20

***"Blessed are the meek for they shall inherit the earth."*—Matt. 5:5.**

Christ declared, "I am meek and lowly of heart".

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The humility of Jesus represented His wisdom and higher knowledge. Blessed are those who are humble in understanding but not meek in ignorance. The wise man is meek because of his enlightenment for meekness is a symbol of intelligence, not self-depreciation. "Now the man Moses was very meek, above all the men which were upon the face of the earth."

Meekness is the fruit of a spiritual life. It is on a par with peace, gentleness and faith, all products of spirit. The man who is spiritually meek is cherished by God and it is promised, "He will beautify the meek with salvation".

The man who is high in grace and understanding is humble and lowly in his own esteem, because he recognizes how little he knows. "For whosoever exalteth himself shall be abased and he that humbleth himself shall be exalted." Meekness of character disarms outer hates and antagonisms and brings rest to one's soul.

21

***"A man's wisdom maketh his face to shine."*—
Eccl. 8:1.**

When a man makes his life's quest the desire and pursuit of wisdom and intelligence, he embarks on a God-like adventure, for God above all is wisdom and perfect intelligence. Wisdom is an inner light raying forth from the eyes and countenance of its possessor.

Knowledge is not wisdom — knowledge pertains to man, wisdom is related to God. "For the wisdom of this world is foolishness with God, but the wisdom that is from above is first pure, then peaceable, gentle and easy to be entreated, full of mercy and good fruits without partiality and without hypocrisy."

In order to possess wisdom, man should diligently seek to learn God's laws applying to body, mind and spirit and use these laws day after day to unfold a beautiful life of peace and power.

22

***"Evening and morning and at noon I will pray
and cry aloud and He shall hear my prayer."*—
Ps. 55:17.**

God is ever ready to accede to the supplication of man. God delights in granting the worthy requests that are made known to him. The highest form of prayer is the meekness of wisdom. When wisdom and understanding are present, then man's life is an incessant, constant prayer.

"God is a rewarder of them that diligently seek Him." Pursue God in prayer, faith, intelligence and good works — these are all forms of prayer. Even a thought may be classified as a prayer and is often much more potent than a spoken plea.

Prayer should be a request for power to create — not a supplication for created things. Prayer should be from the heart to make it effective. Consistent prayer steadies life and circumvents temptations. When man lives in health and happiness, though no prayer issues from his lips, he is actually praying without ceasing.

"There is no limit to the possibility of divine supply." God is able to do exceeding abundantly, above all that we ask or think. Prayer should be offered according to God's will; often man, being lacking in judgment of values, asks for something that might destroy. Therefore God in His infinite wisdom and mercy withholds that which man requests. This refusal is entirely for man's own benefit.

23

***"I will bless thee . . . and thou shalt be a blessing."*—Gen. 12:2.**

When man has the inner conviction and realization that he is living a God-like life, he is not only blessing his own life, but is actually a blessing to all who pass him by.

The man of God, and a man of God is he who seeks to live his highest and best, has power to heal the sick and inform the ignorant through the preaching of the word of truth.

When man opens his understanding, when he seeks to know the principles and secrets of life and of the universe, he becomes a man of God, as personal life-enlargement of the individual is the precise intention of God toward man.

The man of envy, hate, narrowness and anger is a

menace to himself and to society. He is leading an uncurbed emotional life. He is a repellant and dangerous member of society until he is quickened into a reformation of his dark ways.

Man must ever be held responsible for his own personal life. Therefore, wise beyond measure is the man who by his superior life deserves the blessing of God and thus becomes an asset to himself and a joy and comfort to his fellow man.

24

***"The slothful man saith, there is a lion without, I shall be slain in the streets."*—Prov. 22:13.**

The man of sloth is always inventing obstacles favoring delay and waiting. The slothful man usually has an inventive, ready imagination, but his purse is empty and he is not as a rule a useful member of society.

Man is placed on the earth to think and to work. When man neglects either essential, his life thus becomes limited and inadequate.

The man that is not in harmony with God's laws should array himself with the cloak of inspiration and proceed to learn how to live a perfect life.

The fate of the indolent is vain regrets and tears for unseized opportunities. "And cast ye the unprofitable servant into outer darkness; there shall be weeping and gnashing of teeth." God does not punish the lazy man — laziness itself, its unhappy reaction, provides a source of travail and castigation.

It is never too late to mend one's way. God never closes the doorway that leads to the life-beautiful. A deep desire to change is the impulse toward a recognition of the futility of a slothful life. God is action and wisdom. Indolence represents stagnation and unproductiveness. We should learn to choose that which is gainful and profitable and find our way back to the living of a constructive life.

25

***"For where your treasures are, there will your heart be also."*—Luke 12:34.**

Man's held, gripped thoughts, are his most influencing principles, because they are of his heart. Whatever a man values most, there will man's heart be concentrated. How essential it is to become cognizant of values, to treasure in our heart things of worth, things of consequence.

The undeveloped man has unfruitful, insolvent collections in his heart. The developed, understanding man has actual treasures stored away. The greatest treasure of all to acquire is knowledge of values; otherwise man cannot depend on what he treasures.

The test of all treasures is not in the buying or in its storing. The real proof of value lies in its selling worth. Frequently it is wise to test our "heart treasures" and see if they really measure up to our valuation. If man's so-called treasures become outworn or valueless they should be immediately ousted, so that the space they occupy may be used for things of genuine value; thus is built a solvent life.

26

"If ye know these things, happy are ye if ye do them."—John 13:17.

Wisdom is knowledge utilized. Man should not stop at the discovery of God's laws. He should proceed to put them into operation. The sin of omission is of more gravity than the sin of commission.

If food is set before a starving man and he refuses to partake of it for a certain period of days, he dies from starvation — self-inflicted. The whole universe is alive with potentiality and all is placed there to favor man. However, these forces must be discovered and applied before they can prove gainful.

When man discovers superior methods of living and uses them, he is thereby made happy. Consequently man should ever be on the alert to discover improved ways of living and use these methods constantly for the upbuilding of his life and the glory of God, who created these super-laws for the benefit of man.

27

"Even Christ pleased not himself."—Rom. 15:3.

Power comes not from doing what man desires to do, but from refraining from so doing, unless it is related to truth. Man is still in the throes of immaturity and still lacks full wisdom and apprehension of what is right and true. Consequently when man acts on what he desires and thinks to be right, that is no proof that the action is wise or intelligent.

Few men possess the power of will to discipline themselves and self-supervise their thoughts and actions. Man thinks and acts and then must reap the harvest of his thoughts and actions. There is no way of escaping the garnering of our past life. It must be harvested whether it be good or evil. To ensure its goodness man must not only feel that his thoughts are right, but likewise must know they are proper and wise.

Life will ever remain a discipline, to prevent man from doing what he wants to do, which in all probability would mean his downfall because of lack of understanding. Man should learn to do what is right, thus proving that pure understanding and self-discipline are in the ultimate, the salvation of man.

28

"For the love of money is the root of all evil."
—1 Tim. 6:10.

It is not evil to work for money or to accumulate a sufficiency of money to provide for every worthy want and need. The abuse of money is the root of all evil. Often man is corrupted by money, particularly by being a recipient of unearned money.

The man who receives large sums of money without working for it or earning it, often finds the reaction to its possession brings sickness, worry or enslavement. The prophet says, "But they that will be rich fall into temptation and a snare and into many foolish and hurtful lusts, which drown men in destruction and perdition".

The danger of becoming rich is that the possessor of riches not being wise in God's laws, may unknowingly use his wealth to the detriment of God's divine purposes for man; and very often rich men lose their possessions because they were being put to a wrong use and thus interfered with God's wise intentions.

Money comes from God; money is intended to be helpful to man. When man sets his heart on riches, God is often usurped; thereby man destroys his happiness. The riches of the earth are uncertain. They should not be heaped up. The riches of the spirit are certain and should be everlastingly sought.

Moderation in money-hoarding is an excellent intention. Man cannot serve God and mammon. When money is the chief quest and aim of a man's life he will soon find that he has nothing. When the desire for wisdom comes first, man will discover he has money, fame, joy, peace and everything that is good and gainful.

29

"The Lord is good to all and his tender mercies are over all his works."—Ps. 145:9.

God is not opposed to any man — freely He offers a brimming measure of His richest blessings to every person who will learn to claim and enjoy them. All good comes from God. What is considered evil is a creation of man's ignorance. God delights in the happiness and welfare of mankind, but man cannot expect God to feed and clothe him. God does more than His part—He meets man more than half way. However, man must take the initiative and strive to help himself from God's limitless storehouse of rich supply.

God is very close to the man who endeavors to live his highest and best. He never forsakes any man no matter how low he may descend in ignorance and so-called evil. God helps especially the man who is trying to ascend from the valley of limitations and darkness. He is beside him in his upward climb every step of the way.

God is with all men, but we read, "In every nation he that feareth Him and worketh righteousness is accepted with him". God despiseth no man, He never closes the door against any person, but He delights when some erring son lifts his head and his heart and calls out, "My Father, help me back to manhood".

30

"If ye bite and devour one another take heed that ye be not consumed one of another."—Gal. 5:15.

New Light From the Old Book

Envy and hatred are destroying habits that should be persistently fought. Life is too brief to spend precious time hating or envying. When man sets out to judge his fellow man he comes under the law of judgment himself. Christ said "If any man hear My words, and believe not, I judge him not: for I came not to judge the world, but to save the world".

When man concentrates on picking flaws in others he consumes his time thereby, therefore he has no time left to seek and eliminate the flaws in his own heart and life. Again Jesus says, "And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?"

God will call every man to account for his own life. If we have exhausted our available time in judging and condemning others, naturally our personal life will be imperfect, and the weakness we condemned in other men we neglected to find in ourself. So God in His divine wisdom will demand of us as to the unrighteous life we may have lived.

In the judgment of others, the first consideration should be, "Have I myself the truth?" If we have sickness, unhappiness or ignorance, we have **not** the truth, therefore we should be slow to condemn and still slower to force our ideas on others. Very often that which is considered an evil yesterday, is found to be a virtue today. And yesterday's virtue often changes into a repugnant evil today.

There is no love in judgment against others, or impeding the advancement of others. "Let us not therefore judge one another any more: but judge this rather that no man put a stumbling block or an occasion to fall in his brother's way."

Man, through his finite mind, judges from exterior appearances and is often self-deceived. God alone can judge justly because in His infinite way He looketh into the heart of man and that which is in man's heart reveals his true thoughts and intentions. "Judge not and ye shall not be judged, condemn not and ye shall not be condemned. For with what judgment ye judge, ye shall be judged, and with what measure ye mete it shall be measured to you again."

"And he said unto them, do violence to no man,

neither accuse any falsely and be content with your wages."

Man should aim to live and unfold his life in the consciousness of good will toward all men. The man who is a liar or talebearer, must answer some day for every single transgression. "Every idle word that men shall speak, they shall give account thereof in the day of judgment, for by thy words thou shalt be justified, and by thy words thou shalt be condemned."

The man who lives to injure or hurt his fellow man is laying up a "harvest of tears". The words of a talebearer are as wounds, but the wounds will not be worn by the condemned but by the talebearer. It is righteous to cover up a transgression or weakness in another life and unrighteous to uncover and spread a long forgotten fault or outgrown weakness.

When man keeps close to God and obeys His laws, he never descends to the misuse of speech against his neighbor; his heart is filled with love for all men, and he has set a watch on his lips. So he bridles his mouth if tempted to speak spitefully against another. "Whatsoever ye would that men should do to you, do ye even so to them."

31

"Jealousy is cruel as the grave."—Song of Solomon 8:6.

When the habit of jealousy is allowed to take root within the mind, every form of evil thinking is attracted into the mentality. The mind becomes confused, the brain is darkened, the nerves are awry. The issues of life are in the mind: when the darkness of jealousy is allowed to manifest there, contradiction, envy, hate and confusion result.

Jealousy and pure love can never dwell together; therefore wise is the man who keeps his mentality filled with good will toward his fellows and love for God. Then the destructive seeds of jealousy can never find soil wherein to thrive and multiply.

"Poverty and shame shall be to him that refuseth instructions, but he that regardeth reproof shall be honored."—Prov. 13:18.

The universal law is change — the man who stays in a rut is not living up to his divine possibilities. Man should learn to observe the constant change that is everlastingly at work in nature and throughout the whole earth. God reveals new truths to man as he is ready to comprehend them. The man who closes his mind to newness is shaming his entire existence. It is a sign of man's divinity when he opens himself to discovery and improvement.

Living life is the greatest of earthly business. The man of intelligence seeks to alter and change his mode of living for the better. The foolish man boasts, "I never change my mind". So he closes many sources of power and avenues of supply. To change and learn better modes of thinking and living is a sign of progress. To be satisfied is always a mark of inferiority and life retrogression.

Man should examine his life and learn to profit by every experience including criticism. The proper attitude for meeting criticism is not to ignore it, but to scan it. If there is merit in the censure advanced, make a necessary change to eliminate the weakness. If the criticism is unjust, merely forget it.

Often it takes censure and blame to blast men out of their ruts of error into intelligent action. Criticism, therefore, may be a blessing if handled wisely.

"And the Lord God said, it is not good that the man should be alone."—Gen. 2:18.

Marriage is a divine institution. Man and woman are inadequate alone. Man needs woman, woman is incomplete without man. Man and woman in marriage should be suited to each other's needs — they should learn to pursue the same quests and leanings so as to express perfect happiness. They should grow into each other's longings and desires to the exclusion of all other attractions. "Wherefore they are no more twain, but of

one flesh. What, therefore, God hath joined together, let not man put asunder."

When the divine origin of marriage is recognized, and its laws and principles are observed by husband and wife, a blessed union must surely follow. Human happiness that is of God follows the union that is blended in spiritual, unselfish love, and merged into a simple home that is not darkened by debt or discord of any kind.

When husband and wife are contrary in their thoughts and activities, until an understanding is reached, disharmony alone will breed. The greatest protection for man and woman lies in marriage, but both must do their part to make their union perfect in the sight of God and man.

A wife should love, honor and respect her husband. A husband should so live that his wife may ever continue to love, honor and respect him. "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith." — Prov.15:17.

Patience, unselfishness, appreciation and understanding should be installed in the minds of both husband and wife. God is where perfect love holds sway. God desires that men and women be happy. Married happiness is not only a blessing for husband and wife, but an absolute essential wherever children complete the union.

34

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain for the former things are passed away."—Rev. 22:3.

The plan of God for man is ultimate perfection. As the years pass, more and more of the powers and possibilities of the universe will be discovered, revealed and utilized. It is plainly God's plan to evolve a painless, sickless, deathless world for men and women. God is above all harmony, and in due time man will discover his divine heritage, supreme harmony, and will learn to live in accord with God's laws concerning man and in that moment sickness, sorrow, suffering and death will pass away.

Whenever there is conflict with the laws of God, discord of body, mind and spirit immutably follow. All sickness is the reaction to transgression of law. When man has the will to live in accordance with the divine, but easily followed conditions of God, health, joy and peace must surely follow.

35

***"He that overcometh shall inherit all things and I will be his God and he shall be my son."*—Rev. 21:7.**

Temptation is ever at the side of all men, because life will ever remain a form of competition or testing. The man who learns to do well, and wills to continue to do well, is protecting his happiness, health and very life. To overcome means the acquisition of strength and mental acuteness. To accede to temptation, gluttony and evil, means a leaning toward weakness and mental sluggishness.

Everything that man needs is available to him when he turns to the true sources of supply. Every blessing of God — health, happiness, joy, power, supply, peace, eternal life — all are offered freely and lavishly to every man who overcomes the weakness of ignorance, indifference or any limiting, hindering impotence of the flesh.

Man may enjoy every rich blessing for it is written "all things are yours." When man turns from lower things to higher, the supply of the infinite is available to him.

36

***"If ye be willing and obedient ye shall eat the good of the land."*—Isa. 1:19.**

Surpassing all other divine attributes, God is justice. "For the Lord God is a sun and shield, the Lord will give grace and glory, no good thing will He withhold from them that walk uprightly." God is pleased to reward man when he is deserving of it. Search the scriptures with judgment and diligence and it is plainly written over and over again, "reward goes to him who is worthy and deserving." His is rightly so, as God is justice

and there would be no incentive in living uprightly were it not that a special blessing follows so doing.

The **meek** shall inherit the earth — not the presumptuous boaster. The obedient shall eat the good of the land, not the violator and transgressor. The man, whose works are good, is promised glory, honor and peace. The man of mischief or wrong-doing shuts himself out of the range of these blessings through his destructive mode of living. The man who endureth temptation is blessed. The man who surrenders to temptation sentences himself to bear a heavy and evil yoke.

The fruit of the life of a man who opens himself to learning and obedience is perfection. God wants men to lead perfect lives, but men must learn to live in a higher way and meet the requirements laid down by God. Thus, and thus alone, can man find his rightful high place in the universe, and make his life what it was intended to be, "a glorious experience".

37

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed: to you it shall be for meat."—Gen. 1:29.

Many of the mighty animals of the earth live on leaves and grass. God's original command to man to eat of fruits, grains, vegetables and nuts would seem from the standpoint of divine judgment to be the ideal food for man. Man was compelled to resort to the eating of animal flesh after the flood because vegetables and fruits were scarce or unobtainable.

It is proven that natural herbivorous food will sustain life and maintain health, so wise is the man who consumes with his animal flesh an abundance of fruits, whole grains and vegetables. A simple, nourishing diet will build health and strength. We read, "There was not one feeble person among the tribes". God is not anxious to punish man, but man through his ignorance punishes himself by eating devitalized food, thereby transgressing against God's laws and suffering deeply as a consequence.

"I will take sickness away from the midst of thee." God is all health and man, created in God's image, too is potentially all health, but due to man's ignorance in dietetic laws he brings sickness and suffering upon himself. The beast of the field never eats when ill, but man does; so we are commanded to "speak to the beast in the field and he will instruct thee".

Man is admonished, "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" Gluttony, strong drink, intemperance of any sort, is a degradation of self and the man who so lives never glorifies God in his own body, nor does he eat or drink or live to the glory of the Lord.

38

"If thou wilt diligently barken to the voice of the Lord thy God and wilt do that which is right in his sight, and wilt give ear to his commandments and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians: for I am the Lord that healeth thee."—Ex. 15:26.

Sinning can never produce health. The punishment for any form of transgression is meted out in pain and suffering. God, being pure justice, rewards or punishes. When man sins knowingly or unknowingly, he is subject to the necessary punishment to force him to reflect and discover the cause of his torment. Sickness and pain are not really forms of punishment, but they are signals to erring man that he is living in a state of darkness and ignorance.

When pain troubles the man of wisdom, he seeks to learn the cause of his distress. When the foolish man is visited by pain, he proceeds to treat the symptom and neglects the cause, and the cause is violation of God's laws. The body is the temple of the spirit and should not be defiled. God deals out punishment to those who desecrate their temple of the Holy Ghost. "If any man defile the temple of God, him shall God destroy, for the temple of God is holy, which temple ye are."

It is never too late to return to the observance of God's laws and find health of body; hear his promise, "Who forgiveth all thine iniquities; who healeth all thy diseases." Jesus spent most of his time ministering to the sick and healing all manner of disease among the people. Saith the Lord, "Thou shalt not eat any abominable thing". Health of mind and body are chiefly dependent on the quality of the food man eats, therefore it is seemly and good to learn how to eat to the glory of the Lord.

39

"Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue and if there be any praise, think on these things."—Phil. 4:8.

Life contains light and darkness, but there is much more light than darkness in the world. When man inclines towards things of the darkness he finds his world a dark one. When man concentrates on the things of the light, his personal world begins to take on more sunshine and brightness.

The greatest enemy to man's progress and happiness is dark thinking. Dark thinking builds a dark life as all forms of thought are creative. When man forsakes his unhappy mode of thinking and establishes higher thought in his mind, he will naturally begin to search for nobler enterprises and choicer conditions in his daily life.

Habitual dark thinking is not only a waste of time, but a source of destruction to the man who manifests such an ignoble mental habit. Besides, those who are compelled to live in the environment of the man who thinks wrongly are greatly injured in body and mind because of this pernicious contact.

Wise beyond words is the man who resolves to be a blessing to the world, and persistently searches and aspires for the cultivation of the life beautiful. Man dishonors his brain when he uses it to worry, or as an in-

strument of mental anguish or self-torture. God tries to teach men and women the value of health, happiness and beauty, but the stubborn mind of man often refuses to accept the way of joy, peace and rich supply. Accordingly millions live in life darkness because of their refusal to seek God's way of light and truth.

Man's mind is God's most precious gift to man. Man honors God and himself when he uses his brain and mind to make life more pleasant and profitable here on earth. The sigh of man is lost in the atmosphere. The song of man brings back a lilting echo of inspiration and gladness; always it is good and profitable to be glad.

40

"For whatsoever a man soweth, that shall he also reap."—Gal. 6:7.

A fig tree cannot bring forth a thistle, like brings like. Every man finds himself in a world of law, order and principle. It is of scant use hoping for better days to come if man does not proceed to live in a higher way in the present hour; thus alone is a better future life assured.

Nothing can come from nothing. God waits to honor when man honors himself by learning how to live in goodness and truth. The man who thinks the future is going to surpass the present is deceiving himself. Today is a seed of tomorrow. If today is crowded with darkness, pessimism and selfishness, the following day will prove to be of exactly the same brand. However, if today holds a struggle to rise, an aspiration to advance, a desire for wisdom, then the following day will hold more light and opportunity than the previous day.

It is not God's business to force His blessing on man. Man is here to think and learn. When man learns and unfolds in wisdom, he knows that life is limitless and he is here to share with God in the fullness of His divine supply. Sickness, fear, worry, hate, weakness are the dark seeds of life sown by ignorant man. Health, courage, power, forgiveness, strength are the great seeds of life sown by enlightened man. God glories in the man who has learned to sow the seeds of life that will bring more beauty, health, light and vision into the hearts of all mankind.

"He that soweth to the spirit shall of the spirit reap life everlasting." "Who will render to every man according to his deeds, glory, honor and peace to every man that worketh good." Wherever we turn, the promise stares out at us: "No good thing will He withhold from them that walk uprightly".

41

"No man hath seen God at any time."—John 4:12.

God is infinite and undimensional, that is the reason He is never fully discovered even by the most saintly and most righteous man. If God were dimensional, if He were weighable and measurable, He would be on the plane of man and would meet with contempt from many instead of reverence.

God pervades the entire universe, but He can never be tangibly located. Man can feel Him, but not see Him with human eyes. God will never be found in sight, but He is ever found in feeling. In God there is no beginning and no ending. God was, is and ever shall be, but the physical eye can never behold or locate His presence because it is macrocosmic.

In God are hid all the treasures of wisdom and knowledge, and these rich possessions are freely offered to man when he is knowing enough to seek them. God holds all good things in His hands. His single aim is to bring health, happiness and deliverance to mankind. "God giveth to all men life, health, every good thing and worthy substance."

God is spirit and intelligence; therefore to worship God rightly man should live his life in the demonstration of spirit, truth and intelligence. Everything comes from God. When we adjust our ways to His laws, every good gift becomes ours. There is nothing higher than God and yet He ever stands at the side of the lowest man. God is in the earth and likewise He is in man, but God is not of the earth or of man.

Man can find length of days, health and prosperity in just one way — that is by seeking God and following His divine precepts. "For whoso findeth Me findeth life and he shall obtain the favor of the Lord." Men find tribulation and darkness in life, but God is light and there is

no suffering in Him. Man guesses and hopes, but God knows and acts, always right and just is He.

When love wells up in the heart of man, God is more easily found, for God is love and love ever seeks its own spring. Man can never find perfection unless he studies God. "The law of thy mouth is better unto me than thousands of gold and silver." "What are the laws of life?" man asks. Everything that is necessary to exist. To breathe, to eat, to think, to sleep, to move, to study, to pray, to live, all are laws and principles created by God; consequently all things from the lowest to the highest are divine.

Happy is the man who wills to walk at liberty and turns to the service of life liberation — the study of God's precepts. "And I will delight myself in Thy commandments, which I have lived." God is honored by the man who greatly seeks to obey his commandments. Why should man delay in seeking God when we read "Every good and perfect gift is from above"?

God hides nothing irrevocably from man. God gives man necessary suffering to force his unfoldment by self-thinking and self-searching for His desired blessings which may be obtained by diligent pursuit. Though "no man hath seen God" He is ever discovered by all who seek him zealously and persistently.

42

"The Lord is gracious and full of compassion, slow to anger and of great mercy."—Ps. 145:8.

God is pure intelligence and the man who endeavors to live intelligently, demonstrates that he is reaching for a God-like dimension of life demonstration. God is filled with power to heal all mankind, and when those who are sick will learn to eat in moderation and turn their eyes to God, healing will flow to them.

God not only heals and answers prayers, but He rewards all those who live in harmony with His necessary laws. Man starves amid plenty, man sits in darkness though surrounded by light, because his mind has not been stirred to the possibilities that God has placed within his reach.

God heals, blesses and works in a thousand different

ways. He exemplifies patience, graciousness, compassion and justice in all of His contacts with man. His everlasting arms are beneath every man who dares to trust His limitless strength. The highest duty of man is to understand God as He is revealed in nature, life and living. The way of life is easy to the man who knows God and follows His commands for the benefit of man. The laws and beliefs of man are finite and imperfect. The laws of God are perfect. Perfection of living cannot flow from an imperfect source — man. A perfect life can be obtained from God through the habitual practice of His commandments.

God being closer to man than his hands and feet, is instantly aware of a man's desire to live in peace. He stands ready to sustain man in his climb toward the ascending way, which is God's way, therefore the highest and best manner of expressing life.

43

"Come unto me, all ye that labor and are heavy laden and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."—Matt. 11:28-30.

Man must ever wear a yoke or undergo a discipline. The discipline of God is mild and easy. The discipline of man is heavy and grievous to bear. When man ignores the laws of God and decides to live his own life, he automatically sentences himself to distress and sickness. Man without knowledge of God's laws is lost and adrift, and his every hour is manifested in darkness and punishment.

Release from suffering is nothing more or less than a coming to God, a turning away from the darkness of the world to the light of truth and wisdom found in God. "A man of learning is not exempt from sickness and torment of the flesh." Relief from discord and disease lies in the knowledge and observance of God's laws. Not only must man know the truth, but he must fulfill the truth, and thus he finds supreme ease and joy in living.

A good man is not a worldly wise or educated man,

but a man who pursues the understanding of God and His laws with the idea of perfecting and improving his daily life. The understanding of God's laws is designed "to open the blind eyes, to bring out the prisoners from the prison and them that sit in darkness out of the prison house." Man's understanding is the prison house of life. God's understanding is the freedom of life and every man is free to choose whom he shall serve — God or man.

God does not sew the seeds of groundless fear into the heart of man: man does that himself. God does not plant the spirit of distress into the mind of man: man alone is responsible. God does not generate darkness in the soul of man: man also does that. God does not place the blight of disease in the body of man: man creates his own ills. God is not the God of destruction and death: man creates all evil through his darkness. The works of God are all good and perfect. "O Lord how manifold are thy works. In wisdom thou hast made them all; the earth is full of thy riches."

The only lasting security and perpetual gladness comes from knowledge of God. God, through the application of His laws, will deliver every man from his troubles. Call upon God, trust Him and abide in Him, and life will take on a new and higher meaning. "If ye abide in me, and my words abide in you, ye shall ask what ye will and it shall be done unto you."

The supreme delight of life is found in the laws of God and their constant use. True prosperity follows the man of God. Every new day is a day of reward for the righteous. God rewards the righteous — he highly recompenses those who follow Him. The man who lives with God finds his prayers answered before they are uttered. The man who lives without God is ever floundering in the swamps of trouble, unfilled desires and discouragement.

44

"Let them praise the name of the Lord, for he commanded and they were created."—Ps. 148:5.

God is the creator, but man is formed in the divine image and likeness; therefore man too possesses creative

power. By thought, vision and word, may man create. All that God created has been created in truth; therefore it lasts. Man is created in truth; therefore man continues to exist in spite of war, pestilence, famine, disease and ignorance.

God has a purpose in all of His creations, and that purpose seems to be the development of beauty. "He hath made everything beautiful in His time." Beauty and usefulness are synonymous, and blessed is the man who makes his life beautiful and his service excellent.

As God thinks His desires into manifestation, so can man to a lesser degree. God thinks or speaks and the whole universe is submissive to His will. When man is faithful to the practice of divine principles, the whole earth is on the side of man. God decrees and fulfillment follows, and the power to create is handed down to every child of humanity.

God is concerned about all of His creations, so He is attached to everything to sustain, prosper and bless it. God is ever in man and when man chooses to call upon God, the response is instantaneous. When man finds life dark or evil, he is attuned with life in an earthly way. To find beauty and peace in life, adjust yourself to the principles of life according to God's infinite laws.

Everything in the visible and invisible reflects the creative power of God. The handiwork or creative intelligence of God is manifested in the macrocosm, the seen and the unseen. God is a spirit, so God is deathless. Man, too, is a spirit and comes under the order of deathlessness because he is as God is His likeness, His image, His possibilities.

God not only created all things, but he is the upholder and preserver of the planets, suns, man, seas, creeping things, birds, the fish in the ocean — everything is dependent upon the intelligence of God. God personifies truth, wisdom and good in all of His creations. So how good it is to praise Him who is so awesomely wise and yet so gentle and approachable.

God is the author of man and He ever seeks to improve His works. Man is the activity of God. Woman is God's smile. He wills that the whole world be filled with men and women, and it has come to pass. Men and women are co-workers with God to develop and unfold

in truth and understanding, so that the purpose of God, the beautification of the earth and the development of man, may become accomplished facts.

45

***"But they that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles, they shall run and not be weary, and they shall walk and not be faint."*—Is. 40:31.**

Man, who is earthbound in his desires and tendencies, cannot realize the freedom and bliss of the understanding and practice of God's laws. If man knew God as he ought to be known, men would be workers of miracles and doers of the seemingly impossible.

God's spirit is in every man, a power so colossal that it conquers hunger, thirst, grief, error, sorrow, decrepitude, disease and death. This majestic principle is ever available to those who earnestly seek it. Life is transcendent in its possibilities to those who seek attunement with God. Nothing seems to be impossible to the man of God — that is, the man who lives in the light of truth, wisdom and beauty.

Men and women who have ignorantly given themselves over to gluttony and sleep, and sought not God, should try to realize their danger and cease over-eating and over-sleeping, and instead desire to get back to the way of God and truth. Ever does the flesh lust against the spirit, but the spirit is the real and alone will endure. The form destroys itself and turns to dust, but the essence dieth not.

The greatest of all wisdom is to know that the spirit is greater than the flesh, because the spirit being of God is deathless. But the laws of the flesh must be observed so that the spirit can have a perfect instrument on which to perform.

46

***"Ever learning, and never able to come to the knowledge of truth."*—2Tim. 3:7.**

"Practice in the direction of imperfection will never

make perfection." Man must know the direction of truth and if he moves toward that way, he will reach his objective. If man looks upon error as truth, no matter how much is his practice, it leads him further and further away from his goal.

Truth practiced ensures a harmonious life. The practice of error brings suffering and travail of soul. There is but one God and all power is His. Foolish man thinks that God is found in wood and stone, and worships these false images. Men follow false teachings as a beast goeth to be slaughtered. Error leads to failure, suffering and death.

When man puts his trust in lying words, there is no profit. When man guesses instead of knowing, his life is insecure. When man follows the blindness of error, his steps are treading dangerous ground. "Wherefore by their fruits ye shall know them." In error, sickness, ills, distress, misery and darkness are found. In truth, health, ease, gladness and light are contacted. Let no man continue in the blindness of error. Let us unlearn that which misleads and blinds, and come into the light of truth which bestows freedom on every man.

47

"Be not therefore anxious for the morrow, for the morrow will be anxious for itself. Sufficient unto the day is the evil thereof."—Matt. 6:34.

The world is weary, sick and bleeding through fear and worry. Man has not sought the Kingdom of Heaven first, so he lives to fear and suffer. Pursuing the things of the earth never brings lasting satisfaction. When man lives his best today, tomorrow will take care of itself. When man wanders in doubt and fear today, darker still will he find tomorrow.

The Kingdom of Heaven is simply a glorified state of mind discovered when man is pledged to the pursuit of truth, wisdom and beauty. In these three attributes God and Heaven are discovered here and now.

Many are called to partake of the privileges of the Life-Beautiful, but few respond to the gracious invitation. Men dally in the clutch of fear and limitation, and cannot find time to investigate the wonders of God's promises to

mankind. The good seeds of life fall on barren ground and human life remains arid and bleak.

The present use of life determines the quality of the future. When the hours of today are used wisely and to the glory of God, man has no occasion to worry about the future. The protection of our future life is determined by the vigilance and understanding we employ in our thoughts and acts of today.

48

"Behold, I send you forth as sheep in the midst of wolves; be ye therefore wise as serpents and harmless as doves."—Matt. 10:6.

It seems to be the lot of every man who discerns a basic truth ahead of his time, that his discovery is met with antipathy and antagonism. Society being undeveloped and in a state of darkness cannot appreciate innovation or anything beyond the accepted, limited ideas of the ordinary mentality of that age.

Man should demonstrate everything in the nature of a discovery in the consciousness that he is watched, that he is suspected. This attitude puts man on his guard and forces him to be at his best at all times. It also protects him from those who spy on him and would despoil or tear down his discovery and imprison him.

Whatever is unchallenged and accepted is always at warfare against the new, even though the new is a thousand times superior to the old. Tradition is ever the enemy of progress, and progress comes from constant change, which is God's law for the advancement of the Universe. Truth may be held back for a moment, but presently hindrance is ousted, barriers are crumbled, opposition is overcome and truth triumphantly comes into its own.

49

"But I say unto you that ye resist not evil, but whosoever shall smite thee on thy right cheek, turn to him the other also."—Matt. 5:39.

Man is still but a few scant days in his development,

so in this primitive age of immaturity too much cannot be expected from youthful man. Christ in his wisdom advises man not to resist evil, knowing what man considers evil is in reality good. Also that which man believes to be good is often really a liability.

Christ also urges man to turn his left cheek to be scourged after his right cheek has been beaten. Again the wisdom of Jesus exemplifies itself. Man does not learn by ease but by suffering. Chastening or punishment are necessary for man's education. Man should not shirk experience even though he suffers from it. Man is rarely convinced by any experience save by that which he personally experiences.

When man has learned the principles of truth he prevents discord of any description coming nigh him. By his unfoldment, he tends to render himself immune to accident or suffering. Besides, in truth, man is able to comprehend good, though it comes to him in the guise of evil. What seems evil to the ordinary undeveloped mind is a gleam of radiant light to the man who has passed through the experience of higher unfoldment.

50

***"A companion of fools shall be destroyed."*—
Prov. 13:20.**

When man consorts with fools he finds no wisdom in them. Man should walk with the wise to be wise. Heights cannot descend, they must be mounted. It is a sign of wisdom to forsake every form of weakness and get into relationship with power.

We take on the consciousness of those with whom we mingle. We tend to become like him with whom we live. We grow into the ways of those we look upon with appreciation and regard — whether they be wise or unwise. We are commanded, "Enter not in the path of the wicked and go not in the way of evil men. Avoid it, pass not by it, turn from it, and pass away." When man develops his soul he has soul sight and is able to recognize good and evil. Without higher sight and a perfect understanding of values, life is certain to become complicated and unsatisfactory.

Life is a form of sleep to many. Men are prone to

accept conditions unquestioningly; this is not the road to wisdom. Let us awaken to a sense of perfect valuation of things and people, and attach ourselves to that which we know is good, though others may condemn it. Let us develop the foresight to recognize those who are wise, though the multitude dub them fools.

51

"If it be possible, as much as lieth in you, live peaceably with all men."—Rom. 12:18.

Gentle thoughts, gentle actions, gentle ways are all marks of the God-like man. The blusterer and the arrogant man are piling up a harvest of future trouble. Every man should aim for peace, particularly in the home. When mental discord is allowed to roam in the confines of a home, anguish and sickness may be expected to follow.

Peace is comparable to the sweetness of honey. It is a goodly possession. Man should learn to so live that peace will ever turn in his direction. The man of warfare is usually prematurely destroyed by his own instruments of death.

Man is under a pressing duty to himself and to society. Man cannot live unto himself alone. Consciously or unconsciously, he influences every person he meets. Therefore it is the sacred obligation of man to learn how to live in health, in faith, in knowledge, in peace with himself and with all men. In doing so he lives his highest and best, which is God's demand upon men and women.

52

"The righteous shall flourish like the palm tree, he shall grow like a cedar in Lebanon."—Ps. 92:12.

Long and wordy prayers, the wearing of sackcloth, the observance of ritual or form, fear of God's wrath, do not measure the righteous man. The righteous man is he who seeks to learn God's laws and follow them so that health of body, peace of mind, and joy of spirit will be his lot while in the flesh. Such a dimension of living means finding heaven while still here on earth. When a

man's ways are truly righteous, he not only pleases God, but his enemies also are desirous to be on friendly terms with him, as they fear and suspect his spiritual power.

The righteous man prospers and lives; his ways are ways of pleasantness and constant harmony. The righteous man is righteous because he keeps the law and "he that keepeth the law, happy is he." Righteousness is the virtue of the soul and it ever marks the perfect and up-right man.

53

"I have fought a good fight, I have finished my course, I have kept the faith."—2 Tim. 4:6.

What a glorious satisfaction to realize in the evening of life that one has lived his highest and wisest. God placed man on earth to learn how to live abundantly. The body of man is fearfully and wonderfully arranged. Every man should learn how to manage his body so that it is free from pain and becomes the support of his soul.

Man should study his mind and watch his words and thoughts, so that his mental world may be a source of joy, peace and illumination to him. How good and how worthy it is to live in happiness and communion with one's self. The highest use man can make of his mind is to employ it to further his quest for truth, wisdom and beauty.

Man should place his trust in his soul, which is infinite, not in his lips which are finite. Man should let his soul guide him into treasure ways of life. Man fights the good fight and keeps the faith when he demonstrates health of body, love of truth, peace of mind and transcendency of spirit.

54

"Because straight is the gate and narrow is the way which leadeth into life, and few there be that find it."—Matt. 7:14.

Man is easily deceived; in fact as a rule he welcomes deceptions. Noise, loud promise, mystery, pretense, fear, these are all pertaining to the broad way, which is the deceiving road to broken hopes, lost faith and failure.

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The narrow way of personal discipline, pursuit of wisdom and practical self-endeavor, is the only way to lasting peace and satisfaction.

God has planned that man shall travel on the narrow way, because it is the safe and profitable road for every man who wishes to achieve and gain the rightful high place intended for him. When the spirit of God descends upon man, and he begins to walk in the statutes of God and keeps his commandments, life becomes what it was planned to be "a profitable experience".

55

"Behold I stand at the door and knock, if any man hear my voice and open the door, I will come in to him, and will sup with him, and he with me."—Rev. 3:20.

God is not of man, He is in man. God is not man because man is dimensional and subject to dissolution. God is spirit and infinite, therefore not subject to change or death, as is man in the plane of the flesh.

God in man calls everlastingly to him to awake and learn that all supply is his, that all blessings are available to him, when he is receptive to receive them.

God does not force himself on unwilling man. Man is ever required to have some part in the transaction. He must at least open the door of his mentality and manifest willingness that he may know God more deeply, and feel Him more intensively.

God is always in man, but man rarely comprehends God's infinite presence. Man's ears are filled with the noise of the world, therefore he is unable to hear the still, small voice of God, as He calls out His precious invitation, "Sup with me".

When man is aroused to the closeness of God and demonstrates his willingness to become at oneness with Him, then immediately God will do His part. God will reveal Himself to man, and man will become aware of God's closeness and God's presence and man will merge into the divine consciousness of God, and thereafter live a sublime God-like life.

"Wherefore do ye spend money for that which is not bread, and you labor for that which satisfieth not. Harken diligently unto me and eat ye that which is good and let your soul delight itself in fatness."—Is. 55:2.

Man should learn to discriminate, to know values, to recognize the difference between the real and the spurious. Man being a trilogy requires sustenance in all three planes — body, mind and spirit.

Unless man knows "that which is good", his life is more or less waste as the imitation is almost always more alluring to the uninformed mind. The senses deceive man. True understanding comes from that region which is deeper than the heart and loftier than the brain.

The glutton must forsake his sinning ways and eat less food and better food before he can enjoy the goodness of health. The tyrant, or the man of uncontrolled temper, must cease his transgressions while there is still a chance left to return to God and seek forgiveness for his erring ways. The wicked and unrighteous man, too, must get back to God, and renounce his debased manner of living and thinking, and determine to change for the better.

Man should abhor ignorance and error, for these are the ways of destruction. There can be no safety in chance, there is no assurance in guessing. Man should love truth and wisdom, because of their protective propensities. "They received not the love of the truth, that they might be saved." Truth is all-conquering; falsehood, as its name implies, is all-deceiving.

Man can live in the fatness and fullness of his body, mind and spirit, when his physical food is really vital food, when his mental sustenance is related to joy of heart and serenity of mind, when his spiritual fare is faith and trust and love of God, sincerely desiring to know and appreciate him increasingly more. The delight of life ever awaits man's thriving from lesser to greater avenues of expression.

*"The last enemy to be destroyed is death."—
1 Cor. 15:26.*

Due to man's ignorance caused by the blindness and false teachings of those in authority, man is filled with fear and ills. The whole earth is in the throes of constant suffering, and life for endless millions is a continued source of physical and mental torment.

Here is where death, though an enemy, becomes a friend in disguise. Death is a deliverance to these poor sufferers whose minutes and hours merely represent anguish of spirit. Life is darkness and bitterness because of the enslavement of sickness; life is light and sweetness when health reigns supreme.

Life is the real, death is the unreal. The knowledge and observance of God's laws here on earth makes living a source of bliss and peace, and the desire to die is not present. Therefore the last enemy, death, can only be overcome and prevented through the understanding of God which is available to every seeker of perpetual life.

Before man can desire a longer span of physical life, he should first endeavor to find more meaning in life. The act of living is not the chief essential relative to living. The main factor in living is the quality, purpose and special meaning of life to the individual.

"There is a natural body and there is a spiritual body."—Cor. 15:44.

The spirit of man requires substance on which to express. Man cannot walk on air because it lacks strength to bear his condensed weight. Man cannot lean a ladder against a cloud and expect the clouds to support the weight of the ladder. God's world is an orderly one, and it is man's business to set about to discover God's intention towards him and his physical and spiritual planes, so that man may live triumphantly.

The body of man is dependent for life on food, water, air, sleep, motion, circulation and spirit. If there is a weakness or inadequacy in any of these essentials, health of body suffers. The flesh body of man must be

studied and examined so that its awesome grandeur and beauty may be fully apprehended, and health and life preserved for the glory of God.

The invisible spiritual body residing in man but distinct from the physical plane of man must, too, be appreciated and understood. Man is not whole unless in his two planes. Both the physical and the spiritual are designed by God. God is the cause, man should learn to be the worthy effect. Wise and happy is the man who keeps his body fit and his soul alight so that God may live to dwell in him and sustain, prosper and bless him exceedingly.

59

"And the ransomed of the Lord shall return and come to Zion with songs and everlasting joy upon their heads, they shall obtain joy and gladness, and sorrow and sighing shall flee away."
—Is. 35:10.

Man is born alone and he dies alone. He alone must face the difficulties of life and brave one encounter after another. Though we say "man is alone," yet he is never alone or forsaken. God though invisible in his form is ever present within and around man, a true friend that sticketh closer than a brother.

The heart of man is glad when his body is free from pain and his mind filled with the spirit of tranquillity. "The ransomed of the Lord" are those who have forsaken the way of ignorance and blindness and found the path of light and truth. There is but one real foundation for rejoicing — that is a personal acquaintance with truth. There is but one road to the banishment of sighing and sorrow — that is through the gateway of wisdom and understanding.

Truth, wisdom, faith, assurance, the perfect understanding of God's laws, these are the steps man must take to find an irrevocable ransom from the distress of life. God intends man to live rejoicingly. Why should man be satisfied to tarry in the bonds of anguish when freedom is so close at hand?

"The Lord is on my side; I will not fear what any man do unto me."—Ps. 118:6.

The Lord is on the side of the man who tries to understand and obey His laws. When man spends his time seeking and searching for truth, and having discovered truth, proceeds to put it into practice, then at once the reaction to righteous living makes life eminently satisfactory.

When God is on the side of a man, he does not have to fear because God is mightier than all the hosts of the earth. When man is not inclined toward truth and God, he automatically moves under the law of discord, sickness, accident and failure. God is not to blame for man's decision; man condemns himself to punishment instead of gaining the glorious reward and protection which righteous living affords every man.

Even the self-inflicted punishment of sickness and failure are good because, through suffering, man awakens to the fact that he is living unwisely, and as a consequence, finds his way back to God, where forgiveness and rich blessings await him. The foolish man persists in his life of self-made suffering until his life is ended by death. The thinking man awakens to his ignorance and peril, and returns to the ways of truth and wisdom, and thus wins the rewards of God — health, peace, joy and plenty.

"Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O Lord, my strength and my redeemer."—Ps. 19:14.

Both travail and happiness of spirit come as men demand them. The demand is mental, silent, invisible, but terribly potent. Man reaps the rewards of his thoughts and actions. Without thought there could be no deed — thought is the seed of action. Most assuredly man reaps the fruits of his thoughts and meditations.

It is self-evident that excellence of deed follows excellence of thought. So it is the depth of wisdom to observe that every thought is a living force for good or for

evil. Wisdom should be present to see that our thoughts are so beautifully expressed, that they are always acceptable to God. The life harvest of today represents the thought seeds we planted in the past. Care in choosing thoughts in our mental world means the assurance of a worthy life's harvest to be gathered in the future. Life is thinking and doing, sowing and reaping, rejoicing and sorrowing.

To cleanse and beautify the thoughts should be man's daily aspiration. Thoughts determine the quality of man's acts, and man is judged or condemned thereby. "Ye see then how that by works a man is justified, and not by faith only." Man's worthy or unworthy acts of today take form and meet him immutably tomorrow. Every beautiful thought is an ascension and brings man closer to God.

62

"Now faith is the substance of things hoped for, the evidence of things not seen."—Heb. 11:1.

That which is perceived by the senses is described as being objectified or manifest. When beyond the ken of the senses it is designated as being unmanifest or invisible. Faith is that which requires no substance as evidence. Faith is subtle sense which transcends the mortal senses of man. Faith is therefore of supreme value and worth, and its presence can be profitably installed in the life of every man. "And he said to the woman, thy faith hath saved thee, go in peace." — Luke 7:50.

He who uses only the sight of his eyes is impressed by what he sees, but the intuition of faith means clear sightedness far beyond the range of human vision. When man governs his life by the gauge of his finite, easily deceived senses, his trust is misplaced. The sight of the physical eye is never as keen or comprehending as the eye of the soul or spirit. Even though man has perfect physical eyes, they are almost valueless when truth and faith are absent from his consciousness.

Truth, wisdom, faith, blessed trinity of achieving possibilities for the purification, enlightenment and advancement of man. There is no strain in the interior or exterior life of man when he is blessed with faith and understanding. Rest in spirit always follows the use of

God's laws. God is never apart from those who trust him. "The eyes of the Lord are over the righteous and His ears are open to their prayers, but the face of the Lord is against them that do evil."

63

***"In the world ye shall have tribulation, but be of good cheer I have overcome the world."*—John 16:33.**

World attachment usually spells sorrow and suffering. From world attachment arises world desire. From world desire cometh unwholesome ambition and tribulation of mind. Anger is of the world, delusion is of the world, worry is of the world, sickness is of the world, misery is of the world.

The mind of man, when disciplined in spiritual ways, looks upward and finds peace of spirit. God is everywhere, and in God's laws we find all joy, health and supply. Earthly lust, hate, fear, danger, accident are overcome by the act of overcoming of fleshly desires.

If man wills to be free from misfortune and sickness he must surround himself not with things of the earth, but with the divine wisdom of the universe. All noise-some, earthly odors drift away and are replaced with the heavenly fragrance of spiritual bliss when man emerges from the discord of the world into the supreme harmony of God.

Ever will the things of the earth bring vexation of spirit and what profit is there in vexation? Ever will attributes of the spirit bring man solace and satisfaction. Christ overcame the world of tribulation; clearly He points the way for every man to go and do likewise. We are told, "Greater things can ye do".

64

***"To him that overcometh I will give to eat of the hidden manna."*—Rev. 2:7.**

Man becomes, rises, attains, achieves through overcoming. The greatest liability of man is his indifference to spiritual truths. When man awakens to the possibility reposing in spiritual understanding, presently he will be

in possession of God's priceless food, manna or wisdom.

Man must overcome indolence. Man must arouse every nerve of his body, and seek and search for the larger life of spirit. There is no lasting power or profit in life unless wisdom is the directing principle. Mighty is the heritage of man through overcoming the weakness of the flesh. "And he that overcometh and keepeth my works unto the end, to him I will give power over the nations."

How willing is God to grant good to every man! As a rule how unwilling is man to comply with God's laws and deserve the rich blessings of God! None can overcome or hurt the man of God. With God on your side, nothing is impossible. God is ever on the side of those who obey His instructions and commandments, all of which are entirely for man's benefit.

When we lack the will to overcome, we abandon God, then who can help us in our hour of stress? When man trusts God he becomes invincible and unbeatable. Man is faithful to himself when he is faithful to God. "For the Lord God is a sun and shield, the Lord will give grace and glory, no good thing will He withhold from them that walk uprightly."

65

"It is an honor for a man to cease from strife, but every fool will be meddling."—Prov. 20:3.

War with its aftermath of destruction, and depression is made by men who lack wisdom, or perhaps by men for selfish gain. Hate and anger are expressed by men of shallowness, not by men of depth or character. Foolish men are constantly interfering and stirring up strife. Wise men control their thoughts and acts and incline toward peace and harmony. "He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city."

God scatters those who delight in war and rebukes every trouble maker. Man plunges into the lust of war for profit or conquest but he who lives by the sword, the sword killeth. When man finds wisdom, war will end — not before. "Wisdom is better than the weapons of war." War maims, mars, wastes, crushes and kills. Wisdom re-

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stores, lifts, blesses, rewards and heals. War is a calamity as it forces men to hatred and harshness and it is God-like to be useful and just.

When every man studies himself, and turns to God for enlightenment, he will find the benediction of peace. Then war and all the evils of hate will be blotted out forever. When foolish men are denied the right to govern others, wars will cease forever, and peace and brotherhood will be established among all the nations of the earth.

66

***"God—there is none else."*—Deut. 4:39.**

God fills every nook and cranny of space. He is found in the inanimate as well as the living. In the core of the earth, in the loftiest altitudes, we find God. God is omnipotent, omnipresent, omniscient, friend, sustainer, preserver, Father, Mother. God is in breath, thought, act and word.

God is not only life, but He is the source of life. Not only is He being, but the essence of being. Not only is He spirit, but spirit of spirit. God is all-knowing, all-comprehending, all-seeing, all-just. God is infinite, therefore deathless. "I am the Lord, I change not."

Before time was, God was: ages pass, mountains crumble, seas dry up, planets dissolve into dust, suns die, but God persists. There is no beginning or end in God. God is voiceless, yet his voice thunders. He is shapeless yet He is perfect in body. God is not a man, yet He is all men. "Know that the Lord He is God; there is none else beside Him."

All life is rooted in God and life ultimately returns to its source — God.

God is the essence of perfection. Every man who walks in His light, too, tends to become perfect. In God are hidden the treasures of the universe, the most perfect wisdom, the highest understanding. "All things were made by Him: and without Him was not anything made." God created the visible and the invisible, the handiwork of God penetrates the heights, depths and all dimensions of the universe.

God is the master designer, the divine artisan, the perfect evolver. Boundless, measureless, infinite is His

power and strength. "He hath made the earth by His power, He hath established the world by His wisdom and hath stretched out the heavens by His discretion." All came from God, the earth is His work, the laws of the earth His thoughts.

What a privilege man has to co-operate with God. Man may find the fountain of life and the light of truth in God. Darkness exists outside of God, but light alone emanates from God. "God is light and in Him is no darkness at all." God's work and God's laws are perfect. As man inclines away from error, he too becomes perfect even as God is perfect. Man can find liberty and perfection when he seeks to know and practice the precepts of God.

There is no variableness in God. He honors and rewards every man who obeys His laws. "Every good gift and every perfect gift is from above and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." For greater life, greater knowledge, greater breath, turn to God, man's supreme existence, He that liveth in all things and liveth upon all things — God. "Acquaint now thyself with Him and be at peace; thereby good shall come into thee."

67

"Likewise, the spirit also helpeth our infirmities."—Rom. 8:26.

The fruit of the spiritual life is joy, peace and health. When we live away from spirit we torment our bodies with self-made ills. It is the spirit that quickeneth, it is spirit that heals our grievous wounds. God is spirit. When man is ill let him turn to his creator, God, and he will find healing. In God, man discovers health and a longer span of life. "For I will restore health unto thee and I will heal thee of thy wounds, saith the Lord."

68

"All mine are thine and thine are mine."—John 17:10.

God's promise to man is made manifest when man becomes at oneness with the meaning of divine law. God

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wants men and women to be happy, healthy, wise and opulent. Men who persist in living after the ways of the flesh deny themselves myriads of potential gifts from God, in spite of the fact that God offers his every good gift to man.

Man hesitates to reform his ways, to change his habits, to reverse his thoughts. As a consequence, man stands in his own light and lives a dwarfed existence. God is eager to permeate man's being with earth's mightiest fulness and richness, but somehow man holds aloof from God and thus prevents himself from possessing and enjoying earth's fairest gifts.

Man must come into a sense of his indiscretion in living apart from God. He must face about and wend his way back to the source of all supply — God; God in man, man in God. When this merging is made complete, life becomes a rich and divine experience.

69

***"God is love."*—1 John 4:16.**

God is love and God is justice. God is not mawkish love, He is love divine, the giving, bestowing kind, asking no requitement save the fulfilment of His laws governing the life of man. God asks no favors from man; however He delights and glories in the improvement of man, which constantly happens when man is sufficiently wise to incline his ear to God's commands.

God being the foundation of wisdom, also the father of every man, exists not to torment His children, but to illumine them. When man is visited by pain, that distress was probably necessary for his education. Man rarely learns by ease, so disease is sent not to kill, but to instruct. When man seeth not the motive behind his physical distress and concentrates on the pain, he displays unfitment and through his ignorance invites more grievous torment or even death.

God deals lovingly but justly with all men. God's ways are perfect. The more closely we study our personal life, the more we learn of God's love for man and His mysterious plans and methods for helping man to help himself. Man displays unusual intelligence in self-help and self-unfoldment. It is the only plan whereby

man can reach a perfect state of health, being and consciousness.

70

"I will sing unto the Lord, because He hath dealt bountifully with me."—Ps. 13:6.

God rewards those who serve Him. He opens the understanding of man. He hears and answers prayers, He creates health in our body and delivers us from suffering. The earth is overflowing with the bounty and beneficence of God. If man so wills, his personal life too may be brimming with health, peace and plenty.

Man's eyes are still closed to the glorious possibilities of God. Everything that would tend to enrich, ennoble and beautify man's life is open to the demand of man when he dares to aspire to a God-like life. In the world man finds anguish and darkness. In the observance of God's statutes man discovers enlightenment of heart and understanding of mind. God's favor ever flows to those who believe in His laws and endeavor to practice them daily.

71

"With God all things are possible."—Matt. 19:26.

"All things," there is no such thing as limitation with God! The fairest picture, the broadest vista, the highest objective, all are possible to attain and achieve when God's laws are employed. "Blessed is the man that trusteth in the Lord and whose trust the Lord is. For he shall be as a tree planted by the waters that spreadeth out its roots by the river, and shall not fear when heat cometh; but its leaf shall be green and shall not be careful in the year of drought, neither shall cease from yielding fruit."

Friends will often fail in the hour of need. Discouragement will persist in creeping into our mind. Loved ones will pass away. Prized possessions will be lost to us, but God is ever perfect, bright and shining, ready to console, counsel or redeem us from our tribulations.

The goodness of God is spread all over the land. He can close the gates of death, He can lift the fallen, He

can comfort the sorely distressed, He can protect the harassed. "And the Lord helpeth them and rescueth them; He rescueth them from the wicked and saveth them because they have taken refuge in Him." Let us cease trying and struggling. Let us get back to God with our problems and complexes. He is our Father and He loves to serve His bewildered sons and daughters. Then indeed will we discover "With God all things are possible."

72

***"Wherefore be ye not foolish, but understand what the will of the Lord is."*—Eph. 5:17 R.V.**

It is foolish to be unhappy, sick, ignorant or distressed. It is the will of God that man should live abundantly. Man lives in distress because he has never discovered God's high intentions toward him. He has never found the treasures that God has willed for him.

God does not visit vengeance or jealousy upon man. God is intelligence and justice and where there is intelligence and justice there can be no hatred or envy. Man through lack of higher vision, lives in the plane of limitation, uncomprehending that God has established a mansion in the sky for him.

When man ceases to live according to the dictates of his finite, mortal will, and seeks to discover God's purpose concerning him, then he will begin to live in a vaster world of light and reward. Before man can know God, he must study God. "And none of the wicked shall understand; but the wise shall understand." The understanding of God is man's greatest defense. "A wise man is strong. A man of knowledge increaseth strength." The upward way opens to man as he is ready to receive God's commandments and use them — we glorify God when we keep His commandments.

73

***"Pray without ceasing."*—1 Thess. 5:17**

When man demonstrates perfect health, his health is an unceasing prayer. When man is filled with the spirit of joy, his joy is an unceasing prayer. When man has found perfect love, his love is an unceasing prayer. When

man has learned to think clearly, his thoughts are an unceasing prayer.

God frowns on formality and prayer-obsequiousness. With God beauty and love require no set time for an audience, while creed and dogma wait without the gate of heaven hoping for an audience.

Whenever man sweeps out dark thoughts, he offers a prayer to God. When man discards every suggestion that opposes God, he prays. When man has a vision of the beautiful, when he forgives his enemy, he prays. When man loves beauty, color, music and rhythm, that, too, is a prayer beautiful.

The desire to live wisely, to eat in moderation, to love the out-of-doors, to delight in justice, to express faith in yourself and in your fellow man, these are the sublime forms of prayer and wholly acceptable to God. When prayers are unanswered, we should try to learn the cause of the non-fulfilment. "Ye receive not because ye ask amiss."

74

***"Judge not and ye shall not be judged, condemn not and ye shall not be condemned."*—Luke 6:37.**

God only, has the wisdom to judge rightly. Man's mind is filled with prejudice and selfishness, therefore he is in no wise capable of judging justly or wisely. Consequently man should refrain from condemning or passing judgment on others. Man may profitably judge himself, examine his habits and supervise his decisions, but he should call a halt when he feels inclined or justified in speaking adversely against his neighbor.

Man is wise when he learns he is placed on earth not to spend his time on the condemnation of others, but on the enlargement of his own personal life. When man spends his time looking for the minor faults in others, he has no time left to search for the major flaws within himself. Man should be more of a "good example" than a "pestering critic". Man is commanded, "Let none of you imagine evil in your hearts against your neighbor".

That which we tend to concentrate upon multiplies. That which we turn from begins to stultify. There is both

light and darkness in life; there is good and evil in every man, and no man is perfect in all ways. Knowing this to be true, is it not inconsistent to constantly search for the imperfection in another and habitually dwell upon it? Each time we meet that individual, owing to the fact we have labeled him "imperfect", in our mentality we can see only his weakness, and though he has much potential light and goodness within him, we never discover it, because of our poor judgment and faulty attitude in the beginning.

Man should live not to please himself: rather should he discipline himself in the ways of truth; then he will find increased gain in living. We read, "But to do good and to communicate, forget not, for with such sacrifices God is well pleased." When man lives an interfering life, he comes under the law of condemnation. When man wisely lives to enlarge his life to include beauty, truth, wisdom and God, he moves under the law of compensation, which means safety, liberty, peace and divine protection are his.

75

"And he said unto them, go ye into all the world and preach the good tidings to the whole creation."—Mark 16:15.

When man comes into the possession of truth principles, he should display them openly and freely tender them to others so that many may find heaven here and now, which is only possible through the renewing of the mind.

Mankind is sceptical of innovation and those in authority are jealous lest the new ideas interfere with the old. But the "bearer of good tidings" must expect rebuffs, calumny and rebuke; it is part of the price the "light bearer" must pay as a disciple of truth.

Man has lived in darkness too long and now God's presence is on the horizon of the world. He has come to reveal himself to man, not as a tyrant, but as a father. God stands for everything that is sane and commendable, when man looks on God in the right light. God has not come to destroy, but to cherish and save mankind.

When man is kind, sane, just and intelligent, he is a preacher of "good tidings". When man flashes a friend-

ly smile on his fellow man, he is performing an act of divinity. When a man strives day after day to look his best, to act his best, to live his best, he is a child of God. In our home circle is the place to begin, to be a "bearer". Then, as we practice being children of the light in our home life, soon our influence will widen and broaden until the message of "good tidings" is carried to all creation.

76

"Release and ye shall be released."—Luke 6:37 R.E.

Forgetfulness is a blessing when it is related to the erasement of old wrongs and hurts. Man should learn to discard the thoughts which perplex and annoy. God has endowed man with a brain, and the highest use man can make of his brain is to use it as an instrument of blessing to himself. Man cannot expect freedom unless he grants freedom to others. Domineering over others is a form of tyranny and is not acceptable in the sight of God.

Life should consist of holding on and casting out. Holding on to that which is gainful and good, and discarding all things which are evil and unprofitable. In order to perceive and comprehend good, man must study life most earnestly and learn how to live for the limitless blessings which God freely offers to every man who is sufficiently intelligent to recognize the possibilities of life in God.

Man cannot expect forgiveness for his own shortcomings unless he is ready and willing to grant forgiveness to those who have offended or injured him. God wipes the slate clean when man expresses his desire to live better; surely man should imitate God's example. "But if the wicked turn from all his sins that he hath committed and keep all my statutes and do that which is lawful and right, he shall surely live, he shall not die. None of his transgressions that he hath committed shall be remembered against him."

77

"The righteous is delivered out of his trouble."
—Prov. 11:8.

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A man cannot be classified as being righteous unless he obeys God's laws. God is God of the flesh and of the spirit, the God of nature, the God of the cosmos. Everything that is, is expressive of God. Man will remain eternally unrighteous and condemned to suffer unless he recognizes the divinity of all the basic fundamental laws of life and living.

A glutton is not a righteous man, though he is often known as a religious man. A lazy man is not righteous because God is the essence of activity, and to be righteous means to be in the image of God. The man with a lying tongue is not righteous, nor is the man who is a mischief maker.

To be freed from sickness, unhappiness, pain and failure, man must be altogether righteous through the strict observance of God's laws as exemplified in the processes of body, mind and spirit. Man cannot live here on earth unless he has a human organism; therefore he should study the laws of his body and fulfill their requirements and thus become righteous of body as he is of mind and spirit.

78

"The stone which the builders rejected, the same is become the head of the corner."—Matt. 21:42.

Man still lives in partial darkness as to true values. All great men in the beginning were doubted, reviled and rejected by the multitudes. All through history, cases are recorded where the mocking of yesterday has been transformed into reverence today. The ordinary man is swayed by outside suggestion and does as he is told. The man of wisdom thinks for himself and early learns to recognize principles of wisdom and worth.

In order to know values, it is necessary to develop a sense of values. When men of limited understanding acclaim something of great worth, their laudation does not make it so. Similarly, when men of mediocre understanding condemn something as being of little worth, that does not make it so. No man can judge rightly unless he is versed in the laws of truth and understanding, and these essentials should be sought before man can safely utter any acclaim or disclaim.

A man may make a statement thinking his statement is right. But man's opinion is not the chief factor at stake. "Is the statement correct and true?" is the chief question concerned. By the study of God's laws and the practice thereof, every man can in time recognize truth and shield himself from evil. There is no other protection from error — God is the only source. "His work is perfect. A God of truth and without iniquity, just and right is He." — Deut. 32:4.

79

"The grass withereth, the flower fadeth, but the word of our God shall stand forever."—Isa. 40:8.

All that is visible is slowly changing into the invisible. All that is finite and seeable must crumble and dissolve into nothingness. The invisible alone survives and is unchanging. God's laws endure from age to age, and wise is the man who searches to know them more fully.

Man, when he pursues the seen, is relating himself to change. When man's quest is more of the unseen than the visible, he demonstrates he has vision and intelligence and is assuring himself the garnering of a worthy harvest in his future life. Planets, suns and the earth may pass away, but the word or laws of God will everlastingly endure.

80

"Open thou mine eyes that I may behold wondrous things out of thy law."—Ps. 119:18.

Rarely does man live up to his possibilities. The eyes of mankind are still dim and heavy in spite of the fact that the opening process is but an enlargement of the mind. All the goodness of God, all the richness of His limitless supply, are within sight and reach of all mankind. However, if man's eyes or mind are closed to the nearness of God's rich blessing, man denies himself the advantages of their use and enjoyment.

To be willingly ignorant of the possibilities of life is a grievous sin. Man persists in holding on to old limitations so his eyes are still unopened to his heritage of

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higher light, and he never beholds the wonders of God's laws. Man has a rebirth when he seeks to open his eyes to a loftier concept of life. "Old things are passed away; behold, all things are become new."

Man's opening up process has to be gradual. Little by little he will begin to observe the higher meaning of human existence. As the dimness falls away from his vision he will discover God's glorious intention toward himself and too, he will comprehend that physical death is not necessary to usher in heaven. Heaven is discovered and enjoyed here and now by the self-enlargement of man's spiritual, higher sight.

81

"For they were astonished at his doctrine, for his word was with power."—Luke 4:32.

Man should not allow himself to remain in the clutch of ignorance because ignorance advertises itself as being darkness. Man should aim to speak in terms of truth, as truth advertises itself as being light and power.

Truth is truth, whether it falls from the lips of a child or a wise man. Every man can speak with power when he is at oneness with the principles of God's laws. Man, by earnestly seeking to become familiar with truth, finds truth emanates from every word he utters. He has quaffed at the fountain of truth. What he has taken in later comes out and is recognized as "power".

Truth is not only power, but it is satisfaction and security as well. The man who speaks and walks in the light of truth will find his word and ways will carry conviction and respect, even though he stands in the midst of his enemies.

82

"That he might make thee know that man doth not live by bread alone, but by every word that proceedeth out of the mouth of the Lord doth man live."—Deut. 8:3.

When the fires of life in man burn low, physical food cannot save his life. Often the healing word of spirit will cause a sick man to regain his health.

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In health man should not be wholly concerned about what he should eat and drink. He should take time to study the laws of his being. He should discipline himself to eat vital food in moderation.

He should also feed his being spiritual food. Faith is the highest and most magnificent altitude of thought. Faith is the master key to perfect recovery from disease. The food we eat creates our body. The thoughts we think determine the quality of our life and sometimes the grade of our health. Food and faith are God's healing agents. Let every man while still in health develop a perfect understanding of these principles and disease will be as far removed as one pole is from another.