



The Search For Happiness

*Happiness is neither within us nor without us;
it is the union of ourselves with God.
— Pascal*

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Contents

PROLOGUE	7
SELF-KNOWLEDGE — <i>Genesis 1:26</i>	11
SPIRITUAL HUNGER — <i>Matthew 5:6</i>	19
GOD'S WAY — <i>Psalms 37:34</i>	27
FAITH — <i>Matthew 6:26</i>	35
PERCEPTION — <i>I John 3:16</i>	43
HUMILITY — <i>Psalms 121:2</i>	51
INTERLUDE	59
LOVE — <i>I John 3:24</i>	61
JOY — <i>Psalms 40:3</i>	69
PEACE — <i>Romans 10:15</i>	77
HEALTH — <i>Psalms 42:11</i>	85
PROSPERITY — <i>Psalms 1:3</i>	93
POWER OF FAITH — <i>I Corinthians 2:5</i>	101
ABUNDANT LIFE — <i>John 10:10</i>	109
EPILOGUE	117

To Fellow Travellers
on The Path that leads
to Perfect Happiness.

Prologue

SINCE primitive man first gazed with wonderment into the flames of fire and contemplated its benefits in his life, the desire for happiness has dominated the lives of all races in all ages. For most people, even today, happiness is far away, seemingly unattainable, because of a limited conception of Life and Truth.

To many, it is a will-o'-the-wisp that leads them ever onward in a blind and futile search for a nonexistent state of being. They search in one place and then another without knowing for what they search. They are ever drawn to a mirage as a famished wanderer in a desert, their hopes bound to something that *appears* to be instead of something that is — TRUTH.

Others seek happiness by amassing great wealth. But wealth is not an essence of happiness — it obstructs happiness unless it is used for the betterment of mankind. Others seek happiness through power and position, but power and position are not essences of happiness. Power is the embryo of despotism and corruption, position is the seed from which grow selfishness, greed and hatred — unless power and position go hand in hand with love and have as a part of their being the desire for helpfulness.

Happiness is not to be found in faraway places. It is not something that flows from the outside into our being. It is not something that others can give us, nor can we attain it in a single pursuit of life.

Happiness is a condition of life that we create ourselves. It is health that radiates vivacity, joy that makes the heart sing, love that overcomes fear and hatred, prosperity that gives us a full life, and faith in the ever-present power of God.

THE SEARCH FOR HAPPINESS

God is love and we are created in His love. He gave us the intelligence and power to enjoy the fullness of His gifts but *to each of us He has left the choice of using that power* according to our individual wills. Thus, the degree to which we enjoy God's blessings is NOT a limitation God imposes upon us, but one that WE impose upon ourselves.

If you experience a lack in your life, you may be sure it is because you are not making full use or proper use of your inner power. The forces that obstruct happiness come from within. They are the doubts and fears that creep into the mind, and remain to grow to such proportion that error instead of Truth controls the process of thought.

Mind is of Universal Mind and by Divine Wisdom it is the guardian of soul, heart and body. No surrender to spiritual compromise can be made without surrender having been made first in the mind. Hatred, jealousy, or ill will cannot injure or bring unhappiness to another unless the mind allows the thought to linger and take root in the heart. Illness of the body becomes an illness only after it gains recognition in the mind. Thus, every evil impulse must first find acceptance in the mind before it can make an impression on the physical or spiritual being.

It is in the mind that every good in life has its beginning — and its growth and power to continue — for in mind are registered the impulses that lead to God's fullness, a life so complete that any addition would overflow the measure. Mind has the power to CREATE desire, without which happiness is impossible. It is the Temple of Faith, and *in faith it can bring every worthy desire into reality.*

It was by the wisdom of God that mind cannot be

divided in thought. We cannot think thoughts of truth and error at the same time; we cannot believe in poverty when our thoughts are on prosperity; we cannot think of our bodies as imperfect when we think of them as God's temples; we cannot hate when our thoughts are on love; we cannot be disturbed when our thoughts are on Christ's teachings of peace; we cannot fear when our thoughts are on the love of God and His power to protect us from all evil.

Jesus brought to the world the message of Truth. Through His teachings, He sought — above all else — to lead the people to salvation through LOVE for and FAITH in God. But He also sought to show them that the same love and faith would fill their hearts with happiness while on earth.

To teach the Truth without demonstrating the power of Truth was not enough to erase the doubts and fears of a people whose minds had become poisoned with thoughts of false limitations. Thus, the New Testament records many demonstrations of miraculous healings — spiritual and physical. Many look on these as miracles wrought by the supernatural power of Christ. It is true they were demonstrations of Christ's power, but in EVERY case of healing recorded in the Bible, the faith of him who was healed opened the way for the healing power of God to flow into his being.

When Jesus restored sight to the blind man of Jericho, He said to him, "Receive thy sight; thy faith has saved thee." When He restored health to the unknown woman as recorded by Matthew, He said to her, "Daughter, be of good comfort, thy faith has made thee whole." Thus, in two words — THY FAITH — is the power that can bring

THE SEARCH FOR HAPPINESS

the fullness of God into our lives. It makes us at one with an ever-present power that can overcome illness and poverty, fear and hatred — yes, it can even overcome death. **THY FAITH!**

Thus, Faith is the power by which all good comes into our lives; doubt opens the way for every evil to enter. It is by belief in Christ's teachings that we can enjoy God's fullness; by lack of faith or failure to demonstrate it we, and we alone, close the door on God's abundance.

God's abundance is your heritage. His fullness is yours to enrich and glorify your life according to your understanding and belief in His promises. To help you claim that heritage is the purpose of these meditations.

As you begin, it is important that you firmly establish one thought in your mind — that the meditations are **YOUR** meditations. The scripture passages are God's personal message to **YOU**. Read them not just with your lips, but with your heart. Let them become indelibly impressed on your soul. Thus will you create an awareness of God's love, and in your love for Him will emerge the faith that will open the way for His bounteous gifts to flow into your life.

Rose Dawn

August 3, 1966



Self-Knowledge

*And God said, Let us make man in our image.
— Genesis 1:26*

SELF-KNOWLEDGE

I shall be satisfied, when I awake, with thy likeness.

Psalms 17:15

NO ONE CAN progress toward the light when dissatisfied with his affairs. This dissatisfaction, if allowed to continue, soon becomes a habit so that we cannot give our best. We must learn to make peace with our affairs before we can hope to outgrow limited conditions and unwanted conditions. Our best service comes only when clear thinking and harmony predominate. When we understand that even in present undesirable conditions we may look forward mentally to the desired conditions, we realize there is no need to be dissatisfied, for our thought controls how we shall live. When we master that condition we are ready to leave it.

Implanted within every man is the germ of perfection, the spark of Divine Being at his very center. We may be tempted at times to think of our shortcomings and limitations, but the truth remains that in the sight of the Father we are perfect. Let us cease to think of ourselves as bound by shortcomings, or imperfect, for only the perfect idea from God has been made a part of man who is a part of God. Our limited human self is not our true self, what appears to be limited is our own false concept of ourselves and others. The true man is the idea of God implanted within each one and is the power that inspires us to manifest the spirit of the Christ. If we would serve God, we will manifest His perfect ideas of health, love and power.

AFFIRMATION: *I Am the Master of My Conditions.*

... but be filled with the Spirit.

Ephesians 5:18

WE SOMETIMES wrongly look to external things to give us the zeal and enthusiasm for life. Instead, we should realize that our zeal comes from our own innermost springs of life. When we find ourselves lacking in enthusiasm and ambition, we have either looked to the external and failed to find those qualities, or we have failed to lay hold of the ambition, zeal and enthusiasm that are at the very heart of our being. Some people lack enthusiasm because they are negative to the good in life; they are un-receptive when good comes to them.

If we are to be happy and successful, we must be enthusiastic about ourselves and our affairs in order that we may actually become a part of all that is happening. But there is an enthusiasm deeper than that which we may have now; it is an enthusiasm that comes from knowing we are one with all life. With this knowledge we are able to plan and succeed in everything, since we are sustained by God's wisdom, power and love. Enthusiasm is a quality no one can have for us or give to us. Enthusiasm exists in us when all other qualities are balanced, provided we know that all is well with us and the world, and then a satisfying enthusiasm for living follows. All the other spiritual qualities will take on a more significant meaning and our entire outlook on life will be colored with brightness.

AFFIRMATION: *God's Spirit Within Me Is My Source of Zeal.*

SELF-KNOWLEDGE

... do all in the name of the Lord Jesus. Colossians 3:17

FEAR IS a menace to accomplishment. Some people do things half-heartedly because of a sense of inferiority and a fear that they will not accomplish that which they desire. These people build their own obstacles. When men go into a work with the consciousness of success, they break down the barriers of fear and thus free the spirit from the bars that bind it. The one who does not dare to fail acts as if it were impossible to fail. This is the key to success.

There are never any demands made upon us that we are unable to meet. The very fact that we have the capacity to feel a certain need denotes that we have the ability to meet it. The same capacity involved in the demand is in the fulfillment. When we say, "I can't," we are not living up to the recognition conferred upon us, nor are we true to the exhaustless spirit of the Father within. To acknowledge inability to meet a demand is to depreciate the power of the infinite and to create a consciousness of limitation and incompleteness. God created all with knowledge sufficient to meet their needs and to fulfill their demands. In every demand is the infinite potentialities of the Father, and through contact with His power we shall meet the demands of the day fully and completely.

AFFIRMATION: God's Power in Me Meets All Demands.

Thy kingdom come.

Matthew 6:10

THERE ARE THOUSANDS of unhappy people today, not because of what they cannot have, but because they are not well enough acquainted with themselves to know what they need. Our Father knows, so why is it that we do not know? Why do we have to make so many mistakes in our wants? Why is it that, when we have tried so hard to listen to the Inner Voice, disappointment and suffering come? Jesus answered these questions when in His darkest hour He said, "Father, if thou be willing, remove this cup from me; nevertheless not my will but thine be done."

Freedom from all sense of limitation is God's will for every man. Praying "Thy will be done" opens the consciousness to the inflow of the good that is destined for us to share. His will is that we have all the things necessary for a full and happy life and these will manifest when we let Him manifest His will through us. If it is more health you desire, let go of your belief in sickness and suffering and let His life flow freely through your being. If your need is for greater happiness and security, realize these are of God and let His limitless good suffuse your consciousness and follow willingly where He leads you. He stands ready every moment to pour out upon each one all His good, which we accept.

AFFIRMATION: The Channels of My Being Are Open to His Good.

SELF-KNOWLEDGE

Come; for all things are now ready.

Luke 14:17

IN THE STORY of Lot's wife we have a clear lesson on "crystallization". When she looked back upon the past she was turned into a pillar of salt. The same crystallization takes place in the mind of anyone living mentally in the past. Experiences leave their impression on us through thoughts and reactions each after its own kind. When looking back upon an unpleasant experience, we recall the pain or loss. Again, we all have pleasant memories that we like to hold close to us; yet, in dwelling too much upon these, we fail to give the necessary thought to things of the present. Remember only the wisdom and faith gained from past experiences so you can be free to put the best energy and thought upon the present.

Experience is the great teacher of life. In our trial and error, we discover our outer weakness and our inner strength, and cultivate true values as we come to know that the source of all things is limitless and complete. We may then go into the world of action strengthened with the wisdom of God as our guide and helper. With this understanding, we know that at every step we are ready to prove our faith and His might. Each day we can meet life with assurance, knowing that His power is within us, and that no circumstance can stand in the presence of our faith and the might of God.

AFFIRMATION: I Am One With God and Claim My Heritage.

He that handleth a matter wisely shall find good.

Proverbs 16:20

WE FIND many lonely and unhappy people. They are sincere in their desire for love and companionship; but, because they feel alone and unloved, they shut out the very thing they desire most. We must learn to meet life with faith and expectation. In every heart there is that which is capable of giving out love and kindness. The very expression of these qualities must bring love and happiness in return. If we expect to be happy and live a full and rich life, we must sincerely believe in life and its nature to fulfill.

Nature always cooperates with us as we understand and use her. The Universe is never against us unless we, through lack of understanding, are arrayed against ourselves. All of our remedies lie within ourselves. It is to find ourselves that we have definite periods of meditation. Meditation is not a time of passivity. It is one of the most active periods of the day, for it is an effort to find the within where lies the healing for every human ill. In meditation, we turn from all thoughts that would deny the good and cause us to doubt God. Then we live mentally as far as our understanding will carry us and in activity through us of the God-life, Wisdom, Substance and Power. In the silence, we are filled with power and lifted to greater heights of illumination.

AFFIRMATION: Inspiration Fills Me With Increased Power.

SELF-KNOWLEDGE


For the kingdom of God is not meat and drink.

Romans 14:17

IN US is a great invisible realm waiting for recognition, a realm full of good things — happiness, joys, new powers, fresh ideas, wonderful plans. This abundance awaits in the silence of our unawakened selves. Let us begin today to turn within with the purpose of beholding this new life and its wonderful potentialities. Our very purpose to arouse these powers within will awaken them. But all activity must be with the serene confidence that heaven is within now, that all good is in Mind and that all unfoldment waits for us to turn on the light. Yes, in the Kingdom of God within, we will find the peace and fulfillment we desire.

There are many seekers for the treasures of life who do not know what that treasure is, nor how or where to find it. Our treasure lies within ourselves, the key to it is our own thought, and the approach to it is our own willingness to believe. Our treasure is in our own hearts, which are embraced by the Infinite Heart of God. He is our Eternal Treasure and awaits our discovery of His presence. Let us then turn our vision inward. For too long we have looked at distant horizons for ships with their treasures to come in. Our treasure will come to us only as we release the treasure in our own hearts. The indwelling God is our treasure, flowing through us into full expression as we acknowledge His presence.

AFFIRMATION: *My Greatest Treasure Is the Gift of God's Love.*



Spiritual Hunger

*Blessed are they which do hunger and thirst
after righteousness, for they shall be filled.
— Matthew 5:6*

SPIRITUAL HUNGER

Eye hath not seen . . . the things which God hath prepared for them that love him.
I Corinthians 2:9

THESE WORDS have been a source of comfort to thousands in need of health, harmony and the good that seem to have been denied them. But all His promises are meant for life here today, as well as for the time when we have passed into another realm. God is a present everyday Help and the Giver of all good right now and here, today. The physical and spiritual worlds are each a world of order. To the extent that we believe in the promises of God, we must believe in His words as applying to both the material and the spiritual worlds, for the same force governs both, and this one force is God.

Superstitious people use lucky charms, which they think will insure their safety and bring them good luck. Back of this superstition, of course, is the longing of the human heart for the assurance of a protecting power. But far more assuring than any form of charm is the knowledge that God's presence is beneath, above, within and all around us. God is present everywhere, all the time. Wherever we may be, God is with us. Whatever we do, God is present. With this presence of God about us, we have all the help we can need. If we need healing, God is present as All Life. If we need protection, God is our All Defense. If we are in doubt, God is our Understanding and Wisdom.

AFFIRMATION: I Rest Upon the Promises of God.

SPIRITUAL HUNGER

Perfect love casteth out fear.

I John 4:18

FEAR ARISES from a feeling of insecurity and imperfect understanding. But we have the assurance that whatever our need may be, there will be the supply to meet it. We should keep our minds free from thoughts of worry and anxiety, for these are bars to perfect love. There can be no fear when we know that God is with us in all that we do. With Him, there can be only perfect love and protection. Surely we can trust the Power that Created the universe about us. So let us turn from false appearances to truth, from fear to faith.

Regardless of what danger we may meet, we may enter the refuge of God at any time and claim security. The Bible is full of promises of this eternal refuge. Though foes and swords be all about us, we need not fear them when we can retreat into the quietness of the secret place. Many are the stories told of soldiers in battle who have been delivered through prayer, rescued from death because they found safety through spiritual guidance. Every experience is an opportunity for us to rely upon the salvation of the Lord. There is no problem too difficult to solve if we but rely upon God. There are no physical arms that can protect as the spiritual "arm" of God. We may always find relief from fear by simply casting our burden upon Him.

AFFIRMATION: In God I Am Secure From All Evil.

SPIRITUAL HUNGER

And Him only shalt thou serve.

Matthew 4:10

FROM OUR OWN experience we know that we cannot serve two masters. Either we are servants of conditions and experiences that exist in our lives, or we are faithful to the knowledge of the power that flows through us from the Creator to change old conditions and create new ones in our lives. We are always the servant to that which we obey. Though we may have been bound by our belief in limitation, we have the power to free ourselves from those conditions and to choose to serve Him. When we have reached the place where we have faith in the promises of God, believing what we cannot prove and have not seen, blessings untold will come to us. God does not choose to hold man to Him; we are part of the very fabric of Life in which we have the freedom of making our individual lives what we will.

Man has been given power over all of his enemies. This power comes from God and there is no limit to this power available to man. But we fail at times to use this power and when adverse conditions come we may think, "This is too big for me; I am beaten." It is the one who keeps his faith in the power that is being manifested on the spiritual plane who will prove that power on the physical plane. We can demonstrate over conditions if we keep our faith in the power and use it for our own victory. Thus, we press forward to the mark of our high calling.

AFFIRMATION: *Through the Christ Power I Can Do All Things.*

In him was life . . .

John 1:4

THERE IS A LIGHT within man that never goes out. This light is the spirit of the Christ and unites man with the Father. We can never become lost in the darkness as long as we keep our eye fixed on the light through our faith and love. Why should we fear when within is the light that reveals to us the truth that we are ever in God's care? With this truth we live courageously and confidently, knowing that the light of the Christ spirit is ever guiding us. As in Him there was light, so also in man is there light.

When we have found our true relationship to God, our consciousness becomes so illumined that this truth makes our entire life one of glorious realization. Even the one who has not yet become awakened to Truth must feel instinctively that there is something within him that will some day become lighted by the spark of spiritual understanding. Those who plunge and stumble in the darkness must feel that within them lie latent possibilities for greater things. It is this hunger, longing for light, that causes the light to eventually shine through to them. When one has awakened spiritually, with faith he is able to go ahead knowing that his feet are directed into paths that lead to peace, success and happiness. The darkness will disappear as the mist before the sun as he comes out upon the broad heights where only Truth is real.

AFFIRMATION: *The Eternal Light of Truth Shines on My Path.*

SPIRITUAL HUNGER

For we can do nothing against the truth.

II Corinthians 13:8

LIFE NEED NOT be the struggle that so many believe it. When we use truth and love, we build a life of joy and happiness and usefulness. When we accept truth, experiences rich in understanding come into our lives. Truth proves itself. Truth is unchangeable. It will not be put down. If we refuse to live Truth in our relationship with others, we harm only ourselves. When we accept Truth, our lives become filled with good of every kind. Jesus was able to perform the miracles He did, for with His perfect knowledge, He knew that man is limited only by his own thoughts.

We are told that only through knowledge of Truth can we free ourselves from limitation and oppression, but we must make that knowledge a part of our being. Knowing the Truth that because God is God and His kingdom is right here on earth, the emotional acceptance of this knowledge is the Truth that frees. Knowing this Truth, we need not strive with our environment and with people, for we are able to retire to that inner place where we are alone with God and accept our divinity and all that it means — oneness with the Father. We may indeed be free in the Truth that God is with us every day, through every experience, giving to us of His love and His Wisdom. Then we are able to rise above all limitation and become the man or woman God envisions.

AFFIRMATION: I Accept the Truth of The Christ.

... so panteth my soul after thee, O God. Psalms 42:1

THE CLOSEST of human relationships at times fail to bring joy and satisfaction. God is the only Friend who never fails, who is always ready to meet our every need. Having once really found God, we can never again feel alone. And when we know that we have God, we learn that we have less need of many material things. Each of us, according to our needs, will eventually find in God that which we seek, for God is the answer to every desire and the solution to every problem. In each soul is a vacuum that nothing but God can fill, a hunger that nothing but God can satisfy.

God being everywhere, in and through all men, then all men are in that presence and of that power. Our material problems may prevent us from fully realizing this at times, but the one who has glimpsed the truth of God and of men can find heaven in the midst of every problem and every situation. All negative thought disappears in the presence of Truth. As we lift up our eyes unto the Truth, our minds open to a new consciousness of reality and we look upon a world that is indeed good. We see God everywhere and only the Christ spirit in our fellowmen. Yes, this is the heaven of which Jesus so often spoke, the kingdom where only the good, the true, and the pure are real. It is the kingdom of heaven, which is within every man.

AFFIRMATION: In God I Find the Friend Who Never Fails.

SPIRITUAL HUNGER

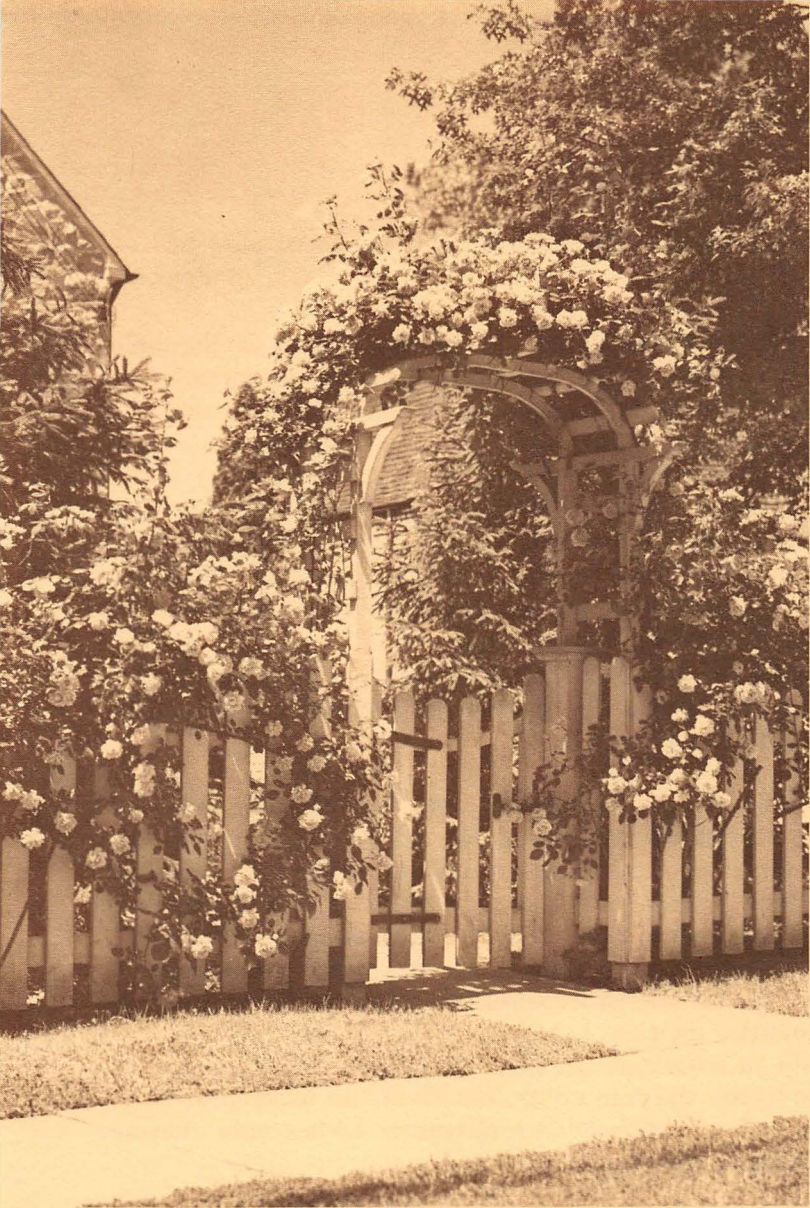
... and him that cometh to me I will in no wise cast out.

John 6:37

A STUMBLING BLOCK with many is the belief that meditation is a form of concentration involving the use of personal will. We often meditate on things as they appear to us, rather than upon things as they are. Meditation and treatment provide a way for our thought to become receptive to a higher inspiration, dropping everything from our thought that would deny the reality of good. In this silence, we seek to embody the conviction that God is active in and through us, and the ever available Source. Thus our meditation should be calm and not a time wherein we seek to concentrate with our will upon a certain desire. In the silence, we come to believe that all is good and we accept it.

When we take time to claim for ourselves the fulfillment of God's promises, we begin the day's work with the strength and inspiration for achievement. Through meditation, we become conscious of perfect wholeness of body and no longer think of it in terms of the purely material. We know the body is the dwelling place of Spirit. Our minds become established in thoughts of health, because we know that Spirit is health and that coming from Spirit the body has the quality of its source, perfection. We thus allow only the animating Essence of Life to keep us whole. We understand that the soul and the body are in unison.

AFFIRMATION: In Quietness I Meditate Upon the All Good.



God's Way

*Wait on the Lord, and keep His way,
and He shall exalt thee to inherit the earth.
— Psalms 37:34*

GOD'S WAY

Blessed are the pure in heart; for they shall see God.

Matthew 5:8

IT IS DIFFICULT for some to understand the nature of God or feel His presence when they cannot see Him. They look for some sign that God is; they strive for some glimpse of His presence. Yet, wherever we look we see Him, for there is nothing that is not an expression of the Creator. When we look upon beauty in whatever form, we see Him. In our fellowman, in the birds, in the trees, in the rocks, in the animals, is God in expression. Whatever our eye falls upon, we see this truth of His presence, His love. Everything that is made is made by Him, and His essence expresses through every form of life from the lowest to the highest. In every form of creation there is God, for He is in all and is All.

The forests, mountains, sea, sunrise and sunset all express His beauty, but many times we fail to see these glories. If we miss these expressions of Him, it is our fault because we fail to look for the voice of God in His creation. We do not hear His voice because of our listening to the things of the world. In all things, He would speak to us of the love and the riches He is waiting for us to accept. Wherever we turn our eyes, we see the beauties and the richness of Nature so lavishly spread out to us for our enjoyment and happiness. His lovingkindness reaches out into every corner of His universe, asking only that we recognize, accept and be thankful for the gifts.

AFFIRMATION: God's Presence Fills and Surrounds Me.

Every plant which my heavenly Father hath not planted shall be rooted up.
Matthew 15:13

EVIL AND DISEASE do not come from God, so they can have no place in our lives. Every belief in limitation must be cast out, for we know that adversity has no power to hinder our progress. Through our affirmation of the truth of man's being, we cause that truth about health and prosperity to manifest in our body and affairs. As we recognize that only the good and perfect are sent from the Father, we cause the good fruit and the good harvest to come forth. Sickness, poverty and inharmony cannot be ours if we hold steadfastly to the truth that these are not of the Father. Let us root up evil and sow the good seed of love, health, abundance and peace.

Only when we think constructive and spiritual thoughts, are we attuned to Divine Mind. When our minds are filled with these constructive thoughts, God, Himself, is operating in our minds and acting in our affairs as spiritual power. We cannot think of Divine Mind as apart from us, for that would mean many minds of separation of His children from the Father. To us, God is known only through the higher realms of mind and spirit. That of which we speak as carnal or mortal mind is but that element in us that prompts mortal thoughts. These thoughts are in opposition to Divine Mind and do not come from a spiritual understanding. The God in us is the mind of Truth, and cannot conceive that unlike Himself.

AFFIRMATION: *I Am One With the Mind of My Father.*

GOD'S WAY

There shall no evil befall thee.

Psalms 91:10

WITHIN MAN there is a Spirit that is able to protect him under every condition of inharmony and fear. In this 91st Psalm, we find the protection in the secret place under the shadow of the Almighty. There no evil shall befall us, for we live by Truth. No condition can arise in which this mantle of protection is not thrown around us. But we must elect to draw this shield about us through our faith and love in the Father. Within that protection, no power of darkness can keep the light from shining through. In the shadow of His protection, we are secure from all harm.

To abide under the shadow of the Almighty means that we are free from apprehension about the future. When we rest in the Secret Place of the Most High, all our needs are provided by His love. The Father is rich beyond all ability to picture, for He is not only the Source, but also the Supply of all the wealth both visible and invisible. From this universal storehouse comes the substance that becomes manifest as money or other material means to provide for our daily needs. From Him also comes the wisdom that fills men's minds with the priceless riches of spirit. We abide with God and are surrounded by the infinite riches of His kingdom. As our realization of our oneness with the Father becomes stronger, the more abundantly we are prospered.

AFFIRMATION: God's Wisdom Prospers Me in All Ways.

*Moreover thou leddest them in the day by a cloudy pillar.
Nehemiah 9:12*

THE SPIRIT of the Lord indwelling inspires, guides and directs our every step. When we turn from darkness, ignorance, and indecision, we recognize that the light of God is always at hand to illuminate us with Truth. God is ever in our midst as a pillar of light. At the center of each of us, God dwells as a flaming light. Our path is made plain and easy, our way is made clear because we know just the direction in which we should go. The Spirit of the Lord attends us and directs us into the paths of peace, so that the disturbing thoughts of the outside can find no place in our consciousness, where there is only the spirit of love.

We do not pray to a far-off God, for we know that God dwells at the center of our being. When we pray, we seek to place ourselves in tune with this Presence. Having given up all false belief, we lay hold of the life and the health of God and this life radiates to every part of the body. When we believe we are unified with God, we unite ourselves with all that God is — all the wisdom, all the life, and all the strength that is inherent in Him in the midst of us. We must not, like Esau, turn away from or refuse to accept our God-given right as sons of the Father. True prayer is but a realization of our identity with God and our inseparable union with the Universe.

AFFIRMATION: God Dwells at the Center of My Being.

GOD'S WAY

I will never leave thee, nor forsake thee. Hebrews 13:5

IT IS DURING times of trial that people have always turned to God. We may speak of our successes and our joys to others, but the things that wring our hearts we can speak of only to Him. What a comforting knowledge it is for us to know that whatever may be our need, there is One beside us and around us with His strength and His love, never failing, never forsaking. It seems strange that even for a short while, in the times of sunshine and success, we could forget Him and His love. Let us remember and be thankful.

God knows not only the things we have need of, but also everything about our life. He knows our handicaps and helps us at the points of our need. He knows our background and our environment and He holds us responsible for the light we have or might have had if we had not refused it. He knows our hurts and would heal them with His love. He knows our possibilities and would open to us every door of opportunity. Yes, and He knows our temptations. When we fall, He knows how we feel about it afterwards. He knows us, and in spite of our unworthiness at times, He loves us. He so gives Himself to us as to make us conscious of the great change that Paul described when he wrote, "If any man be in Christ, he is a new creature." The Christ makes new and whole that which was imperfect.

AFFIRMATION: God's Love and Protection Enfolds Me.

For the body is not one member, but many.

I Corinthians 12:14

BECAUSE we have believed that Jesus alone was the son of God, we may have felt ourselves separate from the Father. But we are called to be sons of God and joint-heirs with Christ. From the nature of His being we cannot be deprived of anything that God is. We cannot get away from God for there is no place where He is not. In our use of this inheritance, as a part of God, power and joy and wisdom make up life. We feel separation from God when we think in terms of appearance and forget who we are. We cannot wander, for there is no far country. We are always a part of infinite power.

God being all the life there is, then the nature of God must also be the nature of man for there can be only one. There is just the one mind, one law and one life. As we come to think of ourselves in the true sense as a son of God, we discover that our mind is God's outlet, that there is an eternal desire within each one to think truth. Being of the same life as God, we speak as God would speak and we think as He would think. The mind we are using this very moment is God's mind in action. Knowing our sonship with the Father, we understand how our thoughts are creative and we should dedicate our thoughts to those of right ideas. As we are known by our works, and works are thoughts in action, then as true sons of God we must think as God thinks.

AFFIRMATION: *Our Inheritance Is Power, Love and Wisdom.*

GOD'S WAY

And the very God of peace sanctify you wholly . . .

I Thessalonians 5:23

IN THIS PRAYER for wholeness, Paul's faith was that the Master Weaver can reweave the worn parts of our bodies into one perfect pattern. The grace of God refreshes, restores and purifies, it restores our right relationship, it washes away selfishness and clears the way for us to love God and our fellowmen with heart, soul and mind. We are invigorated and challenged to seek Him with our entire being. We are kept pure within as the inner room has been made a fit dwelling place for the Divine Presence. Through daily prayer and meditation, we lift our spirits to the high plane where this Divine Presence can enter the secret place of our beings and keep us fit.

Through prayer, we realize our oneness with all that God has. We realize that all we need or seek is already ours in Spirit. We know that we do not need to beseech God for whatever we need, but have only to make ourselves receptive to His riches in order to receive them. God answers our prayers by giving to each one all that makes a happier and fuller life. Through prayer, we turn to commune with the Christ within and, turning thus to Christ, we behold in Him the answer to our prayer. When we ask in prayer, we make ourselves receptive to the blessings of Christ. In prayer we ask and invite Christ to come into our soul and our life. In this way, we make ourselves an open channel for the inflow of His blessings.

AFFIRMATION: *The Divine Presence of God Fills Me.*



Faith

*... your Heavenly Father, feedeth them.
Are ye not much better than they?
— Matthew 6:26*

FAITH

For we walk by faith, not by sight.

II Corinthians 5:7

OUR ENTIRE LIVES are lived by faith. So well have we been taught to fear that we do not now realize that the very fear we have is a faith in the fear we voice. Knowing that we must live by faith, then through education and discipline we can learn to have faith in the good, instead of faith in the evil. Faith is the essential quality in our progress. We have in ourselves and in our environment all of the qualities necessary for accomplishing anything; that is, from God we have the wisdom, the substance and the power. Yet, unless we have the element of faith within us that binds these all together we will have no action.

Faith gives a powerful hold upon the good in life. Through faith we seize hold of that which we desire to manifest in our lives. By faith we lay hold of the good, and possess it. Faith is the yesterday, today and tomorrow. The same strong, active faith in The Father that Jesus expressed can be ours, for the power of all faith becomes active in each man's faith. Faith in God links us with His good. We establish a tangible relation to the good things we desire when we exercise faith in the All Good. When we have faith in some person we stand with him, willing to share all things with him and to lend our aid if it is needed. In the same way, when we have faith in God, He stands with us ready to help and strengthen us should we weaken.

AFFIRMATION: I Have Faith in God and in Mankind.

O woman, great is thy faith.

Matthew 15:28

TRUE FAITH is belief beyond any shadow of doubt. We may have faith in men, faith in laws; but the supreme faith of man is that which we place in God and in the universal life. Although some may say that such faith cannot be proved, we know that the laws of nature, the law of gravity and the law of conservation of energy are being constantly proved and are no longer speculation. The entire life of man proves conclusively that "As a man thinketh so is he". Our faith in God is not a blind faith born of our desire, but is based upon the physical evidence of the universe and our intuitive perception of the soul.

If our knowledge of God's power were complete we would learn to rely upon it instead of resisting or fearing what subconsciously we feel to be a power outside of God. When our thought is fully centered upon God as the one Reality, it is impossible to believe in some other power than His, for nothing unlike Good can have any part of God's power. When we are compelled to prove that God is the only Power, our resolve to rely upon Spirit is strengthened and we are able to say triumphantly, "I know in whom I have believed." We know that everywhere is the Omnipotence and the Omniscience of God, so that we no longer have any belief in that which is not of God. Knowing and believing in this power we lose all thought or belief in evil, and limitation disappears from our minds.

AFFIRMATION: My Faith in God Is Supreme.

FAITH

Having heard the word, keep it, and bring forth fruit.

Luke 8:15

EVERY DESIRE that comes into our minds brings with it the power to accomplish that desire. God's gift is complete when He plants the thought or desire in your mind, and there only remains the act of receiving for you to complete the transaction. For, regardless of the nature or magnitude of your desire, you have the power to work out the mental picture or thought in visible material reality. To hear the word is to possess a desire, and the moment you have the thought you really have the thing that thought represents, for all that remains is the detail of receiving the finished product.

Our thought is the weapon that God has given us to dispel lack of any kind, either for ourselves or for others. We have the power through thought to change sickness into health, lack into supply, for these are of God and from God. We can cultivate faith and trust by daily knowing and believing that always we have faith in the divine power that guides us in the right paths. By acknowledging the presence of health and abundance, our thought will take hold of the very substance of the universal spirit within and we recognize only the wholeness and abundance. Whatever problem may arise, we know that the answer is to be found in our own mind, which is a part of the Divine Mind and all powerful. Our part in the shaping of our lives is through the direction of our thought.

AFFIRMATION: Faith Makes My Life Fruitful.

Fear thou not.

Isaiah 41:10

THE BIBLE is filled with “fear nots” covering every situation and circumstance in human experience. And yet, despite all of God’s promises, fear is the greatest enemy of mankind today. It is only because we lack the faith to “step out on God’s promises” that we fear, for fear is nothing but the lack of faith. Fear is faith in evil instead of faith in good. And faith in evil is the result of old superstitions and dogmas that have been handed down to us through the ages; the teaching of man’s unlikeness to God instead of the truth of man’s likeness to God as He so plainly reveals to us.

It is only through a living faith that we can be certain of the truth of that faith. Many times we desire something greatly and claim that we believe it will become manifest, yet we make no preparation for its realization. When the people came to Jesus for healing, they confidently expected to be healed, and it was their unwavering faith that made it possible for Him to heal them. It is only when our desires are based on an unshakable faith in God that we may look for the manifestation. Let us learn to “ask in faith, nothing wavering”. Nor shall we ask for the good and at the same time suggest just how He shall bring that good to pass. Paul says, “Prove all things; hold fast to that which is good.” We hold fast by expecting the perfect manifestation in His perfect way.

AFFIRMATION: I Expect and Receive Only The Good.

FAITH

For God hath not given us the spirit of fear.

II Timothy 1:7

THE BEST ANTIDOTE for fear is courage. We can learn to neutralize fear thoughts with thoughts of courage that take away the power of fear. We must remember that the Spirit of God in the midst of us fortifies us with fearlessness. In order to free ourselves from every trace of fear, we have but to keep in mind the truth that Spirit is our courage. A great step toward courage is the realization that persons and outer things have no power over us. We cannot fear those things when we know that the Christ within is all powerful, for fear comes only from believing in something other than Truth, some power other than God.

True courage is not an assumed quality; it is the desire and the will to see through an experience until we perceive that at the heart all is good. A false front of courage is never effective; for when we are really afraid and insist that we are not, we are trying to neutralize our fear of conditions by pretending not to be fearful. True courage lies in the ability to do the right thing when we have once realized it. We may always discern the right if we will silence the objective confusion and become able to reach the calm center within us and hear the Still, Small Voice as it whispers, "Have confidence, have the courage to let your convictions be that in and through you at all times God moves into action."

AFFIRMATION: I Am Courageous and Steadfast.

Behold the Lord God will help me.

Isaiah 50:9

WE HAVE experienced times when it seems that our prayers are of no avail. At such times, let us watch our thoughts. Perhaps we still believe that God wants us to suffer and be in want. Of course this is not true, for He has given man talents to provide fully for whatever the need. The trouble is that we pray and place our affairs in His hands, but immediately take them out of His hands and start worrying all over again. How foolish it would seem if we gave someone a gift, then immediately took it back. Yet that is exactly what we do many times when we pray. Negative thoughts of lack, fear and hatred act as barriers to our receiving the gifts for which we pray.

In order that our prayers may be answered, it is essential that we believe that they will be answered. True prayer is not a supplication to God, uttered in fear that He will not hear us. True prayer is faith that our word is being spoken with the authority of His promises and used carefully in order that our prayer be worthy, not only for our good but for the good of others. We must sustain our prayer by the conviction that it is already answered, even before we have asked. With this understanding, we may have the faith in our word and trust Him to fulfill our desires. The good that we desire must be the good for all men and in this way we know we pray aright. It is this asking aright that brings the sure answer.

AFFIRMATION: I Learn to Pray Aright at All Times.

FAITH

... and be not faithless, but believing.

John 20:27

SOMETIMES WE FEEL that our faith is of no avail. Yet we should remember that although we may have thought we had faith in the good, we had a greater fear of the possibility of evil, and according to our faith "it was done unto us". Faith is the only power that brings to us those things we desire. It does no good to plead or to try to compel the universe to give us these good things. This attitude only denotes a lack of faith, a lack of faith that God is good and that His goodness is available to us at all times. Faith positively held to, consistently increased, is the power that causes the universe to pour into our experience such a blessing that we can scarcely contain it.

We should strive to cultivate a state of mind that expects to accomplish our ideal and fulfill our highest desire. There is nothing that can obstruct that successful expression of our ideal, except our own belief in limitation. When we allow this belief to clog our minds, we fail to see opportunities, and lack may follow. On the other hand the affirmative positive state of mind accepts only the belief that nothing that belongs to us can be taken away from us. It is the nature of life to respond eagerly to this positive idea. The limitless possibilities of God are forever finding expression in all that we do, if we do not close the channel for their expression. We may each be filled with confidence and expect to reach our goal.

AFFIRMATION: I Am Accomplishing My Highest Desire.



Perception

*Hereby perceive we the love of God . .
— I John 3:6*

PERCEPTION

I have overcome the world.

John 16:33

WE ARE NOT the victims of chance or change. The law of freedom is eternally established, abundance is at hand. It is not enough simply that we know this. We must unite our spiritual identity with the one Spirit. As God's children, supply is always where we are, always manifesting itself for our good. All that with which we have identified ourselves is now drawn into our experience. We have the assured conviction that we live in a world completely penetrated by the living God, and our life is an expression of that citizenship. As an expression of God, we have access to the creative order of the universe and come into possession of our desire. The substance for which we seek is manifest through the One Source.

The degree of life that we possess depends upon our conscious realization of that life. We grow in the realization of greater life as we increase our consciousness of it. If, at times, we seem to lack vitality, we should erase the thought of life as limited and become receptive to Truth and to the all-sufficiency of vitality and strength. In meditating upon life, we also come into the awareness of life to such extent that we never again doubt its presence and oneness with God. We realize that God ever expresses, in and through us, His life, health and joy. With this realization, we feel at one with the inner life of the Spirit.

AFFIRMATION: Today I Possess My Good.

Lean not unto thine own understanding. Proverbs 3:5

UNDERSTANDING makes for greater richness, while lack of understanding results in experiences of poverty. The understanding that enriches and enlightens us is an understanding of our true place in the universe. One who understands electricity will get more use of it than the one who does not. In the same way, one who understands the true science of life will get the most out of life. We must desire to understand how to adapt ourselves to our true God-self in order that we may express more of that God-self. We must have an understanding of our own divine identity.

The Scriptures tell us that true understanding comes from spiritual perception. Knowledge is of the intellect, but wisdom and understanding are of the heart. With spiritual understanding, we discover that we are one in essence with the Spirit. With true understanding, we are able to penetrate everything that may seem opposed to good. Back of all appearances we perceive the One Cause, the One Presence, and the One Purpose. Thus we consciously ally ourselves with this Divine Presence that runs through everything. We open the gates of our consciousness and, through recognition and acknowledgment, we permit the Spirit of Oneness to flow through us. We know in Truth there is one God, one Spiritual Man, and one Eternal Life.

AFFIRMATION: *Through Understanding I Have A Rich, Full Life.*

PERCEPTION

... and was restored ...

Mark 8:25

IT IS THROUGH spiritual vision that we rise above material appearances. We are able to see the Spirit shining through what had seemed to be a world of limitation. As we grow in strength to see spiritually, we find our eyes become strengthened. Through faith and discipline we reach the point where we see only the good, the true, the real, both in ourselves and in others. This treatment for spiritual vision will help to develop clear strong eyes when we turn our attention to them, and know that in Spirit they are strong and perfect.

Our physical eyes are but the visible representation of our spiritual sense of seeing. As our spiritual eyes become opened through the light of Truth, our physical eyes are made clearer. Clearing the mental vision clears the physical vision as well. With an understanding of Truth, we do not have to strain our eyes in order to see, but learn to look easily at whatever it is we need to see. Spirit within will see that the difficulty, if any, will be taken care of. When our spiritual vision is opened, our physical eyes are relieved of some of the burden we may have placed upon them. We cease to see things in a limited sense and evil will disappear from our world as we cease to look for it. Looking through the eyes of Spirit, we see the world of good, the world of God's perfection.

AFFIRMATION: I Behold All Things in Spiritual Perfection.

Entreat me not to leave thee . . .

Ruth 1:16

AS WE ENLARGE our concept of life and the work to be done, our vision reaches upward, never downward. Through the wisdom of Truth, we identify ourselves with the thoughts and activities that broaden our vision and deepen our spiritual understanding of the real meaning of life. As spirit is limitless, so we live in a world of ever-greater and never-ending opportunities that lead upward to the heights of spiritual attainment. Our daily prayer should be that nothing might cause us to leave the path of realization of man's purpose in life — the expression of the Christ.

To use and understand the Truth of our relation to the Infinite Law and Order of things necessitates something more than intellectual knowledge. We need not know the why nor the how of things. The fact that we know these Truths exist for our use is the great essential. It is not given to a chosen few to possess the ability to know God and to express Him; all men have the ability to grasp Truth and make their lives more fully express the attributes of God. The simplicity of Truth often makes us overlook it; we seek something complicated, something veiled in mystery. Instead of mystery, we find that the way to Heaven is through the here and now; that every thought is an expression of the Infinite and is carved into our life pattern.

AFFIRMATION: *My Life Is An Expression of the Christ Within.*

PERCEPTION

Let every soul be subject unto the higher powers.

Romans 13:1

TO GAIN the higher levels of spiritual understanding, our consciousness must be filled with the higher ideas and ideals so that the lower things of the world cannot dominate the mind. In keeping our eyes on the heights, we are able to rid ourselves of the confusion, the hatred and all those things that drag us down. To be dominated by these higher powers does not impose a hardship, but, like a bow of promise in the wake of a storm, makes our horizons bright and radiant and our eventides filled with the beauty and the glory of accomplishment. Being subject unto the Higher Power sets our feet firmly on the path to the heights.

To attain the greatest heights, let us set a high standard to conform to that standard of perfection in Christ. No aspiration or good can be too great and lofty, yet we should remember to keep our feet planted firmly on the rock of practical accomplishment. Within us all is a divinity that works to make those dreams and aspirations a reality. When we envision those dreams and aspirations, let us do so with the knowledge that God's will for us should ever be our prayer; then our human aspirations will surely become realized. Let us learn to often lift up our eyes unto those hills of understanding from which will come strength and wisdom to make our progress to the heights sure.

AFFIRMATION: I Progress Daily Toward the Heights.

Stand therefore, having your loins girt about with truth.

Ephesians 6:14

AS WE LEARN more of the truth of God, we give up preconceived ideas based upon ignorance and falsehood. Truth is salvation from ignorance, sin, evil and disease. According to the truth of God, we have dominion over all external things. As the children of God, we are masters over our world. This truth puts an end to all belief that persons, things, or conditions can make us subservient to them. We are eternally governed, guided and directed solely by Truth. Nothing but Truth can pass the portals of our mind, for only Truth influences or persuades us to action.

There is no one who does not at times find his spirit lagging and feel weak and weary. It is then we remind ourselves that in Reality we are whole and strong. This consciousness raises us out of the slump of weakness and lets us stand rested and revived. Sickness or disease is but a comparison of the imperfect with the perfect, but a lack in consciousness of wholeness and perfection. You remember Jesus said to a man who had lived thirty years in the consciousness of lack, "Wilt thou be made whole?" and as soon as the man conceived the idea of wholeness "immediately the man was made whole." So it is that in a half-awakened consciousness of the truth we see the perfect only in part; but with the coming of Truth we see clearly.

AFFIRMATION: The Truth of God Directs My Life.

PERCEPTION

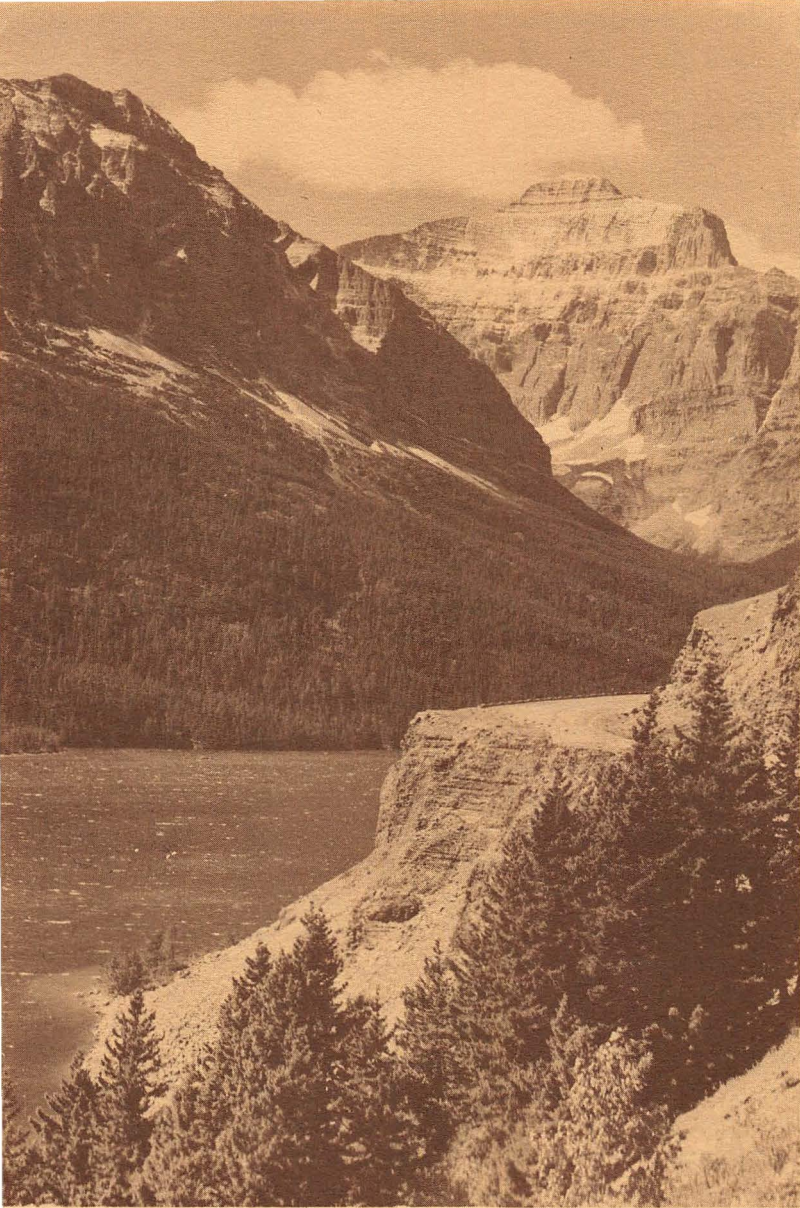
The Lord is my light and my salvation.

Psalms 27:1

ALL THE WORLD is seeking security and equality, but before we can bring security into our lives we must learn the power of creative thought. We find many today who would tell us that the insecurity we experience is from God. We know this is not true, for the only God is one of love and justice. We know that what we choose, through thought, shall be set in motion for us, so our thought alone determines either limitation or abundance. When, through seeking, we have the "mind of Christ", we are brought into complete unison with good. We have a sense of security and understand that although God seeks us out, it is we who choose Him. Thus, we set into motion the attracting power for all our desires.

Man creates his experience, but he cannot change the inherent nature of reality. Since the nature of life is Good, we are prompted to desire the Good — this is the Truth and is an everpresent reality. When we think that Good is not present where we are, we make it impossible for Good to manifest where we are. If we utilize the present moment to impress subjective mind with the fact that our conditions are devoid of Good, the future cannot produce anything better than we are now experiencing. We stamp the Future with whatever ideas we are entertaining at the present time. The "raw material" for Good is right where we are, though our physical eyes may not see it.

*AFFIRMATION: Through the Power of the Christ I
Decree the Good.*



Humility

*My help cometh from the Lord,
which made heaven and earth.
— Psalms 121:2*

HUMILITY

He that built all things is God.

Hebrews 3:4

IT IS IN the quiet confidence of living within God's will that we show forth the qualities of the Father. God built the world for man, and man for the world. We look about and see the misery and heartache and it would seem difficult to live in accordance with the law of God's abundance. In our course through life we make our own hardships, or through ignorance feel that we must accept the mistakes of others. To each of us life may be free and glorious for we are equipped with the understanding and the power to make of life just what we choose.

With an expansion of understanding, comes new power. From a secret uneasiness within, we become imbued with a positive sense of conviction. Understanding gives purpose and point to all our affairs and prevents us from being dismayed by conditions that may arise. We gain strength and force-thought instead of harboring the weakness of fear. We learn to be at peace with ourselves and with the world. We no longer make hasty decisions, for all our appraisals are based upon thorough thought-planning that results in balanced judgment. When the realization of our unity with the source of all life is accepted, we lose all sense of fear for our thought is fixed upon eternal understanding. We can say, "I am the Lord's" for we have become one with His power and love, we have truly become a part of the Infinite.

AFFIRMATION: *My Life Is Filled With the Goodness of God.*

Thy word is a lamp unto my feet.

Psalms 119:105

SOMETHING within every one is either consciously or subconsciously reaching out to establish communication with God, to find the way to a more perfect expression of the best within us. After the connection has been made, many do all the talking, failing to listen as God talks to them. Jesus said, "When thou prayest, enter into thy closet, and when thou has shut the door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." It is needful that we talk with the Father, but it is also needful that we listen for the "still small Voice".

We all need a place where we can be alone with God, to talk with Him and hear His voice. Such a place for Jesus and His disciples was this first Caesarea. To these twelve men Christ was to leave the truth about His kingdom on this earth. In the spreading forth of this truth they would have need many times to find shelter in a place of rest and quiet. The need for this retreat is just as necessary for us today. In the jostling crowds and the confusion of the world about us it is difficult to hear the still, small voice with its message of strength and comfort. For those of us who have learned the truth of this Kingdom there is peace and joy. Only God Himself can reveal this truth to us, but we must take time to listen and to follow its commands.

AFFIRMATION: In The Silence I Find Rest and Strength.

HUMILITY

... they are the sons of God.

Romans 8:14

TO SAY that we are “human” and that we must think and act from a “human standpoint” is to stamp every word and act with limited possibilities, to encourage weakened conditions and to consciously invite adversity. As children of God, we partake of the substance of God. We know no limitation, no weakness, no negation. Our powers are limitless, our love is boundless and our supply inexhaustible. God has given us all things richly to enjoy, and to the degree that we recognize ourselves as one with and a part of God, are we able to receive of these riches. This is our privilege today and every day.

As we look away from worldly limitations, we behold the perfection of things as they exist in God. Only then can our eyes not be clouded by the fog and the mist of material things, and we see all things clearly and distinctly. We see the picture of our own innate perfection as we exist in God. We see the good in others as God sees them freed from limited beliefs. Looking upward, a benediction and a calmness fills our being. Spiritually and physically, we then see with the perfect vision of spirit. With our higher consciousness ever toward the Lord, we become so filled with light that darkness can find no place in our consciousness. Beholding no evil, we can experience no evil.

AFFIRMATION: *Each Day I Live My Sonship With the Father.*

... and went away grieved.

Mark 10:22

IN THE STORY of Nicodemus, we have a parallel in the lives of some people today. They are sincere in their desire to know the Truth and become humble in the face of the Christ light as revealed to their inmost souls. But, like Nicodemus, they turn away and miss the greatest opportunity in life, to become a follower of that Christ. This story gives us the reason why so many worthwhile people fall short of the race. They want to follow the Master, but, in the demands of life upon them, they fail or refuse to take time for meditation and prayer to seek the Christ within and let Him come forth. Only through growth in the qualities that make for mastery do we attain the Christhood.

By prayer we become conscious of living close to God, and our thought lifted heavenward is our way of continually drawing closer and closer to Him. We need never beseech God for blessings; we simply realize that these are ours already, knowing that all that the Father has is given gladly and lovingly from His abundant store of supply when we are ready to receive them. In prayer we talk with God. He talks with us when we await Him in silent meditation. We rejoice that we have the privilege of coming to Him at all times and to abide in the protecting presence of His power.

AFFIRMATION: I Tarry to Learn of the Spirit.

HUMILITY

Before honor is humility.

Proverbs 15:33

HUMILITY is a priceless possession, but easily lost. By humility, we do not mean lack of dignity; rather, humility is but another name for truthfulness. The success you gain through use of Divine Power is not an accomplishment for which you can take all the credit. In fact, none of your victories are yours alone. You are a minor part of a partnership, and though you enjoy in full the fruits of your efforts assisted by Divine Power, you cannot forget the source of your blessings. Honor and humility truly go hand in hand. When you lose humility, you forget the art of working with God.

Each one has access to a principle of life, which, when rightly understood and used, will turn all inharmony into harmony. That principle is the reigning factor of our higher consciousness in which we lay hold of Spirit and establish a state of perfect adjustment. When we recognize this Principle — when we let God rule our minds and affairs — we will no longer be governed by beliefs that bring disorder and inharmony. When we come to think only orderly thoughts, keeping our minds in line with the Truth we have learned and applying our Truth teachings, we will find all of our affairs will be in perfect order and harmony. The principle of God that keeps the planets and stars in perfect order should be our standard.

AFFIRMATION: I See The Hand of God in All My Prosperity.

Serving the Lord with all humility of mind. Acts 20:19

ONLY IN GOD'S PRESENCE should you feel humility. The Mayor of your city may be better known than you, your County Commissioner may have certain community stature, your Congressman may be a better politician — but in the sight of God you are all equal. These leaders created those positions for themselves by using the same powers you possess and do not enjoy any ability you cannot develop. You have to create your own prosperity by making full use of your Divine Intelligence in cooperation with God. You must acquire experience in using Divine Substance, but you have the basic elements necessary for success and you can achieve abundance through cooperation with God.

The truly successful person is that one who has learned to adjust conditions into harmonious living. Success should be the part of every day, for it is a conscious satisfaction in our perception of life and our relationship to it. Our success does not depend upon others. The greatest reason for success is the fact that we are a part of God's creation and without clamor or boasting we may completely realize that we are reason enough for our own success. Success is first an attitude of mind before it can manifest in the outer world of affairs, and the thought having been sown must be nourished by continued constructive thinking and actions.

AFFIRMATION: *All Things Are Possible When I Work With God.*

HUMILITY

He must increase, but I must decrease.

John 3:30

JOHNSON WAS well known and loved for his work in preaching the gospel of the Saviour. Yet the final test of his greatness came when he laid aside all that he had to sit at the feet of the Master. His was the giving of himself to the service of the Christ. That is the true meaning of faith. It is not until we give ourself to follow the commandments of the Master that we demonstrate the faith in Him that overcomes the temptations of our material world. Then, and then only, are we truly disciples of the Lord.

It is not enough to profess a belief in God. Only as we glorify Him by our thought and action are we enriched and strengthened. In our every act, no matter how small, we must be motivated by the highest inspiration if we are to find blessing. Our light cannot shine before us if we do not keep our wick trimmed and our lamp filled with oil. The light is the presence of the Eternal Spirit; but the vessel that is to be lighted must be kept clean and in working order. This is the self-conscious act of each individual. If we do not make of ourselves a vessel for the burning light, then we condemn ourselves to walk in darkness. As we let the Light shine through us in thought and in deed, we shall be a light along our way and a beacon unto our fellow men to guide them to the Light of Life.

AFFIRMATION: I Strive to Be A True Disciple of The Christ.

Interlude

BEFORE we proceed further, let us pause and take stock of your progress. Turning to the Inner Self, let us ask this significant question: "Have I moved toward God's fullness to the extent of which I am capable?"

If you have not, do not be disappointed. There is no time limit to God's promises, nor is there a limit to the time in which we can prepare ourselves to demonstrate His promises. Yesterday may have brought disappointment in our efforts to materialize our desires. But there is a today and a tomorrow, and every new day is a **NEW OPPORTUNITY**. *Every new day is a day of promise so long as Desire is strong and Faith is firm.*

Faith is the power by which all things are accomplished, but it is not a power that can be turned on and off at will. It must be nurtured and given the opportunity of expression, and the life of faith is one of continuing growth.

If you had a valuable plant, you would develop it with loving care. It would be planted where it would receive full benefit of nature's life-giving substance. It would be carefully fed to develop a strong root system upon which depends the growth of the plant and the perfection of its bloom. You would guard and protect it from every evil so its flowering would be a thing of splendor.

It is no less true of Faith, for it does not grow and blossom of its own accord. There must be an *understanding of faith*, an appreciation of its power to touch God's

INTERLUDE

fullness. And there must be a *desire for faith* so intense that its rewards can be awaited with patience. Even a little faith has its reward, but as faith is nurtured and used, it grows. Then, when it emerges above the darkness of fear and doubt, it blossoms forth to bring back into our lives all the beauty of God's promises.

Faith is easier to accept than it is to reject, for on every hand there is faith-building substance. In every hour of life there are occurrences to inspire it. One cannot see the delicate petals and color of a beautiful flower without an inward acknowledgment of faith in an Omnipotent Power. One cannot consider the bounty of nature without creating in the Inner Self a desire to reach out and contact the Power of Creation. One cannot think back on the many pleasures and advantages of life, for which so little to merit them has been done, without knowing how responsive to his desires is the Fountain from which all good flows.

Remember always that these meditations are the means to an end. They alone can do nothing to change your life. They are as seed, which is powerless to produce until it is planted in the fertile soil, tended, and given an opportunity to flower into the fulfillment of its purpose. Your mind is the soil in which the seed of thought is planted. Your efforts toward the development of that thought is the tending. When the truth on which you meditate is given this opportunity to take hold on your life, it will help you, step by step, toward God's fullness. Remember that as you proceed He is with you to reveal His Truth and give you joy beyond all your fondest desires. Let Him lead you to victory!



Love

. . and hereby we know that He abideth in us,
by the Spirit which He hath given us.
— I John 3:24

LOVE

Let us not love in word . . . but in deed and truth.

I John 3:18

LOVE IS COMMONLY thought of as an emotion subsisting in the heart of one person for another. The world in general has not learned that love is a consciousness into which one enters through allowing the Christ spirit to take possession of him. To enter into this consciousness, we think only loving thoughts toward all those about us, following up our thoughts with deeds of love. Love is an unvarying principle. While love cannot be seen with the eye of flesh, its manifestations are plainly visible. It may seem easier to love God than to love our neighbor, but this is an illusion of the personal consciousness and has no place in the spiritually-awakened man.

Love is not something that we strive to attain; it is one of the fruits of the Spirit. As we live in the Spirit, love is a natural result. Sometimes we may be surprised that we feel no spirit of hatred when cruelly treated; instead, we wish to pray for the one who has spitefully used us. The reason is that God has planted His love and compassion in our heart. But what shall we do if this divine love for all is lacking in our hearts? First, we must walk closer with God and ask His guidance. Then we must learn to lay bare our hearts to Him and ask Him to give us this spirit of love. If we do this, we will soon find that all anger, doubt and fear will have disappeared. We have gained the fruit of the Spirit which is love.

AFFIRMATION: I Seek to Be Filled With God's Love.

The fruit of the spirit is love.

Galatians 5:22

THERE IS BUT ONE POWER in the universe — God. That Power manifests in and through all form, all people, all conditions. This Power is Life Itself and Its center is Love. Just as light dissipates darkness, so a consciousness of good overcomes evil and overcomes the negation of evil — hatred. When we refuse to think of hatred, it will disappear. Hatred cannot exist where love is, and knowing that good alone is real, we have but to turn the searchlight of Truth upon every so-called evil and these dark places are instantly dissolved into light.

The one way to neutralize hatred is through love. Even the most unloving person will come to feel its power. That person will find thoughts of love filling his mind as thoughts of the old hatred disappear. When we have the love of Christ within our own souls, we will give love for hatred, forgiveness for unforgiveness. With love we learn to give up all belief in limitation in our lives and in the lives of others. We no longer see the faults and shortcomings in our brother, for we know that within him, too, is the Christ. Through our love for that one, he must in time see himself perfect, as he really is in the sight of his Creator. In love there is healing of all ills, for love takes away the thoughts that cause disease and in its place health and harmony are established.

AFFIRMATION: I Am Loving and Forgiving Toward All.

LOVE

. . . *That ye love one another.*

John 15:17

IN THIS COMMAND of Jesus, we are to realize that without love there can be no demonstration. He was trying to show in these words that only as we love can we attract love to us. Here, as in every phase of experience, like attracts like, like qualities attract each other; hatred attracts hatred; love attracts love. Real love will stand the test of time and experience through the force of attraction. But false attraction based upon purely material matters will disappear when trouble comes.

In the realm of perfect love there is no room for fear, for love encompasses only good. In truth, fear is the exact antithesis of love. Fear is to love as darkness is to light. We fail to experience that perfect love when we allow our human prejudices to shape our love, making that law fearful and possessive. But perfect love embraces the Universe Itself, knows that it is a part of a God of love, and gives its essence forth to all people indiscriminately, knowing that all men are of God, Good. Those without love cannot bear need long, nor can they bear fortune long. But with Love in the heart there is peace. If we have not experienced that selfless love, we have not experienced the love from others that we need and crave, and we find a loneliness, which we try so hard to dispel. Love makes every experience rich and full, for it enriches the one who expresses it as well as the one loved.

AFFIRMATION: Perfect Love Fills and Sustains Me.

We love him, because he first loved us.

I John 4:19

THERE CAN be no spiritual progress for man without the love of Christ in his heart. The untiring and persistent love of Christ to us existed long before we became aware of it. But there comes a day when we awaken to this love of God for us, and from that awakening there is born within us love for God and love for each other. We express our love for God in a thankful expression for His never failing love and abundance for us. But always along with that love for God there comes a love for our neighbor. As the Father has freely forgiven us for all weakness and shortcomings, so must we forgive those who might, in their ignorance, cause us pain or loss.

The world's great example of forgiveness is Jesus who freely forgave all those who mistreated Him. His rising above the natural tendency to resent persecution came from the all-powerful divine love, which He expressed at every opportunity. Because of this great love, He could look past all apparent cruelty and see that everyone was His brother or sister. In His love for them, He could look upon them much as the mother looks upon her child when it unknowingly does wrong. To forgive is to love, and to love is to let the Christ Spirit have first place in our lives. Healing love dissolves resentment, which cannot endure in the presence of the forgiving love of Christ.

AFFIRMATION: *Christ's Love in Me Forgives All.*

LOVE

He that loveth not, knoweth not God.

I John 4:8

WHEN LOVE is brought to bear upon a problem, we soon discover that there is no longer a problem to be solved. If we fear some person or some circumstance, let us learn to love. No person or situation can prevail against the solvent power of love. If we believe that hatred has power, then let us realize that the love of God is all-powerful. If the demonstration of health is delayed, the fault is in ourselves that we have not yet learned to love enough. Let us fill our minds and our bodies so full of love that there can be no place for disease or inharmony.

Until we know for a certainty that God is a God of Love and that all created things are a part of the God of Love, we will never have reached the place where we feel the love that others have for us. It is this love, which is the healing power flowing constantly from one to another, that bathes us in its strength and unity. Every true believer understands that love overcomes all hatred and fear through the subtle power of transformation. With love toward God, we must have love for our fellow men. The world may clamor for efficiency, but God demands love. The plaudits of the world may be for skill, knowledge and strength, but Jesus says, "Thou shalt love." May we seek to know that the indwelling Spirit forever pours its blessings upon us and upon all others who will accept those blessings . . . and that "the greatest of these is love."

AFFIRMATION: The Love of God Is in All I Meet.

A man that hath friends must show himself friendly.

Proverbs 18:24

THERE IS no reason why anyone should go through life feeling lonely and without friends. The first step toward having friends is to be a friend to others. This does not mean making a pretense of friendliness. Many say they have tried to be friendly and have failed, but the truth is they failed to pay the price for true and lasting friendship. Too often they are not willing to put themselves out in any way to show their sincerity. They want friendship, but they want that gift without having to make compensation for it, to sacrifice something of their own personal feelings or pleasures. The law of Compensation says we must give of ourselves to gain something of others. It is in this mutual giving and receiving that the true spirit of friendliness is revealed.

The doors of the whole world are open to us when we have learned the real meaning of friendship and know how to be a friend. Friendship goes hand in hand with Love, and is recognized as the Christ within. Love is the final expression of our spiritual life, and friendship is indissolubly linked with love. As a preparation for friendship we should remove from mind all thoughts of judgment, and believe that all others are willing to be our friend. It is our privilege to help others by extending to them our friendship, having realized that we all have a common heritage of good.

AFFIRMATION: I Give Friendship That I May Have Friends.

LOVE

Love is the fulfilling of the law.

Romans 13:10

TRUE AND LASTING happiness can only come when we express love, for love is man's true nature. When love is not present within us, we are out of harmony with the truth of our being. We all remember the feeling of peace and satisfaction that came over us when we withheld the unkind word or selfish deed. Unlike many qualities, we do not acquire love, for it is the very basis of our being; but it lies dormant in many lives through lack of expression. If at times we have a longing for love that seems to be denied us, that longing does not come from lack of the love of others, but from an innate need within ourselves to let love flow from us to those needing love. If there is lack of love in our lives, let us meditate often upon the truth that love is the essence of our being.

Divine love is the power that blesses and frees and that beholds the Christ in all people. As we seek to establish this law of divine love in our life and affairs, health, peace and happiness fill our being. Love is the great healing and harmonizing force, as it soothes the mind and blesses the soul with peace and satisfaction. Let us ever strive to make divine love our watchword throughout every day. Divine love radiating from our hearts will light the way and guide us into paths of success and power. Love gives us the poise and discernment that are necessary in order that we may meet the problems of life without fear.

AFFIRMATION: My Life Is Filled With Peace and Goodness.



Joy

*He hath put a new song in my
mouth, even praise unto our God.
— Psalms 40:3*

JOY

Unto God my exceeding joy.

Psalms 43:4

JOY IS a positive emotion and draws many joys to itself; gloom is negative and attracts a legion of depressive thoughts. Gloom depresses one mentally and physically, just as joy lifts a person up and exalts him. The way to get rid of sadness and gloom is to neutralize them through exercising joy. Turning to the inner springs of joy, we release them and joy pours forth in such a measure that there is no place for gloom and depression. The thing that depresses us at one time may later prove a source of joy. When we have mastered our gloom, its source no longer will seem to be our master.

We cannot be joyful and sorrowful at the same time, nor can we be depressed when we are filled with joy. It is impossible to believe that God is the source of our joy, while believing that external things and persons are able to take from us that joy. To be joyful we must live in the realization that there is nothing that can possibly interfere with our joy, for we have found within us a joy that never changes. When our joy is based upon Truth it becomes permanently established; it will not disappear at the appearance of some difficult situation or some unpleasing personality. With this joy of the Christ within, we come closer to the condition of heaven, for we know that neither sorrow nor depression can come near to that place in our consciousness where only joy and peace abide.

AFFIRMATION: *I Am Free from Gloom; God Is My Joy.*

God answereth him in the joy of his heart. Ecclesiastes 5:20

ON THE DAYS of the Puritans any expression of joy was looked upon as a sin. This in spite of the fact that the Bible is full of allusions to joy and gladness and a merry heart. It was said that joy softens more hearts than tears. Joy is an inner attitude of a person's mind toward life. It is not dependent upon material circumstances, success or fate, for some of the expressions of greatest joy were made by those who would seem to have little about which to be joyful. Paul in a Roman prison, Beethoven impoverished and deaf, Henry, and many others gave to the world truly great masterpieces of joyous expression.

Some people still believe in the old thought that to be truly religious one must be solemn and that gayety and joy have no place in the life of a true Christian. This idea is fast disappearing and we know that to live rightly and to love deeply brings with it happiness here and now. Joy is a healthy state of mind and all of us like those who are gay and light when it comes from a true sincere heart. That is the kind of person we like to be around, for however downcast we may feel we catch their spirit of joy and we, too, feel joyous. The universe was planned for all that is bright and wholesome and we, as a part of that universe, possess the power to know joy and to express it, and in so doing we express God.

AFFIRMATION: Joy and Gladness Are in My Heart.

Keep thy heart with all diligence.

Proverbs 4:23

THE HEART is the source from which the issues flow, so it is wise that we keep watch over the heart in order that the issues coming from it be of a high spiritual value. When Jesus spoke of the pearl of great price, He perhaps referred to these issues of life. Out of the heart comes character, the qualities of which are virtue, godliness and righteousness. Out of the body come the issues of health, and out of the mind comes the issue of knowledge. How carefully we should guard the mind, the body and the heart that we may have the qualities of each that go to make up a full and worthwhile way of life.

Life would be much pleasanter and more profitable, yes and more spiritual, if we would enjoy living it. As there is only one life, power, law and mind, then all that we will ever be proceeds from this one life, God. In this kind of life there can be no opposition of forces, for there is a process of daily unfoldment. As we come to see this life unfolding, it will offer us great pleasure and good. Our spiritual growth will increase because our knowledge will unite us consciously to the Infinite and we will follow in the path of unified purpose and action. If we will bring a knowledge of our complete unity with the Divine into our thoughts, in the same way that we bring light into a darkened room, then we shall find revealed the path of life that is the path of oneness with all.

AFFIRMATION: I Take Joy and Pleasure in Living Life.

For I will turn their mourning into joy. Jeremiah 31:13

THERE IS NO power on earth or in heaven that can turn mourning into joy if we persist in our grief. It is impossible to have two mental states at one time. If we would have sorrow changed to joy we must be emptied of our sorrow before we are ready to receive the joy of the Christ. Joy is a state of mind not to be found in any certain place, but exists in each of us here and now. Whenever we find ourselves sinking back into the feeling of fear, uncertainty and grief, let us remind ourselves of the promise of our Father to "turn mourning into joy".

Too often we allow ourselves to divide our mental house against itself. Our experiences in life will be in exact accord to the mold of our acceptance, for the infinite fills all molds as our minds dictate. A poised and peaceful state of mind can be ours when we study, think and meditate upon those things that tend to calm and erase all thought of fear and irritation. Let us always believe in the future, and claim a greater realization of our true work and our rightful place in the world from this future. If we claim that, the future will expand our opportunity for greater self expression and will pour into our daily experiences those greater and better things. A definite daily effort to think of the things of the spirit will be the magnet to draw them to us and our existence will be harmonious progression.

AFFIRMATION: Truth Fills Me With Joy and Love.

We also should walk in the newness of life. Romans 6:4

HOW WONDERFUL it is to greet each day with our minds cleared of all the false memories of the past, and feel that each day we have reached a higher spiritual level than the day just gone by. Each day we see a different world, a new world since the world is being transformed through right thinking and the outpouring of spiritual power. Let us refuse to live in a world of belief in age, decay and death. Let us not allow ourselves to be influenced by the mistakes of the past. By seeing a new world each day and finding new blessings, we change our viewpoint and train ourselves to see it in its ever increasing newness as it is in truth.

We too often look to experiences to make us happy, but this is just the reverse of where to find real joy. We have but to watch the person who does not understand the real source of joy to realize how insecure is the joy that things and conditions alone can give us. True joy rises as a deep sense of unity and an appreciation of the fulness of life. It would indeed be well for one to live each day as though it were the first and most important day of his life. Most of us acquire our unhappiness from the mistaken attitude of trying to live in the future or in the past. When we refuse to look with regret at the past and refuse to anticipate the future with fear, we will live joyously and confidently.

AFFIRMATION: I Find Joy in All of My Experiences.

My heart rejoiced in all my labour. Ecclesiastes 2:10

TODAY let us be joyful. Let us express the joy within us in every word we speak, for a joyful spirit uplifts and blesses those about us. Let us be alert to recognize new opportunities for spreading joy and gladness in the world. Let the joy within shed itself to those around us and they, in turn, will become joyful and their joy will inspire and bless others. Let us strive to be joyous under all conditions, so that our work is easier and we can do it more harmoniously and well. Let the words we speak be vibrant with joy and filled with healing power, so that they lift up those who are discouraged and unhappy.

The joyous person is a magnet for many blessings. There is a psychological law by which joyous gratitude produces harmony and peace in one's life. In times when we feel depressed, it is well that we meditate upon the joy of knowing that through the Christ within we are victorious over all things of the outer world. Within each one is a Something that tells us that the turmoil of the world cannot disturb us for it is not Reality and must pass. We are able to keep our poise knowing that the existence of all things is rooted in the One — God. All of our minor problems thus become dissolved in the sense of unity — the sense of peace, understanding and fulfillment. Let us sing a song of thanksgiving that we can never be separated from the source of our joy, God and His life.

AFFIRMATION: Only Joy Can Come Into My Life.

JOY

He hath made everything beautiful in His time.

Ecclesiastes 3:11

IF WE ARE to get the most out of life each day, we must be refreshed by the spirit of truth and live close to its principles. Food for the physical body and spiritual food for the mind will build happiness and health into our experiences. Happiness is a state of mind depending to a degree upon the fact of how much we come into understanding of the true reality of life and our relation to that life. But happiness depends also upon each one's individual effort in living in accordance with the highest and best of our understanding. Within each one, is all the creative force needed for the right conduct of all our affairs.

The condition of joy is purely a mental one, not concerned with persons, things or conditions but identified strictly with thought. It is our thoughts, our feelings and reactions toward the outer world which cause us joy or sadness. To one a certain thing or condition may bring sadness; to another that same thing or condition may bring joy. It is our thought alone that governs our reactions to any certain condition. Since our thought about things determines our reaction of either happiness or unhappiness, we have two doors open to us. We may take the attitude that, since happiness is found within, things and conditions do not have power over us; or we may realize that by keeping our thoughts joyful, we shall always react to external things through the spirit of joy.

AFFIRMATION: I Am Joyous in Every Situation.



Peace

*How beautiful are the feet of them
that preach the gospel of peace . .
— Romans 10:15*

PEACE

Follow peace with all men . . .

Hebrews 12:14

WHEN ONE IS at peace with himself, God and all men, he abides in a consciousness akin to heaven. Peace gives us a feeling that we are in the very presence of God. Many might ask what destroys our peace. The answer is that not perceiving the Truth of God we allow ourselves to think thoughts of fear and hatred. We think and live contrary to the life of Spirit, but by knowing the truth and living it, we can restore peace to ourselves and to those about us. We may perhaps feel that our life is so ordained, so given to confusion, that there can be no peace for us. But there can be only one reason why we do not have peace; we do not give up personal consciousness and lay hold of the impersonal or the spiritual life.

There are both inward and outward sides of peace. Essential as is the outward side of peace, yet without the inward side, which is the cause side, there can be no real outer peace. This outer peace is much like a mighty tree, which would be nothing without the roots, the unseen side of that tree. Only as we gain this peace of God in our own souls, will come the outer peace between men and nations. When our hearts are filled with love and kindness, when we learn to forgive and forget the mistakes of the past, then we have the peace of God which passeth all understanding. Peace must be formed within before it can become a reality in the outer.

AFFIRMATION: I Unite Myself With the Peace of God.

Now the God of peace . . . make you perfect . . .

Hebrews 13:20-21

THE WHOLE WORLD is looking for peace; peace in mind, in body and in environment. We have all visualized the harmony of heaven. At times we can sense this peace in such a way as to know that we can lay hold of it and cause it to manifest in our own lives. True peace is devoid of all worry, confusion and disorder. When we become truly peaceful, we are master over those thoughts that would destroy peace. We realize that within ourselves is something mightier than things of the outer world. We know that nothing in the world about us can affect the peace of God within us.

The peace of God is the heritage of all those who will accept it. Often we have been robbed of this peace from without and from within. From without we have been beset with persecutions and afflictions, and from within by fear, anxiety and doubt. Just as the church at Thessalonica was ravaged by these things, the same destructive forces operate around us today. The foundations of peace are to be found within ourselves by letting the Christ spirit lead us. But to secure and to keep this peace requires daily communion with the Father, during which time we are refreshed and revitalized with the living water of Truth. Truth stands as a refuge for those whose souls are cast down. In the finding of this peace for ourselves, we help others to find the way of peace in Christ.

AFFIRMATION: Peace Reigns in All of My Affairs.

PEACE

Thou wilt keep him in perfect peace.

Isaiah 26:3

THE CONSCIOUSNESS of an inner realization of our harmonious relation to Spirit within gives us the power to meet all experiences in a peaceful and satisfying manner. If we need to realize this presence of peace, we can do so by turning our thoughts away from the things of the outer world that disturb, and know that within us is perfect peace, and that in the degree we let our thought center upon only the harmonious conditions will the peace we seek manifest in our lives. By training the mind to think peaceful thoughts, we build up a consciousness of peace that is reflected in all that we do and say.

In the realm of Truth, there is nothing that can destroy our peace. Many persons are unhappy because they believe that others have power to destroy their peace of mind, but this cannot be true, for we have only to turn within and find there the peace of Christ. God is ever peaceful, ever abiding at the heart of our being as a limitless power for peace. When we turn in thought away from that which seems inharmonious, we realize its unreality and behold in Spirit the ever presence of peace. We can bring harmony into our lives and environment if we but let God be expressed through us. He is peace and harmony and His omnipresence assures us of perfect, abiding peace. Things have no power to make us unhappy, for the power of God quickens us with eternal peace.

AFFIRMATION: I Am At Peace With Myself and All.

He shall enter into peace.

Isaiah 57:2

MENTAL AND PHYSICAL relaxation comes only when the mind is freed from thoughts that produce tension. Thoughts of fear, revenge, resistance and hatred all produce tension. These thoughts are mostly concerned about other persons, and freedom from personal consciousness helps to free us from this thought. Mental tension is quickly felt throughout the entire physical body. Taut nerves and muscles relax when mental relaxation is produced. Thoughts of love and faith carry us into the realm of deep restful sleep, the place where the cares of the day are forgotten and laid aside. Holding others in the thought of loving peace is a wonderful soothing and restful condition for both mind and body.

It is well to begin our day in a spirit of relaxation. Rest will come to us in the realization that God will be guiding us in all that we do. With practice, we can teach every muscle of our body to relax and let go. Every tissue, nerve and cell will be receptive to this inflowing life and energy of God. Our responsibilities drop away and we open our minds to the inflow of Spirit. Resting in this quietude and communion, we feel our oneness with all the universe and we have the assurance that God is directing us into the right way in all that may come to us in the day's activities. When we have these moments of silently talking to Him, we reach the place of serenity that nothing can disturb.

AFFIRMATION: In the Quiet With God, I Am At Rest.

PEACE

Let not your heart be troubled.

John 14:1

WE HAVE moments when our hearts are heavy and troubled, when even Truth seems to fail us. At such times it would be well for us to quietly meditate upon the words of the Master and take Him at His word, believing that our anxieties and our fears are groundless. Through the unrest of these days, our hearts need not be troubled if we only learn to talk it over with the Father and listen to His words, to fear not for He is ever beside us. Whatever the cause of our troubled hearts, His loving hand is outstretched to guide us through the darkness to the light beyond. Why should we fear or worry? The Lord is with us saying, "Let not your heart be troubled, neither let it be afraid."

When our minds are filled with trust in God, there is no room for the anxious thought. We cannot believe in evil as coming to us when we realize that God is only Good and can bring only good into our lives. Anxiety is based upon the belief that somehow something will interfere with the work of God and His good will be delayed. We need to realize that God is omnipotent and that nothing in the world can work us harm. If today we are filled with anxious thoughts, let us cease to think of persons, things or circumstances as having power over us. Christ in us as master will free us from this fear. Let us become established in trust, knowing that good alone is ours.

AFFIRMATION: I Place My Trust in God and Am Free.

The Lord shall fight for you.

Exodus 14:14

THE BEST WAY to clear discord from our lives is to think and speak the word of peace. When we no longer think in terms of discord, we will not have discord or inharmony with us. The harmonious person is the one whose mind, body and affairs express harmony. That one is the very center of his life world and he is the central sum from which the rays of harmony radiate in every direction. If these rays brighten or diminish, they do so only through the consciousness of the person himself. So, if we do not radiate harmony, if we are combative and contentious, we know that at heart we are not harmonious.

Inharmony cannot touch the mind that is filled with thoughts of peace. Each one has the power to think thoughts of peace or thoughts of inharmony. God's will for us is peace. Knowing this we need never give way to any inharmonious situation. To the one who lives in the consciousness of God's presence, that one can know only the peace of the Christ. Others cannot show the peaceful attitude toward us if we do not show forth that attitude toward them, so we should train ourselves to be peaceful in all our relations with others. Blessings flow easily to those who are peaceful. When we become conscious of God's peace and live in it, we attract blessings. Our poise is a magnet that attracts the good things to us and we may choose, therefore, what blessings we desire.

AFFIRMATION: My Mind Is Filled With Peace.

PEACE

My people shall dwell in a peaceable habitation.

Isaiah 32:18

OUR PEACE OF MIND can never be disturbed when it is firmly established in the Presence of the Christ. The way to be peaceful is by turning away from things of the world that disturb us and turning toward the Christ within. Nothing can disturb us for long when His calm assurance floods our being. When we feel that things of the world have the power to make us unhappy or fearful, let us remember that His presence is more powerful than external things and in that presence there is always peace. We can at all times turn to that presence and become peaceful.

When we turn our attention to the indwelling God, we approach the stillness of Spirit. We then lose sight of the things of the outer world that have caused us confusion. This place of quiet at the center of our being is akin to heaven, for heavenly quiet reigns there supreme. The doors seem to be closed upon the noises of the external world and we reach that inner sanctuary in which God is and where the stillness of His peace is everywhere about us. We receive new power and strength. We come to the realization that we can measure up to all that is required of us as children of God. By means of this stillness, we enter into that power that is from above. We are secure in the love and the life of our Father and lay hold of His spiritual might.

AFFIRMATION: Spirit Frees From All False Beliefs.



Health

*. . I shall yet praise Him, who is the health
of my countenance, and my God . .
— Psalms 42:11*

HEALTH

I will heal him, and restore comforts unto him. Isaiah 57:18

ALL THROUGH the ages disease has caused suffering, unhappiness and fear to countless thousands. Efforts of science have failed to put down this evil which the world has accepted, some with impatience, some with resignation, feeling that it is sent upon them because of punishment, and some because it is God's means of testing their faith. But neither the Old nor the New Testament justifies that negative attitude. In His work on earth Jesus sought first to teach men the truth of His real self; but He also gave to the people of that day healing for their bodies.

The fact that the Lord promises healing, recognizes sickness as existent in the world. Healing is not a matter of ignoring disorder or refusing to admit weakness. Rather it is composed of equal parts of trust, faith and desire. If we desire health and have faith in God's goodness and His ability to overcome all material influences, it is an easy matter to set forces in motion that will cure all body ills. Sickness is not a matter of germs as much as it is a matter of will power. It is not as much a matter of physical disorder as of mind disturbances. Cleanse the mind of all belief in weakness and the powers above will fill your body with such overall strength that you will be superior to all forms of disease. Suffering is not our natural condition and if we do not enjoy comfort in every respect we are out of harmony with Divine Supply.

AFFIRMATION: I Am Well and Strong in Eternal Faith.

They were healed every one.

Acts 5:16

INHARMONY IN MIND or body is an indication that we have temporarily ceased to become a channel for the vitalizing life of Christ to flow through. We have become out of tune with God's Spirit of harmony and health so that this inharmony has manifested itself in ill health of some kind. In His statement, "Before Abraham was born, I am", Jesus stated in mystical terms the truth that this vitalizing life of Spirit is eternal and deathless. Although at times this life may seem to be imperfect, yet its essence is forever perfect. The first step toward our complete healing is to become more receptive to the ever-renewing life that is continually seeking to express itself through us.

No one who is constantly talking about sickness and disease can radiate health. We demonstrate health when we give our attention to health rather than to the lack of it. It is good common sense to pay attention to rules of diet and the care of the physical body. Yet the matter of our thinking is of more importance. To be always thinking about sickness, and fear that we may lose our health, is planting the seeds of ill health and inharmony of all kinds. But when we change these thoughts to one of health and belief in health as rightfully ours, we will soon find that health and harmony are manifesting in mind and body.

AFFIRMATION: I Manifest Perfect Health in Christ Jesus.

HEALTH

Lord, if thou wilt, thou canst make me clean. Matthew 8:2

FOR CENTURIES people have made pilgrimages to places where they might find healing. Because of their faith, many thousands have received their healings. Many of us have made mental pilgrimages in the endeavor to find some source of power that could help us. We would not fail to appreciate or question the healings found at shrines or meccas; yet it was not the certain place or shrine, but the faith of those ones, through which they found healing. There is no source of power outside of God. No one has more access to or use of God's power than another. As God is everywhere present, there is as much of His power available in one place as in another.

The way of spiritual healing is made plain in the case of the lame man at the Pool of Bethesda. The faith of this man was in the waters of the Pool to heal him. Such faith deserved to be rewarded and it took only the command of Jesus, "Arise, take up thy bed and walk," to turn that faith into action. Spiritual healing is the natural healing for man. It takes great faith and courage to speak and to act as if one were well when all appearances point to the contrary. Jesus recognized the innate perfection and saw what they might become when set free from the bonds of sin and disease. Most of the world looks upon spiritual healings as something supernatural; but we know it is our rightful heritage and claim it in faith.

AFFIRMATION: I Look to Spirit for My Healing.

I will restore health unto thee.

Jeremiah 30:17

TODAY THE WORLD is awakening to the power within, that consciousness of any faculty or power holds within itself the manifestation and perfection of any part of the body. Since the final creative agency in the universe is Mind and we are of that Mind, this Healing Presence can only do its work through us as we believe in it and claim that it is now operating through our faith. Our word is definite and conscious as we recognize that the God within us, as a healing presence, is the law of perfect life in our physical body.

Within man is the creative thought, which is power either to destroy or to perfect. The substance of which our bodies are made is the God-Substance, which must be perfect; but for generations, through our ignorance, we have allowed some physical destruction to take place in our bodies. We do not deny that our bodies may become sick and appear to decay, that physical destruction of one kind or another does take place. But we affirm that if we conceive of the perfection in which we were created and are sustained, then to that degree can we claim the power to heal ourselves. We have too long looked with fear upon the evidences of destruction until we have come to believe in them. However, with an unswerving belief in perfection we will find healing of every imperfection made possible in faith.

AFFIRMATION: God Renews and Sustains My Body.

HEALTH

Our Saviour, Jesus Christ, who abolished death.

II Timothy 1:10

TOO MANY of us think of life as something that can be defeated by disease or death, when, in fact, life is eternal and unchangeable, founded upon the everlasting life of God. Surely no power can oppose God, who is Life. It is because of man's ignorance of the truth about life and his living in accordance with the lack of understanding, that disease and death have become the daily companions of man today.

The world has long believed more in sickness than in health — has anticipated the destructive power of disease and decay; in short, has feared the effect of life upon our existence. Yet we are made of a timeless and eternal substance, which cannot be destroyed. This fear of disease and pain results from a conscious or unconscious thought of fear, for fear is a thought of man. In fact fear is actually faith — faith in the thing we fear. We can find healing only by coming to the realization that our body is the Temple of the Living Spirit, which must sustain its dwelling in perfection. Understanding the Truth of our being, we must believe that the life of Christ in us can never go out. We must not only believe that, but must demonstrate His life as our life and in that way we will abolish fear of disease and death. The mind built this fear and the mind alone can tear it down, replacing it with the knowledge of health and life.

AFFIRMATION: Bountiful Life Shows Forth in My Body.

... and mine age is as nothing before thee. *Psalms 39:5*

IN MANY PEOPLE, even the young in years, there exists a fear of old age. This comes from anticipated physical decay, as well as a fear that age may come before they have accomplished all their desires. However, we should think less that the years rob us, that because we have lived a certain length of time we grow less useful or forceful, and more of the fact that the years have given us understanding. We must come to realize that every day we live brings us this increased understanding, and being one with all power we know we are made of the essence of perfection and in this essence there is only change.

Our thoughts and our outlook on life are largely responsible in determining our degree of youthfulness. Since this is true, we should cast from our minds all old ideas and replace them with thoughts of Truth, which build into the mind and the body the new life of vision and progress. Life becomes in outer manifestation just what life appears to be to the mental vision. If we are to retain youthfulness or to regain it, we must think youthful thoughts; we must look upon life with a youthful outlook, looking ever forward and never backward. In a short time, that thought will have built into the body a newness and freshness and all life will have become new and young and joyous. Goethe said, "We must be young to do great things." He meant that we must have youth of spirit and of mind and purpose.

AFFIRMATION: The Eternal Spirit of Youth Is Mine.

HEALTH

And the Lord will take away from thee all sickness.

Deuteronomy 7:15

WE THINK of Lord as Law and we know that the impersonal law acts for us according to our own ideas. When our thinking and feeling are based upon the desire for wholeness, then we are healed. Although affirmations of health are essential, it is our consciousness of their meaning that is the motivating power leading to manifestation. Health is right action in thought, feeling and expression. The perfect pattern of our body as created in the mind of God ever remains the same so that whatever the appearance may be, the body is always perfect in spirit. With the law of God, all things are achieved, so that as understanding of the truth flows through us, it dissolves all inharmonies and health is established.

Although healing comes from God, we each have a part in our own healing. The essential part of our being is the Christ spirit dwelling within. We have experienced how the word of faith has brought healing to ourselves and to others; but we often marvel at the complete absolute faith that we meet at times. In the case of the Centurion who requested, "Speak the word only, and my servant shall be healed," even Jesus marveled as He said to the man, "As thou hast believed so be it done unto thee." Each one may speak the word of healing from the Christ within and the healing power will flow through and in us, and out to those to whom we speak the word.

AFFIRMATION: I Speak The Word to Heal and Bless.



Prosperity

*He shall be like a tree planted by the rivers of water . .
and whatsoever he doeth shall prosper.
— Psalms 1:3*

PROSPERITY

And thou shalt have plenty of silver.

Job 22:25

IT IS ONLY by thinking thoughts of abundance that we can establish prosperity and success in our lives. In the same way thoughts of lack and failure manifest themselves accordingly in lack and failure. Prosperity carries with it a feeling of joy, for we know we have come closer to the ideal state when we obtain prosperity. It is strange that one can believe that lack and failure can possibly be a part of God's will for us. If our life is to be one of success, belief in limitation must give way to ideas of prosperity, and in this way belief in depression, failure and poverty will be swept from our consciousness. Once the mind becomes stayed on the reality of good, our consciousness is quickened to the reality that separates us from belief in the unreal, which is lack of all kinds.

When in need of material supply, we have only to turn to God, Who is not only the source of all supply, but is the supply itself. With our human intelligence we too often limit the supply to a certain source. But there are many channels through which our good can come, and each channel springs from the storehouse of God's substance. There can be no lack in our lives when we resolutely, and in faith believing, trust to this unlimited, ever-present God supply, which surrounds and enfolds us. Gratitude for every blessing, however small it may seem, is a wonderful magnet to draw more and greater blessings to us.

AFFIRMATION: Abundance Fills My Thinking.

... my God shall supply all your need. Philippians 4:19

WE HAVE struggled so long in the belief that man must earn his good by the sweat of his brow, that it is time we awaken to the fact that we have been the victims of a false belief, that there is another way — the God Way. God is abundance, but we do not objectify this truth in our lives by merely stating it; we must understand what it means. We must come into the consciousness of plenty, but must not spend ahead of our realization. The very fact that God is incarnated in us is proof that where God is, lack and limitation cannot exist. Universal Life in, through and around us abounds in riches and these riches are ours in the degree to which we can use them.

As truth followers we know that nothing is impossible with God. And as God is all, within and without, He is everywhere present. When we accept and know this truth, we realize our oneness with Him and with His love and power. Unconsciously we have accepted the good that He has given us. Now coming into true understanding, we are able to accept the full measure of His gifts — health, wisdom, peace and abundance. We drink and are filled, for all these are ours through the Father's love. Knowing our oneness with Him, we meet all our problems with kindness and forbearance. Love carries us to the mountain top of realization and we look out upon the world with peace in our hearts.

AFFIRMATION: I Am One With All-Good.

PROSPERITY

In due season we shall reap, if we faint not. Galatians 6:9

THE QUALITY of patience is as necessary in seeking prosperity as are faith, trust and unceasing effort. It is necessary that we keep in mind that we must create our own good. Not even God is going to hand us something without effort on our part. If you have enough faith and are efficient in the use of your will, it is possible for you to create anything you need at once. Most of us divide our efforts giving only part of our forces to creative activities. Like in anything else, practice makes perfect — so at first, we are, perhaps, inefficient and we must supplement our powers by a liberal use of patience.

Patience does not mean “contentment with a difficult lot”, but rather it means “tranquil expectation”. Patience does not mean taking life easy and accepting things as they come, but it means sustained perseverance. Too often we make a halfhearted attempt to create a thought picture of our desires, and when we fail to achieve immediate results we are disappointed, giving up the task. This is fatal. Creative activity is work, it requires patience, attention to detail, concentration and repetition, but the results are worth the effort. In the shop you may be permitted to quit work when the whistle blows or the bell rings, but not so in the realm of the universe, for prosperity is only achieved when we so impress our desires on our will that they are our constant companion.

AFFIRMATION: With Patience, I Await My Good.

Then thou shalt make thy way prosperous. Joshua 1:8

PROSPERITY COMES to us through rich ideas. The Spirit of plenty sends forth these rich ideas into our minds through which we are directed to our abundance. Thinking the prosperity thought we are lifted to the higher consciousness so that ideas of abundance reach us more quickly. The prosperous draws success to himself because of his consciousness of success; he refuses to allow ideas of failure to find a place in his mind. If we would be prosperous, we must guard our minds against beliefs in poverty and failure; we must cast out the idea that there is virtue in poverty, or that lack is a means of God's discipline.

In God there is all wealth. In that moment when we drop out of our consciousness all limited or limiting ideas, we automatically find ourselves contemplating wealth at its source in pure Spirit. Man, being an emanation of Spirit, at his center is the underlying Reality of all expression, so we are already unified with infinite wealth, intermingled with it, permeated by it, unable to escape it — a wealth, not alone of material and worldly things, but spiritual qualities of love, mercy, tolerance and justice. We differentiate wealth according to our own ability to clear our consciousness of all thought of lack and negation. Then we see ourselves as we truly are, a child of God and, by virtue of that blessed relationship, heir to all the wealth and spiritual understanding inherent in Being.

AFFIRMATION: I Am Receiving My Every Need.

PROSPERITY

All that the Father giveth me shall come to me. John 6:37

WE DO NOT have to make things happen; we do not have to create; we do not have to force prosperity. "Who by taking thought can add one cubit to his stature?" This means that Substance already is, and that the Law of Creation is already established. Our part in the creative process is to form a mental concept and this we are doing all the time. We are learning how to form the sort of concept that will permit the creative law to so arrange the Invisible Substance that we shall say we are manifesting prosperity. The supply of whatever we may need or desire is already in the invisible, awaiting only our recognition and acceptance of it, our faith to know that it is there and then our action in reaching out and taking it.

When Jesus said, "All things whatsoever the Father hath are mine", He expressed the perfect realization of prosperity that God is our ever available supply. This invisible substance, God, out of which all things are created, is all around us waiting only our word of faith to come forth into manifestation. This substance is, itself, the supply of every demand that we can make upon it, and there is from the beginning provided a lavish abundance for every want. Jesus understood this law of supply so completely that He never lacked anything He needed. We, too, can speak the word and bring forth abundance.

AFFIRMATION: God is the Source of All My Substance.

Every good gift and every perfect gift is from above.

James 1:17

LACK OF EVERY condition of poverty is thought of limitation. If we look into a mirror and see a beautiful flower, we know that there must be a flower held up to the mirror or we would not see the reflection of a flower. In the same manner, if poverty is reflected in our affairs, it is because we hold the thought picture of poverty. We can reverse that picture of poverty and hold in its place the picture of abundance and soon we will discover the picture of prosperity unfolding in our lives and affairs. The subjective mind or the Creative Power reflects back to us that which we think and believe, whether it be the condition of abundant supply or the opposite lack.

It is just as easy to be a successful man or woman as it is to be a failure when we have once grasped the truth that our attitude of mind, our thoughts, make for either success or failure. We must definitely choose to be a success in whatever we do, claim success, expect success, and be success. We may claim the intelligence that will lead us to do things in the best possible way and with the best results. We cannot be defeated for God knows nothing about defeat. Let us blueprint our lives so that only successful projects can present themselves to us, only successful ideas can enter our minds. Then every step we take is definitely and directly a step forward. The way ahead becomes clear and all obstacles are removed from our path.

AFFIRMATION: *I Am One With All Success.*

PROSPERITY

All things are yours.

I Corinthians 3:21

THE LAW of Cause and Effect is automatic and every experience and condition is born of it. Each one being an expression of First Cause and having a conscious knowledge of its existence, we must therefore inherently possess the ability to make conscious use of the law. When we have determined definitely what condition we desire to "cause", we may know with a certainty that the effect will appear in our lives. On all sides we see a bounteous plenty in this universe. Our thoughts alone can open the gates that control the stream of good that God ever seeks to express through man.

With true understanding we know that the substance of God is everywhere present, that He always has and always will provide for His creation. Back of the lack that many experience is the fact that they believe in lack rather than in abundance. Yet all the teachings of Jesus must lead us to accept and believe in bountiful supply; and, when our faith is quickened that we no longer believe in limitation, abundance is ours. Then we find our supply will come into manifestation without delay or confusion. We must learn to cultivate the habit of knowing that, as children of God, we have access to His abundant supply. When we have truly learned and believe in our spiritual inheritance and accept it, there can be no lack in our affairs and conditions.

AFFIRMATION: I Accept My Inheritance.



The Power of Faith

*That your faith should not stand in the wisdom
of men, but in the power of God.
— I Corinthians 2:5*

THE POWER OF FAITH

*Through faith we understand that the worlds were framed
by the word of God.*

Hebrews 11:3

FAITH REVEALS that whatever of good we desire is not only for us, but has already started toward us out of the heart of God. By His word has been formed everything of good that the mind of man can desire. God is always tapping at the door of our consciousness, urging us to desire more of His good and more of Him. But we must have the alertness of faith, which is creative activity. We may know that our faith is of God when we feel beyond any doubt that by speaking the word for some blessing we desire, the blessing is already ours. We may know that our faith is of God and is God when we put our complete trust in His protection, in His guidance and in His supply. Then we can pray knowing that our prayer has already been answered.

When we have true faith we no longer doubt God. We are free from the unbelief that undermines faith and are established in the faith that Christ is within us. As our faith in God increases, we look forward to the perfect realization when our faith in God shall be complete. We then lay hold of the blessings of God that come as a reward for absolute faith. Let us have this faith in God as our light, peace, love and supply. Let no negative thought cause us to waver, because our faith is established in God, the All Good.

AFFIRMATION: *My Entire Faith Is In and of God.*

THE POWER OF FAITH

Who are kept by the power of God through faith.

I Peter 1:5

FAITH IS confidence in that which we have never seen. Paul said, "We are saved by hope; but hope that is seen is not hope, for what a man seeth why doth he yet hope for it?" The virtue of faith is that we choose to believe when we might doubt, when all appearances seem to indicate the opposite of that faith. It is because our physical senses may cause us to doubt that we need to exercise faith, for true faith must be the voluntary choice in one's mind. There are times when the Presence of God is so real that there is no room for doubt. There are other times when we have to trust when we can neither see nor feel. This is faith.

We are told that without faith we cannot please God. The outstanding quality in the life and character of Daniel was his faith in the power of God to meet all needs. There was no doubt in his mind that God would do for him even exceeding what he might ask. It was this supreme confidence that gave Daniel the poise he exhibited through all the tribulation and seeming disaster that beset him. It is faith such as his that will enable us to smile at any failure or tragedy, the faith that will inspire us to courage and endurance when it would seem we must faint by the way. We all desire happiness, but happiness alone cannot satisfy the longings of the soul. Only unwavering faith in God can do that.

AFFIRMATION: I Walk and Live By Faith.

THE POWER OF FAITH

Watch and pray.

Matthew 26:41

WE ARE TOLD that all things are accomplished by prayer. Watch means to keep guard over, and to pray means to ask in faith believing. All of us know by experience that faith applied through prayer to any problem will change the condition and manifest the desire. There is nothing too large or too small for the power of Spirit to heal; we have the privilege to use this power in every affair of our lives whether of seemingly little significance or of importance. There is no problem in Truth, for Truth knows only the reality, which is limitless and perfect.

Prayer is twofold: First, an aspiration heavenward; and, second, an inner conviction that the answer is on the way. True prayer is a realization of our relation to the thing we seek. Through prayer, we become conscious of the reality and presence of God manifesting Himself as a blessing for His children. Our prayer is answered to the extent that we can behold the blessings that God has in store for us. There is no limitation on God's part as to what He will give us. We may limit ourselves in capacity to receive; but, as we grow into understanding of how to pray, we become more receptive to greater gifts. In our aspiration Godward, we form a union with the good for which we pray because our faith is fixed upon God and the good is found in Him.

AFFIRMATION: My Way Is Made Clear Through Prayer.

THE POWER OF FAITH

Who is on the Lord's side? Let him come unto me.

Exodus 32:26

ALTHOUGH TODAY we may be living in uncongenial surroundings and doing disagreeable tasks, we do not need to continue in that way of life. Through spiritual treatment, any case of inharmony of work or environment can be taken care of in a quiet but sure manner. In our present condition we may affirm daily the truth that our perfect condition is now manifest; then turn the problem over to God and the law will work out the answer in the way for the good of all. We must keep the truth clearly with us that God desires only success and happiness for all and that He has given freely of this good. In return, we share of our good with others and speak the truth that they, too, are the children of the Father.

What we term "treatment" is a conscious and intelligent effort to put ourselves in tune with the infinite law of reality. Knowing that in the Mind of God all of His creation is harmonious and perfect, we see through the seeming imperfect and unreal to the perfect and real. We know that our thought is creative, but we know also that to make our thought active and powerful it must be filled with faith and conviction. When we speak the word with an inner assurance that it goes forth to accomplish that for which it is sent, it becomes objectified as perfect harmony and completeness.

AFFIRMATION: *Regardless of Appearances, I See Completion Only.*

THE POWER OF FAITH

In the Lord put I my trust.

Psalms 11:1

WE ALL NEED this declaration of faith and never more so than in these days of confusion. We cannot run away from our problems, for no problem is ever solved by refusing to face it. It takes no great effort to have faith when all is running smoothly. The real test of faith comes when sorrow, want, ill health and danger seem to be upon every side. It is then that we must hold more strongly to our belief in the Father's ever-loving protection to transcend all threats of danger, evil or disaster. We must know, not hope or even simply believe, that "he that keepeth Israel shall neither slumber nor sleep" and that the same watchful power is over and around us.

We not only walk by faith, but we live by faith. Without faith we could not have the courage to go on living in face of adversities and trials that beset us. But there is an aspect of faith we must remember — that any fear we have has become a part of our being only because of faith in that which we fear. Let us discipline our minds to have faith only in the good. Faith is the essential ingredient of progress. We have the necessary ingredients for the accomplishment of our desires, for from God we have the wisdom and power; yet without faith we will have no action. When we find faith in God's power, we will find power within ourselves.

AFFIRMATION: I Trust Serenely in the Love of the Father.

THE POWER OF FAITH

A great door and effectual is opened unto me.

I Corinthians 16:9

EACH OF US has felt at some time that we came to a closed door in life that kept us from entering into the fullness of living we desire. Yet the only closed door between us and our good is our lack of faith. Through Truth we open the door by keeping our thoughts and words constructive; then we find the door that had seemed closed will open and let in all the abundance of good. It may be that the door will open to the positive words, "I have faith in my God-given ability." Whatever the door that seems to shut us off from our desires, it need not remain closed. Each of us has the power to open it, and that power is the realization that we are one with God and His power.

By prayer and meditation we become attuned to the power and love of God, we put aside that which does not allow the free flow of the Power of God through us, because we establish perfect faith that knows God always hears the voice of His children. We find the radiance and wholeness of Spirit that will always bring to pass that for which we pray when unhampered by thoughts of personal weakness. It is only when we cut ourselves off through lack of faith that we experience moments of separateness. When we recognize our complete unity with the Father, in quiet confidence we come to say, as did Jesus, "Father, I thank thee that thou hast heard me."

AFFIRMATION: Through Faith the Door of Good Is Opened.

THE POWER OF FAITH

My soul, wait thou only upon God.

Psalms 62:5

THE MEASURE of good that comes to us is found in the degree of our faith and expectancy. Jesus had in mind this spiritual law when He said, "According to your faith be it unto you." If we expect little we receive little, but for those who expect all good things from God the "windows of heaven" open to them in the fullest blessings. What are the sources of our expectation? If we trust in our own resources, our expectations are from our own efforts and perhaps from the help of our friends. Although the Psalmist placed all his expectations in God, he did not expect less of himself but placed his greatest expectation in God. Looking to God in faith and confidence is the secret of a full and abundant life.

God never fails us when we put our entire faith and trust in Him. We many times pray for things believing that they will be received, only to be disappointed in the specific way in which we had outlined. When we leave the specific manner to God's love and wisdom, we find that a greater good is being unfolded to us through the disappearance from our mind of a false concept. We cannot expect good if our faith is wavering and uncertain; but when we go our way joyously, expecting good in all our affairs, that full measure of good will not fail to reach us. It is only when we put our entire trust in Him, letting go of our own personal will to dictate, that good becomes manifest.

AFFIRMATION: I Put My Entire Trust in God.



Abundant Life

*I am come that they might have life,
and that they might have it more abundantly.
— John 10:10*

ABUNDANT LIFE

But my God shall supply all your need. Philippians 4:19

THERE IS something inherent in man that cannot be expressed by limitation. That is the cause back of our rebellion at a lack of prosperity and success. Unconsciously or unknowingly, we have used the creative power to express limitation and have reaped the fruits of our own limiting thought. The fault is with ourselves, and can be changed only by ourselves, through changing from poverty thoughts to thoughts of abundance. Infinite supply awaits our command, ready to respond to the Creative Power of our own minds — and thought alone is the lever to release that power toward abundant life and a fuller manifestation of God's desire for man.

The conditions that surround our lives are made by the thoughts we think and the words we speak. There is no lack so great, no disease so hopeless that it cannot be met with right understanding. Our expression of supply is always measured by our understanding of God and the truth of our being. There can be no lack of supply, for God Himself is infinite Supply, boundless Wealth. All activity in the universe is the activity of Wealth. It is an infinite principle that governs everything in the world. Truth leads us out of lack of supply into the expression of the more abundant life. Understanding is the first vital step toward the manifestation of supply.

AFFIRMATION: I Accept the Abundance That Is Mine.

*If they obey and serve him, they shall spend their days
in prosperity.* Job 36:11

IN TRUTH we know that the universe is planned for abundance and that each man is entitled to his share in these riches. Lack of sufficient supply to meet our needs indicates a lack of spiritual understanding. When our minds are trained in Truth, we provide the channels necessary for supply to flow to us. When we understand that in truth we are spiritual beings living in a spiritual universe, supply flows to us freely and naturally. When Jesus said, "First the blade, and then the ear, and then the full corn on the ear," He was showing us that we have to provide a mental atmosphere of harmony for right ideas to grow. In this way we create the channels for God's abundance.

It is impossible for man to be separated from the spirit of abundance, for it impossible for him to be separated from God who is all supply. The success that each one generates through operation of the universal law is subject only to his ability to understand and to believe that "all that the Father hath is mine." The measure of good that each one receives is meted out to him by himself. Let us now consciously claim that God is the spirit and the substance of all our affairs. Let us affirm daily that what is now working out in all our affairs is only good, and that spirit of abundance is active in and through us to express the fullness and the love of the Father.

*AFFIRMATION: All Channels Are Open to Receive
God's Good.*

ABUNDANT LIFE

Fear thou not, for I am with thee.

Isaiah 41:10

WITH ALL THE promises of the Father, it seems strange that we should fear the lack of any good. All about us we see the power of God and must understand that His Universal Law applies alike to the smallest and the greatest of His creation. This Power is ours to use here and now. Let us be alert at all times to feel the flow of love throughout our bodies and affairs. However, we must consciously link ourselves with this power and its unlimited possibilities. Each day we can live in union with its boundless resources that are ever present. We realize through true understanding that God is not only the Creator of the Universe, but the entire order of creation is dependent upon His will. So why should we fear?

We should know that there is enough of God's abundance to fill our entire life to overflowing. Our bodies are right now being renewed and strengthened with His life and health, just as our minds are illumined and inspired each moment with His intelligence and power. There is the perfect solution to every problem in our lives, but we must believe this and we will then find these difficulties changed into stepping stones to higher growth. God knows every need of our life even before we ourselves are aware of them. We can trustingly place ourselves in His care to guide us to that which we need to make life happy and complete.

AFFIRMATION: God Supplies Our Every Need.

Now ye are all full, now ye are rich. I Corinthians 4:8

WHEN WE RISE above belief in lack and put from mind all thought of failure, we lay hold of the rich ideas of Divine Mind, and become identified with the bountiful prosperity of Spirit. Spirit then points out to us the channel through which prosperity is to come. The mind is opened to ways and means by which we discern success in our undertakings. Our position in the world of affairs is but a counterpart of our place in the great universal plan of Spirit. Success is but a token of our ability to perform well the work that Spirit has assigned to us. We then do not consider our work as judged by the standard of the world. We know that our work is important and a stepping stone to something higher. As we live close to Spirit, we draw near to its riches, prosperity and success.

Our life rests in the very life of Spirit and, from that center, life radiates to every part of our being. This life is sufficient for every demand made upon it, and makes us thoroughly alive. Spirit is inseparably connected with each one at all times and is the source of our very existence. When the mind is cleared of all belief in the limitation of life, it will be ready to accept the truth about life inexhaustible, life eternal, life complete in God. We then see life in a different light and enjoy true living. We find that Spirit is all sufficient and that its life fills us with completion.

AFFIRMATION: *The Life of Spirit Is Health and Harmony.*

ABUNDANT LIFE

Keep therefore the words of this covenant.

Deuteronomy 29:9

WE FIND MANY around us who think and speak of hard times, lack of money, and failure. Their thought and word show that they have not given up a belief limiting God's supply, so prosperity is limited. With the understanding of Truth, there is no place for belief in lack of any good thing. We understand that God, not lack, is present in all our affairs. Prosperity, not limitation, is our natural heritage from God.

Man was not created to live in a world of poverty. The goodness of God is displayed in His having given man the key to His storehouse and having shown man the way to plenty. We discover our supply by means of ideas. We are impressed with rich ideas that serve to reveal our supply to us. In the consciousness of plenty, we find plenty revealed to us. We identify it as our own, as our abundance bestowed upon us by the Father. To have plenty, we must erase from mind the belief in lack, for the thought of lack attracts lack to us. The consciousness of plenty causes plenty to appear to us. We build up a consciousness of plenty through filling the mind with thoughts of abundance. Then we become more aware of the blessings of God than we are of lack. As we accept God as the source of our prosperity, we find rich ideas emanating from Him, filling the mind and manifesting as plenty.

AFFIRMATION: God Is the Source of My Supply.

Give us this day our daily bread.

Matthew 6:11

WITH TRUE understanding we know that the substance of God is everywhere present; that He always has and always will provide for His creation. All the teachings of Jesus lead us to accept and believe in bountiful supply, and when our faith is quickened so that we no longer believe in limitation, abundance is ours. Then we find our supply will come into manifestation without delay or confusion. We must strengthen our knowledge that, as children of God, we have access to His abundant supply. We must strengthen our faith and confidence in God as our constant source of good. When we have truly learned and believe in our spiritual inheritance and accept it, there can be no lack in our affairs and conditions.

We are Heirs of God, jointly sharing with Christ all of the Divine wealth. How can we feel poor or that we lack anything we need when, as Children of God, we belong to the household of wealth? God never disinherits His children. Lack and poverty are the lot of all who seek life in strange places away from the Heavenly influence, but such an experience does not mean that our part is not available if we are willing to return for it. Perhaps God's laws seem to limit your activity, but be assured Divine Law was never a whim of a selfish Creator. As a child of God, live in harmony with His law and know the joy of abundance.

AFFIRMATION: As A Child of God, I Know the Joy of Abundance.

ABUNDANT LIFE

... so in Christ shall all be made alive. I Corinthians 15:22

SINCE GOD is the only Creator, it is to Him that we must look for our increase of supply. It is not to our position alone that we should look for abundance; work is but an outlet for our energy, our intellect. It is only as we become alive in Christ that we become alive to life and the joy that is ours. Our need is to become more alive to the presence of the spirit within, which gives of itself to us and through us always. In so doing we raise our consciousness from the purely material to contact the power of the infinite, and learn to use this power as our own to grow into greater attainment.

We have been given the power to take possession of the abundance that exists in the realm of spirit, for this abundance, which is spirit substance, is present at all times. But before we manifest this abundance, we must have the faith that the Father's will for us is plenty for our every good, instead of the poverty we may have come to believe is His will. When we have this faith, we can speak the word of plenty, we can affirm as a reality that we are His children and that His supply is ever at hand for us. Let us say with confidence, "I have faith that the unlimited substance of the Father is now made manifest in all the affairs of my life." Then we will find that, according to that faith we manifest, the good comes unto us.

AFFIRMATION: Spirit Abundance Is Manifest for All.

Epilogue

*... whatsoever we ask, we receive of Him,
because we keep His commandments and
do those things that are pleasing in His
sight.*

I John 3:22

THROUGHOUT your meditations, we have repeatedly stressed the importance of faith. It has been so because Faith is the most important influence in our lives. It matters not how worthy an endeavor may be; if there is no faith in its accomplishment, its possibility of accomplishment is nullified. It is the guiding hand in every activity of life, whether it be government, business, or in your personal life.

Faith is belief stripped of all doubt. It is the kind of belief — *complete faith* — we must have in the Father and Son if we are to attain the spiritual stature that brings us into complete harmony with God's Kingdom. It is the kind of faith we must have in ourselves if we are to make the best of our talents. We must have it in our neighbor if we are to experience the joy of peace and love.

On every hand there is an abundance from which you can draw faith-building substance into your life — the beauty and fecundity of nature, the reflection of His love in those who know the beauty of His love, an act of kindness and at once the swelling of God's love in your heart. On every hand and in every moment of life we can find the Truth that will keep our faith firm and our hearts castles worthy of God's Kingdom.

We have sincerely tried to so present these meditations that faith will be firmly fixed in your mind and its demonstrations will be a more natural part of your daily life.