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# Individual Completeness

By

ELIZABETH CARRICK COOK

*"A sudden idea of the relationship between lovers. . . . We are neither male nor female. We are a compound of both. I choose the male who will develop and expand the male in me; he chooses me to expand the female in him. Being made 'whole'. Yes, and that is a process. By love, serve ye one another." From the diary of Katherine Mansfield, English author.*



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# To a Stranger . . .

## An Introduction

STRANGER, whom I meet today, do you realize that tomorrow may bring us nearer together as fellow workers or comrades? Though we have never met before it is all possible; the poetry of friendship, the music of love, the rich achievement of intimacy—and it is all possible for us.

ONE DAY sunders and another unites, and all relationships begin in the meeting of strangers. Therefore, let us meet one another fairly, each willing to taste the flavor of the other personality.

IF YOU HAVE HEARD aught of me from others, *put their thought of me aside when we meet*, for it may be that I would not be to you what I have been to them. It may be that your eyes are clearer for a glimpse of my vision.

WHAT I have heard of you I shall also strive to forget and embark upon unknown seas to discover a distant continent where God lives.

LET us begin, when we meet, to write the story of our acquaintance upon a fair white page.

IF there is aught in me that pleases you, show me, I pray you, something of your pleasure. Let it shine as the sunlight upon a flower hitherto hidden in darkness.

HIDE NOT THE TRUTH that dwells in the house of your soul behind the shutter of FEAR. Be yourself bravely, and surely you will inspire me to like heroism.

DESPISE me not if I reach out to you with both hands, for perhaps I need help, or perhaps I bring a gift. You cannot tell.

COME TO ME, IF AT ALL, without compromise or condescension, and let us meet with the grandeur of kings and humility of beggars, for it may be that in the future we shall serve each other well.

MARGUERITE OGDEN BIGELOW.

## PART I

We all know that there is only One Cause, God, and that therefore, there is no effect from any other cause. Everything we see in manifestation is really an idea of God, but these ideas are seen at present dimly through the mist of matter (or the mist of our own material misconceptions). Thus it is, that we appear to see evil in our world and to so misinterpret the good that lies round about. Fortunately the "mist of matter" is rapidly thinning and destroying itself as all lies eventually do. There will be nothing left, of course, but God's perfect world. In the meanwhile, it behooves us to understand all the truth we can about everything. The mist thins quicker when we are thinking truly.

One of the greatest problems for human beings today is that of tangled human relationships and all the evils which ensue, such as: loneliness, jealousy, incompleteness, inharmony, etc.

Look at the material world; we see in the vegetable, mineral and animal kingdoms, two elements; the masculine and the feminine. Not only here, but also in music, art and literature, these two elements persist. They are as follows:

### IN MUSIC

Major tones, masculine

Minor tones, feminine

### IN ART

Straight line, masculine

Curved line, feminine

### IN LITERATURE

Prose, masculine

Poetry, feminine

Now, even though we *are* still looking at God's perfect world through the mist of matter, we know that the counterfeits must be something like the original in order to *be* counterfeits. So we know that these two elements appearing again and again throughout our world, bear evidence to Cause or God. We find these two elements in God are Father and Mother. Thus, the metaphysician prays: "Our Father-Mother God". Now which

are God's principal qualities as Mother, and which as Father? I offer them to you here, as Mary Baker Eddy, Frederick L. Rawson and other leading scientific teachers have given them:

MASCULINE

Truth  
logic  
strength  
frankness  
courage  
vitality  
initiative  
reason

FEMININE

Love  
intuition  
beauty  
refinement  
gentleness  
purity  
co-operation  
revelation

Man (meaning all the spiritual beings in heaven) is God's total consciousness, bearing evidence to all of God's qualities. Man, therefore, is the perfect blending of masculinity and femininity as one complete consciousness.

Each individual individualizes the *one man*. Therefore, each individual, individualizes complete consciousness. If you think of an individual as body (which he is not) it will be difficult to perceive this. But if you think of the individual as consciousness, you will see that, in perfection, he is a blending of all God's qualities. Otherwise he would not be complete. You will note that each masculine quality is complemented by a feminine quality. Thus, Truth *plus* Love equals completeness.

Since the individual is both masculine and feminine, his body is not himself, but a symbol of his present experiences. Because a woman has a female body does not mean she lacks masculine qualities. It means that she is functioning a predominantly feminine experience. Since her body symbolizes the feminine in her consciousness, what symbol or proof has she of the masculine? Naturally, she sees men in her world. These masculine symbols can be seen by her only because she contains those elements in herself. We can only see in our world the proof of elements existing within our consciousness.

No one lives in a world wholly feminine or wholly masculine. This proves that we are complete because we see both. Even the nun in the convent sees plant life (which symbolizes both ele-

ments) and the monk in the monastery is surrounded by the minerals of the rocky hillsides, and all hear music and read literature. In other words, do what you will in the outer world, you cannot escape completeness. It is already established as God.

What has this to do with our present human relationships? Just this. In the material thought, we were taught to believe that we were incomplete as individuals and so we sought all manner of relationships to complete that incompleteness. This resulted in disillusion, friction, loneliness and restless seeking—but we now know in Truth, that we are *already* complete and that the individuals who appear in our lives under sequence (through treatment) are brought there that we may have proof of our own completeness. God's ideas must be exchanged in order for us to be happy.

## PART II

"Henceforth . . . I . . . know no man after the flesh."

Man and woman both turn to the same God which proves that there is no gender in Spirit. If there were, man would turn to a masculine God and woman to a feminine God. There are no two individuals alike in all the world. This proves that God is infinite and never repeats Himself. Consciousness is not form. It is awareness. You are your awareness. Consciousness has no form, therefore may have no sex. Consciousness is sexless. Yet it is complete because it can think. It can be aware. Everything to be *one* must be complete. If it is less than one, it is two-thirds or one-fourth or something else. An individual is a *one* therefore he is complete. You are not one-half of an individual. You are a complete thinking apparatus. Because we are complete as consciousness, consciousness is aware of ideas. Because formerly you went out to get something from an incomplete basis, you received an incomplete experience. God is Alpha and Omega. If you start with incompleteness you end with incompleteness. Because I am complete in God, everything in heaven and earth is a part of me.

Don't think of yourself as body. Think of yourself as *awareness* and realize that you have the capabilities of God. If you are a woman, whether the man in your life is your father, son,

brother, husband, friend, sweetheart, or business associate, realize that he is your masculine qualities personified. (Persona means mask). We need to be impersonal. Most women say that other women are "catty". You are talking about yourself. There is nothing that is not pure, gentle, loving, and kind in God. When women begin to appreciate the God qualities that sort of thing will die out. The eternal feminine is the higher idea of God. The feminine part of yourself is the higher part. (Woman means man with a womb, or the capacity to reveal ideas). Woman symbolizes the womb of the universe from which all ideas come. If we are complete in ourselves, we see completeness in others. Man looks to woman's intuition, if she respects his logic. Let us impersonalize.

### PART III

We seem to be living, most of the time, in the past or the future, and from the Absolute Science analysis of the Here and Now, both past and future are characterized as beliefs or lies. No one can function either. "Life to the individual is just that instant of consciousness at the instant of which his knowing faculty is aware." (*"Condition of Being,"* by Jay W. Cook.)

We can only live in the present, but, "what fools we mortals be" when we discolor and adulterate the glories and beauties of the Present Instant with anxiety about the future and regret of the past.

Now, going further, we can see that we are always postulating the past as cause. When a "patient" comes to a practitioner and states his difficulty he can usually tell what brought the condition on, and *that cause* lies in the past. He may perhaps, on the other hand, bring you a hypothetical problem over which he is worrying because of the possibility of it appearing in the *future*. In both cases, he is suffering from the effect of time outside what he calls "The present".

If we do not understand Principle we unwittingly attempt to sustain the very inharmonious appearances which are giving us difficulty for we believe that there is life in the image and seeing the image break up or change form, terrifies us. What we need to know is that Life is not in nor of the image and that man can

merely reflect Life. Also we must see clearly that there is only *one activity, the activity of God*. All things are "working together for good". . . but only those who "love the Lord" (see the Truth) can know that.

The Scriptures say "Except ye be *born again*, ye can in nowise enter therein".

Each time we transcend the present sequence by acknowledging the instantly available idea "Peace" or "No-thing" or "The Void", the old sequence dies unto us—we transcend it—and we are "born again". Then a new idea of destiny is established in consciousness.

When the student perceives that his difficulties have all been related to past and future speculation, he is glad to renounce both and live in the joyous abandon of the Present. He realizes that the Present is Completeness and his every need is met at the instant. There is no more potent treatment than to acknowledge that "Everything is all right Here and Now".

This acknowledgment is the great Eliminator, for note that its very nature is a law of expulsion to everything unlike itself. One does not need to outline just what form the demonstration will take. He can trust Principle to eliminate all that has been established from a divisible basis. But one should give no concern to what is taking place in the realm of appearances after he has "put the Eliminator" on it. This is his time to "wait patiently on the Lord".

Students often ask why certain losses and upheavals have come into their experience. Could they but see this fact—that as soon as they have formed inharmonious concepts about persons, places, things or situations, the Eliminator *starts to wipe out such appearances!* In the removal of them we may see death, separation, divorce, lack and all manner of unpleasantness until the field is clear. Let us illustrate this.

We all individualize the masculine *and* feminine qualities, as I have pointed out. Now suppose in experience one is functioning a feminine sequence; is a woman. She may have acknowledged some masculine symbol as husband and then have found certain discrepancies after marriage. Her constant and positive acknowledgment of flaws (whether silent or audible) will set

up a sequence of elimination which will eventually separate her from her husband by death, divorce or separation.

The masculine and feminine symbols appear there, as marriage, but even if the marriage symbol has not been an unfolded idea in the sequence of this individual, nevertheless she would still be complete; that is to say, she would still individualize the masculine and feminine qualities of Being. These phases are eternal. All that we can do is to exchange one symbol for another, but there must always be a symbol, in the realm of appearances, to bear evidence to the presence of an eternal idea. So in place of the symbol "man", the symbol "absence" or "aleness" would appear. Nevertheless the masculine idea is still present in consciousness. Note that the woman in the illustration would say that she was "divorced". Divorced from what? You see there is a reality there, or she couldn't talk about it.

Another woman says "I am 'single'." There must be an idea existing from which she considers herself "singled out". In other words, "*married, divorced, single and widowed*" are designations we give to self to indicate what is happening in the realm of appearances and note that they all have as their basis, completeness, or the eternal union of the masculine and feminine phases of Being.

We all entertain the ideal idea of each person, place, situation and thing. We may not examine consciousness carefully enough to be aware that these ideas do have a very definite existence, but nevertheless they are true. Now the important point for the student to perceive is, that the only reality of anything is the ideal idea of it. By reality, I mean substance, continuity and perfection. So sooner or later, each and every one of us must (recognize) recognize the ideal idea of this compound idea, Universe. Now being true to Self really means being true to the ideal idea, does it not? How many difficulties do you think we would have with Individual Completeness or any other phase of existence if we were always true to Self?

In our youth (if we are women) we discover through literature, song, drama, or mere everyday experience, that we are entertaining a masculine ideal. The symbol which would win our appreciation must have certain qualifications, we aver. These



qualifications are sometimes spiritual, often mental, and more frequently physical. The younger we are, the more apt we are to clothe the physical symbol of beauty with romance.

So we say that our heroes must be "handsome, manly, brave", etc. After a while we add—"clean, honest, ambitious". Ultimately we demand "sympathy, spiritual discernment, appreciation of art" or higher symbols of abstract qualities.

Each individual woman has some masculine ideal. Each individual man entertains the feminine counterpart. In the everyday world, we classify these carelessly as "tastes". Now ideals are always all right, and the difficulty lies not in the fact that we entertain high ideals, but in the fact we permit life to substitute for us.

In other words, we weave the garment of our ideal. Then instead of waiting for the Prince (or Princess) charming to make an appearance—resting peacefully in the completeness of the instant—we begin to let the restless, race belief of divisibility have sway in our consciousness, and in so doing acknowledge "incompleteness" the very opposite of the idea we would have.

Of course incompleteness has "to be completed" so we look about us in the objective realm for the symbol which *most nearly* embodies our ideal. Naturally the symbols which would be appearing at that instant would be the evidence of our condition and our condition then would be based on an incomplete conception of self. But not satisfied to "wait patiently on the Lord", we attempt to cut down the garment of our weaving to fit the symbol we have included.

Perhaps it doesn't fit very well. At first, we overlook this but times and experiences will only magnify the discrepancy and we will begin to see in this symbol all that is opposite to the ideal. Criticism sets in. Blame for the symbol. Blame that is unfair for our acknowledgment of incompleteness, our own readiness to let life substitute, these are the real culprits! We were not "true to self".

Right here I want to point out the greatest truth in all these Individual Completeness lessons. It is this: *every man and every woman embodies all that there is to completeness.*

In other words, the idea 6 is a perfect idea and although we

may write some very poor and irregular numerals on the black-board, nevertheless each six symbolizes all that there is to the idea 6.

Now, to reiterate, all that we have of any individual, is our conception of him. Therefore exchanging one personality for another, in the realm of relationships doesn't get us anywhere. It is the common belief that some personalities are more suited to us than others. Here we again accept the belief that completeness can exist outside of self.

Going back to the period in sequence, where we accept an inharmonious symbol—one which eventually manifests discrepancies. Was there really anything lacking, anything wrong in the other individual? No, it was still simply *our concept of him*. It can readily be seen, by this, that our happiness does not depend upon the identities with whom we are associated, but rather does it depend upon our *conceptions* of those identities.

So the woman, who divorces one man and marries another, to find happiness, will not gain that happiness unless her condition of consciousness has changed for she will only perceive in the second the flaws she discovered in the first, since they really exist within her cognition.

We shall never find satisfaction and happiness in the marriage relationship until we have learned the truth that the one we acknowledge under such conditions *can* and *does* embody all of our ideal. This is analyzing from the basis of the One. All experience must ultimately be brought into the subjection of the One.

The man or woman who seeks happiness, flitting from personality to personality in the vain attempt to find completeness is like the butterfly flitting from flower to flower whose life is precarious and short-lived. Such individuals must discover sooner or later that completeness exists as self and this recognition must precede any steps they may take in the realm of relationships to find happiness.

Naturally we cannot "outline" as to what will take place in any individual's experience. Turning to the Absolute with the true understanding of Being, of the completeness of Self in The Eternal Instant, permits Principle to delineate Its own orderly

unfoldment. How the pictures are arranged, and re-arranged will not concern us, provided our condition is one of Peace.

As soon as a woman begins to find flaws in the man she loves, these flaws start to magnify a thousand-fold until gradually, there is little of her original estimate of the man left. She says the man is changed but since all we can know of another is our opinion of him, the change has, in reality, taken place in her. To those who are still working from a relative basis, this would appear to be a mystery, for the one who believes in divisibility, thinks that there are minds many rather than Mind One. Such an one says: "But so and so *did* change. He used to be a good husband. Now he is doing thus and so. Is this right? Am I to blame?" Oh, the women who have asked the writer that question—Am I to blame? There is only one correct answer. No, you are not to blame. It is not your *fault*, as F. L. Rawson says: "Rather it is your *misfortune*." (Due to ignorance)

I cannot emphasize too much the importance of appreciating *in the Present the Presence of the Ideal*. The ideal is always spiritual, present, invisible. We cannot see ideas but we are aware of the symbols of these ideas in manifestation, whether they be mental or so-called physical manifestation. That is . . . the qualities of perfection are always present in consciousness and to appreciate or give constant recognition to these qualities is wise. Results and the form they take are unimportant. One can be sure of this much: satisfactory results will be in proportion to the present appreciation of The Finished Kingdom.

Man is spiritual, perfect and divine. At this instant, the masculine and feminine qualities are eternally united. (Seen phenomenally as marriage.) Mr. Rawson taught us to acknowledge Truth as it is, giving no attention to any evidence which does not *conform to the ideal*.

Be true to Self! Self demands peace, completeness, joyfulness, perfection. All things in heaven and earth. And demanding them, it has them! "Acquaint now thyself with Him and be at peace." Awake! Stop complaining about the picture—man. He is "of such stuff as dreams are made". He is subject to appearance, disappearance and reappearance. The real man, the eternal, invisible

idea of the Ideal, is changeless and everpresent. Over him, misunderstanding, separation, divorce and death have no power.

To turn always to the appreciation of the masculine and feminine qualities of Being is to be surrounded continually with "the male and female of God's creating" as Mrs. Eddy calls them and to find one's self in just the right relationships, associating always in all paths of life with glorious men and women.

## PART V

"Home should be the center though not the boundary of the affections."—"Science and Health With Key To The Scriptures" by Mary Baker Eddy.

Spiritually speaking, and that means truly speaking, man's home is his consciousness. In that consciousness he may include many symbols of home, but the consciousness itself, infinite in extent, eternal in nature, is his everlasting "Father's House". Our Master said, "In my Father's house are many mansions; if it were not so, I would have told you." Here Jesus is pointing out the heart of His teaching, the soul of His ministry, the life of His message, namely, that man can never die (never get out of consciousness) and that there are many experiences, many relationships for man, or many mansions in His Father's house and he simply includes or recognizes one after another in law and order. If it were not so, He would have told us.

I am bringing all this out for the benefit of those students who say "I want to demonstrate a home." They may mean different things by that word "home". Sometimes they merely mean a house or dwelling place, sometimes they mean marriage, a husband and children, sometimes home simply means to them a retreat from the world, a place of peace and security. Whatever their so-called heart's desire is, they must all learn the primary point in obtaining a satisfactory manifestation of the idea "home". This point is the one just explained that man's home is spiritual and is his consciousness, the pure transparency of Being. The proper symbol of home to give him satisfaction and joy will appear as he begins to clean out the false conceptions of his spiritual home or consciousness. First let him ask himself what qualities this home should symbolize. Does he want luxury,

elegance, refinement or simplicity? All of those qualities are qualities of Mind and must be realized spiritually.

Too much outlining is done by the uninstructed student. He thinks that home must be in a certain place, of a certain type and that Divine Mind cannot offer him anything better than his own imagination has. Remember that "Eye hath not seen nor ear heard . . . the things that He hath prepared for them that love Him". The student should abandon himself completely in the joy of appreciating the qualities which he would see manifested in "home", "marriage" or any other problem and, as Mr. Rawson used to say "Watch God work".

I have pointed out that the animal, vegetable, mineral, artistic, musical and literary worlds bear evidence to the presence of the masculine and feminine phases of being. Now, I want to show you that even in our spiritual application of the principles of life, we use these two symbols. The masculine element is activity (dynamic) and the feminine element is co-operative, (gentleness and love). The time to be *active, intensive* and *dynamic* is in your treatment work. The time to be *loving, co-operative* and *receptive* is in dealing with other people.

Note how we have reversed this: Most people are rather timid and colorless about their treatments as if they rather doubted their efficacy. On the other hand nearly everyone is more or less dominating, wilful and assertive when dealing with his fellow-man. The two attitudes should be reversed.

## PART VI

Think through a problem once in order to focus on the elements that need reversal—then treat. Be absolutely honest with yourself.

Don't relinquish an idea—God wants you to have what you want! Keep on affirming it and assuming it is so, and it will be so. Always work on the God-side; then you are working on the side of agreement and harmony.

Pride has to be discarded if there is to be love. Pride of any form is egotism; note the distinction between pride and self respect. Love is always something to be proud of—it takes love to make demonstrations. You have to love to give treatments

and love the people for whom you are working (you can't be bored and get results in Truth).

Don't try to manipulate personalities—handle thought only!

The masculine element of God is positive and active, and the I AM is its name because the active quality of God is the I AM. When an individual is functioning a masculine sequence he passes on his idea through the conscious thought; he likes to be heard, and likes the feminine element to receive what he says because he is the giver.

The positive thought of the masculine is positive to receptive thought of the woman, and the receptive thought of the woman is positive to the conscious thought of the masculine.

In all personal relationships we should rely on treatment as our protection and guide. You haven't much faith in God when you worry about your loved ones. Rely on treatment and not on personality.

Set up no moral code but turn in thought to God and trust His guidance. Man's progress depends upon the number of seconds in the twenty-four hours in which his attention is turned to God and His perfect world.

Forget yourself! Be happy, make others happy, and watch God work. Drop all resistance.

From a metaphysical point of view the masculine principle, being active, should be in the realm of mind; the feminine, being love, should be manifested in our activity in the outside world. The problem today is that this rule has been reversed. Our treatments should be of the masculine nature, dynamic, active and powerful; our external activity and attitude toward our fellow-man should be the feminine quality of love, co-operation, tolerance, appreciation.

Companionship means affinity of spirit.

If you believe that men don't want intelligence in a woman you are libeling your masculine symbols and there will be a "kickback". Men do want intelligence. There is no separate mentality. There is only one which is God, Infinite Mind. "I in you, you in me, and all of us in the Father."

Self-justification is the root of all personal relationship problems.

Everyone of us is exactly the same; we are only depicting a different representation. Embryo life is a balance of both the masculine and feminine.

There is only One Mind so how can women be inferior or superior to men?

That of which you are aware is your consciousness and your world. If you don't like the masculine concepts in your world get a better concept. There is only one I AM.

You will always attribute to someone else what you have not weeded out of your inner consciousness.

Assume that an idea is true, acknowledge that it is present, act as if it were so, and it will be so. Ask yourself the question, "How would I act if my demonstration were made? Happy, free, joyous. Then act as if it were true, and it will be true, because it is true.

Look upon all persons as yourself—make no criticism, comparison, or judgment, because you are malpractising yourself when you do these things.

*Never unload your problems on someone you love!* Turn to God, and treat, and the best thing that can happen will happen. How would I act if my demonstration were made? Be happy!

Law of Attraction: 1. Love

2. Joy

3. Sense of humor

In all situations rely on treatment for the right solution. It is better to stay right where you are and treat than to take any material steps (see page 85 of "The Nature of True Prayer" by F. L. Rawson).

To return to the Law of Assumption: If a thing were not true in its essential nature it would not come to you as desire. Strictly speaking there are no wrong desires, only wrong interpretations. Desire is the prophecy of fulfillment. There are only four desires: Health, Wealth, Love and Expression. When you desire something it is a sign that the desire is fulfilled. Acknowledge the presence of the good you want, act as if it were so, and it will be so.

Don't switch your attention from one problem to another until



the appearance of a problem has been erased completely from your consciousness. Stay with your treatment long enough—don't give up and say "Truth doesn't work" because Truth does work, and it will work if you get yourself out of the way and not doubt.

There is no memory. "And the former things shall be brought to mind no more." It never happened. The real man never did it, never said it. *It never happened*; therefore it cannot repeat.

Beware of putting people on the defensive. Every time you do it they are much more likely to repeat what they have done. This applies particularly to children and husbands.

Every individual is complete—there is no such thing as an incomplete "one". That complete one is comprised of the unity of Truth and Love. Wherever you find divisibility or any separative force it isn't Truth. God is Truth and Love. Anything that isn't Truth isn't Love, and if it isn't Love it isn't Truth.

Love is understanding appreciation, agreement. If you love any person, place or thing they are drawn into your world. (To quote Dr. James E. Dodds: "If you love any person, place or thing you must attract them right into your world inescapably. They must be marshalled into your world by that power of Love.")

When a man comes in contact with his fellowman an exchange of ideas results and at that instant the relationship is spontaneous and perfect.

In any personal relationship problem ask yourself "How is it in Heaven?" Then dwell in the consciousness that all men are perfect spiritual beings, absolutely loving, in perfect concord, agreement and harmony.

There is no monotony in heaven. God's world is a world of infinite variety. Because God is infinite he could never make two things infinitely alike. Whenever you get into a rut you are not experiencing Truth. For Truth is Life and Life is activity, the continuous unfoldment of perfect ideas.

Universal love is the ideal of every Truth student. Eventually we will have to have a feeling of kindness to every person in the picture which is just as complete as your love for your best friends. Every human being who comes into your world is a



bringer of good, God's means of revealing Himself. God gave us human relationships in order that we might know Him. How can you love God whom you have not seen if you do not love your brother whom you have seen?

God doesn't intend man to go into isolation to understand Truth. Jesus lived the Truth in an everyday world and that is what we must do. We must not withdraw from Life which is God, but live it more abundantly. Consider your fellowman first or you are not putting God first. Remember that a message of Truth has to be taken home if it is to be a Truth message.

When explaining a point of Truth to another think only of the Truth but not of the other and his problem.

The person who is more spiritually minded in a partnership should give more and be more tolerant. "To him that has been revealed much, much is expected." But he should use his knowledge wisely and never aggressively.

*Good manners will do more to preserve marriage, friendship and business relationships than anything else.* Good manners are courtesy and courtesy is an off-shoot of Love. Don't criticize your partner's family.

One of the chief mistakes a woman can make is making her husband think she is a martyr, has made a sacrifice, and given up something. Beware of such an attitude.

Our circle of consciousness is first our Self and our home; then the city, state, nation, and world. Solve all relationships at home in Truth first. There is no wisdom in cleaning up your world by beginning far afield. Consider the thing closest at hand which is yourself and your home.

Restriction reacts on the person who does the restricting. "What is bound is loosed, and what is loosed is bound." Free all those whom you love and be happy in their good fortune. Drop all resistance, be happy and make others happy, and watch God work.

Comparisons and contrasts do not belong to Truth. Do not malign yourself and God by having a low estimate of yourself as compared to another person. There are no competitors, no rivals, no enemies.

*We know that we really love someone when we want their happiness more than our own.*

Don't be afraid to admit being jealous—but face it and then overcome it. Be absolutely honest. You can't overcome a problem with will power or reason, but only by treatment. Jealousy will leave you if you let the one you love follow his own bent. Don't deal with the "other person". Deal only with your own thought and the whole picture will be cleared up.

Law of attraction: Freedom, no condemnation; rejoice in your fellowman's good fortune.

Never concern yourself with other people. The particular niche that you have to fill is a God-born niche and no one else could fill it but you!

We don't live in four walls; we live in the presence of Love. Acknowledge the positive presence of Infinite Love.

## PART VII

The wisest mothers have taught their children by prayer and example.

Our Father-Mother-God is the complete Principle of Being, both masculine and feminine. The masculine principle is called the active principle; the feminine principle is called the permanent (stabilizing) principle.

There is no such thing as birth for there is no material creation. A child is a new idea unfolding. The child-parent relationship symbolizes to us the meeting of three spiritual beings in heaven. Wipe out belief in birth and belief of death will vanish.

In closing, I want to present to you a very important idea which has been misunderstood by many Truth students and much maligned throughout the ages. It is the maternal quality in love; the finest quality that we have. Maternal love has two elements—purity and constancy. Note that, no matter what the child may do, the real mother remains loyal; that is because in spite of the appearance, she has a pure idea of the real individual. Constancy is, of course, the other quality of maternal love, for a mother never ceases to love her child.

Now this should reveal to us something that is far beyond biology.

The Mother element of God is the higher. The feminine Principle produces all, and out of the Motherhood of God or the womb of the universe come forth all things. This feminine, spiritual principle in man—the image and likeness of the Mother-God—is the highest quality we know.

The maternal has been scoffed at in women when applied to their relationship with men. This is a bad mistake psychologically. True, we can get a false concept of the maternal and find a woman who is bossy, possessive and jealous. That is probably what the writers were talking about when they described a woman's love toward the man in her life, but ask yourself, is that your idea of an ideal mother—bossy, possessive and jealous? I think of my mother, or the one who represented the Motherhood of God to me, as being just, allowing me freedom and giving up everything for me. That, I believe, is the ideal mother to all of us. The one to whom we turn for comfort, sustenance and advice. That love which shines through the sins of the world, and has a divine compassion, forgiving in the higher sense, and offering wisdom, and guidance. That greatest of mothers—Mary—most typifies our ideal of true motherhood.

It will be seen in our spiritual advancement these days that there will be a greater happiness in the relationship between men and women when women remember that their first function is to be the inspirational element in a man's life. There has been a lot written about the temptress—having glamour—allure—and all that sort of thing, as a means toward happiness, but in the final analysis all living things return home, and home is presided over by mother. Many an attractive woman who thought she had captured a married man has wondered why he returned to his wife, who was perhaps outwardly plain and simple. The answer lies right at that point and wise women will heed it.

In our relationship to all people we should exercise the motherhood qualities of

1. Complete tolerance and understanding, which will offer help but will not demand.
2. That deep comfort of love, given warmly and joyfully.
3. The unpossessive attitude which allows the other individual his freedom and rejoices in his happiness first.

If half the time spent in beauty salons and dress shops were given to a little spiritual study, many heartaches could be averted; not that we are condemning any modern or normal way of improving the appearance, but to believe that that is *enough* is stupid. The great fact remains that women are the mothers of the race whether they have children of their own or not, and Love is the great motherhood quality which lasts when everything else fails.

### CONCLUSION

Summing up, in practical statements, our knowledge of Individual Completeness:

1. If you want to demonstrate companionship, first realize that you are complete in consciousness. Then affirm, as your own, all the qualities that you want to find in another.

2. If you want to eliminate an obnoxious personality (which is only your concept) go back to Mind and think actively of the spiritual qualities of the real man.

3. Whom God hath joined together, no man *can* put asunder. If a third person seemed to step in between you and someone else, it is because there was no real spiritual unity between you and that person.

4. All happiness in marriage depends upon *spiritual unity*. There must be an affinity of qualities.

5. Never outline as to what will follow your treatment. The best thing that can happen, will.

6. You don't really love any one until you want their happiness more than you want your own. This analysis will eliminate jealousy.

7. There is no use to condemn material expression. It is only the present symbol of our interpretation of unity. In other words, intercourse merely symbolizes two individuals exchanging ideas in heaven. It is no more important than eating a meal or going to sleep. The evil is, in believing that the counterfeit is reality. Reality is always in the realm of spiritual idea.

8. It is best, at present, to fulfil the laws of "this world." Thus marriage is still the safest harbor for those wanting

spiritual advancement. Flying in the face of material convention requires too much treatment for protection from the race thought, to be worth while.

9. There is really no material conception or birth, and all problems of this kind can be handled by realizing the virginity of Spirit which cannot be violated. All God's children are mature individuals, spiritual beings, which have always lived, do live, and always will live, one with God.