

New Ways to Solve Old Problems

by

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This is a standard Unity book,
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FOREWORD

In presenting this book I wish to express my deep appreciation to the many who have helped make it possible; first to the Spirit of truth for guidance, and next to my father and mother Charles and Myrtle Fillmore, who since I was a little child inspired me by their consecrated lives and spiritual ideals. They steadfastly made practical application of spiritual principles. I am thankful to many teachers and lovers of Truth who have for years been sharing their rich ideas with me, and I owe much gratitude to my associates in the Unity movement for their suggestions, good will, and loving co-operation. To my readers and subscribers everywhere I am indebted for their good will, words of appreciation, and helpful letters concerning these writings. These good friends, readers of *Weekly Unity*, have encouraged my efforts as the essays have appeared. Their favorable comments on the ones reprinted here have helped the publishers to make selections for this book from more than the thousand articles that appeared

during the past several years in the column, Things to Be Remembered.

Each essay or "Remember," as it is called, is usually based upon some personal experience or some experience of others that has come under my observation. All are written for the purpose of showing how human problems can be solved in a practical way by co-operation with the higher powers of Spirit. With each chapter or lesson a set of seven meditations to cover a week's period of application has been provided. These meditations are to help the reader make practical use in his life and affairs of the ideas in the lesson.

I am trusting that this book will aid you, dear reader, to effect a closer unity with the Christ power that dwells within you, and that through that power you will find the true joy of living in health, happiness, and prosperity.

Lowell Fillmore

*Kansas City, Mo.
March, 1939*

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Section I

GETTING ACQUAINTED WITH GOD

The Riches of God

MORE GOOD things have been prepared for you than you will ever be able even to imagine. The problem of human welfare is not lack of supply, but how to make use of the abundant supply that has been provided.

All good things come from one source, God. Because God is infinite He means much more to you than you comprehend. As you grow in wisdom and love God's importance will be revealed to you in an ever-widening vision, and His blessings will become more tangible in your life. As you develop your abilities by good works God will become more wonderful to you. The more you prove Him the better you will understand Him. As you grow in understanding of spiritual Truth God will grow more wonderful in your life. Life, love, peace, power, and plenty, all of which have their source in God, will grow for you as you praise Him. It is good for you to praise God, for praising increases your ability to accept God in a larger way.

It is necessary for us to praise God in order to

increase our consciousness of His glory and power. By praising God we expand our consciousness of His presence until it fills our entire life with radiance and beauty. God's glory has existed from the beginning of time. We cannot subtract from or add to it, but we can increase our own understanding and appreciation of that glory through our practice of praise and thanksgiving and faith. You do not praise God in order to flatter Him, as you would praise a vain monarch, but you praise Him to bring more of His beauty before you, to discover a larger measure of His joy, life, and beauty. Praise develops the muscles of your inner power of discernment, thus aiding you to appreciate in larger measure the blessings that He has prepared for you from the beginning of the world.

By giving our best thought and attention in the past to the things of the manifest world our mentality has become so involved in these things that we are disturbed by changes that occur to them. We can lift our consciousness out of the entanglements of such worldly troubles by transferring our attention to God's goodness.

When you express what faith you have, it will grow. By faithful, thoughtful, devoted practice you can increase your faith in the power and goodness of God to such a wonderful degree that no incident or happening in the outer world of affairs can shake your peace of mind. Try to attain the consciousness where you absolutely know that God is omnipresent good, love, life, wisdom, protection.

Cultivate unshakable faith in ever-present good. Know that it is impossible for God to bring anything but good into your life. Have no fear of His will's being done in you, for His will is the will of a loving Father. Understanding this truth, you will not be afraid of anything in the world. When you have put yourself and your affairs in God's hands, when you have made yourself know that you can have nothing but good from Him, then only good will be yours.

If anything comes into your life that is less than good, it does not come from God. Train yourself to know that you are worthy of receiving God's good. Be meek and humble of course, but remember that when you are meek and humble your mind is emptied of all vain thoughts and there is therefore room in it to receive God thoughts. Have faith that no evil can come to you since God is on your side. Know that He is on your side because you are on His side. You are on His side when you abide with Him in faith, love, and understanding.

One who is poised in the consciousness of God's presence cannot possibly be upset by changing conditions in the world of affairs. He will actually have power over mere things even as Jesus had power over the storm and the demons.

When something disturbing happens, just wait a moment before you explode. Quietly realize the presence of God and say, "Peace." Know that you are in the presence of divine wisdom and power, and you will be shown what to do without losing

your poise and peace. If you become angry, remember it is because you have forgotten that God is peace. If you are worried, it is an admission that you have forgotten that you have placed your affairs in God's hands. If you are jealous, it is because you have forgotten that God supplies you with all that you are able to receive and use. If your feelings are hurt, it is because you have forgotten that God is love. If you are discouraged, it is because you have forgotten that God can do all things. If you are sick, it is because you have forgotten that God is your health. Do not try to use God's power to make things happen. Do not try to exercise your faith in God in order to make anyone do what you think is best for him. Use your faith to know that God is working in perfect love in the affairs of those you have in mind and that only good can come into their life. God's blessings include health, happiness, prosperity, but remember that you should not try to force any of these blessings upon unwilling recipients. Even God does not do this. Do not pray that your friend shall go to some particular church or do some other thing that you think is right and proper for him to do. Put your friends and yourself in the keeping of divine law, and stop worrying.

One who becomes zealous even in the interest of the Unity teachings may feel that he is doing right to pray that other members of his family may think as he thinks. This is not the correct use of divine power. Pray that the members of your family may be in God's hands and that your selfish thoughts

about them or their selfish thoughts about themselves may not prevent His perfect love from working in and through them. They have as good a right to their personal beliefs as you have to yours. You both may need a new understanding of righteousness.

Let us not therefore worry about the shortcomings of people, but spend our best energies in growing into a larger appreciation of God's expression in our own life. As we do this the understanding of many things will unfold in our mind so that we become able to demonstrate a more perfect way by our own behavior before others; or perhaps we may find that they can show us a better way.

If we are not poised, it is a sign that we need a little more faith in God's peace and harmony, which are omnipresent. If we are upset, it is often because we personally are trying to regulate things that are none of our business. Let us rather settle back, let go of the trials and troubles of the world, take a deep breath, and thank God for His goodness.

Let God help you. You will find that things are not so bad as you think they are. Beauty and goodness are all about you. Get an eyeful of these and rejoice!

NEW WAYS TO SOLVE OLD PROBLEMS
SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I praise God for His loving-kindness.

MONDAY

In quietness and confidence I seek God with my whole heart, knowing that I shall find Him very near.

TUESDAY

I know that only good can come from God.

WEDNESDAY

Because I love God with my whole heart, mind, and strength, there is nothing left in me that will support thoughts of fear.

THURSDAY

I am poised and centered in God's love.

FRIDAY

Nothing can disturb me, for I abide securely in God's peace and love.

SATURDAY

I am guided and prospered by infinite wisdom and love.

Using God's Riches

EVERYONE can see much further than he can jump.

We all are able to perceive more Truth than we can apply. Many of us seem to understand the Truth statement "God is good and God is all, therefore all is good." But few of us are able to make practical use of this Truth in working out our problems in the material world.

Man is perfect in Spirit. That is, he is a perfect idea in the mind of God. It is the Truth student's business to demonstrate this by incorporating perfection into his mind and body. Jesus said, "Ye therefore shall be perfect, as your heavenly Father is perfect." In the 1st chapter of Genesis we are told that God made man in His own image and likeness. The perfect man thus created is the Christ ideal. God is Spirit, the great creative mind. The perfect Christ-man idea exists in the mind of God. Human or physical man is attempting to make this perfect-man idea manifest in the world of forms. Jesus was the first man to accomplish this end.

Jesus plainly stated the principles of Truth governing the perfect man. We may read and understand His statements in an intellectual way, but to understand them fully in Spirit we must make them a working part of our life, so that the innate perfection that is in Christ may become a manifest reality in us. In other words, we must put on Christ.

Truth students are working with principles of Truth that are often beyond their present understanding but to a greater or lesser degree they are nevertheless accomplishing good results in their bodies and affairs. When anyone fails to manifest the perfection that he perceives to be true in Spirit, he does not in any way disprove Truth. He simply does not rise to his full power and ability to use Truth. Many are proving the wonderful law in certain ways and are failing in others. This fact should not discourage anyone from resolutely continuing to use his statements of Truth.

We must develop our faith. As Jesus said: "According to your faith be it done unto you." To say, "I have faith," is not enough. We must actually prove that faith, and the results will be manifest, for "faith is assurance of *things* hoped for, a conviction of things not seen." Through our faith, love, and other spiritual powers we are able to touch the perfection that is ours in Spirit, and through that same faith we are able to bring it into manifestation. Every Truth student has had a number of marvelous demonstrations of the power of Truth. These should encourage him to exercise greater

faith. He should keep Truth ever in mind and not let the seeming failure of any other person who is trying to use truth distract his attention from the principle. Everyone must lay hold of Truth for himself. The prayers of others will help us, but eventually we must make individual contact with the perfect One, just as everyone must eat his own food if it is to benefit him. Everyone must put on Christ by his own efforts.

There are certain principles governing the solution of mathematical problems. If a student makes a mistake in working a problem, his mistake does not disprove the accuracy of the principle. We know that God is good and that God is all. God is Spirit, and in Spirit everything is good.

Since God is all, there is no room for any evil. When we see manifest about us what appears to be evil, we must maintain steadfast faith in our statement of Principle in order to keep ourselves from being upset by the apparent evil. Jesus said, "Judge not according to appearance, but judge righteous judgment." When we perceive a principle of Truth we must stick to it and not let appearances upset us. We must not try to run away from the problems that confront us in the material world, nor shut our eyes to them. We must see Truth as the reality and let our spiritual realization of Truth be so perfect and vivid that material appearances will adjust themselves to conform to it.

If we continually let our faith vacillate between Spirit and materiality we shall be continually upset.

Accept material things as facts but not as Truth. Stick to truth in the face of facts. A fact is something that appears to be true today but may not be true tomorrow. Truth is something that is eternally true. You may be sick today, which is merely a fact, but it is not Truth. Truth is stronger than fact. Put the Truth in place of the fact and prove the Truth. You are not telling a falsehood when you say, "I am well," when the fact seems to be that you are sick; for you are speaking of your true spiritual self when you say you are well. By sticking to this spiritual Truth you will produce a healing effect in your body, because in Spirit you are dealing with causes and in the material world with effects only.

All causes are mental or spiritual. Do not be disturbed when a Truth student says that there is no evil and all around you things apparently are going wrong. Throw your mental power on the side of Truth and realize that there is no evil in the sight of God. Then you will be working constructively on the cause side and your efforts will produce harmony in the outer world. When we judge by appearances we are not doing anything to change those appearances, but when we know the Truth and affirm it, we are doing a definite work in changing appearances.

Stick to the truth about God no matter what your senses may tell you, and you will bring that Truth into manifestation. If it does not work out every time, do not be discouraged; because discouragement works in the realm of causation and helps

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to destroy your perception of the true situation. Affirm that you are Spirit and that in Spirit you have power over all appearances. Praise God for His goodness, for you are His perfect child. As you are able through praise and thanksgiving to realize more of God's true nature, you will manifest, or bring forth, more of this nature in the world of effects.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

Thou only, O God, art true.

MONDAY

No matter what obstacles may impede my way I shall remember that all power is in God.

TUESDAY

As a child of God I proclaim fearlessly that I am well and strong.

WEDNESDAY

In Spirit there is no lack of substance anywhere. I am therefore abundantly supplied with all good things.

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THURSDAY

In Spirit there is no lack of harmony. I am therefore well and strong and happy.

FRIDAY

I am not afraid of the things that appear. I am poised and sustained by my unfaltering faith in omnipresent God.

SATURDAY

Nothing external shall disturb me, for I am poised in eternal Truth.

Trusting in God's Wisdom

WHILE INTELLECTUAL understanding is a necessary faculty and should be cultivated, there are times when it seems to be inadequate to our needs. At such times another kind of intelligence comes to our rescue. Every day we profitably use principles and processes that we do not comprehend intellectually.

You may be able to help a friend by speaking encouraging words to him even though you have no clear idea of how your words are formed in your mouth. Your lack of knowledge of the physiology or psychology of speech does not prevent you from expressing what is in your heart. No doubt an intelligence more subtle than your reasoning intellect directs the complex activities of nerves, muscles, and tissues in your brain, lungs, throat, and mouth to produce the words that your heart dictates.

When you eat you do not know how your digestive organs are going to convert the food into blood, bones, hair, and nerves, but even so you go right on eating because you know they will do it.

We plant seeds and harvest crops without knowing how plants grow, yet in spite of our ignorance they do grow and produce their increase. We do not even understand many of the quite simple electrical and mechanical helpers that have been provided by man.

Few of us know how electricity is made or how it operates to produce light when we merely press a button on the wall. How many understand the principles and workings of that patient little machine that stands in the kitchen freezing ice cubes every day, in summer as well as in winter? No one hesitates to turn on a radio just because he does not understand how and why it works. So many things serve us that we do not understand, so we should be very humble concerning the underlying intelligence that directs all life.

When we pray we may not understand how our prayer is going to be answered, but if we have faith enough to relax and allow the divine power to act for us it will be answered. If we have perfect faith we shall not try to place a limit upon God as to the manner in which our prayer is to be answered. We do not worry about how our food is going to be digested, neither should we worry about how our affirmation of Truth is going to work in our life.

We willingly trust the intelligence governing the inner workings of our body to take care of our heartbeats; why should we not trust Divine Mind, which created us, to take care of our other problems? When we take a problem to God, let us not try to tell Him how it must be worked out, but let us trust

in the wisdom of His way.

If you are praying for financial help, do not limit God's power to help you by believing that your funds must come through a raise of salary, through the payment of a debt owing you, through the sale of a certain piece of property, or through any specific avenue that you may have in mind. Put these limitations fearlessly out of your thoughts and realize that God has channels for taking care of your needs that you have not thought of.

Give Him a free hand to help you in His own wise way. Put out of your mind all doubts and fears about how your prayer is to be answered, but have faith that it will be answered, because God is infinite, wise, and powerful, and cannot fail. Do not worry, but put the problem lovingly, trustingly, and confidently in His hands, just as you leave the digestion of your food in the care of your body.

Someone may complain that his case is beyond help. Circumstances are arrayed against him. He has no job and is past the age when he is wanted in business. One third of the men in his town are out of work, and he has no funds to go elsewhere to apply for a job. Even if a job were offered he is not well enough to work.

You see he counts all the reasons why he cannot succeed, yet he protests that he does want to prosper. He decrees that there is no way for him to prosper, before giving God an opportunity to provide one. It is impossible for him to prove God's power to prosper him when he fixes his attention

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on the reasons why he cannot succeed. Let him deny all his vain excuses and put his trust in God's infinite resourcefulness. Let him open his mind to the constructive ways by which his good may come to him. God will show him the way and will prosper him in that way according to his faith.

Use your intellect in constructive projects, never in abetting doubt or worry. Remember that "*there is a spirit in man: and the inspiration of the Almighty giveth them understanding.*" There are better ways to do things than you or I have ever dreamed of. God knows all these ways. Do not try to figure out everything with your human intellect. Give divine wisdom an opportunity to help you.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

Give me an understanding heart, O God, so that I
may listen to Thy wisdom.

MONDAY

I am not dominated by fear or doubt. I know that
God's love is taking care of me and mine.

TUESDAY

Infinite wisdom guides me and divine love prospers
me.

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WEDNESDAY

My intellect is obedient to divine wisdom and I
always know just what to do.

THURSDAY

The Spirit of truth reveals the Truth to me.

FRIDAY

My understanding is quickened by Jesus Christ.

SATURDAY

"But if any of you lacketh wisdom, let him ask of
God."

Faith the Magic Wand

FAITH CLOTHES ideas with substance. Faith is like a magic wand. He who possesses it speaks the word and the sick are healed, peace is restored to the discordant, the poor are prospered, and the sad are made joyful.

Faith is the rock upon which churches and great institutions have been built. Faith is very active; a little of it can move mountains. Faith makes weak people strong and sick people well. Jesus told the woman who was healed by touching the hem of His garment, after she had been sick for twelve years of a disease that physicians could not heal, that her faith had made her whole. Think of the marvelous faith this woman must have had in the healing power of Jesus Christ to believe that if she could just touch the border of His robe she would be healed. So great was her faith in Jesus that she felt it was not necessary for Him even to look at her or say a word of prayer for her. This kind of faith will develop irresistible healing power in anyone.

Faith is more than presumption. It is stronger

than credulity. It carries one far beyond prospect and chance. It outstrips wishes and wins the goal of the high calling. Faith transcends hope and fulfills expectation. Jesus promised: "He that believeth on me, the works that I do shall he do also; and greater *works* than these shall he do." This promise is for you and me and everybody. What are we doing about it?

Faith and fear do not fraternize. Imagination shows us the possibilities of God's goodness, but faith makes them real to us. Faith becomes the manifestation in tangible substance of the things that we behold in our visions.

By faith were worlds formed. By faith families are held together. By faith skyscrapers have risen and bridges have arched themselves over rivers and bays. Without faith business could not be carried on and great factories would not be built. Even money would have no value if it were not for the faith that man puts behind it.

Faith is a spiritual quality and is therefore available to all who will seek within the quietness of their soul for it. No one is so poor that he cannot have all the faith that he can prove his ability to use. The poor have as good an opportunity to lay hold of faith as the rich. In fact the unemployed man has more time to devote to the cultivation of faith than the so-called successful man.

Spiritual riches are infinitely abundant and cannot be limited by the supply of material possessions. There is enough substance in spirit for everybody.

But to use this abundance one must make room for it in himself. He must give up the little selfish things in his nature to make a place for the greater things of Christ. He must be willing to give up doubt, fear, greed, and contention. He must relax his feverish hold on the little things of life and take hold of faith in God. He must practice putting his affairs in the hands of the Father and then resting in the consciousness that God is taking care of them for him.

Remember Jesus promises: "All things, whatsoever ye shall ask in prayer, believing, ye shall receive."

Faith can conquer even the last enemy. When after the death of Lazarus Jesus told weeping Martha that her brother would rise again she replied that she knew he would rise again in the resurrection at the last day. But Jesus made it clear to her that He referred to a present resurrection for Lazarus and for all those who believe in Him. He said to her: "I am the resurrection and the life; he that believeth on me, though he die, yet shall he live; and whosoever liveth and believeth on me shall never die."

Here is a challenge to all of us. Many of us have quickened our faith to a certain degree, but we are still, most of us, far from receiving the greatest benefit that may be derived through faith: the resurrection of the body in Christ.

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SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

My faith reveals God to me.

MONDAY

My faith in the kingdom of heaven makes it a reality
in my world.

TUESDAY

I know that God is able to do all things through
Christ in me.

WEDNESDAY

I can do all things through Him that strengthens me.

THURSDAY

Because God is the only reality in the universe I
know that I am in truth well and strong and happy.

FRIDAY

I believe that the Christ in me is able to heal me
now.

SATURDAY

I accept as truth for me the words of Jesus Christ
"Thy faith hath made thee whole."

The Power of the Word

AN AFFIRMATION, as understood metaphysically, is a statement of Truth. Such statements are true in the light of divine principle, but they may not be in accord with what the physical conditions seem to be. One purpose of the affirmation is to improve or change a physical condition. The affirmation states Truth as it is in Spirit. The mind of the individual may have become so hypnotized by the negative or unpleasant aspect of things that it cannot remember what is true about life, that God has made everything good. The affirmation helps him to remember the Truth of Spirit. As he repeats the affirmation with faith in its truthfulness, his mind is lifted up, and he begins to exercise his powers as a child of God in creating a good world in which to live. God created a good world, and His child must do what he sees the Father doing.

There is creative power in man's word. When he decrees a thing it is established. If he has created unhappy conditions, they cannot be changed by mere physical means; they have their roots in mind,

and they must be corrected there; hence the affirmation of Truth.

The affirmation does not change the character of God, for God is unchanging. It does not cause God to change His mind about anything. God is infinite love, and He has done all things for His children already. The affirmation opens the eyes of the affirmer to the reality of what God has done. An affirmation must be made in faith, for it deals with seemingly intangible things. These intangibles are, in the last analysis, the true things. Love, life, wisdom, and joy are intangible: we see the results of them in the physical, but we never see the actual qualities of love, life, wisdom, and joy. Yet there would be no action in the physical realm without them.

An affirmation becomes powerful by repetition. It accumulates power by being said over and over. An affirmation of Truth organizes the scattered powers of the mind and directs them into one channel. Helter-skelter thoughts about this, that, and the other will not accomplish much constructive good, but when they are lined up by the continued repetition of a truth they do wonders.

Since man's word is creative, if his words are not organized in Truth, it is possible for his creations to be destructive. When they are organized and directed through the door of the Christ mind they reveal the true character of the Father's plans. Heaven then comes to earth for that individual, and where there seemed to be evil, good appears.

If you are subject to spells of depression, take an affirmation like the following: "*The Christ mind fills me with eternal joy.*" Believe in the reality of joy. Say the affirmation over and over till you feel the presence of joy. Enter into joy and forget depression. The latter will go, and the unpleasant things that seemed to cause it will work out pleasantly. The clouds will show their silver lining. Each time you find the "blue" thoughts descending upon you, get quiet and repeat the affirmation a number of times. By following this plan you will eventually send the "blues" away forever.

You can effectively use affirmations for health, prosperity, success, inspiration, and everything that is needful.

Jesus affirmed as He healed the nobleman's son, "Go thy way; thy son liveth." To the palsied man He said, "Son, thy sins are forgiven." To Jairus He said, "The child is not dead, but sleepeth." We do not know the actual thought processes that were taking place in His mind at the time of these healings, but we feel certain that He was communing with the Father and was taking a very positive attitude against sickness and death and for health and life. He knew that there was no lack of life and health in the Father.

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SUNDAY

There is but one presence and one power, God, the
good omnipotent.

MONDAY

"God is my help in every need."

TUESDAY

"God does my every hunger feed."

WEDNESDAY

"God is my health, I can't be sick."

THURSDAY

The love of God in me dissolves and dissipates
every adverse condition in my mind, body, and
affairs.

FRIDAY

The Christ of God within me stirs me to new life,
new energy, and new activity.

SATURDAY

God in me is infinite wisdom: I know just what
to do.

Section II

PRACTICAL PRAYER

Prayer in Action

“**F**AITH WITHOUT works is dead.” Faith is one of the most necessary attributes of prayer. We might say that “prayer without works is dead.” The true purpose of prayer is not to change God’s mind in the hope that He may be persuaded to do for our especial benefit something that He is not in the habit of doing for everyone. On the contrary, prayer is for the purpose of changing the one who prays in order that he may be able to receive and use what God has already provided for him.

True prayer is scientific and therefore brings results to anyone who uses it aright. God shows no favoritism. God cannot be bought or bribed or flattered into doing anything. As a matter of fact, God has done everything for us already. He is unchanging; He makes His rain to fall on the just and the unjust alike. How one receives the rain determines the amount of benefit one enjoys from it.

Prayer is communion with God, a sincere desire of the heart. We are told to pray without ceasing. If we should pray all the time, we should need to

pray while we are at work, or else stop working altogether. When we understand what prayer means we shall be able to pray while we work. Abiding in the consciousness that God is with us all the time, inspiring and helping us, is a form of prayer. We need not get down on our knees or assume any particular physical position in order to pray. Prayer is a spiritual service, not an outer form.

I once heard of a man who told his friends that his best prayer was said while he was standing on his head. It seems that he was falling headfirst into a well at the time.

A hungry man testified that he had prayed to the Lord many times to send him a chicken, but that the Lord did not send him a chicken. Finally he got the chicken when he prayed for the Lord to send him *to* a chicken. Perhaps he did not use a wise or commendable means of getting the chicken but this is only a story anyway. However it illustrates a certain phase of prayer, which is that we must expect a change to occur in ourselves when we pray. We should not pray in order to make others do our will, or with the purpose of causing certain things to happen to please our whims. We should pray that our consciousness may be enlarged and our activities increased to the point where we shall be able to do the will of God and to work in harmony with the good that He has already created for us.

We need to pray for a larger understanding, in order that we may appreciate the blessings that have been given us in Spirit.

A skeptic insisted that he did not believe in prayer. When asked if he had ever prayed, he replied that he had prayed once. He explained that on that occasion he was lost in a deep forest and could not find his way out. He had been there several days and was beginning to feel the pangs of starvation. He said that in his weakness he prayed.

"Then God did answer your prayer, or you wouldn't be here," exclaimed his acquaintance.

"No," replied the skeptic, "God did not answer my prayer. A couple of hunters came along soon afterward and showed me the way out."

This man did not understand that his prayer had been answered, and that the hunters were the human agency through which God's work had been done. He might have experienced the great thrill of knowing that God had heard his prayer, but he shut himself off from this happiness by a wall of doubt, ignorance, and selfishness. Such a man needs to develop a larger spirit of appreciation. Without appreciation life is a drab, unhappy experience.

Prayers have been used effectively for thousands of years. Prayers were answered in the days of Moses and Daniel and the prophets. Jesus fed the five thousand, healed the sick, and raised the dead through prayer. Prayers have been of avail throughout all history. In modern times people still pray. Thousands of answers to prayer are experienced every day. A crowd at a prize fight paused a moment to pray for Lindbergh's success, and he crossed the great Atlantic in his plane. Since prayer is a scientific

application of divine Principle, it has always been effective and always will be effective. The future holds the possibility of greater achievement and greater happiness than we have ever dreamed of in the past, for we are learning how to pray better.

A large percentage of human effort today is wasted in friction and false moves. When we have learned how to pray aright and to co-operate with God more definitely, we shall be spared much friction and shall avoid many unnecessary and unpleasant experiences.

In the Lord's Prayer Jesus Christ has given us a beautiful example of prayer. This prayer is designed to bring the one who is praying into harmony with God and to aid him in working with God in the practice of divine principles.

Jesus gave thanks when He prayed, praying as though He had already received. He admonished us to forgive and to have faith. He said, "I am the door." Through this Christ door we are able to come to the Father. Christ is the only begotten Son, the real spiritual man. We must find Christ within ourselves. God is everywhere present, but we have consciousness only in ourselves. Here, then, in our own conscious center we establish contact with the great, everywhere-present Father. The Son is the perfect man made in the beginning. This perfect man is the connecting link between every man and God.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

Abiding in the consciousness of the presence of God,
I am blessed and prospered.

MONDAY

"Not my will, but thine, be done."

TUESDAY

The will of God is good and brings only good to me.

WEDNESDAY

I am willing that divine order be established in me
and in my affairs.

THURSDAY

God is everywhere present, and my faith makes His
goodness manifest in me.

FRIDAY

There is no other power but God in Spirit.

SATURDAY

Father, I thank You for abundant life, joy, peace,
prosperity, and health now manifesting themselves
in me and in all of my affairs.

Honest Prayer

THE SPIRIT OF every prayer should be in harmony with universal love, Truth, and justice. The divine law under which prayer operates is so universal and so perfect that the one who prays as well as the one for whom he prays are both affected by his prayer.

The real purpose of prayer is to accomplish something good. God is good, and therefore we should ask Him only for that which is good. We really pray in order that we may recognize a little more of His good kingdom in our life and affairs. The kingdom is already in our midst, but to see and appreciate it, we must lift ourselves up in Spirit, for the kingdom of God is the kingdom of Spirit. We must therefore lift ourselves up in Spirit, through prayer, in order to find the kingdom.

However, man sometimes offers prayers that fall short of the true standard of prayer. He asks for things that he believes to be good, but that will not result in good to him, because the motive back of his prayer is not in harmony with the laws govern-

ing the kingdom of heaven. The reason he prays this lesser prayer is that he does not see clearly the real desire of his own heart. He beclouds this perfect desire by selfish, personal ideas that somewhat distort his spiritual vision; so he prays unwisely. But since man's words have been given creative power by the Almighty, they tend to produce in his affairs the imperfect conditions he has prayed for. It is fortunate that such prayers do not have so much power as true, perfect prayers do. But when we offer unwise prayers we must expect to abide by the results they bring until such time as we are able to set ourselves free from them.

We sometimes make mental laws for ourselves that hinder our progress and disturb our poise and peace of mind. If I should pray, "Lord, make me better than others," I should be offering an unwise and unfair prayer; for God is no respecter of persons, and such a distorted attempt to use God's power would bring only unpleasant situations into my affairs. I should not expect the Spirit of good to separate itself from a part of itself in order to make me better than other members of the spiritual body of mankind. Such a prayer would be an expression of a mere human desire and could not receive the full co-operation of the Spirit of truth. The Christ says: "And I, if I be lifted up from the earth, will draw all men unto myself."

I should not make a prayer or affirmation of Truth about myself unless I am willing that this affirmation should also apply to everyone else. Then, in-

stead of saying, "Lord, make me better than others," I should say, "Lord, make me good." There is no better or best in Spirit. If I become good there is plenty of room in the universe for others to be good also without subtracting from my goodness. The more nearly others approach that state of goodness the better will the whole world become. Then should I not rejoice enthusiastically when many persons become good instead of remaining the same while I alone rise to a pedestal?

If I am really interested in goodness I want everybody to be good. The more good people there are the better pleased I should be.

If I make a prayer or affirmation about some other person, I should be sure that I am willing to be included in the results of such an affirmation; that is, I should not affirm for another anything that I do not want to have made manifest for myself. If I pray that someone else may come to harm, I must be willing to abide by that prayer myself and be included in it; for the destructive thought is in my own mind and the power of my word will be working for me, to limit me and place me under a harmful mental law.

On the contrary, if I pray that someone else may be prospered and helped, I shall be praying for myself also; the universal law of good will be put into operation in my consciousness and affairs as well as in the consciousness and affairs of the one for whom I pray, and I also shall be prospered and helped. And since this prayer is in harmony with God's true

law, it will be much more powerful than a prayer that invokes harm upon someone else.

Someone may ask a metaphysician to pray for him to win a certain lawsuit. Such a prayer would be out of harmony with divine justice. His cause may or may not be just. The metaphysician cannot know the merits of the case. The petitioner himself may not fully realize what is just. If such a prayer, then, is to be offered up, it may be asking God to do an injustice to someone, which of course He could not do. The proper prayer would be this: *"Divine justice is now regulating your affairs, and divine love is protecting and guiding you."* If you knew that your winning the lawsuit would work an injustice on someone else, you would not want it decided in your favor. On the other hand, if the other side were right and should win, you would want God to bring your own good to you, and you would be assured that the good that really belongs to you cannot be taken away from you. There is enough for all; and you cannot lose your good unless you drive it away by destructive thinking.

Remember, then, that our prayers must fit in harmoniously with universal love, Truth, and justice. We cannot expect divine love to do for us something that would make others unhappy. Let us watch that we make no prayer through spite, or to prove to others that we are better than they are. When our prayer is answered, we should be filled with such a generous spirit of joy and appreciation of God's goodness that we should take delight in

NEW WAYS TO SOLVE OLD PROBLEMS

seeing our one-time enemies happy and satisfied, too. When our prayers have a sharp edge they cut both ways. When they are harmonizing and constructive, they also work both ways smoothing out our rough places and bringing us peace and plenty. Prayer is a wonderful spiritual tool that has been given to mankind and, like all wonderful tools, it should be used properly. Used impulsively and ignorantly, it may do harm to the user. There is no need of making a mistake however if before we pray we first invoke divine guidance, filling our heart with good will and love towards all. Then we can bless everybody and everything, and in so doing pile up great reserves of blessings for ourselves.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

Under the divine law of righteousness and justice, my own comes to me. No one can take away what truly belongs to me.

MONDAY

I praise God that His goodness is for all people and that there is an abundance of good for all.

TUESDAY

No little selfish prayer shall disrupt the harmony of God's kingdom in my world. My prayers shall be generous and free.

NEW WAYS TO SOLVE OLD PROBLEMS

WEDNESDAY

"Thy kingdom come. Thy will be done, as in heaven,
so on earth."

THURSDAY

"Forgive us our debts, as we also have forgiven our
debtors."

FRIDAY

The Lord watch between thee and me, and make us
to know that there is no separation in Spirit.

SATURDAY

"Praise is comely for the upright." I praise and
give thanks for God's abundant life, love, harmony,
and substance now being manifested in my affairs
and in the affairs of all mankind.



Helping Others through Prayer

IT IS POSSIBLE and practicable to help others through prayer. Our Silent Unity department has been demonstrating for more than thirty years that prayers are effective in healing the sick. Many healers in all parts of the world are proving the power of prayer to heal. Anyone may help others through his prayers when he understands how to pray aright. Throughout the ages devout men and women have used prayer in healing. Perhaps there are more prayers being offered now for health and prosperity than at any previous time.

The question has been asked why, if God has already given us freely of all good things, including health, we need to pray for anyone's health or prosperity. This is a good question because it helps to bring out a fundamental principle that may not be clearly understood by everyone who uses prayer in trying to help his friends.

Nobody has a "pull" with God. But God is infinitely interested in everyone and has placed at the disposal of every human being all the good that

each one can comprehend and properly use. God's gift of good to us is in some respects like the principles of mathematics. The principles of mathematics are unchanging and are for the benefit of any and all who will use them. But one must understand their use. One must fulfill the requirements that are necessary to the perfect use of these principles.

So God's good is ready for us every one, waiting for us in the realm of Spirit. Through his mind man is able to take hold of God's infinite abundance. No gift of God can possibly be used or enjoyed by one who has no degree of intelligence. As one's intelligence, which does not necessarily mean book learning, but which includes faith and understanding, increases, one is able to appreciate and use more of God's abundance.

In the beginning God created man a perfect spiritual being, in His own image and likeness. Then, later, the Lord God created Adam out of "the dust of the ground," and he "became a living soul" in the manifest world. However, the real man, the spark of Spirit that dwelt in Adam, had its origin in that perfect-idea man which God created in the beginning. That real man who was created in the beginning is Christ. In other words, God's idea of man, the spiritual basis of me and of you, is perfect. There is no sin, sickness, poverty, or death in that spiritual man. My work as well as your work is to bring that perfect idea into expression in our life in as high a degree as we can. We must let Christ

be formed in us.

Our words are creative. Through our mind and our words of faith and understanding it is possible to bring this ideal man gradually into our life. When we pray for someone, we do not beseech God to send him something, but we realize the perfection that God has already created for him, and thus we help him to realize it. This is done by quickening his faith, and arousing his spiritual vision. Through the power of our word we help him to realize that perfect spiritual reality which God has already created, and which has not been separated from him at any time.

Healing comes about by our realizing the actuality of the true creation of God. A good way to use the law of health is to give thanks to God for a perfect body. We are told to pray as though we had already received. We have truly received every good thing in Spirit, therefore it is perfectly proper to thank God for the good that we expect, since it has already been provided for us even before we ask. Our faith makes it a reality, for faith is truly the substance of things hoped for, the evidence of things not seen.

True prayer for another is in no way an effort to meddle in his affairs. True prayer for him is a realization on our part of the perfection of his spiritual nature. True prayer is not a beseeching in an endeavor to urge God to do something different from what He is doing, but is rather a song of thanksgiving; thanksgiving because of the assurance that

the one prayed for is a perfect child of God and therefore is not subject to the ills caused by ignorance on the part of sense consciousness.

A prayer for another should not be personal. One should not pray, "O God, make my husband bring his salary home to me Saturday night," but rather, "I thank You, Father, that You have supplied my every need and that my husband is Your perfect child." By this treatment the prayer becomes an acceptance of the good that is already prepared in Spirit. By thankfulness the acceptance is acknowledged and the supply becomes manifest, while in the first prayer there is simply a supplication that God turn out of His way and interfere with the free will of an individual. God does not interfere with man's freedom of will.

If God does not interfere with the affairs of our friends, surely we have no right to meddle either. Praying for others therefore resolves itself into an acknowledgment of the spiritual perfection of the one prayed for, thereby helping him to realize his true relationship to God. Such prayer does not interfere with anyone's personal affairs; it helps God's spiritual Truth to become manifest.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

In the beginning God created the universe and all that is in it, and it is a good universe.

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

I am willing to believe that God created man perfect.

TUESDAY

I am willing to believe that God created the universe perfect, and that it is still perfect.

WEDNESDAY

By quickening my spiritual understanding of God's perfect man I am renewed and strengthened in mind and in body.

THURSDAY

Through giving thanks to the Father for the good that He has created I accept that good and incorporate it into my body and affairs.

FRIDAY

By knowing the word of Truth for my friends, help them to health and prosperity.

SATURDAY

Father, I thank You that You have heard my prayer even before I ask, and that Your good is manifest now according to my faith.



The Power of Blessing

EVERYONE, no matter what his position in life may be, can do something fine, helpful, and outstanding. Nearly everyone feels that he would like to do something worth while, something that will be really helpful to others.

However we usually are too prone to put off the doing of helpful things until a more convenient season, until we have more money or a larger experience. It is true that we may possibly be able to do some things better after we have gained more experience and have more time and money at our disposal. But when we put off doing a good work we usually postpone it indefinitely.

The fact is that we can begin right now doing something that will be very helpful to us and to others, something that will also afford us a great deal of pleasure and satisfaction. If you can discover a human soul need that perhaps is felt but not analyzed by the needy one, and you can supply that need, your efforts will surely be appreciated. The world needs spiritual uplift and one does not have

to be a preacher in order to help supply this need.

A Unity teacher recently told me of an interesting experience that she had had, and the story of it may be helpful to those who desire to do something worth while. Stopping at a hotel in a Western city, she was impressed by the unusual atmosphere of the room she occupied. The room seemed to be charged with joy and peace.

Living in that room proved to be an inspiration to her. She felt rested and peaceful after her journey. The room itself and the furniture, both of which were very good, did not account for this joyful, peaceful feeling that seemed to pervade its very walls. She was so impressed by the presence of good in that room that she spoke of it to the maid who took care of the room.

The maid seemed much pleased and, taking the teacher into her confidence, explained that she had blessed that room; in fact she had been blessing all the rooms in which she worked while she was busy cleaning and making beds. She said that when she finished a room she always stood in the doorway for a moment before she left it affirming peace and joy for it and blessing the one who would occupy it.

She derived a great deal of pleasure from this practice and had been blessing the room for years for the pure joy that it brought her. The management had noticed the effect of her work upon the guests and had spoken in praise of her helpful service. They perhaps did not understand why she was so helpful to the hotel, but they realized that she

did more than manual work. Someone had said that they could not run the hotel without her!

Of course every guest was not so sensitive to the presence of peace and joy in his room as our Truth teacher had been and perhaps did not realize consciously that there was something more helpful and beautiful in the room than its furniture. But everyone who stayed in these rooms must have unconsciously been helped. Doubtless many a weary, discouraged person found rest and peace in them.

Surely this maid is doing something that few in higher positions are able to accomplish. She is bringing peace and joy into the lives of strangers; not by spending money, not by influence and leadership, not by artistic ability, or even by a pleasant word or smile; but by quiet application of the principles of Truth in blessing she is doing a mighty work. She is a great soul, she is happy, she is successful even though her name does not appear in "Who's Who." After all there is no reward equal to the approval of one's inner Christ.

✂ We get out of life only what we put into it. Everybody cannot be a ruler, leader, or manager, or have his name in the headlines of the daily papers or on the lips of the multitudes. But everyone can be a success, everyone can be happy, everyone can have abundance for all his needs; for the Spirit of blessing that was called into action through the lovely spirit of that maid is at the service of every man, woman, and child in the whole world. ✂ Bless your affairs and bless what substance comes

into your life. It will increase and be multiplied so that it will supply all your needs.

The power of blessing is amazing. You can cultivate the power of blessing by beginning now to bless everything that comes into your life. Bless your home. If you have old and wornout rugs, clothes, and furniture, bless them, and you will see something happen that will surprise and please you. Things and persons that you felt like condemning will begin changing and will begin bringing good to you. The power of blessing will actually build a new world about you.

It is just as easy to bless as it is to find fault. When we criticize and complain we are intensifying the very unpleasant conditions that we are complaining about. But blessing such things takes the power of evil out of them and turns on the power of good.

The power to bless is more marvelous than the power of Aladdin's lamp. Why not use it? If you had Aladdin's lamp in your house you would not leave it on a shelf. You would get it out and rub it often. Why not get out your power of blessing and use it today and everyday and prove its magic? You cannot afford to leave your power to bless unused.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

God bless this day. It is filled with peace, joy, harmony, and success.

MONDAY

I bless this money. It represents the true substance of Spirit, which God has provided for me and mine.

TUESDAY

I bless this room, for God is here protecting, healing, and prospering me and mine.

WEDNESDAY

I bless this food, for God has supplied it abundantly. It is rich in substance and quickening life.

THURSDAY

I bless my family. I place them in the Father's loving hands. He is caring for them and loving them. They are safe and happy.

FRIDAY

Jesus Christ is the head of this house. He is blessing and healing all who enter here.

SATURDAY

I bless my body. It is the temple of the living God, hence it is strong, well, and beautiful.

Section III

NEW VIEWS OF AN OLD WORLD

Living Now

LIVE EVERY minute as it comes, just as though it were the only minute you had on earth. Let it be filled with love, joy, harmony, courage, faith, all that you hope to enjoy sometime in the future. Too many of us are putting off our good from day to day, from month to month, and from year to year so that we never quite catch up with it. Live now. Forget your troubles of the past and stop dreading the future.

The expression of your powers and abilities is governed by your thoughts. If your thoughts are dwelling in the past or in the future, your powers and abilities will be lessened in the present, because they will be trying to follow your thoughts to realms that do not exist. We need all our abilities here in the present moment. We cannot afford to dissipate them by letting our mind dwell in the past or by worrying about the future. A certain amount of sound planning for the future is all right, but negative dreams and worries concerning the future are not desirable, because they put off the coming of

our good. Such dreams are wasteful; they sap the substance of the present moment.

Now is the acceptable time; now is the time to bring the kingdom of heaven into the earth; now is the time to be happy. "Let the dead past bury its dead." Live now in the knowledge that you are a perfect child of God.

Remember that you are what you think. Therefore resolve to think only good, pure, loving thoughts, and you will manifest more of the good, the pure, and the true. If you persist in thinking over the error thoughts of the past you will become entangled in them. If you would become free from past sins, stop thinking about past mistakes.

If you live every present moment aright, you will have no occasion to mourn over the past. Begin to live now in earnest and to help others to live now through your good example.

Resolve to know the truth now. The truth is that you are in reality a child of God. You are Spirit, and Spirit is not subject to sickness, poverty, or any negative condition. Spirit is not affected by time, place, or events. As a child of the living God you are good, wise, loving, truthful, pure, happy, kind, and true. All that God is He has given to spiritual man, who is made in His image and likeness. No matter what shortcomings seem to be manifested in your life, by keeping your mind on the Christ perfection you will bring the true conditions into manifestation. They will crowd out the error conditions because the latter have their existence only in a false conception.

When you bring the true conception into your life expression by your belief in it, the Truth then becomes the reality and the false goes back into its nothingness.

Now is the time to remember your spiritual source. In giving thanks for your present good do not be impatient if it does not manifest itself as fast as you think it should. Impatience is not an element of the kingdom of God. Instead of spending your energy in being impatient, invest it in faith. Faith brings results, but impatience only scatters your good. Impatience is a negative quality; faith is positive. Your good must be based upon positive, spiritual realities. Impatience will not make a seed grow any faster than the natural law will permit. Your good will unfold under the direction of faith in a natural and satisfactory way, like the growing of the seed. Give thanks each day for the amount of good that has been manifested. Do not find fault if the plant of good is not full-grown in a day. The joy of growth is in the unfoldment of your good from day to day. The growth that takes place today is just as important and just as interesting as the growth that will take place tomorrow or the next day. Enjoy yourself in your present stage of progress. Do not try to force the growth.

In Truth there is only the now. The Spirit of God does not change, but is the same yesterday, today, and forever. God lives in eternity now, and is unaffected by time, place, or events. Should we not continually rejoice in the consciousness of God's

NEW WAYS TO SOLVE OLD PROBLEMS

loving presence which gives us an everlasting foundation of stability and firmness? In God there is no beginning, no end, no failure, no unhappiness, no discord, no anger, no weakness, no untruth, no lack, no sickness, no death. In God is all success, happiness, harmony, love, strength, truth, abundance, health, and life. All that the Father has is at your disposal. Use it now. Live!



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

Through the help of the Christ mind my mind and body are illumined.

MONDAY

I remember no more the mistakes of the past; I live in the perfection of the present.

TUESDAY

I am not bound by thoughts of the past; I am living anew in the Christ consciousness of today.

WEDNESDAY

The recital of past mournful experiences does not affect me; the sound of it is lost in the music of present joys.

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

I now concentrate my powers and ability in doing
God's work this minute.

FRIDAY

I do not mourn over past mistakes. I so live now
that I shall not make any mistake the second time.

SATURDAY

I now cleanse my mind and body of all thought of
past sins.

Freeing Yourself from the Past

ROSES ARE just as fragrant today as they were when you first smelled them in the garden of your childhood. If they are not so sweet to you as they used to be, do not blame the roses. Look to yourself and discover what you have lost that you now need to reveal the present sweetness of the roses to you. You will find that the sweetness, or the lack of it, is really in your own mind.

The mind is capable of sweetening many things that we become aware of through the palate and through the nose. Through an appreciative state of mind, fruits, vegetables, flowers, and everything else that we use can be improved.

Some of us think of the days when life held more joy for us than it holds now. We yearn for the good in the past, forgetting that time spent in thinking about the past is largely wasted. We dwell on the excellence of the past because we do not know how to appreciate the good in the present. The fact is that there never was more good at any time in the past than there is now. "Now is the acceptable time."

We are held back in our present progress when we try to live again in the experiences of the past. As a race we have unwisely let our ancestors dominate us. They plan our bodily health and mold our characters. We let them do these things because we take it for granted that they knew how to live aright. We have much to learn about life before we can really begin to live, and before we can begin to learn to live we have much of ancestral precedent to unlearn. We should be growing toward perfection instead of building upon the haphazard foundation laid by our ancestors.

Our parents inherited certain characteristics from their parents, and we calmly accept these characteristics as they are passed on to us—frail bodies that last at best but three score years and ten, and that are subject meanwhile to all kinds of disease, and emotional natures dominated by hatred, lust, greed, envy, fear, discouragement, and the like. We accept them in the belief that they belong to the normal man and woman. Our ancestors experienced many unpleasant things and, in their ignorance, tolerated them, but the fact that they did so cannot possibly prove that these things are normal. We would not accept from our ancestors an inheritance of personal property consisting of rags and rubbish. We do not need to accept from them a negative heritage in our mind and body if we do not choose to do so.

The way to refuse an undesirable inheritance is to deny that you are a child of the flesh. Deny that you inherit weakness, lust, fear, disease, or any other

negative thing, and affirm your inheritance from your heavenly Father, which includes life, health, joy, peace, purity, and harmony. These are yours for the asking. If you ask for them and believe in them and use them, then you are truly an heir of God. "Call no man your father on the earth: for one is your Father, *even* he who is in heaven."

We can never make real progress in self-mastery until we break away from the dominance of our ancestors and of the past in general. We thoughtlessly believe in and do many foolish things merely because our ancestors did them and believed in them.

The whole array of troubles, hardships, wars, sin, and death is a relic of the blunders of our ancestors, who, instead of depending on God their Father, ignorantly relied on their own strength to solve their problems.

We must learn to deny the power of heredity and must think of God as our Father. When we do this we shall break away from a vast accumulation of mental and physical error that has been holding us down, and we shall then find in our new freedom possibilities of growth and life that we never before dreamed of.

There are no "good old days." Today, if you find God in it, is the best day that you have ever lived. You are a child of God, created in the image of the Father, but if you wish to manifest your sonship you must believe in it. You must believe also in the power and goodness of your Father, and live like a son.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I deny that I inherit disease and inharmony from my
ancestors. One is my Father, even God.

MONDAY

I inherit life and health from my heavenly Father.

TUESDAY

I do not fear the heritage of my ancestors. God is
my Father, and from Him I receive all good things.

WEDNESDAY

I do not inherit weakness from my earthly ancestors;
I am strong in the Lord.

THURSDAY

There is no power in the past to keep my good
from me.

FRIDAY

All good comes from God.

SATURDAY

God, the Father, supplies all my needs.

Taking Care of the Future

“**S**UFFICIENT unto the day is the evil thereof.”
 With the help of God we are able to solve the problems of today. Why borrow trouble from tomorrow?

Millions of strong, intelligent people are trembling with fear in anticipation of what may happen in the future. Here, for example, is a man who, since he lost his position, has been living on his savings. He daily sees his reserve melting away. He has figured out just how long his money will last; in a few weeks it will be gone and he will be in want; his family will be starving. At the thought he becomes frantic. He does not stop to consider that they have not starved before, and are not starving now. He is completely upset by the thought that they may starve when his savings are gone. This thought paralyzes him and takes the joy out of today. His family have enough to eat today, but they cannot eat it in peace, and there is no appetite for the food, because the fear of want in the future has cast its shadow over the present. The savings account has

become a stumbling block, because the man's faith has been clinging to it instead of to God. Many people who have no savings to rely on are actually happier than this man, who is letting himself down into the pit of destitution by degrees, as his savings vanish.

The truth is that God can care for us just as well during a depression as He can during good times. It seems that in times of depression we let our faith be affected, and God seems less able to help us for this reason. When we see so many about us who are under the law of lack, we often lose faith. At such times we should try to be more steadfast. We should endeavor more earnestly to make direct contact with God, the source of all supply. We must learn to see our supply coming from God. No matter how many men are out of work, no matter what conditions are, we must have faith and know that God is supplying us, in Spirit and in Truth, and that He will supply all who have faith in Him.

When a person is gripped by fear of the future, his power to imagine constructive things and to vision opportunities is held in check, and he may pass by good prospects without seeing them. His tear-dimmed eyes cannot behold the blessings that God has prepared for him. One needs bright, joyous eyes to see all the good that is about one. Joseph, sold by his brothers to be a slave in Egypt, would have remained only a slave if he had spent his time in weeping and indulging in fearful thoughts. On the contrary, he kept his mind upon God and was

able, through keen spiritual vision, to rise to a high place in that foreign land and to render a great service to the whole nation, besides repaying his erring brothers' treachery with bountiful good. On his way to Egypt Joseph could have visioned the future as a long life of toil and hardships, but instead in his mind's eye he doubtless saw sheaves and stars bowing down to him.

Do not be afraid. God has given dominion to man, but remember that dominion was given to men, not to cowards. Jesus taught wonderful lessons to strengthen man's trust in God. Farrar Fenton, in his "Bible in Modern English," brings out this teaching in a beautiful way in the 6th chapter of Matthew, beginning with the 25th verse: "Because of this I tell you, do not embitter your lives how you shall eat; how you shall drink; nor respecting your body, how you shall be clothed. Is not the life more important than the food, and the body itself than its clothing?"

"Just look at the birds in the sky! They neither sow nor reap, nor collect into barns; yet your heavenly Father feeds them! Are you not much more important than they? Yet who among you, by fretting, is able to add a single foot to his height? And why should you fret about clothing? Reflect upon the lilies of the field, how they grow; they neither toil nor spin; and yet, I tell you, that even Solomon in all his glory, arrayed not himself like one of them. . . . Your heavenly Father knows that you need them all. But first secure the Kingdom of God, and

His righteousness; and all these things will be ready for you. Do not therefore fret about to-morrow, for the morrow has its own trouble. The care of each day by itself is quite enough."

Surely fretting will get us nowhere. By rejoicing, and by realizing the presence of God's abundant supply, we shall find all things working together for our good. God has provided all things for us, but we must accept them in the same spirit in which they are given; that is, in the spirit of truth, trustfulness, love, joy, and assurance. You push away God's good when you are afraid and when you doubt. Thank God today for all His blessings whether or not you see any visible signs of them. Blessings are all about you, waiting for you to let them become manifest in your affairs. Get to work with a song on your lips and do what your hands find to do, never doubting that God is now supplying your every need, in Spirit and in Truth.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I joyously seek the kingdom of God, knowing that all that I need in the physical world will be provided.

MONDAY

I do not fear the future; God is here now, my abundant supply and my protector at this time.

NEW WAYS TO SOLVE OLD PROBLEMS

TUESDAY

In the name and through the power of Jesus Christ
I acknowledge the Father's bounty, which is now
being poured out upon me.

WEDNESDAY

No material thing shall stand between me and my
faith in God as my abundant supply.

THURSDAY

During the day, during the night, during prosperous
times and times of depression—at all times—God
supplies all my needs bountifully.

FRIDAY

I thank You, my heavenly Father, because You have
so abundantly provided for me, and I rejoice in the
wonderful manifestation of Your substance.

SATURDAY

There is but one presence and one power in my life,
God, the good omnipotent. All my needs are abundantly
provided for in God.

Getting Justice

TO THE AVERAGE man justice means getting what he wants. Both the plaintiff and the defendant in a civil lawsuit want only justice, but their ideas of justice as involved in that particular case are usually directly opposed.

Since ideas of justice concerning details may vary so greatly, who can be sure what is the just and fair thing to do in any controversy? Perhaps both contestants are partly right; perhaps both are wrong. The judge or jury is supposed to be able to decide what justice is in a case that is being tried. The judge however must decide according to the letter of the law, and often this kind of decision is manifestly unjust. The judge instructs the jury, but it is difficult for either the judge or the jury to make a decision unaffected by prejudices acquired in their own personal experience.

There is however a law of perfect justice under which everyone must receive what he is entitled to. This law governs our affairs even though we may not realize it. The law is "Whatsoever a man sow-

eth, that shall he also reap."

God's law is a just law, and He has provided an abundance of good things for all people. He loves His children. The children however are willful, like the prodigal son. They like to have clean hands, but they are forever sticking their fingers into mud puddles. They leave the clean paths of love, co-operation, and peace to play in the mire of hate, selfishness, and strife. They take things away from one another instead of looking to the one source to supply their needs.

I have seen a chicken pick up a morsel of food and run with it while all the rest followed, leaving many luscious crumbs on the ground untouched. Does their behavior suggest a human failing to you? Under God's law everyone should receive bountifully, because there is no lack. We can live in accord with God's law or we can establish a law for ourselves. When we disregard God's law, we must abide by the law that we have made for ourselves.

Under God's law everyone receives freely, but perhaps all do not share equally because all have not developed equal capacities for using God's good. God's abundance includes love, life, peace, joy, as well as substance. You can easily understand how one person can use more love or more joy than another. It is because he has cultivated his capacity for using more of these God qualities. For example, air is abundant. Everyone may have as much air as he can breathe. There is no need to quarrel with anybody about air even if some men do use more of

it than others. Since there is also an abundance of wisdom, life, joy, and love at hand, there is no need to quarrel over these divine gifts. Those who enlarge their capacity for using them benefit most. The same is true of joy, life, and divine substance. There is no lack of these, because there is no lack in God. If we want more of these qualities we must increase our ability to appreciate and use them. If each one would devote his energy to the development of appreciation, faith, and understanding of God's gifts, he would not have time to complain about injustice, and he would not need to quarrel with his neighbors about their injustice to him. He would find perfect justice in God's law. In the kingdom of heaven, which is right at hand, all good will be as free as the air when we enter into that consciousness.

The present dilemma in which the world seems to be caught is caused by man's lack of understanding of God's abundance. We are attributing our troubles to an oversupply of good things. We plow under part of our wheat, destroy hogs and cotton in our effort to bring back prosperity, while some of us are going without enough to eat and wear. Since God is able to provide this surplus of blessings in the land, do you not believe that He can find a way to supply your little needs? If you have perfect faith in Him and co-operate with Him by following the principles taught by His Son, the Christ incarnated in the man Jesus, you will find that He is more willing to give than you are to receive. If God's children are not wise enough to use rightly the

abundance that their Father has given them, no wonder hard times come periodically. No matter what business conditions may be, we can individually go straight to the divine source for our justice and supply and get it. Why contend with those who do not understand the law of justice? When you go direct to God for your supply, He opens the way for it to come to you. Perhaps the way may be through your next-door neighbor, perhaps it may be through some other channel. If everyone would stop his outer seeking long enough to ask God for guidance he would be shown ways in which he could co-operate in just the right way to bring his good to him and help others to receive their good also. If only a few ask and work with the law, then those few will find a way to co-operate and discover their good. This may not result in external organization, for God's law finds a way with or without man's organized aid.

Remember justice comes from the Lord, not from people. Justice cannot be destroyed or upset by greed, ignorance, or foolishness, because justice is eternal. Justice abides everywhere and is found anywhere by those who seek it in Spirit and in Truth.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

"My justice comes from the Lord, and I trust Him to regulate all my affairs."

MONDAY

Perfect love casts all injustice out of my life.

TUESDAY

All that I need is bountifully supplied by my heavenly Father.

WEDNESDAY

Because I trust in God my good comes to me under divine law. Nothing can keep my good from me.

THURSDAY

Perfect justice is established in me and my affairs through the power of Jesus Christ.

FRIDAY

I delight in justice and righteousness, and all my paths are peaceful.

SATURDAY

Divine order is now established in the earth and God's riches are being abundantly supplied to all who will receive them.

Overcoming Hate

THE COST of hating is more than anyone can afford to pay. Prices of commodities may become quite reasonable at times, but the price of hatred will never be reasonable.

Hating is like something that one buys on the installment plan—it is easy to acquire, but to pay for it requires a long time. And what is the high price that must be paid for hating? Loss of friendship, unhappy feelings, loss of appetite, sickness, wasted energies, as well as financial losses. Worst of all, hating obscures the kingdom of heaven from our view. Hating is a heavy liability.

In the act of hating we are using up our perfectly good vitality and mind power in destroying ourselves. We would not think of shutting ourselves up in prison or of pounding our fingers with a hammer to get even with someone else, but by hating others we really punish ourselves more severely than we would if we did these unreasonable acts. When we hate we shut ourselves away from many joys and from those who would be our friends if we, through

hatred, did not shut them out of our life.

While we hate we are not happy, and we cannot be truly healthy in such a state of mind. When we are praying we must forgive those whom we hate if we wish our prayers to be answered. "And whosoever ye stand praying, forgive, if ye have aught against anyone; that your Father also who is in heaven may forgive you your trespasses."

Hate causes wars and deaths. Hate causes murder, and is responsible for the hater's punishment. Hate always makes the hater unhappy. Hate plunges the hater into the very depths of hell. Hate is usually indulged in for the purpose of getting even with some enemy, but only love and good will can square us with our enemy.

Hating will not get us anywhere. It uses up our good energy, which might be applied to the accomplishment of something worth while. You have certain energies that may be either used in rendering useful services or wasted in destructive acts. Energy can be expended for accomplishing either good or evil. But remember that energy is God's gift to you. He that hates is thereby expending some of his valuable God-given energy in harmful activity. No one is rich enough to afford to hate.

A woman in a certain city was left a widow, but her husband's fortune in some way fell into the hands of her sister-in-law. The widow was left with several small children to care for, and with no income wherewith to support her family. She could earn only enough to supply the bare necessities of

life. She received no help from her relatives, and she began to hate her sister-in-law. The impoverished widow spent her spare moments in brooding over the injustice done to her and the children. She became bitter, and life lost its joy for her. As she cultivated hate she found it increasingly hard to make a living.

One day she attended a lecture on forgiveness. The speaker explained that every person, by his way of thinking and acting, draws to himself his own experiences in life; that nothing can happen without a cause; that God is just and does not send trouble upon His children, but that they, having free will, often bring unhappiness upon themselves by the destructive exercise of their freedom. Nothing comes to us, claimed the lecturer, except what we have earned: therefore we should not condemn others for our troubles. The lecture caused the woman to search her soul. She realized that she was blaming all her misfortune upon her sister-in-law; that she was expending so much energy on thinking thoughts of resentment that she had not enough left for her work and her homemaking. She resolved to forgive her sister-in-law and to clear her own mind of the burden of ill will.

After she had succeeded in mastering her negative feelings and when she was again able to think with real kindness of her sister-in-law, the widow went to see this woman whom she had thought the cause of all her troubles.

She rang the doorbell, and was met at the door

by her sister-in-law, whom she had not seen for years. The caller wasted no time, but went right to the point. "I have hated you for years," she said pleasantly to her sister-in-law, "because I thought you had taken the money and property that rightfully belonged to me and my children. Now I know that these things did not belong to us, or you could not have taken them. They all are yours, and it is right that you have them. I no longer have any ill will toward you. I have received what is mine, and I have come to tell you that I no longer have any hard feelings toward you."

Having spoken words to this effect, she left her relative standing in the doorway, too much astonished to reply.

The mother went home to her children with a light heart and with a song on her lips. She had dropped a heavy burden from her soul. Several days later she received a cordial note from her rich sister-in-law, saying that she wanted to see the children; that she was fixing up a beautiful home for the family, and that she would provide a sum of money abundantly sufficient to care for them.

This incident illustrates the power of forgiveness to destroy our so-called enemies and to bring good out of those whom we may have thought it proper to condemn.

Forgive and bless, and you will be able to draw sweetness out of life.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

My own comes to me according to the perfect law.

MONDAY

I forgive all who have been my enemies.

TUESDAY

I forgive my friends.

WEDNESDAY

The forgiving love of Jesus Christ now frees me
from want and woe.

THURSDAY

The love of God is able to dissolve all hate out of
my heart.

FRIDAY

Praise God, I am free from ill will and condem-
nation!

SATURDAY

My heart is filled with love for all creatures.

Your Divine Birthright

GOD HAS PLACED at man's disposal the whole creation, including the spiritual, mental, and physical realms. He has provided so abundantly for man's needs that no one can begin to guess the extent of the fabulous treasures awaiting man's use. God has also placed within man's being an almost unlimited potential capacity for using these gifts. Man is slowly developing his inner abilities by exercising them. They expand as he uses them. Through his inner powers he will one day achieve full dominion over the world and his own mind and body. His ability already has been cultivated in many fields of endeavor and he has accomplished some very wonderful results, but even so he has scarcely scratched the surface of his possible conquests. True, he has learned to read and write, figure, build, dig, cultivate the land, mine metals, drill for oil and gas, float, fly, and dive by means of machinery, and talk through the air by means of wires and without wires. He has also learned to make clothing, utensils, and tools. He

prints books and makes pictures, and he has made great progress in the development of ability to understand better his relationship to his Creator. By means of faith, imagination, love, and other spiritual abilities man has been able to grow in appreciation of his heavenly Father.

When a person concentrates earnestly and gives thought and time to a given field of work, he produces something new in that field, and his capacity for using God's gifts increases. He may be an inventor, an artist, a builder, a writer, or a gardener; no matter what his line of endeavor may be, he will receive new ideas when he gives freely of himself to his work. God's blessings are ready for us, but we must give something of ourselves before we can fully appropriate them. As we are able to give of ourselves in more perfect service to the Spirit of love and wisdom, we should be able to understand better how to use the greater gifts that God has provided for us. Jesus said: "He that findeth his life shall lose it; and he that loseth his life for my sake shall find it."

As long as we are content to live our life for ourselves, keeping it selfishly for our own comfort, we are losing it. But when we are willing to live our life for others, that is, give it in living sacrifice or service to God's cause, we shall find out what life really holds in store for us. The more a person gives of himself in love, wisdom, and faith, the more will he receive. However, giving does not mean wasting. In the 1st chapter of Genesis we are

told that man was given dominion over the earth and commanded to subdue it. He is slowly accomplishing this task as he puts his laziness and his desire for comfort and ease in the background and gives his energy, thought, and time to the pursuit of new understanding and new powers. He has been given power over circumstances. "Thou shalt also decree a thing, and it shall be established unto thee."

We have been given power to make decrees that will accomplish many things. God's abundance awaits our decree to become manifest. It has been ready for use since the beginning of the world, waiting for us to do something with it. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." "With what measure ye mete, it shall be measured unto you."

There are no bargains in the kingdom of heaven. You get what you pay for. You do not need always to pay in money, but in some kind of sincere effort you must pay. Money merely represents the expenditure of some such effort. We cannot get something for nothing.

If you are accepting services without pay you are not enjoying the full benefit of them. I know of a number of large families in which one of the younger members has taken over the financial responsibilities of the whole family after the passing on of the father. These younger members have supported the others, standing as a buffer between them and the trials of the world. They have fought their battles, fed them, cared for them, almost thought

for them. In each of these cases the individual who accepted the responsibility grew stronger in the joy of service while those who were served became weaker and less able to enjoy life. They developed a tendency to be pettish and unhappy because they were not giving value received for what they got. Of course there are many families in which every member does his share, and they are all growing. Even though each one may not be earning money he is still giving something to life. Earning money is not by any means the only way to pay one's way. I know spiritual teachers who are giving freely and generously of their time in service to those who come to them for help. These teachers often receive nothing from persons who demand much of their time. Those who receive such aid but do not make compensation in any way cannot possibly get the full benefit of the teacher's work. However, the law of compensation is building up power and joy for the teacher even though some who are served do not compensate him. You cannot render a service without receiving compensation of some kind.

The pioneers who subdued our untamed country in the early days gave freely of themselves and suffered what we call hardship in clearing the way for our comfortable, modern civilization, but in spite of all their sacrifices they found a keen joy in living and overcoming obstacles. They grew strong by overcoming. Some of our pampered, modern children are living in the conquered, transformed wilderness are restless and unhappy because they have

nothing to do. Everything is being done for them. They go to picture shows, parties, dances, and entertainments, have more than enough to eat, and are surfeited and unhappy. None of the pioneers was unhappy because food and entertainment came too easily. For them life was a struggle, but it was interesting; they were growing, they were achieving new conquests.

I do not recommend that we return to these frontier hardships, but I do believe that we must not rest on our oars and let our inner powers drift just because conveniences in abundance have made life easy. We must still be alert and awake, ready to make new progress. The great field of spiritual achievement is before us. We do not need to struggle against the wilderness as our ancestors did, and for that reason we can give more of our time to spiritual pioneering.

Jesus Christ promised that we should do even greater things than He did and that He would be with us always to help us.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I am willing to share my best so that I can become
associated with the best everywhere.

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

I am alive and alert, and I am glad to use the life and intelligence that God has given me for the establishing of His kingdom in the earth.

TUESDAY

God has supplied me abundantly with substance and has given me brains and muscles and life with which to enjoy that substance. To Him I give praise and thanks for all these blessings.

WEDNESDAY

There is no lack in God and I, a child of God, cannot lack for any good thing.

THURSDAY

I joyfully cultivate the talents that God has given me by using them to His glory.

FRIDAY

I am quick to do the will of God. Therefore I am filled with life and directed by intelligence.

SATURDAY

I am glad to give up my little ideas to make room for Christ's large ideas.

Bless Your Money

MANIFEST THINGS may be thought of as symbols that represent intangible things. One manifest thing may serve as a symbol of a number of different mental and spiritual conditions. For instance, water used in baptism may be thought of as representing a mental cleansing process. To the engineer water may represent power; to the soul athirst it may represent refreshment and inspiration.

The fact that one material substance may represent so many different conditions should not be confusing. We are not perplexed when a certain word in our language represents many meanings. For example, the word "cleave" has opposite meanings: "to part or divide by force," and "to adhere closely." The word "draft" has many meanings; such as "act of drawing a load," "act of selecting soldiers," "the quantity drawn in at once in drinking," "a sketch," "an order for payment of money," "a current of air moving through an inclosed place," "the depth of water necessary to float a vessel,"

the thing "drawn directly from a barrel." All these meanings and a number of others may be expressed by the one word "draft." We are not puzzled when the word appears in a sentence, because the context makes its meaning clear. As a word may represent many different things, so the physical thing known as water may symbolize different mental or spiritual characteristics.

A rock may represent faith, solidity, a burden, or even danger, according to the idea one has in mind. Jesus spoke of Peter as the rock upon which He would build His church. We think of Peter as representing faith. We sometimes speak of "standing on a rock" when we feel that we are well established in understanding. Again, when we think someone is heading for disaster we say he is going "on the rocks."

There should be no confusion because of the varied symbolism of which one object is capable. Money may represent several mental and spiritual qualities. It may symbolize God's bounty. It may merely mean poor reward for hard work, or it may represent a good time that we are to enjoy. Money may even represent poverty when we believe it is hard to get. Money represents a wide range of ideas, from those of the man who thinks it is the most worthwhile thing in life down to the one who believes it is the root of all evil. He who wishes to be on friendly terms with money, yet not dominated by it, should think of it as a symbol of God's abundant, inexhaustible substance. Whether the amount of

money a person has in his possession be large or small, it may represent God's inexhaustible abundance if he desires to have it perform that office for him. He may consider it a messenger from God assuring him of God's loving care and His ability to supply all our needs. He may acknowledge this messenger and accept the promise contained in the message that each coin brings, by blessing all money that comes to him.

Even though money may seem to come to us as the result of hard work, we should see back of it the spiritual source of all good. Try to think of every cent you get as coming straight from God's loving hand. If we look beyond the employer to our loving Father-God and thank Him for this manifestation of His supply, and then bless it, thinking of it as more than a hard-earned salary, we can magnify its usefulness. In doing this we magnify our ability to receive more of the good that God has prepared for us; we bring ourselves into a closer understanding and contact with the great invisible storehouse. When we bless His little messengers we bless Him who sends them.

Blessing money in the name of God stamps that money with a new spiritual value. A dollar to which spiritual value has been imparted is capable of bringing us much greater good than it could bring us if it were a mere material dollar. "It is the Spirit that giveth life." When spiritual blessings are placed on material objects, such objects are surrounded with spiritual, quickening energy. Money

of itself can do nothing. It has value only because the mind of man has set a value on it. By blessing it we still further enhance its value. Why not treat our money in a large way by letting it represent God's values in addition to man's values! One may not feel like blessing a mere penny when one receives it, yet a penny is just as much a symbol of God's substance as is a hundred-dollar bill.

Do not forget that in blessing our substance we are dealing with ideas and not with material objects. We can place as high a spiritual value upon ideas as we choose. We can see our money as representing supreme value since it comes from God. If we can do this, we shall find that the money coming to us will do many things for us that we did not dream it could do.

It is a good idea to set aside one tenth of one's money income for the Lord's work, especially blessing it. However the blessing will do much good whether you tithe or not. Also it is helpful to bless all money spent. The blessing does not need to be spoken audibly, just a silent blessing will do. Let it go with the payment of a bill, a purchase, a gift, whatever the money may be used for. Send each coin on its way as a messenger of God's abundance to others and the channels for the circulation of substance through your affairs will be widened. Like an electric current, your good flows in a circuit. You receive freely from God, and you must give freely. What you spend should go freely with a blessing and not grudgingly. You complete the circuit by

giving in the same spirit of thankfulness in which you receive. This free attitude opens the way for a larger current of giving and receiving to come into your life. "I will bless thee . . . and be thou a blessing."

The power of blessing is a mystery. We do not know how it works, but we know that it does work. A wholehearted blessing not only helps our affairs, but it fills us with an inner light that seems to satisfy our soul and make us happy. In blessing we are blessed.

You will never be sorry for having pronounced a blessing upon anybody or anything. Bless even what seems to be not good, and by the mysterious power that blessing brings it will be made to bring good to you, in addition to affording you the wonderful opportunity of experiencing the joy that comes from blessing. Bless the good and it will increase. Bless what seems to be evil, and something good will come out of it to justify your blessing.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

"The blessing of Jehovah, it maketh rich;
And he addeth no sorrow therewith."

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

"I will bless thee . . . and be thou a blessing."

TUESDAY

I bless the human hand that brings this money to me, and I see back of it the hand of God supplying my every need bountifully.

WEDNESDAY

I thank You, Father, for this substance which I know has emanated from Your generous, loving Spirit. I bless it and use it in the name of Jesus Christ.

THURSDAY

As I pay out this money I bless it. May it enrich everyone who touches it with the knowledge that there is plenty for all.

FRIDAY

The value of this substance which I hold in my hand is this day magnified, for I perceive that it is truly a symbol of my heavenly Father's inexhaustible riches.

SATURDAY

I am rich in the consciousness of God's riches.

Section IV

LOOKING AT YOURSELF

How to Relax

YOUR PHYSICAL body is made up of millions of little parts called cells. These little fellows are intelligent, and they are busy doing things for your good.

You do not know these little cells very well, even though they are very close to you. You would find them very interesting entities if you could know every one of them individually. But since there are so many of them, to know them all would be like knowing everybody in the world.

Since you cannot know all these cells individually, there is a way in which you can appeal to their intelligence; for they are your servants. They are your faithful subjects, although you do not direct their activities individually. You have efficient assistants who pass your orders on to the multitude of cells.

You are like a mighty king upon whom millions are depending for their inspiration and their very existence.

These little cells make up the various parts and

function centers of your body. Some form your head; some, your hands; some, your feet; one group forms your stomach, and still another group forms your lungs.

There are nerve centers in various parts of your body that are directing the activities of the function centers under their control. These nerve centers are like broadcasting stations; they are constantly sending messages through the nervous system to all the cells in their locality. These nerve centers receive messages from the subconscious mind, which in turn receives instructions from the conscious mind. The nerve centers are like a chain of broadcasting stations, which take up a program from headquarters and distribute it in their respective localities.

Your subconscious mind controls these centers for you, thus carrying on a vast and intricate work. If you did not have this faithful assistant and if you had to think of drawing in the air each time you breathe, you would be so busy with supervising your breathing that you could not do much else, and while you were busy directing your breathing your heart might stop beating. However, the faithful subconscious mind and the nerve centers relieve you of this detail work and faithfully perform these operations and many others for you, including the renewing of injured parts, the growing of fingernails and hair, the digesting of food, and the circulating of the blood, which keeps the interior of the body clean and in order.

The subconscious mind had its original instruc-

tions from the Creator to the effect that the body is to be kept in perfect running order and that all its functions are to remain harmonious and healthy. The subconscious mind has tried to follow these divine instructions and does so except when you direct it otherwise.

Your conscious mind dominates your subconscious mind. You can tell your subconscious mind the truth or you can tell it error. It is very obedient and it will carry your instructions on to the nerve centers and the cells.

One of the most unfortunate error messages that you can give to your subconscious mind to pass on to your body-cell people is a decree of condemnation. You may condemn some person outside, but your subconscious mind inside is impressed with the condemnation idea and carries it into your body, where it plays havoc among your cell people. Condemnation snarls them up, stops their free and natural functioning, and makes them very unhappy. Such thoughts as fear, unhappiness, and hate also affect the cell people of your body adversely.

When your little cells receive the broadcast message of condemnation their free expression is hindered. They become inharmonious; and when you command a large group of cells in a certain locality to resist or to become tense you develop a chronic ailment.

Physicians and scientists are telling us to relax so that nature may have a chance to do its perfect work in us.

We sleep in order to relax, but sometimes we do not sleep and so do not relax.

The reason we do not relax is that some destructive or unpleasant message has disturbed our body-cell community.

The idea of condemnation often holds our body nation in bondage.

Forgiveness is one of the most important messages that you can broadcast to your cells. When you lie down at night to go to sleep, forgive everybody and everything. Send everyone thoughts of love and good will. As you forgive, a message of harmony will at the same time be broadcast in your body, and there will be an unloosing and a freeing of your functions. The little cells that before were inactive will respond to your message of love and go joyously back to work. The blood and lymph will circulate freely through your organs again, and you will rest while your bodily conditions have an opportunity to improve.

You are the one who has full charge of the broadcasting programs that are being sent to your body-cell people. You have, in fact, a monopoly of the broadcasting business in your realm. Therefore if your cells are not getting the right kind of instructions, no one but yourself is to blame.

You can open your broadcasting station to the Christ or superconscious mind. The Christ will "put on a program" for you that will thrill and revive your cell subjects.

You must first forgive everybody and everything

NEW WAYS TO SOLVE OLD PROBLEMS

in order that the Christ mind may bless your body with its healing life. Your cells must be set free by forgiveness before they can relax and receive the great message. The Christ message will then reach them and heal them.

You are a mighty monarch ruling over a populous domain, and you have at your disposal a wonderful system for broadcasting to every member of that domain.

Your very life and happiness depend upon your mental attitude.

As you make your cells happy they in turn make you happy; therefore be good to your body-cell people. Be a wise and loving ruler and broadcaster.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I forgive everybody and everything.

MONDAY

I am now broadcasting Truth to my whole body.

TUESDAY

Only harmonious, constructive programs shall be sent by me to my body-cell helpers.

NEW WAYS TO SOLVE OLD PROBLEMS

WEDNESDAY

I am now open and receptive to the Christ mind,
and every cell in my body is quickened and healed
by its power.

THURSDAY

The healing, vitalizing power of the Christ mind is
now active in all parts of my body consciousness.

FRIDAY

As I erase all thoughts of condemnation from my
mind, I know that all tenseness will be taken from
my body members and that they will relax under the
influence of the perfect healing power of love.

SATURDAY

The Christ mind in me is mighty to heal, to save,
and to bless every one of my body-cell people.

Setting Yourself Free

FORGIVENESS is essential to the attainment of spiritual growth. Forgiveness must include everything and everybody, which of course means the forgiving of oneself.

You may have made mistakes, and others may have made mistakes, but you must forgive them all if you would rise above the realm of mistakes. Forgive yourself, and sin no more. God forgives you when you forgive yourself. Forgive seventy times seven times if need be. Forgiving is a freeing process. When you forgive anybody, you are setting your own soul free from the bondage of condemnation. Condemnation binds and limits those who condemn by their thoughts or words. Condemnation is a heavy burden, which the race is bearing because of ignorance.

Forgiveness sets you free. Forgiveness opens the way for better things to come to you. Do not carry the mental load of your past sins about with you. Forgive yourself, ask God to forgive you, and let your burdens roll away. Let the past go, and begin

again to live with God's help. Do what is right today; make reparation for the past as much as you can, but stop worrying about the past, and stop condemning yourself for past mistakes. Begin to praise and to give thanks. Do your best; praise the power of God in you. Know that God is helping you to do better.

Do all things to the glory of God, and you will no longer be under the law of condemnation. Let the dead past go. Live now; radiate forgiveness, love, service, joy—now. Do not let past mistakes remain a handicap to your present achievements. You can do all things through Christ who strengthens you. Christ cannot help you while you are thinking thoughts of condemnation or hatred; for Christ works by means of love. Christ spoke through Jesus these words: "Love your enemies."

Forgive yourself for past mistakes and know that you will not make the same ones again. Give thanks for freedom from these mistakes. Rejoice in the freedom that Christ is now giving you from all your mistakes and sins. Open your mind to receive His peace, His harmony, His love, and His joy. "Have this mind in you, which was also in Christ Jesus."

The world needs forgiveness. It is under a terrific weight of condemnation. Will you help to lift this load by forgiving yourself and others? "Forgive us our debts, as we also have forgiven our debtors."

We are admonished by Jesus to forgive seventy times seven times. We must give before we can re-

NEW WAYS TO SOLVE OLD PROBLEMS

ceive. Forgiveness is a way of giving. It is giving up unpleasant thoughts in exchange for good thoughts. We give to make room for something better. Give love, and you shall receive more love.

“And judge not, and ye shall not be judged: and condemn not, and ye shall not be condemned: release, and ye shall be released: give, and it shall be given unto you; good measure, pressed down, shaken together, running over, shall they give into your bosom.”



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I willingly forgive all who have wronged me.

MONDAY

There is no condemnation in me for anyone: I love everybody.

TUESDAY

I forgive myself.

WEDNESDAY

The forgiving love of Jesus Christ has set me free from the bondage of condemnation.

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

The Spirit of love sets me free from the bondage of
hate and fear.

FRIDAY

By forgiving everybody I open the way for God's
love to enter my heart.

SATURDAY

I hold no malice toward anybody. Divine love fills
my soul with its healing power.

Overcoming Loneliness

GOD IS EVERYWHERE present. He always has been everywhere present and always will be everywhere present. God never goes away and leaves anybody.

A story is told of a wandering Indian who, when asked if he was lost, replied: "Indian no lost; Indian's tent lost." The tent was lost. The Indian could not be lost from the tent because he was more important than the tent.

When God seems to be absent from us, He is not lost: it is we who are lost. The prodigal son separated himself from his father and became lost in sin. This was his own doing, not the father's. His father was not lost. If there are times when God seems to have gone away and left you, your feeling of loneliness should be a reminder to you that you have lost your way. When things do not go to suit you, and you are tempted to believe that God has deserted you, stop and check yourself up, for you are straying away from God.

Thinking about self and being sorry for self is

a lonely practice. No wonder that selfish people are lonesome. If you should feel that God has forsaken you, take the following thought for meditation: "Not my will, but thine, be done." It is God's will that you be well, happy, and prosperous, but if you interpose your self-will, God's will cannot have its perfect way in you. Selfishness may sometimes assume an unselfish guise; a person may be selfish in helping the needy. He may want to render his service in his own way without asking God's help. One may be selfish in giving, expecting to receive a reward in return.

If you should start down the road of loneliness, discouragement, and self-pity, believing that somehow God had forgotten all about you, stop and remember that God is the very life that fills your being; not the blood exactly, but the spirit of life that causes the blood to be and to flow. God is indeed very close to you, because He is in you and you are in Him. There is no separation in Spirit; separation exists only in the thoughts of your own mind. Know this, and let His joy well up in you as His life pulsates in you. Dry your tears and put away all anxiety. Stop trying to feel His presence as you would the presence of a person or a thing, and know that God is even closer to you than any person can possibly be. Even though mountains of adverse conditions seem to be piled up all about you, know that the Father is closer to you than all these. They shall be as shadows that will disappear as you allow the light of His presence to shine in you.

The very air that you breathe has its source in God. If you are under self-condemnation, believing that you have committed some terrible sin, remember that God's love is greater than any sin. By meditating upon His love and forgiveness, and by forgiving everyone and everything, you will begin to realize God's love for you. When you do this there will be a quickening of love in your heart. Attune yourself to the spirit of God's love through believing in Christ, the perfect Son dwelling within you. Your feeling sincere love for all about you will help you to find divine love. Feel Christ's love deep down in your heart as you repeat softly, "Love, love, love," and forgive everyone, no matter what he may have done to you or to anyone else. Clear old grudges and hurts out of your mind and heart. Rejoice because you are on holy ground, though you have not known it. God is with you whether you will to be conscious of Him or not, but the full glory of His presence is yours only when you actually believe in that presence. You will find God through your exercise of love and faith.

God is Spirit, and we must know Him in Spirit. Remember that God is all-powerful and that at the same time He is all-good. Therefore you have nothing to fear when you have placed yourself and all your affairs in His hands.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

There is but one God, and He is everywhere present.

MONDAY

I am now in the presence of the one God.

TUESDAY

Divine love is now expressed freely in all that I think and say and do.

WEDNESDAY

I am continually in the presence of infinite love and wisdom.

THURSDAY

All doubt and fear are cast out of my mind and my affairs because I dwell consciously in the presence of the Father.

FRIDAY

The Father within me is guiding and prospering me in all my ways.

SATURDAY

I forgive everybody and everything while I let divine love have its perfect way in me.

Your True Home

ALTHOUGH A PERSON may live in a pretty little cottage by the sea bearing some quaint and refreshing name, it is possible for him at the same time to be dwelling in a very inharmonious, unpleasant place quite unlike the cottage and its surroundings. This is true of him if in his mental dwelling place discord prevails, and he is living in a state of worry, resentment, or inharmony.

Each person lives in a place that is not known to the efficient postman, who has a way of finding all the out-of-the-way places to deliver letters, or even to his closest friends. Each one of us has an abiding place that is known only to himself and can be reached only through his own thoughts. It is really built of our thoughts. We live in it more truly than we live in any cottage, apartment, or palace. We can leave our physical home if we choose, but this invisible abiding place will go with us. Our friends cannot see this place in which we dwell, but they surely will know something about it—whether it is beautiful or ugly—from our behavior.

Everyone has an abiding place with which he alone is familiar. It is his state of consciousness. Jesus said that He had no place to lay His head, yet we know that He lived in a rich and beautiful realm of spiritual understanding. He promised that He would prepare a place in the Father's house for others to enjoy. He has invited us all to join Him in that place. This is His invitation: "If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you."

The place that Jesus has prepared for us is in the invisible heavens. It is not a place built with hands. It is a state of consciousness, a state of perfect unity with the Father in which the Father's riches of life, love, peace, harmony, wisdom, and substance are available for the use of mankind. Before we can enter this place we must be willing to open the doors of our thought dwelling so that His words may enter and live in us. They will help us to reconstruct our mental dwelling. When we open the door and let His words abide in us, then we shall abide in Him and have whatever we ask for.

In a modern house you have many things for the asking. Electric lights illumine your room when you push the button—which is one way of asking! You have hot and cold water to bathe in, music and entertainment from the radio, books, magazines, comfortable chairs, a bed to rest on, and satisfying meals. The place that Jesus Christ has prepared is much more wonderful than a modern house, for in it we can ask anything we desire and it will be done for us.

There is no limit set except that of our own ability to think of what to ask for, provided of course that we abide in Jesus Christ and His words abide in us. "If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you."

To be able to abide in any state of consciousness the words or thoughts of that consciousness must first abide in us. When we live in a house, the beauties of that house will live in us to the extent that we are able to appreciate them with our senses and our power of imagination to idealize their pleasant qualities. The place that Jesus Christ has prepared for us cannot be made manifest to us through our five senses. Our faith will help us to find it and our prayers will bring us into it.

Jesus also said: "Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; so neither can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same beareth much fruit: for apart from me ye can do nothing." All of our power, strength, and ability come from the Father. When we realize this and come to the Father through the Christ, who is the Father's perfect idea of man, then we become truly a part of the vine and draw our substance, life, and energy from that source. But when we believe that we are separate earthly beings begotten of the flesh, we are separating ourselves from the vine and we are therefore lacking in power and spiritual strength to endure. We are either on the vine or off the vine, according to the kind of dwelling

NEW WAYS TO SOLVE OLD PROBLEMS

place we have established in our consciousness. If our dwelling place is one of mortal limitations we are separated from the vine. This is manifestly not a very substantial or worth-while dwelling place. It can be remodeled, however, and brought into the Father's house, where there are many mansions. All of these are parts of God's one plant or vine.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

My consciousness is open and receptive to Christ ideas.

MONDAY

My mental dwelling place is being gloriously reconstructed under the guidance of Jesus Christ.

TUESDAY

I abide continually in a place of loveliness because my thoughts are pure and sweet.

WEDNESDAY

The words of Jesus Christ abide in me as I abide in Him, and all of my needs are therefore supplied by Him.

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

Through faith I dwell in the kingdom of God, which
is right at hand.

FRIDAY

I am drawing abundant life, wisdom, and supply
from the Father through the true vine, Jesus Christ.

SATURDAY

I am one with God through Christ.

Rename Your Enemies

EVERYONE IS like old Father Adam in one respect at least. He has the privilege of naming everything and everybody about him. In the 2d chapter of Genesis we find this record: "And out of the ground Jehovah God formed every beast of the field, and every bird of the heavens; and brought them unto the man to see what he would call them: and whatsoever the man called every living creature, that was the name thereof." Jehovah God is still bringing His creations before man to see what he will call them.

We are continually naming and renaming not only animals and things but the people who are about us. They may already have names, but we name them over again with such names as these: beautiful, ugly, good, bad, graceful, awkward, honest, dishonest, truthful, liar, prig, bird, pig, goose, cat, fox, peach, pippin, and the like. We select these names to fit our impressions of people and our experiences with them. Our thoughts about the character of people and things are the "names" to which I refer. We may

say that God had brought certain experiences and persons into our life to see what we would call them, and whatsoever we have called them, that has been their name to us.

The question whether a person merits the name we have given him has nothing to do with the point I am trying to make. People and things exist for us only in our own mind. If we had no mind we should not know that they exist. Perhaps no two of us see another person just alike or think about him in the same way. In other words, that third person is a different kind of creature in the mind of each of us. We have created a picture of him in our own mind, and he is what he is for us because of our way of thinking. Our picture of him may be altered somewhat from time to time because of his behavior, but we should remember also that his behavior toward us will be altered by our mental picture of him.

Is someone by his actions interfering with your plans? Then change his actions by altering your mental picture of him. In other words, change the name by which you have identified him in your mind to a better name.

If you have named someone unfair and dishonest because he is out of harmony with your plans, you are losing an opportunity to help him and to help yourself if you do not at once rename him. If you will not do this for his sake, you should do it for your own sake. Do you want him to continue to interfere with your plans? Of course you do not. Then why use your mental power to help him to do so?

There is a thorn sticking into me. Because it has hurt me do I sharpen it and poison it and push it deeper into my flesh? No, I pull it out and throw it away. Why cling to your hurtful idea of others? Why not rename the one who interferes with you and change him in your mental world to a helper? Call him honest, just, and a good co-operator. Do not rename him with the idea of trying to make him over in his world, but with the thought that he is truly a perfect child of God and therefore, as a citizen of your world, will respond to the good name that you are giving him. It may not be necessary to tell him in spoken words that you have changed his name.

It is your divine privilege to name the people who live in your mental world so that they will be helpful to you. Fill your world with good and helpful people by your power to name them with good names. You cannot afford to have bad people about you, and you do not need to have them.

The old-fashioned way to get rid of enemies was to kill them, spirit them away, or lock them up. The modern, Christ way to dispose of enemies is to transform them into friends and helpers. To do this you must cease to worry about their shortcomings. You must put the full power of your faith and thought into seeing them as new creatures in Christ Jesus and expect them to manifest traits or qualities according to the name you give them.

When you attempt to rename an undesirable person, you may find that, even after you thought you had given him a good name, a subtle hope seems to

persist in the back of your consciousness that something may happen to punish him. Such a thought should prove to you that you really have not wholeheartedly renamed him. This undercurrent of negative thought must be totally erased and be replaced by a consciousness of trust in the power of his new name to wipe out the old record and make of him a new, glorious creature in your world.

When you find unpleasant people or unpleasant conditions roaming about in your world, rename them and make of them such characters as you are certain will add to the pleasure of your world. Make it the kind of world you wish it to be. Stop whining, stop complaining, stop getting worried and confused about the misbehavior of the creatures that you have misnamed. Use the thought energy that you have been wasting in negative emotions to rename your creatures.

I do not mean that you will change a criminal to an honest man in the twinkling of an eye, but I do say that you can, in so far as you are concerned, remove him from your own world.

Fill your world with good people and good things. Forget to pout, forget to cry, forget to complain, and remember to rejoice and give thanks to God for the perfect creation He has put at your disposal.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

✓ I recognize you. You cannot disguise yourself. You are a radiant child of God.

MONDAY

God's creations are all excellent. I shall therefore be very sure to give them fitting names.

TUESDAY

My good shall not be discredited. I bless it as I recognize it everywhere.

WEDNESDAY

Through the love of Jesus Christ I am able to give good names to all people and to all things in my world.

THURSDAY

✓ I bless you in the name of Jesus Christ. You are a child of the living God, and I love you.

FRIDAY

✓ Because you are a child of God you speak the truth and you are ever honest, just, and harmonious.

SATURDAY

✓ My world is filled with splendid people, and I love them all.



Leave It with God

GOD DOES not forget.

Someone has asked the question "How often shall we tell our problems to God?" Surely we should not repeat the same problem over and over again, for God knows what we need even before we ask, and He invites us to cast our burdens upon Him.

If God already knows what we need, then why pray at all? The reason for prayer is not to get things but to understand what God is doing for us, so that we can co-operate in His plan for us to enjoy His good things.

Jesus gave a parable showing that we ought always to pray and not to faint. He told of the widow who through her persistence, influenced the judge to give a verdict in her favor. The judge was worn out by her persistence and wished to get rid of her. "The Lord said, Hear what the unrighteous judge saith." The judge was unrighteous because the judgment he gave was based on his own personal feelings. But Jesus explains that God is ever ready to

grant our prayers and that if it is possible for a woman to be so persistent in calling on a judge, why should not we be persistent in our service of the Lord? Of course the Lord will, not grant our wish because we tire Him, but because we make it possible for Him to serve us. We do not need to tell Him our problems many times, but we do need to give thanks continually and to realize that all that we have comes from Him, the one source of good. By giving thanks continually we are able to keep in constant touch with Him, thus making it possible for His goodness to work out in the solving of our problems. In using electricity we must see that the wire bringing it into our house is connected continually with the power house. Prayer is the wire that connects us with the great power house of God's life and love.

How often do we need to eat or drink or breathe? Eating once is not enough; drinking once is not enough, or is breathing once sufficient to keep us alive. To keep our body in proper condition, we must keep persistently doing these things. However, the doing of these things is not enough; for "man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." How necessary it is for us to keep close to the source of our spiritual food supply!

While it is not necessary to tell our problem over and over to God, it is necessary to renew our conscious faith in God daily and to feel that He is now taking care of all our problems. Prayer is practiced not for the purpose of changing God's mind or in-

fluencing Him to do something that He does not have a mind to do, but for the purpose of changing us: opening our consciousness so that His spirit may freely enter our life; strengthening our faith; cultivating our love. God cannot be changed, but our mind can be changed and lifted up. Therefore we need to be constant in prayer, in order that more of God may enter into our life. It is the conscious receiving of God into our life that solves our problems. God's love and supply will take care of all our needs when we give Him proper co-operation.

In presenting our problem to God we should realize that co-operation with Him is much more important than the solution of our problem. We should minimize the problem and magnify the Lord. Problems are already solved by divine love when we put at the disposal of the divine plan every ounce of our ability and energy to carry out their righteous solution. We need to ask God for the wisdom to comply with the divine plan, for under it all problems are solved.

Human ignorance causes problems in the first place. Divine love and wisdom solve them by throwing light upon them. Problems exist only in us, not in God. We should concentrate our attention not upon the problem but upon God, and as we do Truth will be revealed to us and the problems will disappear.

When you go to God with your troubles, put the emphasis of your thought upon God's power and love more than upon your trouble. Concentration

NEW WAYS TO SOLVE OLD PROBLEMS

upon the difficulty simply builds it to greater proportions in your own mind. By concentrating your attention upon the power and love of God, you will be able to fill your mind with life and power to overcome the error. We might therefore say: "Turn your problem over to God and forget it. But do not forget God."



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

God's supply is greater than man's demand. God is greater than any problem. Therefore I will not worry any more about problems.

MONDAY

I joyously center my attention upon divine love, taking my thoughts away from fear.

TUESDAY

In Divine Mind all problems are solved. Divine love is here, and my affairs are in perfect harmony.

WEDNESDAY

Infinite wisdom guides me and divine love prospers me.

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

All that I can use of God's abundant supply is now
mine under the divine law.

FRIDAY

Through obedience to divine will I am learning how
to use God's abundance.

SATURDAY

I freely and joyously drop my burdens as I give at-
tention to divine sufficiency.

Section V

THE USEFULNESS OF TRUTH

Thinking for Prosperity

EVERY FINANCIAL condition has its beginning in an idea. A prosperous idea in your mind persistently held will bring prosperity into your affairs. First decide upon a prosperity idea and then fill your consciousness with it.

What is a prosperous idea? Perhaps we shall be able better to understand what a prosperous idea is by first considering what it is not. Of course we all know that discouragement is not a prosperous idea. Neither is doubt concerning our ability a prosperous idea. Here is another expression of an idea that is not in accord with prosperity: "I lack prosperity." This expression stresses the need more than it does the thing desired. If I accent the idea of need as a reality, I am thinking poverty, not prosperity. "I am prosperous" would be a better way to think, for that expression carries a prosperous idea. Even metaphysicians make the mistake of accenting lack instead of affirming sufficiency. They cultivate poor ideas instead of prosperous ideas. A poverty thought cannot produce prosperity in anyone's affairs.

The true prosperity idea is the one that recognizes that there is an abundance of good in everywhere-present Spirit substance and that that good is not separated from the individual who is making the affirmation. Faith enters in when we acknowledge that our good is at hand. First we must have faith that there is an abundance of good in Spirit. Then we must have faith that this good is now manifesting itself in our life. If I say, "I need happiness," I express a thought based upon a belief in the absence of happiness. We all admit that an abundance of happiness exists in God. Let us use it by affirming our oneness with that happiness. By letting it find expression in our consciousness as ideal joy we shall begin the planting of the seed of happiness in our affairs and we shall reap happiness.

Since the essence of all the good we can ever need is right at hand, even in our own inner self, we must learn how to bring it forth. We must have faith in it. But we are told that "faith apart from works is barren." Bring out the good by beginning to work with it. The way to bring out happiness is to begin to be happy, begin to spread happiness to others. Realize that God has filled you with happiness and then it will become active in you.

God has given you strong muscles which you can enjoy if you care to develop them by proper exercise. God has given you prosperity which will grow for you as you exercise your prosperity ideas.

Tithing has been suggested as one way to promote and use ideas of prosperity. Some persons who

would like to tithe hesitate to do so because they think, "I have nothing to give. I have no job. I have no income. How can I give?" "I have nothing to give" is a poverty thought and can produce nothing but poverty in your affairs. But the moment you feel that you can give something, be it ever so small, you start a prosperity thought going in your consciousness. Money is not the only thing you can give. You can tithe your time. Select a certain time during each day to devote to God. Ask for guidance and you will be led to do something that will help spread His gospel.

Tithing means giving back one tenth of our income to God. God has given us so much that we shall find that we have sufficiency for all our needs and enough to give a tenth back to Him. As long as you have life, love, strength, faith, joy, intelligence, and imagination you have something to give. You can devote one tenth of your time to God, doing something that will help bring His kingdom into the earth. Meditate upon the omnipresence of God. Give thanks for His wonderful love and His healing, prospering presence. Devote some of your time to blessing others about you. Perhaps you can say something to someone that will help him feel more surely the presence and nearness of God's love. Tithe your happiness and you will find that you have a real, unfailing supply of happiness within you that you can draw upon perennially.

Should you receive a gift, you can make a tithe of it in some way. When you decide to give a tenth to

God you make a momentous decision that will change your way of looking at finances. You put your faith "on the spot," as it were, and you enter a new life in which you know that there is enough substance for your physical needs and more—you have enough to give a tithe to God. When you realize that you can give a tithe to God, you are rich even though the tithe be a very small one. Jesus said: "For he that hath, to him shall be given: that he that hath not, from him shall be taken away even that which he hath." When you begin to tithe you put yourself in the class of those who have, and when you feel that you are too poor to tithe you put yourself in the class of those who have not.

Never say or think, "I cannot afford it," because thoughts become things. Such a thought becomes a "can't-afford" thing that dams up the flow of prosperity in your affairs. When you are moved to give something to help a person in need, be sure you give to his prosperity. Do not give to his poverty. You can give to his prosperity by denying that he has any need that cannot be supplied by God's bounty. Give with the thought that your gift is opening the way for an inflow into his consciousness of God's infinite bounty. This is what I mean by giving to his prosperity. If you give to another's poverty, you give with a feeling that you are giving as a duty because you are sorry for him. But you are holding him in poverty because you are thinking that he has no way of getting his good from God, therefore you must give it to him. Your thought accompanying

the gift can be one of poverty or prosperity for him. Never give to anyone's poverty but give to his success, give to his prosperity. Let your gift be a seed idea of prosperity for him and for you also. See him rich; see the possibilities God has provided him with which to enrich himself. Never allow yourself to think of him as unable to tap that great spiritual supply which God has provided for him. Help him to find true prosperity in ideas. Cultivate rich thoughts, be rich toward God. ✓

The widow who gave the mite was a rich giver even though the amount she dropped in the box was small. Jesus remarked that she had given more than the others. Put rich thoughts into everything you do. Expect rich returns, and be thankful. Giving thanks continually will keep your rich thoughts from being discouraged by your poverty thoughts.

This is the way the law works: First the thought, then the activity following the thought, then the results in the manifest world. A good thought is followed by activity that produces good results. A poverty thought is followed by activity that brings about lack. A weed seed is planted, growth follows, and the result is weeds. A flower seed is planted in the ground and growth follows that produces flowers. Watch your thoughts and make them rich, rich in the splendor of the ever-present God of plenty. Never doubt; do not be discouraged. Fill your mind with the kind of thoughts that you want expressed in your affairs. God will work mightily with you. There is nothing to fear. Step out boldly and fearlessly in

NEW WAYS TO SOLVE OLD PROBLEMS

the consciousness that you are working with a scientific law. Here is the law: As you sow in ideas so shall you reap in your body and your affairs.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I am prosperous because my heavenly Father is rich.

MONDAY

Only rich thoughts shall have a place in my consciousness.

TUESDAY

I receive richly and I give richly because God is supplying me bountifully.

WEDNESDAY

I am putting prosperity to work in my affairs by putting ideas of prosperity to work in my mind.

THURSDAY

I am filled with happiness that becomes active as I express it.

NEW WAYS TO SOLVE OLD PROBLEMS

FRIDAY

I know that I am prosperous, because I am rich toward man and God.

SATURDAY

Rich ideas fill my mind and dominate my finances,
praise God!

Christ the Way

IN ATTAINING anything worth while one must follow some kind of way or method. The early Christians were known as followers "of the Way." When Paul said, "And I persecuted this Way," he referred to the Christians. They were doubtless called followers of the Way because Jesus taught, "I am the way, and the truth, and the life." He also proclaimed, "I am the true vine," and again, "I am the door." He explained very clearly that the Father could be reached only through Him.

Many years before, Moses and the prophets had pointed out the way by means of commandments and precepts. Jesus Christ boldly acknowledged that all their teachings were fulfilled in Him. He made many startling statements concerning His importance, yet these were by no means egotistical or vain, because He spoke not of Himself as a physical man, but of the Christ within Him.

We often include in our affirmations and prayers the phrase "through Jesus Christ." This is done to acknowledge Christ as the way through which our

affirmation must be worked out and our good accomplished. If we consider the statement that "no one cometh unto the Father, but by me" as coming merely from the man Jesus we may well wonder what opportunity for contacting God anyone who lived before His time could have had. We know that the prophets did commune with God before the time of Jesus. This fact is proved by the Christ's statements that follow: "Before Abraham was born, I am." "And now, Father glorify thou me with thine own self with the glory which I had with thee before the world was." These texts show that Christ lived even before the physical world was created.

Let us consider the original creation mentioned in the 1st chapter of Genesis. We have there mention of the spiritual creation wherein man was made in God's image and after His likeness. This spiritual-man creation is the Christ, the perfect Son of God, the pattern man for all creation.

After the spiritual creation the material world was created, as told in the 2nd chapter of Genesis. At this time the Adam man was formed out of the dust of the ground, and the breath of life was breathed into his nostrils by the Christ, who is spoken of as "Lord God" or "Jehovah." Thus we see that the Christ, the perfect Son, was created in the beginning and has been the inspiration and the true reality back of mankind ever since.

As Adam's descendants drifted away from God's perfect ideal man they found troubles, unhappiness, and death in their world of good and evil. To over-

come these, we must turn back to the perfect Christ ideal and through Christ become one with God again.

No man can know God except he unify himself with the perfect Christ man within him. Jesus was not referring to Himself as a man when He asked people to believe on Him, but to that spiritual self within Him which had existed before Abraham. Jesus, the physical man, was meek and humble enough to overcome personal selfishness, pride, and desire for the praise of men. He said, "I can of myself do nothing." Yet again He said that the Father had given Him everything, and that the only way that men could reach the Father was through Him.

Here is an apparent contradiction which is cleared up when we catch the spirit of Jesus' teaching. If we take His words literally we may feel that Jesus desired us to worship Him personally as a man; but the spirit of His teaching is that the Father alone deserves all credit and is the one who should be worshiped. One of the temptations that Jesus overcame in the wilderness was this very human weakness which craves power over men and worldly praise. When Satan offered Jesus all the kingdoms of the world He refused them.

We may be sure that it was Jesus Christ's love for all men and women that prompted the instruction to come through Him as a door to God. He, the man Jesus of Nazareth, was calling attention to the fact that Christ, or the perfect Son of God, abiding in Him and in each one of them, was the

only hope for them. He pointed away from the world toward the within as the true path of salvation. He told them plainly, "The kingdom of God is within you." He also said: "Is it not written in your law, I said, Ye are gods?" Here He refers to the Christ as potential within every individual.

As human personalities we are far from being gods, but in our true spiritual nature we are children of God. As such we are truly superbeings in comparison with the mere flesh and blood man. We are indeed very close to the kingdom, and may find it at any time by turning to that perfect spiritual One within us who is "the door."

Jesus, the man, was so quickened by the Christ Spirit that He expressed the universal love of God in its fullness. He desired with all the intensity of the great Father love that all men and women should know the loving Father for themselves. He was absolutely meek and unselfish when He asked His followers to believe on Him; for He said, "He that believeth on me, believeth not on me, but on him that sent me." The man Jesus did not mean that He was the way, but He pointed to the Christ, the perfect spiritual man within Him, as the way, and it was His great desire that all men understand their unity with this perfect One. He expressed it in this way: "I in them, and thou in me, that they may be perfected into one."

Jesus, in showing the way, always pointed to the within. He did not ask us to follow any set form, creed, or ritual, but He referred us to spiritual

realities or principles such as "Love one another"; believe on the Christ and serve Him; believe that Christ is the Son of the living God; believe that prayers are answered, and that the kingdom of heaven is brought into the earth.

The Jewish teaching was so largely made up of instructions for definite procedures and rules that it was difficult for its adherents to grasp the meaning of a purely spiritual teaching such as Jesus gave. It was also difficult for those who, like the Romans, were living a purely materialistic life to understand spiritual teachings. And it is even now difficult for the average man and woman to understand the true, spiritual import of the teachings of Jesus. There is always a strong tendency to try to fit them into forms and ceremonies and to try to fasten them to some particular locality or circumstance.

We must learn that Jesus' teachings are universal in their application; that they do not refer to any particular time, place, person, or group of persons, but that they do refer to God the Father, to His spiritual Son, Christ, and to mankind everywhere. They are as universal in their application as the principles of mathematics.

The teachings of Jesus are absolutely impersonal. Each person has the opportunity to use them, and it is for each one to demonstrate how much of the spiritual teaching he will manifest in his own life.

Jesus Christ, I feel sure, did not wish to be worshiped as a personal man in a historical setting; He yearned to have all men join Him in a glorious

reunion, in an understanding of the spiritual sonship of all in the Christ body, which is a spiritual body and the perfect man that God created in the beginning.

This perfect man is the true life principle back of every person. Those who do not realize this are shutting themselves away from the true source of their fullness of life and joy and prosperity. They are like the prodigal son who brought unhappiness upon himself by going away from his father. Jesus has pointed out the way back to the Father's house. This way is the Christ, and it means our understanding and appreciation of our perfect sonship.

God is infinite love, infinite harmony, infinite wisdom, infinite peace, infinite life, but these wonderful qualities are focused and directed into the human race through the Christ ideal. It makes no difference whether or not you call this ideal Christ, it is God's perfect thought of man, which existed long before the Christ was manifested in Jesus of Nazareth. All the prophets were more or less familiar with Him as Jehovah. He is that in each of us which makes it possible for us to live at all, and which calls us to a realization of our better nature.

So we find that "the Way" is based on an understanding of what pure goodness is as personalized by Jesus Christ. The Way is found through faith in spiritual love and goodness. As a matter of fact, it can be known at first only through faith, because it is not perceived through any of the five senses. Spiritual things must be spiritually discerned.

NEW WAYS TO SOLVE OLD PROBLEMS

Men who depend for their inspiration and their living entirely upon the five senses are cutting themselves off from the very source from which they sprang. They seek thrills through the five senses, yet they are never satisfied. Jesus Christ said: "But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall become in him a well of water springing up into eternal life."



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

"I am the way, and the truth, and the life."

MONDAY

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

TUESDAY

"I am the bread of life: he that cometh to me shall not hunger, and he that believeth on me shall never thirst."

WEDNESDAY

"And he that beholdeth me beholdeth him that sent me."

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

"The things which are impossible with men are possible with God."

FRIDAY

"In that day ye shall know that I am in my Father, and ye in me, and I in you."

SATURDAY

"All authority hath been given unto me in heaven and on earth."

Spirit, Soul, and Body

EVEN THOUGH your body has many parts it is nevertheless one body. Head, torso, legs, arms, feet, hands—any one of these members by itself is not your body, yet your body needs them all and is in fact the sum total of them all. I say “your body” because I believe your body is not you. It is only one of the three parts of you, as your head is one of the parts of your body.

You are more than your body. Your body is a necessary part of you, as your heart is a necessary part of your body. Your body is one of the three essentials that make up your real being. You are primarily spirit, but you are expressing yourself as soul and body. One of our chief aims in life should be to unify and harmonize soul and body with spirit so that all three will function together perfectly. Jesus Christ demonstrated this unity of spirit, soul, and body after the Resurrection. His body and soul became so unified with His spirit that He was lifted out of the plane of human vision. He is with us always in the invisible heavens ready to help every-

one who asks of Him. His promise is "Lo, I am with you always."

As your head is a part of your body and your body a part of your being, so your being is a part of the body of Christ, who is God's perfect idea of man. Thus you are one of the expressions of God's man, who is perfect. This Christ man is a part of God. Here we have the Trinity: the mind of God, the idea of the perfect man in God-Mind, and the expression of that idea as the Christ.

- God is our Father in the same sense that we are the father of our ideas. You have your being in the mind of God. In Truth there is but one presence and one power in the universe, God. You have your being in God. You cannot be separate from God because your life and intelligence are God life and God intelligence. All life and intelligence is in God. You cannot run away from God. You may forget Him and think that you have put Him out of your life, but you are only deceiving yourself and attempting to find satisfaction in darkness of your own making. You cannot live apart from God, for He is your life. As your conscious mind begins to perceive the magnitude of this truth, you will begin to co-operate more fully with the God life in you and you will know assuredly that God is your life. When you know that God is your life, you know that your life is good, that it is pure, that it is healthy, that it is sinless and deathless. By practice your ability to realize this truth will expand so that you will be able to co-operate more fully with the God life in you.

God has provided you with the power to create by your thinking, and by the right use of this power you can increase your ability to co-operate with God's harmonious plans for your happiness and well-being. You can also learn to understand better your divine relationship to all people, so that harmony, peace, and love will be manifest in all your contacts with other persons everywhere. Seek God with your whole heart and you shall find Him within you.

When we at Unity speak of Spirit we mean God, the one mind or intelligence of the universe. Another name for God is "I AM." Jehovah told Moses to tell the people that "I AM THAT I AM" was sending him to lead them out of bondage. This was in answer to Moses' question "When I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say unto me, What is his name? what shall I say unto them?"

For Unity's definition of soul, let us quote the *Metaphysical Bible Dictionary*: "Soul is man's consciousness—that which he has apprehended or developed out of Spirit: also the impressions that he has received from the outer world. Soul is both conscious and subconscious. Body is the form of expression of both Spirit and soul. . . .

— "The body is the outer court of the soul, and an exact representative, in form, of the ideals that are revolving in the inner realms of its domain. . . .

"The soul touches both the inner realm of Spirit,

from which it receives direct inspiration, and the external world, from which it receives impressions. . . .

"The Spirit is the divine center in man and is always in the Absolute; it does not become involved in effects, but stands as the creative Cause of the absolute good."

Your soul includes all your stored-up memories and experiences, your reasoning mind, and your emotional nature. It is in the soul that any misunderstanding of God originates. The soul dominates the body's condition, causing health or sickness. Through the soul you accept Truth or deny it. The soul is able to reveal God to you or hide Him from you. Through the power of Christ your soul is uplifted and illumined when you so desire with all your mind and might and strength.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

God is everywhere present as life, love, and intelligence.

MONDAY

I am in harmony with all people in Christ.

NEW WAYS TO SOLVE OLD PROBLEMS

TUESDAY

Since there is but one life, and that life is good, I
have no enemy in Truth.

WEDNESDAY

Christ in me heals and inspires me.

THURSDAY

I am a helpful, harmonious member of the body of
Christ.

FRIDAY

There is but one God and He is good. I let him rule
my life and it is good.

SATURDAY

I love God with all my heart and soul and strength.

The Body of Christ

CHRISTIANS OUGHT to be the most joyous people on earth. There is, however, a notion in many minds that to follow Christ here on earth means to suffer and to be unhappy. Isaiah prophesied the coming of Christ to the earth centuries before the birth of Jesus. He described the coming Christ as a man of sorrows. He accurately foretold many things concerning Jesus Christ, but at the same time he threw a cloak of austerity and suffering about Christ that partially concealed the joyous nature of His character. The prophet evidently saw the event "in a mirror, darkly." The haze of the intervening centuries darkened the brightness of the joy that was to come.

When Jesus came He proclaimed joy. He said, "I came that they may have life, and may have it abundantly." He also said, "These things have I spoken unto you, that my joy may be in you, and that your joy may be made full." He spoke often of His loving Father, of little children, of birds, and of flowers. He attended a wedding feast and ban-

queted. Evidently He found real joy in associating with people as He helped them. He was even accused of being a winebibber and a glutton. Isaiah leaves the impression with us that God took real pleasure in bruising Jesus in order to appease His anger because of the sins of mankind.

The testimony of Jesus concerning His loving Father and the glory that He was manifesting through Jesus' work refutes this prophecy of anger. It is true that the man Jesus suffered on the cross, but He did this to prove the power of God to resurrect His body. The Crucifixion is the symbol of the crossing out of the sins and shortcomings of the mortal man. The Resurrection should be emphasized rather than the Crucifixion.

Many men have been crucified—even the thieves and robbers at Jesus' side—but how many have ever resurrected their bodies? The Resurrection brought joy to the whole world. It proved that Christ is master over death, the last enemy.

There is a great difference between the body of Jesus and the body of Christ. The body of Jesus was crucified; the body of Christ is a spiritual body. Christ was created in the beginning; He was with God in the beginning as the perfect idea of man. This idea is formed in the very image and likeness of God. The Christ in Jesus told the Jews that He lived before Abraham was born. This Christ Spirit or Christ idea in the mind of God was incarnated in the man Jesus. Paul pleaded: "Have this mind" in you, which was also in Christ Jesus."

Every one of us should cultivate the Christ Spirit. If we are able to receive and to use a fullness of the Christ Spirit, we shall be able to do the wonderful works of Jesus. He promised that greater things than He did would be done by those following Him.

The Christ body is not confined to one physical man's life. Jesus said at one time, speaking of His disciples, "Neither for these only do I pray, but for them also that believe on me through their word; that they may all be one; even as thou, Father, *art* in me, and I in thee, that they also may be in us: that the world may believe that thou didst send me. And the glory which thou hast given me I have given unto them; that they may be one, even as we *are* one; I in them, and thou in me, that they may be perfected into one; that the world may know thou didst send me, and lovedst them, even as thou lovedst me." Since the body of Christ is spiritual, it is omnipresent. All those who let the Christ Spirit be formed in them are members of the body of Christ. Paul said, "Now ye are the body of Christ, and severally members thereof." He said at another time, "Or know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God?"

When we come to the place where we can know that the Christ in us and the Christ in our neighbor are parts of the one body of Christ, then we shall be able to understand how Christ is the true Son, the expression of God Himself. "God is Spirit." We realize that there is no separation in Spirit and that

we are all one in Truth. This realization of oneness will do away with all worries and troubles.

Christianity is not a long-faced religion. Christians should be earnest, of course, but they should be joyous. They should be full of enthusiasm, and they should be healthy, strong, prosperous, and wise because of their understanding of the secret of man's perfection in spirit, soul, and body. The true Christian knows that Christ is the perfect spiritual man made in the beginning, and that his physical body, rightly understood, is the temple of the true man that is one with the Father.

Therefore the body should be perfect. Perfection is its natural estate. Imperfection is caused by a lack of understanding of the part that the Christ plays in our life. Let us rejoice greatly that we are members of the body of Christ. Let us drop the old idea of pain, sorrow, sadness, punishment, and death in connection with the Christ. Let us enter into the spirit of the thought that old things are passed away and that we are new creatures in Christ Jesus.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

The joy of Jehovah is my strength.

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

The joy of Christ is being made full in my life.

TUESDAY

"I am the resurrection, and the life."

WEDNESDAY

The Christ of God is the quickening power in me.

THURSDAY

I am an obedient member of Christ's body.

FRIDAY

"Lo, I am with you always."

SATURDAY

My body is the temple of the living God. I rejoice
in this responsibility.

A Personal God

THERE SHOULD BE no controversy between those who hold that God is principle and those who believe that God is personal.

We all agree that God is infinite, all-powerful, and everywhere present. Since God is infinite the possibilities of His expression must be infinite. Surely then He must be capable of manifesting Himself both as principle and in a personal way.

If God were only a person He would be greatly limited in His scope of expression, but since He is principle too He is not limited to mere personal expression. Because man is masquerading as a personality is no reason for him to try to limit God to so small a field of activity.

Love is one of the principles abiding in God, and it is as boundless as the universe, because God is infinite. But when God love is expressed by an individual it becomes personal.

God is love, and God's love, when it touches an individual capable of consciously receiving it, becomes as personal as any father's love for his child.

Intelligence is another principle existing in God. Intelligence is also infinite, and it is so marvelous that it guides the movements of billions of stars set in the vastness of space, as well as directing the growth of the intricate and perfectly formed microscopic organisms contained in a drop of water. These wonderful things are governed by an intelligence that is beyond our comprehension. We do not understand how our body prepares magic compounds that help us to live and grow; how the marrow of our bones manufactures red corpuscles.

Divine intelligence is so perfect and uniform and expresses itself in forms of life and activity so systematically that we must conclude that it is a great underlying principle of all life and existence. Yet when man speaks to God, perhaps without realizing that he is using God's very intelligence principle to form his very words to God, he receives a personal response from God.

God is more than a superhuman man. It is not presumptuous for a mere man to try to make God conform to his limited standard? Man—the true, spiritual Christ man—was indeed created in the image and likeness of God, and he is the spiritual pattern that lies back of every manifest man. Man at present sees the real man imperfectly, as “in a mirror, darkly.” Jesus beheld the perfect man clearly, face to face, and unified Himself with spiritual perfection (the Christ), and became Jesus the Christ.

We should all strive to put on Christ or, in other words, try to make manifest in our being the perfect

Son-of-God principle as Jesus did. None of us has as yet approached the glorious possibilities of that perfect manhood.

God cannot be measured by the standard of our human imperfections. We know that principles are eternal, having no beginning and no ending. They are unchanging, underlying all that is. God is all principle and more, for He has love and understanding for the problems of the least of us. You cannot think of a place where God is not, yet you may fail to find Him even in a church.

Each man's conception of God determines for him what kind of God he must face. He can serve an angry God or a loving Father. God is as powerful, wise, and helpful as a man is capable of believing Him to be. God may be, according to a man's measure, a personal, loving Father, cold principle, or even nonexistent.

A man can create just the kind of heaven or hell he chooses, but the possibilities of creating a sublime heaven are endless, for even in his wildest flights of imagination man cannot begin to uncover the fullness of the infinite, glorious character of God.

God gives us freely of His life, intelligence, and all other resources at all times, but we make use of these blessings more or less ignorantly, and shall continue to do so until we realize that all these riches have their source in God. Realizing this, we begin more intelligently to utilize the divine source and of course get better results from life. To know that these things emanate from a loving Father and

to respond to His love brings us a new understanding of life. A new joy comes into our consciousness when we begin to understand the meaning of the good things that have been so bountifully provided for us.

When we accept as a matter of course the gifts that God has given us and use them without recognition of the love that prompted them, we eat the skins and throw away the flesh of this heavenly fruit.

A child who accepts his toys, food, and clothing as if they were things provided by an institution without a heart and who does not realize that love sent them to him, would miss a great deal in life. Children who feel the love of a father permeating these material things find food for their souls.

Intelligence as a divine principle should not be measured by mere brain power. Of course intelligence finds a means of expression through the brain, but the brain does not produce intelligence.

Because the principles of harmony are used in a musical composition does not mean that the principle is limited to that one style of composition. We should not confuse a mathematical problem with the principles of mathematics even though those principles are the very basis of the solution of such a problem.

While principles may seem cold and unsympathetic, they are after all more dependable than the love of any human being, because they never change. They are your friends and helpers as long as you

conform to Truth and righteousness. All love and sympathy are dependent upon so-called cold principle. If the underlying principles of life were not absolute and unyielding, man could not exist at all, nor find opportunity to indulge his fickle sentiments in doubting man or God.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

God's love embraces the universe, yet I am not forgotten by Him.

MONDAY

My heavenly Father cares for billions of creatures, yet He does not forget the beating of my heart.

TUESDAY

Infinite love speaking through my indwelling Christ whispers, "Come unto me . . . and I will give you rest."

WEDNESDAY

God in the midst of me is mighty to heal, to save, and to bless.

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

God never changes. He is always my loving, wise,
and generous Father.

FRIDAY

God's riches are now abundantly manifest here in
my affairs. I praise Him and give thanks for His
kindness.

SATURDAY

God never forgets. His love endures and His watch-
ful eye never sleeps. He is my refuge and my
strength.

The Blood of Christ

WHILE THE LAW of cause and effect may seem a hard law at times, it is nevertheless a just law. As stated by Paul, it is "Whatsoever a man soweth, that shall he also reap." Many of us transgress the law because of our ignorance concerning its full significance. Thoughts are the dynamic forces of the mind. Destructive thinking therefore brings devastating results in our body and affairs.

Since God is love He has provided a higher law to save us from the harsh results of our unwise sowing. This is the law of grace. It operates as forgiveness and might be stated as follows: "Forgive and ye shall be forgiven."

Repentance has its place in the saving law. Many times Jesus advised His followers to repent, saying the kingdom of heaven was at hand. If we go on making mistakes under the law of sowing and reaping without repentance, without forgiving others as well as ourselves, we shall bring many unhappy results of our sowing into our life. But if we

really make a definite decision to change our way of thinking, giving up our mistakes and accepting the healing love of Christ, this law of grace will erase the effects of the causes that we have ignorantly put into action, so that we shall be freed from harsh experiences. To do this we must repent, we must be humble, and we must decide to change the kind of seeds we are sowing; because the law of sowing and reaping will continue to operate just the same as it did in the past, but only good results will be manifested for us because we shall be planting only good seed. The law of grace simply pulls up the weed seed that we have already planted. Jesus forgave the woman who sinned but He told her to go and sin no more.

“Forgive and ye shall be forgiven” wipes away our mistakes so that we can make a fresh start. Paul says: “But God, being rich in mercy, for his great love wherewith he loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace have ye been saved).” We can be saved from our mistakes by the love of God through Christ. His perfect Son in us. God has shown His love for us by giving this Son, the living Christ, to us. “Love therefore is the fulfillment of the law.”

We may continue to reap the effects of our ignorance in the past, or we may accept the law of grace and be saved by Jesus Christ from our sins. Our sins are our mistakes and they are bringing unpleasant results into our life. If we accept the law of grace, which is love and forgiveness, we must

believe in it and live by it. We cannot be saved from our mistakes if we continue to accuse others and condemn them for their mistakes. The Son that God gave to us is His perfect ideal of man, His ideal of us. We must give up our son, who is our erroneous idea of man as one who is sinful, sickly, and dying, and accept in his place the Son that God has given. The blood of this Christ man is the very essence of His life. It will cleanse our life if we accept it, and we shall become new creatures.

In order that this may be done we must believe that God's Son is perfect and that God has given to all men the opportunity to express perfection through Christ. We must learn how to become unified in Christ so that we can measure up to the ideal that God holds for us. In order to drink the blood of Christ we must actually appropriate and use it in every thought of life. The crucifixion of Jesus illustrates the crossing out of the son of man, which is followed by the resurrection of the Son of God. The blood thus shed on the cross represents the denial or erasing of the natural life from consciousness and the Resurrection, the substitution in its place of the life of the spiritual man. The Christ blood will cleanse us from all sin if we are willing to repent and change our mind about life, its source and how to raise it up as Jesus Christ raised His life. "As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up." ---

Our mind and our body will then be filled with new inspiration and vitality. When we have accepted

God's love and proved it by believing that His Son in us is charging our life blood with spiritual life and energy, we shall be saved indeed. We must let Christ be formed in us. Then all our sins will be washed away and we shall truly be new creatures in Christ Jesus. This coming of Christ into the consciousness is not to be put off until a future time. "Lo, I am with you always." The time is now at hand for you, and you, and you—every one—to receive Christ and be saved from your every mistake. Every one of us who will believe that Christ is the true man can be saved now if he opens his mind and heart to Him.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I am sowing good seed by thinking harmonious thoughts.

MONDAY

I freely forgive and forget all unpleasant experiences.

TUESDAY

I freely give up old, erroneous beliefs, and in their place I gladly accept the righteous ideas of the living Christ.

NEW WAYS TO SOLVE OLD PROBLEMS

WEDNESDAY

I am saved from my sins by the grace of God through Christ who has forgiven me as I have forgiven others.

THURSDAY

Old thoughts of sin and sorrow pass away as the sun of righteousness rises in my consciousness.

FRIDAY

The cleansing blood of Jesus Christ is healing and purifying me in mind and body.

SATURDAY

I believe in the blood of Jesus Christ, the life stream⁴ that cleanses, renews, and heals me.

Physicians and Prayers

THERE ARE usually three possible methods of dealing with every question. Two of them are extremes, while the third is a method falling midway between the other two.

"What shall be my attitude toward doctors and material remedies since I am depending upon God for my health?" This is a question that often puzzles the Truth student. Every person has his choice of three answers.

Some have taken the extreme view that doctors are directly opposed to divine methods, and that they and all their devices should be shunned. Others are inclined to go to the opposite extreme and consider physicians as all-wise and almost superhuman in their ability to cure every ailment. These people run to the doctors for every little ache and pain. Neither of these viewpoints seems wise or satisfactory. The attitude of the Truth student toward the medical profession should be quite different from either of these.

A Truth student should realize that divine heal-

ing employs quite a different system from that used by any medical school. Each has its special equipment. Medical doctors employ drugs, serums, lights, instruments, and appliances. Divine healing employs right thinking, and faith in God. The Christian metaphysician depends upon God directly for healing, while the physician depends upon God indirectly. Each school has its own method. There should be no hard feeling between schools, but a patient who is receptive toward spiritual healing should strengthen his faith in the healing power of God by depending upon Him.

There should be no condemnation in the mind of the Truth student for doctors or their methods, nor should he have any criticism for any student who calls on a doctor for help, nor for himself if he should ever feel it necessary to call upon a doctor.

But one who wishes divine healing should fix his faith so firmly on God as the one source of health that he does not waver. He should not divide his attention between the two methods. When a person realizes clearly that his life comes from God he will depend upon God and will feel that it is not necessary to depend upon any other means of healing.

Faith is such a powerful force in man that when he accepts God as the healing agent, so called miracles result. Jesus Christ, the great healer, promised that our prayers would be answered according to our faith. While a Truth student should have the most loving feeling toward doctors at all times he should not divide his faith between God and them.

We give thanks that there are so many efficient and able physicians and surgeons, because the world needs them. Those who are not yet strong enough to trust God must have other help.

I am sure that all doctors admit that they do not accomplish the healing, but that the invisible forces of nature do the work. The doctor's part is to help make conditions favorable for these forces to do their best. That a person under a doctor's care can receive help through prayer is proved true every day. Often the hand of a surgeon is guided by prayer, but if we who know Truth continue to depend upon material means for our healing, how are we ever going to develop our faith and cultivate the healing power within us? If we would strengthen our faith we must begin to depend upon it and use the power of Spirit within us. The possibilities of spiritual healing are greater than those of any other method, because with God all things are possible.

If a mother would not let her little child try to walk because she feared it would be too difficult for the poor little thing to manage its feet, so far as she is concerned the child would never learn to walk. If we continually protect our faith from actual use by substituting material remedies for it, how shall we ever make it strong enough to serve us?

Since God life is manifest in every living thing and the effects of God wisdom may be seen on every hand directing the wonders of nature, the seasons, and the courses of the stars, there is no reason why we should not have implicit faith in God, who made

us, to keep us in repair.

A man who has faith can endure much greater hardships than one who has no faith. A recent newspaper story tells of a group of men who were lost in the jungle. One had no faith and he died. The others had faith. They came through and got back to civilization. The person who has faith finds it easy to keep his head during great catastrophes. Faith is one of man's powers by which he is able to co-operate with God.

According to the measure of our faith divine healing power becomes active in us. One who divides his faith between material remedies and God, doubting God's ability to heal, cannot expect to receive the good results that a unified and awakened faith would produce. Fear and doubt are both enemies of health.

We must not fear the doctor or accept his pronouncements as final when they are discouraging. We must realize that there is One greater than any material remedy, of whom we say, "Closer is He than breathing, and nearer than hands and feet," and with whom all things are possible. This invisible, all-powerful One accomplished marvelous healings through Jesus Christ two thousand years ago. Jesus testified that it was the Father within Him that did the work. In the Lord's Prayer Jesus referred to Him as "our Father." Since He is our Father He is in every one of us, ready to heal and bless us if we will but call upon Him.

Millions of people are healed every year through

the power of prayer. Thousands of unsolicited testimonials pour in to Unity every year praising God for healings that came through this divine power. This being so, we know that the healing power of God is a fact. When we ask for healing, God is ready to heal, but we must make our mental conditions right for Him to reach us. Remember how perfect faith healed the woman who merely touched the hem of Jesus' garment.

Healing played an important part in Christ's teachings and His disciples also did healing. Doubtless the members of the early church depended on God for their healings. As the years went by the original healing faith seems to have been lost, until healing has come to be thought of as pertaining to the soul and not to the body. To excuse our lack of faith we Christians have said that Jesus merely did the healing to prove that He was the Son of God. But according to Matthew Jesus said, "Heal the sick," and in Luke we find this: "He sent them forth . . . to heal the sick."

—True healing belongs to God. All other methods are but patchwork compared with His true healing power. When a skillful surgeon sets a bone he can do no more. He must wait for the life forces in the body to knit the parts of the bone together. If these bodily forces do not function properly, then there is little he can do to make the bone whole.

When a man cuts his finger he takes for granted that the cut will grow together and heal, and so it does. The healing life in the body is on the job all

the time and it heals when it is not too much inhibited by fear and other emotions. It is continually repairing many frazzled and ragged places that we never know about. This service of nature is the working out of the perfect idea of God's life in us, and by consciously co-operating with it through harmonious thinking we may keep open the way for God's perfect healing power to work in us in full measure.

Bless the doctors. Bless the hospitals. Bless the remedies, and co-operate in prayer with those whose faith is not strong enough to depend entirely upon God. But we urge every Truth student to strengthen his faith, to cultivate the true healing power within himself and thus be saved body, soul, and spirit by the Christ indwelling in him.

Worry, greed, anger, grief, and all emotional upsets prevent the divine power from doing its perfect work in us. We must learn to be peaceful, poised, and obedient to the Spirit within. We must be patient and relaxed, and we must have faith.

There are wonderful healings taking place today. They are often referred to as miracles. But they are not miracles in the true sense, because they are done according to a law that is higher than the known laws of nature.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

"With God all things are possible."

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

My faith in God quickens His life in me, and I am healed.

TUESDAY

The healing power of God's Spirit is now renewing and harmonizing every part of my body, and I am being healed.

WEDNESDAY

My faith is fixed in God as my omnipresent healer.

THURSDAY

I bless the life and substance in my body, because it belongs to God.

FRIDAY

My body is the pure, holy, perfect temple of the living God.

SATURDAY

I am being healed and renewed by the power of God working in me through the Christ Spirit.

The Power of Nonresistance

WE SOMETIMES try to make ourselves believe that memories of bygone mistakes are valuable. The other day I heard a true story about a small-town merchant who has been successful through both lean and good years. He always did well even when other merchants had difficulties. A friend once asked him why he was so successful, and he replied that it was because he did not kid himself. He explained that statement by saying that when at the end of a season he had a stock of out-of-date goods left over, he charged off his loss on it at once instead of carrying the old valuation on his inventory. In this way his books showed what his sound assets really were, and he conducted his business successfully on the basis of the actual value of his assets, forgetting all fictitious values.

If we would charge off from our mental inventories those experiences which are no longer valuable and would give our attention to the business of the present, we should be able to keep out of mental and physical bankruptcy even under strenuous cir-

cumstances.

That nothing plus nothing equals nothing, and that nothing plus something equals something, everyone will agree, but few of us realize that this law holds true in all our affairs. If something happens in our daily program that we realize is unprofitable—perhaps a quarrel, a lie about us, or gossip—the question arises, What can we add to such an experience to give it value? Can we avoid thinking, saying, or doing something else that is equally unprofitable? If we can, we are in a position to contribute something to the experience that is valuable. We can express something by thought and word, if not by deed, that will promote love, forgiveness, and good will, so that the final results of the occurrence will be worth while.

There is a universal principle of nonresistance that if properly applied will add value to every negative experience. This principle may be stated in several ways: Agree with your adversary. If somebody asks you to go with him a mile, go with him two miles. If you are struck on one cheek turn the other. Do not resist evil. The meek shall inherit the earth. Satan cannot cast out Satan.

He who expressed these ideas understood the principle of nonresistance. He proved the power of the principle and by its use He made a lasting impression upon the human race that no amount of selfishness has been able to efface.

The only way to overcome evil is to replace it or redeem it with good. By fighting evil with evil we

merely add evil to evil, and the result is more evil. But good overcomes evil as light overcomes darkness. Darkness added to darkness results only in darkness.

We sometimes feel that we should like to thrash an offender. This is an immature idea. Reason tells us that two wrongs cannot make a right. The wrong done cannot be corrected by a thrashing. It can be corrected only by something constructive. Something true and good must replace the wrong. A pupil's mistake in working a problem can be corrected only when he learns the right principle or idea. The teacher helps the student to correct his mistake by giving him a correct idea. Giving him another mistaken idea would not help. If I have taken upon myself the responsibility of correcting an error made by my neighbor I must give him a correct or true idea and not another wrong idea. Thrashing him will never show him the right way, but will only confuse him the more. The world moves on ideas. False ideas cause wrongdoing. Only right ideas can produce righteousness.

Wars are based on the fallacy that strife added to strife will make peace. It cannot be brought about in that way. Strife added to strife will produce superstrife. Strife is caused by ideas of disorder, ignorance, hate, and the like. It can be overcome only by harmonious ideas backed up by intelligence and love.

There is a barbaric notion in the race mind that good will has no power to change adverse will, and

that evil must be fought with evil. Through thousands of years we have been trying to work out our problems according to this notion, and have always failed because every fight stirs up more ill will. Jesus Christ has shown us the true principles, but we are as yet not courageous enough to use them. We are afraid to do the loving, generous thing; so we fight. We are too weak and ignorant to stand up in our divine right and prove that we are real civilized men and women instead of untamed barbarians.

It requires true bravery to express nonresistance and love. When we are truly brave we shall overcome the strife of the world. The world will never know peace, and men will never be happy in association with one another before they learn that evil must be overcome with good. There is no other way.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

Forgetting the mistakes of the past, I press forward
to a realization of the Christ within me.

MONDAY

I am love, I am peace within you. Stop your strife
and listen to Me.

TUESDAY

"I am the way, and the truth, and the life."

NEW WAYS TO SOLVE OLD PROBLEMS

WEDNESDAY

I am the power of success in you.

THURSDAY

I am the Father within you. Trust Me, for I am your
power to succeed.

FRIDAY

I am the good within you. I am able to overcome evil.

SATURDAY

I am the door to peace, health, joy, and prosperity.
Knock and it shall be opened to you.

There Is No Adverse Law

BY THE LAW of gravity falling objects may break our bones and by the same law flour is ground at the water mill to feed us. Gravitation causes us to carry heavy loads but it also keeps us from flying off into space.

We cannot truthfully say that the law of gravity is evil. The fact that it sometimes causes us trouble is not sufficient to establish its guilt. We know that it must be good because it is a universal law and that we could not live upon the earth if it did not operate. We find ourselves in difficulty with it only when we get in its way. When we run under its feet we are stepped on.

A good sharp ax will cut off a toe more easily than a dull ax will. The better the tool or law the more harm it can do in the hands of a careless person.

There is no adverse law or principle. Such a law would destroy itself. All true law brings us more good than evil. Only when we misapply a law or work contrary to its purposes do we suffer.

There can be no law acting adversely to God's

law, for all law is involved in God's original plan. Adverse law can exist only in our imagination. The onerous laws that we decree for ourselves are the only adverse laws there are, and these are only in our mind.

The laws that we make are but our personal plans, which at some points may be in harmony with divine law and at others contrary to it. We can make bad laws for ourselves by decreeing such things as: "I can't do anything right." "I catch cold easily." "I get tired quickly." Such negative statements come as near being adverse laws as they possibly could. But they are not divine laws and are not enduring. Whatsoever a man decrees for himself becomes his burden. He can decree that he will carry a light burden or a heavy one.

We may turn a good law against ourselves. If you believe that divine law or any law of the universe is evil it must be because you have been trying to go contrary to them. If the law seems adverse to you you should ask for divine guidance and begin at once to work with that law in a humble spirit of accord, and you will be happy to see how much that law will benefit you. You may need to learn more about the law before you can act fully in accord with it. Get knowledge first and you will find that the law is friendly.

Law is good because it emanates from Divine Mind. Divine Mind always works in an orderly way. Any universal law or principle must be harmonious and consistent, always the same. If the law brings

you unhappiness it is because you are out of step with it, not because it is designed to harm you. Get in step with all laws by becoming harmonious with the Christ in you. When you are in accord with the divine law of harmony you will meet no inharmony anywhere.

Seek the kingdom of heaven first, then you will have the key to peace, power, and plenty. When we have become so harmonious and orderly in our thinking that we can act in harmony with the law instead of following our own lawless impulses, we shall find that it works for our good and that as we work with it everything we undertake moves along smoothly and joyously.

Those who work contrary to the laws of the land have certain liberties taken away from them. Likewise those who go contrary to the laws of the universe are deprived of certain liberties. Disease, sorrow and even death are the result of broken laws. Jesus came to bring us life, but few have learned to follow the law of life.

All the principles underlying the universe are friendly to man, the son of God. They are at his service, but they must be used with wisdom, humility, and thankfulness. "The earth is the Lord's, and the fulness thereof."



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

"The law of the Lord is perfect."

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

I will cease making adverse laws for myself. Hereafter I will live according to the laws of God.

TUESDAY

The divine law brings only good to me. All that I need is now mine under the divine law.

WEDNESDAY

I place myself in accord with the laws of harmony and success by realizing that God's will and not my own will is being done in me.

THURSDAY

"Order is heaven's first law." I am receptive to the law of order and I find that the kingdom of God is indeed at hand.

FRIDAY

There is no evil law. All enduring law is good.

SATURDAY

"I am in step with the divine law, and all my "ways are ways of pleasantness," and all my "paths are peace."

Section VI

HELPING OTHERS

Just Another Mother

THE FOLLOWING letter, signed "Just Another Mother," came to us.

I am facing a situation that I seem unable to meet. I am helpless, and I am wondering if you will print your answer to this letter for the help and guidance of bewildered parents.

My worry over a seventeen-year-old daughter who seems to be running wild has all but floored me spiritually, mentally, and physically. It seems to me now that I have never known the meaning of the word worry before. I should never have believed that one could suffer such anguish, such utter misery. In a case like this, it is impossible to state truthfully that one is no longer going to be sad about this thing, that one will forget the person who has caused this unhappiness, that one is at peace with the world.

This is my responsibility; I must do something about it. Until the situation is changed there is no peace for me. I have been a Truth student for a number of years. This situation developed during the time when I felt I was receiving God's help in the care of my child. I have done all I could. Maybe I have been too frantic, but the Bible is full of anguish. Even Christ cried out from a suffering soul, "My God, my God, why hast thou forsaken me?" If I must wait until I can better control myself, I shall never

get His help. Doesn't God understand? Doesn't He have compassion on us in our suffering? Can't you do something to help me?

Remember, dear "Just Another Mother," that worry and frantic anguish are not going to help you a bit in this seeming emergency. They use up the energy that ought to be directed in ways that will help your daughter. You say, "If I must wait until I can better control myself I shall never get His help." Let me ask you this question: Is it fair to expect your daughter to control herself when you admit you cannot control yourself? Should you not set the example of self-control? Now is the time to set a good example for her, not only in controlling your words and actions but also in controlling the secret processes of your inner thought world.

If you are disturbed mentally, even though you do not show it outwardly, your child will feel your lack of poise and doubt your ability to guide her correctly. She wants a firm, loving, directing hand, and will doubtless respond to a prayer for divine guidance. If she senses that there is firm helpfulness in you, she will be steadied by it and seek your advice. Do not try to dominate her by your personality, but set her free in Spirit to do the will of God. Put her in God's hands and know that He is taking care of her. Stand by ready to help but not to worry and fear.

Realize that your daughter is a child of God, just as you are, and must live her own life just as you must live yours. You should not try to make her

do your will but help her to do God's will. It is necessary that you become poised in Spirit before you can help her very much spiritually. When you can loose her and let her go in your mind, knowing that God is caring for her, you will receive assurance that all is well with her. In this way you will be able to put her into the hands of God and to take your fear thoughts off her. Your freeing attitude of mind will make it much easier for her to respond to her higher impulses. Your very worry and anxiety tend to distract and muddle her spiritual vision. You ask: "Doesn't God understand? Doesn't He have compassion on us in our suffering?" Is it not more important that we understand God than that we worry about whether He understands us?

Of course God has compassion on you and your daughter, but He also has given you freedom. You are free to accept His compassion in faith and trust. If you doubt Him, you are refusing His compassion. God is lovingly, earnestly offering everything that He has to His children. He loves His children more than it is possible for them to love Him. Unless we are willing to accept His love on faith, knowing that He is able to help us safely through every situation, we are like willful, stubborn children who will not trust their parents.

Perhaps your daughter thinks she knows better than you do how to conduct her affairs. You love her and you want to help her. But it is difficult for you to help her unless she is willing to accept your help. Just so does God want to help you, but if you refuse

to accept His help because you are upset and full of doubts and fears and worries—which indicates a certain personal willfulness—He cannot give you the help that He would like to give. The prodigal son who went to the far country could not be helped by his father until he returned.

You should begin to affirm the truth about your child with a poised assurance that God is working in your affairs and in the affairs of your daughter. Have perfect faith that His will is being done—His will, not your will.

I do not know what the details of your problem are, because you have not told them in your letter, but it may be possible that you have certain personal ideas of what your daughter should do that are somewhat selfish and biased. I can say this much to you without personal criticism or feeling, because I do not know who you are or what the circumstances of the case are. You have a responsibility in the care of your daughter, it is true, but are you exercising it? Are you not worrying about your responsibilities rather than discharging them? God will lovingly share your responsibility if you will let Him. Have faith. Pray, knowing that His will will be done. You need divine guidance and help. You need to realize that there is One greater than you that can help you. Enter into His peace that passes understanding. Have faith in the power of God to help you. According to your faith you will be helped. If you do not want to work your problem out in God's way, then of course the ways of the world are open

NEW WAYS TO SOLVE OLD PROBLEMS

to you. But they are difficult and harsh and might require the assistance of the law of the land, which is restraining but not healing. Remember that all things are possible with God through the power of His love. Your problem is already solved in Spirit. God bless you!



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

~ I am sustained and guided by God's abiding love and wisdom.

MONDAY

~ I am not disturbed by circumstances, for I know that there is One within me who is greater than all these things.

TUESDAY

~ I am strong in the Lord. Through Christ I am master of myself and my world.

WEDNESDAY

My child, I set you free from my fears. Henceforth you are in the loving hands of God.

NEW WAYS TO SOLVE OLD PROBLEMS

THURSDAY

He has given His angels charge over you. No harm
can come to you.

FRIDAY

Dear Father-God, I place my child in Your loving
care. You are wise and strong and ever present with
her. I trust You to guide her, protect her, and bless
her. Show me what I can do to help.

SATURDAY

I have perfect faith in Thy omnipresent love. No evil
can stand against Thy love.

Helping Children

AS A POSTAGE stamp sticks to a letter until it gets to its destination, so an impression stamped upon a childish mind by a suggestion sticks to him through his life, often playing an important part in his future success or failure.

Children are serious-minded and receptive. Therefore they are easily stamped with a suggestion. We grownups should be careful what we say to children, making sure that our suggestions conform to Truth and that our words inspire and ennoble rather than repress and inhibit the child. Speaking words of condemnation to a child dwarfs his soul. If you insist on calling your child a little scamp you may some day have to deal with a big scamp when he grows up.

A man recently told me of an experience in his life that I think bears this out in a remarkable way. It seems that he and his uncle had the same name—Fred. His uncle was unable to memorize poetry, not even the short Mother Goose rhymes that boys usually pick up so easily. Young Fred's mother referred a number of times in the presence of the boy to the

uncle's failing, saying that Fred could not commit verses to memory. Young Fred thought she was talking about him and he unwittingly accepted the suggestion that he could not learn poetry. As a result he has always been unable to commit poetry to memory.

When he was a boy he could not take part in the Friday afternoon programs for this reason. Of course he now realizes that it is all because he believed what his mother said about Fred, thinking she was speaking of him.

Another strange thing was that his uncle had an almost uncanny faculty for finding lost articles, and young Fred accepted this good suggestion also. He has always had remarkable success in finding things that have been misplaced. No doubt if his mother had said "Young Fred is able to remember everything he sets his mind to," and young Fred had listened seriously to her suggestion, he would now be able to remember many things and would have had no trouble in memorizing poetry and rhymes during his boyhood.

When I was a little boy a certain man with whiskers, which I thought made him appear very distinguished, took quite an interest in me. One thing he said to me a number of times impressed me greatly. Taking my hand in his, looking me straight in the eye, he would say, "Lowell is a good boy." I had great confidence in this man's opinion; it somehow made me feel that he was discovering something in me that I had not yet found myself, and that it must

be true. His words made a lasting impression on me and they have often encouraged me to feel that I really was a good boy.

There is no telling how bad I might have been if it had not been for this and other good suggestions from my parents. I can well remember the thrill of pleasure that went through me when this gentleman so seriously repeated those magic words.

I have heard a mother say in the presence of her child: "He is a bad boy, and I cannot do anything with him." Of course the boy felt that he must measure up to her expectations, and if he did turn out to be a good man it was in spite of this smudgy stamp that was impressed upon him by a well-meaning but unwise mother.

If your child has done something naughty correct him of course, but do not accuse him of being bad. Direct his attention toward the good and call forth the good in him by referring to it. Perhaps you could say, "He did something that was not right this time, but he is really a good boy, and I know he will not do it again."

Children do not know how to take jokes and so-called kidding. The man who makes fun of them and gets a big laugh out of it himself fails to understand how flat his joking falls upon the youngsters' ears and how puzzled and disgusted they are.

A little boy used to sell magazines in our neighborhood. His method was to cry and whine when asking anyone to buy. Someone had instructed him to do this on the theory that people would purchase

from him out of sympathy, and this practice was making a hypocrite and a crybaby out of him.

Certain good neighbors, who understood child psychology, took him aside and explained to him that he was really a businessman and not a crybaby, and that he should therefore use straightforward business methods like any other salesman. After several such talks he caught the idea and became a changed boy. He had a naturally frank, open face and a pleasant manner, and he grew up to be a fine young man.

"Just as the twig is bent, the tree's inclined" is an old saying, but it tells a life story. If you bend a child's ideal into crooked ways by crooked suggestions how can you expect his character to grow up straight?

Metaphysicians, because they know the Truth, have splendid opportunities for dropping good suggestions into the hearts of children. We do not need to preach to little ones, but when we say anything let us be sure that it is constructive and in accord with spiritual Truth, not merely a statement of what appears to be evil. If you want a child to be honest let him know that you believe he is honest. Say so frankly even though he may not seem to be expressing the honesty that you know God gave him. Encourage the real honesty in him by calling his attention to it. Do not threaten a child but guide him. If punishment is necessary give it without threatening, but punishment will seldom be necessary if you point the good way and make it more interesting than the negative way.

You can often speak a prayer aloud to a child that would need to be repeated silently for a grown-up. Pray for your child and encourage him to repeat affirmations of Truth also. Do not force them upon him but encourage him to say and do that which is uplifting and good. There is no need to preach or to talk down to a child. Be frank, be straightforward, be loving and friendly; be his partner rather than a dictator.

If inanimate matter is impressed with your words of Truth how much more will the receptive, intelligent mind of your child be influenced by good words!

Your example before your child should keep pace with your good words also. Let your actions conform to your admonitions. Children are very keen to size you up. Be a hero for your child's sake even though you do not care to be one for your own sake. Spend some time each day in silent meditation in preparation so that you will say the right words when you speak to your child. Never speak thoughtlessly or in anger. Remember that the child's mind is like wax and takes an impression very easily.



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

My words are wise, for I speak only the Truth to
children.

NEW WAYS TO SOLVE OLD PROBLEMS

MONDAY

You are wise and good because you are a child of God.

TUESDAY

God is your help in every need.

WEDNESDAY

God walks beside you, guides your way, through every moment of the day.

THURSDAY

God is your wisdom and therefore you know just what to do at all times.

FRIDAY

"Suffer the little children, and forbid them not, to come unto me." I do not stand in any child's way to keep him from Christ.

SATURDAY

The love of God cares for me and for all His children.

Trusting in People

HUMAN BEINGS are trustworthy only because the Spirit of God moves in them. Jehovah God breathed the breath of life into Adam and he became a living soul. This is typical of how we all are animated. The breath or spirit of God is the force that gives us life. It is this life that enables the clay body to live and move and talk and think. It is God in our fellow beings whom we must trust rather than personality.

If we place our faith in the human personality alone, we shall very likely be disappointed. When I make an agreement, express or implied, with anyone, I may have in mind certain things that I expect him to do that are not in his mind. We may not fully understand each other's viewpoint. He may have a certain understanding about some phases of the agreement, while I have quite a different notion about them. We may both be so indefinite in expressing our understanding of the agreement that neither of us has a very clear idea of what the other expects. Later I may judge him

harshly for not fulfilling his part of the agreement. Yet it is quite unfair to blame him because he failed to do all that I expected him to do when I had not made myself clear to him. If we are depending on human personality instead of God's goodness we should make quite sure that everything is thoroughly understood between us, and a man's past record should be checked before we sign any important agreement with him.

However, if we are depending upon God instead of man, we must look to God for the fulfillment and not be disappointed even if the personality fails. We know that God cannot fail. We must be fair with God, however, and comply with His laws. We cannot expect to plant pigweeds and get poppies. We cannot expect to plant suspicion, distrust, and criticism in the garden of invisible thought stuff and reap a reward of confidence, contentment, and Truth. It is easy to pick flaws in the other fellow's conduct when he does not measure up to his agreement, but we should not forget to look within ourselves for possible causes that may have interfered with the carrying out of the agreement.

Were you ever disappointed in yourself? Can you trust the human or personal nature in you? Doubtless you have at some time promised yourself that you would do a certain good deed that you knew you should do. When you failed to do it you made some shoddy excuse for your failure. Perhaps you decided to go to church on Sunday, and then because it rained you let the rain be your excuse

for not going. But you knew very well that if you had planned to go to a picture show and it had rained, you would have gone anyway. You agree with yourself that you will quit gossiping, but the first thing you know you are trifling with someone's good name again, and you excuse yourself by saying that certain news was so startling that when you heard it you just forgot your resolve. But if you had asked someone else not to gossip and he had continued to do so, you would have felt very much disappointed in him.

However, you should not criticize yourself or anyone else for such failures. Criticism is just another failure. If one dish is broken, breaking another dish does not help matters. Instead of indulging in feelings of criticism, remorse, or anger when you or someone else fails to make good, you should use your God-given energy and redouble your efforts to avoid belief in the power of failure.

We all are on the road to perfection, and we need to keep reminding ourselves of this. We need to remind ourselves momentarily that Truth is the only eternal thing to tie to and that our satisfaction and peace of mind can come from no other source than Truth. We need to keep reminding ourselves that we can help other people as well as ourselves to measure up to the Truth by seeing the true Christ self in them as well as in ourselves. Disappointment because of faith placed in the Christ self of a neighbor will never be felt, because Christ is perfect and cannot disappoint anyone. The Christ in you is one

with the Christ in the other fellow and there can be no disagreement among the members of the body of Christ. There can be no disagreement between two persons when Truth is finding expression in both of them. In Truth they understand each other; in Truth they are co-operating; in Truth there is no division or opposition; their purpose is one in Christ.

Do not trust people as people, but trust the Christ that is in them. Do not be foolishly sentimental about trusting personality. We must be "wise as serpents, and harmless as doves." Our chief aim should be to measure up within ourselves to the Christ standard and not be too quick to point out the shortcomings of those who have failed to please us.

Nobody can take anything away from you that really belongs to you. If you desire more of God's supply, harmony, peace, and love, begin to enlarge your soul to make room for these things. But remember you cannot enlarge your soul by finding fault with the other fellow's soul. Christ, the true Son of God, is with you always, ready to help you. Do not look for Him in the woods, in the church, or in books, for He is within you. He will prove to be an ever-present help to you when you let Him take full charge of your affairs. Get your own little personal ideas out of the way and He will help you.

NEW WAYS TO SOLVE OLD PROBLEMS

SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

The breath of Jehovah in me gives me life and intelligence.

MONDAY

I place my faith in Christ, not in personality.

TUESDAY

I place my trust in God, and He never disappoints me.

WEDNESDAY

I am just and true because I trust the Spirit of righteousness in me.

THURSDAY

I quickly forget unpleasant things as I press "on toward the goal unto the prize of the high calling of God in Christ Jesus."

FRIDAY

I am established in peace because I have placed my faith in eternal Truth.

SATURDAY

The Christ in me greets the Christ in you, and we are agreed in righteousness.

Freeing Our Friends

THERE ARE MILLIONS of slaves in the world to-day whose masters are their own kin.

Do not be offended at what I say, but listen to a definition of "slave" that I found in the dictionary: "One wholly subject to the will of another."

The slaves I have in mind are the loved ones who pay the price of being loved by being dominated. Someone has said, "Deliver me from my friends." We often place the ones we love under the bondage of our most misguided solicitude for their welfare. I had to wear red-flannel underwear when I was a boy because my mother loved me so much.

Friends should be helpful, not dictatorial. When we love a pet animal we usually keep its daily routine closely under our control. We must remember that relatives and friends are not pets, but persons like ourselves. Each individual must bring forth his ideals in his own way. No one can express his highest good when he is being limited by the personal though loving domination of another person.

It is quite true that children and certain other per-

sons need to be guided and trained and restrained at times, but children should be set free from the mother's and father's personal fears and ignorant notions and placed in God's loving care. When a child feels that he is free to do his best—that is, that he is being wisely guided instead of restricted—he will react more favorably to suggestions and to discipline.

A mother's fear for a child's safety is one source of restraint that may cause difficulty. Her fear that he may be harmed when he is out of sight, or that he may fall among bad associates interferes with the child's unfoldment and peace of mind.

A child should be sent to school with the thought that God is infolding and protecting him. The parent should mentally place him in God's loving care knowing that he will do what is right and that he will be protected from harm and evil.

No one can do his best while he is under the handicap of a loved one's fear for his safety or his behavior. But one who has been set free by a friend or parent to do the will of God is much safer and much more likely to do right.

Actually many mothers unconsciously torment their cherished children because of their love for them. These mothers should remember that perfect love casts out fear and also gives freedom in spirit to the loved one. I refer to freedom in the parent's mind from negative imaginings, worries, and distrust.

A child cannot of course be allowed freedom to do everything he wants to do, but he can be freed from that awful pressure of doubt, worry, suspicion,

and fear that so often causes the parent to nag at and to overdo his supervision of the child. A single child in a family sometimes is to be pitied because the parents concentrate their fears upon him, while if there were a number of children their fears would be divided.

Many of us treat certain grown members of our family as though we think they are still children who need to be closely supervised. We expect them to do just as we think they ought, and we are disappointed and grieved if they disobey us. We must learn to place everyone we love in God's loving care and work with him as a child of God, not as someone who must be trained like a pet.

When a person feels that he is free, there is a great load lifted from his mind, and his actions, thoughts, and ways will be more natural, free, and harmonious.

When we doubt people we deny them the right to express their true spiritual nature. A husband may dominate his wife or a wife may dominate her husband, offering as a reason that he or she is giving his or her life to care for the other and the other is therefore under great obligation.

One whose freedom is inhibited by the domination of someone who loves him cannot express his best nature toward his "master" any more than an auto that has its radiator covered up can give perfect service to the driver. A person can do his best only when he is free to think and act as God within him directs.

It is also true that many of us are bound by our

own consciousness and therefore are not free to do our best. But we can be helped by our friends' declaring that divine love is freeing us. We can help free ourselves by declaring that divine love is casting out of our consciousness all ideas of fear and bondage. We should declare freedom for ourselves and for our friends and relatives, and rejoice in the freedom that Jesus Christ proclaims.

When we are burdened with care, worry, and fear, we respond to the thought of freedom like a wilted flower to a refreshing shower.

Let us free all the slaves of our household and enjoy the wonderful freedom of the kingdom of God here and now in the spirit of love that Jesus Christ brings to us. "Where the Spirit of the Lord is, *there* is liberty."



SUGGESTIONS FOR DAILY MEDITATION

SUNDAY

I am free from selfishness and fear, and I am setting my loved ones free also.

MONDAY

I have placed all my loved ones in the care of our loving Father, who is protecting and guiding them.

NEW WAYS TO SOLVE OLD PROBLEMS

TUESDAY

I will no longer interfere with the spiritual growth of my loved ones; I have set them free to do the will of God.

WEDNESDAY

The Spirit of the Lord goes before my child today, making safe, happy, and successful his way.

THURSDAY

The love of Jesus Christ is setting me free from all thoughts of personal domination.

FRIDAY

I am not ruled by personal will but am guided by the will of the Father.

SATURDAY

God has created all things good in Spirit and in Truth, and I trust in His power to maintain that goodness.

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