

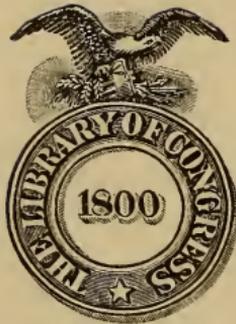
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# SPIRITUAL REALIZATIONS

FLORENCE WILLARD DAY



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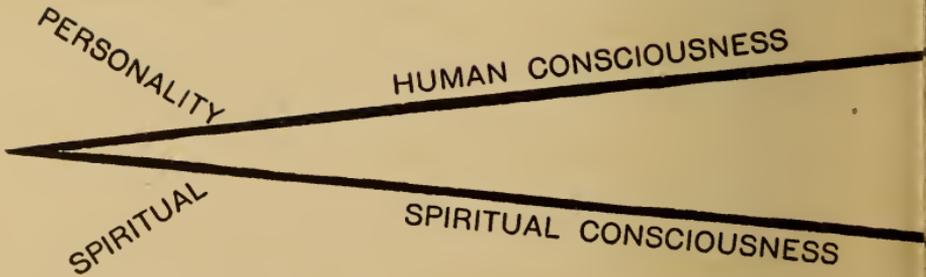
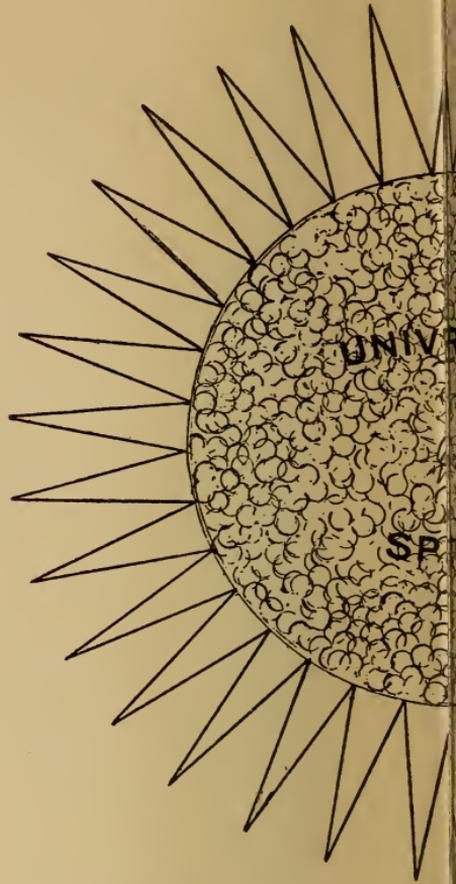




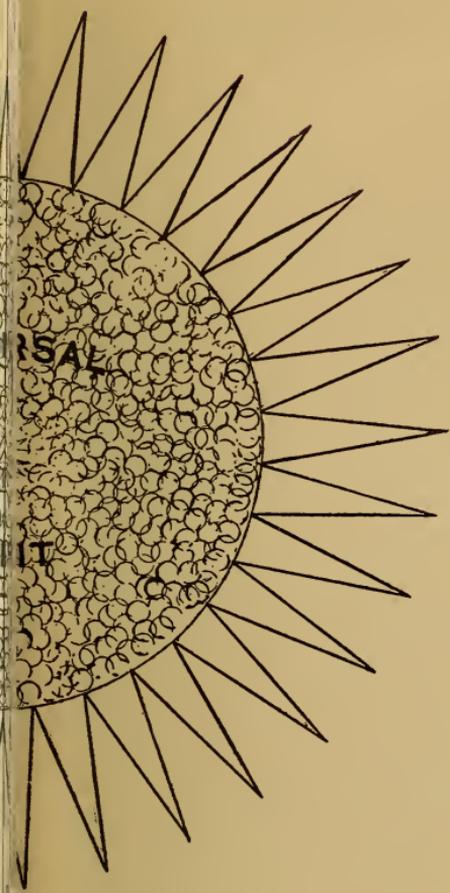




CHART REPRESENTING THE



# EVOLUTION OF CONSCIOUSNESS



PHYSICAL

PLANE OF GENERATION

INDIVIDUAL SPIRIT

MORTALITY

PLANE OF REGENERATION



# SPIRITUAL REALIZATIONS

BY

FLORENCE WILLARD DAY

A FOLLOWER OF TRUTH

"THERE IS NO RELIGION HIGHER THAN TRUTH"



PRESS OF W. F. ROBERTS  
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1904

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THE PRAYER  
OF THE  
FOLLOWERS OF TRUTH.

“The Glorious Truth, revealed by the Supreme Lord of the Universe, is productive of immediate results,—is not bound by the limitations of time,—is conducive to salvation,—is open to all,—is a fitting object of contemplation for the wise who ponder it in their hearts. May this Truth guide me. I put my trust in Truth now and forever.”



Man does not hold the perfect ideal of himself, therefore he manifests imperfection. He expresses the idea, or image he has in mind, in regard to himself. He is continuously building according to the idea or plan held in mind.

He is his own builder, and his body is the temple, or house, that he builds, therefore if the temple is defective the fault is in the plan, which should be reconstructed.





AFFIRMATIONS  
FOR THE  
REALIZATION OF THE TRUE SELF.

**T**HE truth is, that I am a Spiritual being *now*, and always have been. Perfect as my Father in heaven is perfect, for I am made in His image and likeness. Therefore there is not, never has been, and never will be, anything in me that is not in my Father.

All that my Father has, is mine, richly to enjoy. I am one with Him, and it is utterly impossible to be separated from Him. I am everything that He is, Perfect Life, Perfect Intelligence, Perfect Love, Perfect Health. In Him, and through Him,

I possess all things; therefore there can be no lack of any kind whatever. I can want for nothing, for all my needs are supplied. I can feel no lack in any way, as I possess all things.

I am forever secure in the abundant providence of His loving care for my welfare in all ways. We are one; what He is, I am. This is my divine birthright, which I can never lose. I will abide forever in the consciousness of the Truth. Amen.

## KNOWLEDGE.

“For we know in part, and we prophesy in part.”

“But when that which is perfect is come, then that which is in part shall be done away.”

“When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.”

“For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.”

I Cor. 13: 9, 10, 11, 12.

**W**E are not always to be in swaddling clothes, and subject to external forces and conditions, because of our ignorance of them.

Knowledge gives power, and as we become familiar with the laws and processes of nature we learn how to manipulate and control them.

It is through conformity and co-operation with law that we control and use it. By defiance, or disregard of law, we may be overwhelmed and crushed by the same power that can be used to our advantage if we learn how to work in conformity with it.

A *little* knowledge is a dangerous thing, therefore we cannot know too much. Schopenhaur says, "Every man takes the limits of his own field of vision for the limits of the world." One who limits himself in any way is limited in power.

Open the windows wide and let the light flow in from every source; break down every barrier that would interfere with the pursuit of knowledge, for through knowledge comes wisdom and the power of discrimination. Prove all things and hold fast to that which is good.

By learning the false, we know the true, and I doubt much if there is any other way.

Hold no one back from the pursuit of knowledge in the way that seems best to him. We who travelled over the path, may yearn to save others from some of the bitter

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experiences that we may have passed through, but no one is satisfied with the experience of another; he wants to try it himself, and certainly has the right to do so, if he so elects, for it is the only way he can learn the lesson and make the knowledge his own possession; it is then a part of himself, and no one can take it from him. A thing once learned can never be unlearned.

“All knowledge is for the purpose of leading us into a realization of the omnipresent consciousness of the Divine.”

## CHRIST CONSCIOUSNESS.

**I**T is only when one has attained to that degree of Spiritual unfoldment so he has the same consciousness that Jesus had that he can understand the teachings of Jesus. One interprets all things from the standpoint of his development in consciousness. While he is dwelling in a false state of consciousness he is looking through a glass darkly. There are, comparatively, very few so-called ministers of the Gospel who have the illumination to enable them to interpret the Gospel correctly, consequently so much false teaching, arising from a lack of understanding of the Truth.

It is the Truth that makes us free, not some person's opinion in regard to what Truth is, or doctrine or method of teaching.

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Every man shall be taught of God, of the Spirit of Truth, then he will know Truth at first hand, and in its purity.

“No man cometh to the Father but by me,” the Christ, the Spirit of Truth, not the man Jesus, but the universal Spirit called Christ, which manifested through the personality of Jesus.

## GOD.

UNIVERSAL AND INDIVIDUAL, PERSONAL  
AND IMPERSONAL.

FROM time immemorial this subject has been the cause of more thought and discussion than any other known to man, because of its supreme importance to the well-being of mankind. It is the great central point of interest upon which everything else depends and around which all things revolve.

Each one has some conception of Deity, true or false, spiritual or material, according to his education and development, by which his life is influenced and governed. The kind of God he believes in will be his own conception or ideal, no two persons believing in exactly the same God, because of differing conceptions, each perceiving

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and judging from his own standpoint in consciousness. Some judge Him to be impersonal Spirit only, while many believe Him to be a personal being; each class seeing Him in the one aspect alone, which has been the cause of much disagreement and controversy all adown the ages.

Now all the trouble arises from the separation and seeing Him in the one aspect only; and all that is needed is for both to come together in unity and see Him as a whole, instead of a partial being, to restore harmony.

God, if Infinite, must be all-inclusive, therefore of necessity He must be both impersonal and personal—first, universal Spirit or primal essence, then individual—impersonal as the omnipresent principle of life and intelligence, animating and permeating

all forms of expression, and personal as individualized Spirit embodied in form.

The personified God, whom Jesus called The Father, was the Spirit individualized within himself, the indwelling God to whom he looked for a response to all his needs, a never-failing source of supply. He said, "I and the Father are one, and when ye see me ye see the Father," which could have no other meaning than that God was manifest in, and through his personality. He also said "I am in the Father and the Father in me and I am in you and you in me," which could mean nothing less than that God was manifesting in and through the personality of all others as well as in himself, whether they were conscious of it or not. Jesus was conscious of his relationship to, and union with, the Father as his immortal and beloved son—the off-spring and manifesta-

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tion of his Father, the source of his being. He knew that the Father, Son and Holy Spirit were only different aspects of the one, and were all within himself, for he had made the at-one-ment—had come into a realization of his union and oneness with God, thereby overcoming the world with its belief in separation, the cause of all sin, sickness and death, so-called evil.

In God, the universal essence or substance underlying, and within all things or forms, we live, move, and have our being. As the all pervading material of the universe, out of which all visible things come forth into form and expression, it is universal and impersonal, having a positive and negative aspect represented in the masculine and feminine principles, by means of which all manifestation is brought forth.

As it takes form by virtue of its in-

herent power, so to do, it becomes individualized with an etheric body and consciousness becoming separated, as it were, from the universal substance, although still within, and of it, with an identity of its own. It has now become a center of activity and begins to attract to itself from the universal substance the material it needs to formulate, build and sustain a body as an instrument to express with and through, constituting a personality.

At first the life is expressed through the most elementary forms, the amoeba being the smallest known to science, and then on up through the various stages of evolution to man, the highest expression of life and intelligence, the only difference between the amoeba and man being one of degree in unfoldment of consciousness, the mineral consciousness evolving into the

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vegetable, the vegetable into the animal, and the animal into the human. The human is now in process of unfoldment into a higher type, the divine or divinely human. We are in process of transformation into God-men and are gradually becoming aware of ourselves as children of the Infinite with an eternal heritage of immortal youth, health, and happiness. We are learning to look to God as our common parent and to regard all men as our brothers, in fact as one large family with a common parentage Father-Mother God.

## THE CHURCH UNIVERSAL.



THE Church of Christ is universal, and the true members are all who truly know and follow Him, whether in any of the church organizations or outside of all such. It is a Spiritual Association of Consecrated Souls who know and love the Truth.

This is the true Church of God, and the members are the elect spoken of in the Scriptures.

On the Spiritual plane there is one Life, one Soul, one Church. The barriers and limitations that exist on the earthly plane do not exist there. There all souls are joined in pure love and harmony in the one universal Church of Christ.

The earth plane is the kindergarten, in which souls unfold the individual consciousness of their divine nature. There are many grades and degrees in this school of unfold-

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ment. Some souls are still in the first grade, where the understanding is so undeveloped that they can be taught only through and by means of symbols. They are not yet capable of comprehending Truth in the abstract. Spiritual truths must be illustrated to them by means of object lessons in order to reach their understanding, and can only be imparted to them gradually and in small proportions adapted to their degree of receptivity. They are infants in the school of existence and must be treated accordingly. There are still other souls, who have advanced to a little higher grade, who are capable of a little stronger diet, but are still dependent on the symbolical or objective illustration of the lessons that are set for them to learn, and so on from grade to grade in the path of unfoldment until they have graduated into the God-consciousness,

where through realization of union with God, they have become illuminated with divine Love and Wisdom, having knowledge of all truth in its purity. They will then have been emancipated from all sense conditions and necessity of limitations. The knowledge of the Truth in its unadulterated state has redeemed and liberated them from bondage to forms of any and every kind. Then only can they be in conscious knowledge of oneness with each other and all life. They have risen above the need of Institutions which serve as protective barriers in their undeveloped state and necessarily give a sense of separation. As souls advance in realization of truth and emancipation from ignorance they come consciously nearer to each other.

Those who have become purified from all belief in the false and apparent, called

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evil, are nearest to the center or heart of God, and of conscious communion and oneness with each other. This is the communion of saints, those who have become sanctified or purified from ignorance. As others reach this state of purity, they come into conscious union with the emancipated ones who were in advance of them. When this union takes place there can be no more separation, and all will dwell together in perfect peace and harmony.

The kingdom of heaven will have been attained, and there will be no more sorrow, sickness, nor death, for the former things will have passed away. That is the knowledge of God (Truth) which frees the soul from the bondage of ignorance.

This heavenly state can, and will be realized here upon the earth at will, through unfoldment of consciousness and develop-

ment of the Christ within. The ideal must and will be actualized. The kingdom of God must be made manifest in the earth, right here and now, in our physical bodies, and conditions. All forms of expression are first conceived in the consciousness as an idea, or set of ideas, co-ordinated, which makes the ideal, and is the word which in the beginning is with God, or in Spirit, then the word becomes objectified in the material or physical, that is, the word becomes flesh, matter, material.

This is the process of all creation. "In the beginning was the word, and the word was with God, and the word was God." "And the word was made flesh and dwelt among us," as St. John has put it.

That which is first conceived in consciousness becomes objectified in matter, or material form, therefore the kingdom of

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heaven must first be conceived in our consciousness before it can become manifested in outward conditions and environment. To the degree that any soul has realized and manifested this in his own life and environment can he be a helper to other souls who are seeking the kingdom.

“BELIEVE ON THE LORD JESUS CHRIST  
AND THOU SHALT BE SAVED.”

**W**HATEVER we place our faith in is made manifest to us. That we believe in is attracted to us, whatever its nature, whether good or evil; therefore if we would be saved from our sins, we should transfer our faith in the sin in which it is placed to the saving power, which is Christ, the Truth, the Redeemer.

We are all using faith constantly, or rather misusing it, and we get results according to whether it is in good or evil. Faith is a mighty power, which is very little understood by mankind in general, therefore ignorantly used in ways that it should not be if one would live a happy and successful life. If we believe that anything will harm us, our faith in it will cause it to

do so. If we believe in sickness, our faith in it will make us subject to sickness. A belief in poverty will attract to us that condition and environment.

The effect will inevitably result from the cause, and faith is the cause of the manifestations. Therefore we should be very careful as to how we use our faith. We are told that if we would believe in Jesus Christ we would be saved from all sin, from sickness and death. He is the saving power or principle within, and when we place our faith in that Power we are saved because our faith is placed in the good which will attract the good, as like attracts like.

Christ is the healing, saving principle and Jesus is that principle made manifest in the flesh. So when we believe on Jesus Christ our faith causes Him to come into

manifestation in us; that is the word made flesh. While we believe in two powers, good and evil—God and Devil—our faith is divided, resulting in a mixed state of affairs, thereby preventing a full manifestation of the good, or Jesus Christ in us. We are out of harmony with the Divine Will, and suffering is the result.

Faith attracts to us the thing feared, whatever it may be, thus enabling us to say in the words of Job, "The thing which I greatly feared has come upon me." His faith in the thing feared had attracted it to him, for faith is the attracting power, or magnet which will attract either good or ill, according to which we believe in. "As a man thinketh in his heart, so is he"—that is, as he believes in his innermost consciousness, that will he express or bring into manifestation.

## AFFIRMATIONS

FOR THE REALIZATION OF THE CHRIST  
CONSCIOUSNESS.

*Christ is My Center.*

I am in my center, which is Christ.

I am in Christ and Christ is in me.

I am one with Christ, there is no separation.

In Christ is all power, all love, all goodness,  
all glory.

While standing in my center there can be  
no loss, no disappointment, no failure.

If I be lifted up I will draw all men unto  
me.

Christ is the attracting power.

Through Christ I shall overcome all things,  
all adverse conditions.

Christ is the unifying power ; through him  
all will be brought into unity, love and  
fellowship.

All who find their center in Him are at-one-  
ment with Him and with each other.

THE DIVINE ALCHEMY  
OR  
TRANSMUTATION OF EVIL  
INTO GOOD.

“Be not overcome of evil, but overcome  
evil with good.”



ESUS taught the doctrine of non-resistance to evil—a radical departure from the old Mosaic law of an “eye for an eye, and a tooth for a tooth,” which had been in operation among the Jews previous to his time. “But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn

not thou away. Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute you ; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye ? do not even the publicans the same ? And if ye salute your brethren only, what do ye more than others ? do not even the publicans so ? Be ye therefore perfect, even as your Father which is in heaven is perfect.”

To a superficial mind this might seem to imply that one should weakly succumb

to anything that might assail him, thereby allowing himself to be overcome of evil rather than resist, which would indeed be both unwise and foolish. This, surely, could not have been the meaning and purpose of Jesus' teaching, for he distinctly pointed out that evil could be rendered non-effective and enemies changed into friends by the practice of love and kindness. Hatred can never by any means be overcome by hate, so the only way to get rid of an enemy, is to convert him into a friend, which can be done only through the practice of love and good deeds—returning good for evil. Kill your enemy with kindness.

This not only applies to our fellow beings, but just as effectually to evil in any of its forms, sin, sickness, poverty, and all inharmonious conditions of whatever nature. They are in reality, conditions only, which

can be changed at will by the application of the right principles. Opposition and resistance arouse antagonism and give power to the thing resisted, and it comes back to us like a boomerang, which will in turn cause a counteraction, and there will be a continued action and re-action, until the force is exhausted and there is no more strength left to fight with. Then, in all probability, nervous prostration or some more undesirable condition will ensue.

Those who have learned to see the good only in every experience, have discovered the secret of a healthy, happy, and successful life, and the true method for overcoming every obstacle in the path and difficulty in life. It is the only true and successful way to overcome disease, crime, poverty, and every ill that flesh is heir to. When understandingly applied to any of

those conditions, the effect is really magical. It is indeed the "divine alchemy." So-called evil is transmuted into good through non-resistance, and seeing and affirming the good, until it really is changed into good. "If thine eye be single thy whole body shall be full of light." If we are double eyed, seeing both good and evil, we are recognizing two powers in the universe, contending with each other as to which shall have the supremacy. Out of this belief in two opposing powers, grew the original conception of God and Devil. If God is Omnipresent Spirit, the universal substance, or intelligence that pervades all space, and is within, and underlying all manifestation, there can be nothing but good anywhere. There is no room for aught else. When from out the Infinite Mind the creation of the heavens and the

earth, and all that is therein contained, was accomplished, we are told in Scripture that "God saw everything that he had made, and behold, it was very good."

What seems evil is only so in appearance, an illusion, Maya, as the Eastern philosophers term it. It is a false state of consciousness. We are looking through a glass darkly, are wearing colored spectacles, and our world is tinged with the color of the glasses through which we look out upon it. "Judge not according to the appearance, but judge righteous judgment."

In order to be able to do this, we must purify the consciousness from all superstitions, imaginations and prejudices, so there will be no obstruction to the inner sight or Spiritual perception, the light that is within, which if the glass, that is the

consciousness, through which we look out upon the objective world, is unclouded and clear, all things will be seen in their true aspect.

Therefore if we would reform the world, we should reform ourselves. When that has been accomplished, we will find that the world is all right. "Better is he that ruleth his Spirit than he that taketh a city." When self is conquered, the world is conquered and we have developed the power which will enable us to take a city if we like, or anything else that we want. Christ said "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne." Therefore if we would have the same power and be in the same sphere with Christ, we must overcome as he overcame—we must

earn the privilege. It is necessary to prove our right to our divine inheritance as sons of God and co-heirs with Christ, by meeting and overcoming or accepting and solving every problem that presents itself for solution, through which we become conscious of our divinity and become masters over all conditions and limitations.

Therefore as the Christ way is along the line of least resistance, to be like him and attain to the power he had, we should take him for our guide and example and live and do as he did. From the worldly standpoint that would seem, and is believed to be, impractical, if not impossible in the present stage of civilization, and most persons excuse themselves from making the attempt, by saying that the world is not yet ready for those principles to be made practicable.

Existence is a school—an educational process, and experiences are lessons. When the lessons are thoroughly learned in one grade, we are promoted to a higher. “All things work together for good to them that love God.” That is to them who are faithful to their Higher nature and co-operate with the divine law that governs all unfoldment or evolution of consciousness. What is involved must be evolved, and if we live in harmony with the law of our being, which is equivalent to letting God’s will be done in us, we will have found the kingdom of heaven, which is Peace, Serenity, and Harmony, and everything that is needed for our sustenance and development will just naturally gravitate to us. “Seek ye first the kingdom of God and His righteousness; and all these things shall be added unto you.” “For your heavenly

Father knoweth that ye have need of all these things.”

Our part then is to consciously and willingly co-operate with the law of Life, which is God. All growth is the same law in manifestation. There is only one Life, one Law, and Power, differentiated and manifested through all the various forms of expression upon all plains of manifestation. It is just as necessary for the plant, in order to develop its latent possibilities, to have the conditions of darkness and storm, as those of sunshine and balmy breezes. So too with the Soul which has to go through the same process in its growth or unfoldment into self consciousness and realization of its divine nature. When it has progressed sufficiently in its evolution, to know its destiny, it can lend its efforts to further this purpose

and thereby accelerate the process of development.

When working with the law of evolution there can be nothing but harmony, for our will has become one with the Infinite Will which will carry us along of its own volition. The destiny of the soul is to go forward in eternal progression and any efforts of ourselves or others to hinder its onward course, will result in friction, struggle and suffering. The only way to keep from being hurt, is to abandon ourselves to the stream and let it bear us on its broad motherly bosom to the goal of our aspirations. Everything will become easy when the struggle is at an end.

Blessed are the souls who have found this true way of life. The Christ speaking through Jesus said "I am the Way, the Truth and the Life; No one cometh to the

Father but through me.” That way it is that we must find, if we would have rest and peace.

“Ye shall know the Truth and the Truth shall make you free.”

## THE LAW OF EQUITY.

**I**T is only when we govern our actions according to the law of equity, that there is the sense of freedom from bondage. The law is inexorable and cannot be broken, however much we may resist and struggle against it. We cannot get away from it, for it holds us with a vice-like grip, and any attempt to break away from its requirements results in suffering to ourselves and those who are associated with us, which will never cease until we yield ourselves to its control, when the sense of bondage will no longer obtain, and we will come within the influence of its beneficent action.

The law of equity or justice, and the law of righteousness and love, are one and the same. In perfect justice there is perfect love, in perfect love there is perfect justice. It is because we are so closely bound to-

gether by the law of love or attraction, so really and truly of and within each other, —the same life,—the same substance,—that any attempt to separate, in any degree, one from another, causes unhappiness and pain, sorrow and suffering.

Hatred, resentment, and dislike, are voluntary or involuntary impulses to break away from this law of equity. In our ignorance of the law, we think we can isolate or cut off our life, separate ourselves or our individual part of the one universal life from the whole.

So we resist, and strain, and pull away, with our might, mind, and strength, using up our energy in a vainless endeavor to break the law of our being, which includes all the parts within itself, and which could, by no means within our power, be changed.

The law is *immutable*. It is utterly impossible to break it, or change its nature. Our only chance for rest, peace and harmony, is to yield ourselves completely to its requirements, turn around and go with the stream instead of resisting and struggling against it. How much easier to let the current carry us along than to work our passage up stream against it. The one is ceaseless effort and hard pulling, the other relaxation, ease and rest.

Our dealings with one another, *must* be according to this universal law of unity, equity and order, if we would avoid getting hurt ourselves and hurting others. Its demands are imperative, and will be fulfilled to the last jot and tittle.

We cannot deal unjustly with another without suffering the consequences of our unjust dealings. We reap the results of

our own actions. We can never be free from those consequences until we have made restitution. The law holds us within its iron bands, and the consequences of our acts will remain with us until we wipe them out by righteous action.

There is a magnetic tie between the transgressor and the one wronged, that will hold them in a condition of bondage until justice and harmony are established between them.

No person who has wronged another, in any degree, will ever be free from this sense of bondage, until every wrong shall be made right. He or she is like Andromeda, chained to the rock, and freedom can only come through his or her own will and efforts to overcome, and remove all causes that have placed him in this condition of bondage.

The one who has been wronged, if not a party to it, if living strictly within the law, will be free from the sense of bondage that binds and galls the transgressor, because living in harmony with it.

Only in a strict compliance with the law of equity is there any real sense of freedom.

The practice of the Golden Rule “Do unto others as ye would that they should do unto you” is the only safe rule of conduct.

## EACH ONE IN HIS OWN PLACE.

**ONE** often hears it said, and most inanely, "If I were in your place and had your opportunities, I could live the divine life and would help others too; it is so easy for you;" and, "How I long to do the work you are doing, but I have not the opportunity."

Now all persons have equal advantages and opportunities, and their field lies all about them, but they are overlooking and neglecting their own chances in watching and admiring some other one who has "taken the bull by the horns," who by taking advantage of and using the material right at hand has worked out his own salvation.

No one can fill my place, I can fill no other person's place; we are in the place we have made for ourselves; so what folly

to waste time and energy bemoaning our fate, thinking we are worse off than some other one and wishing ourselves in his place.

The way to begin is to *begin*, as some one has said, and begin right in the place where you now are. The environment one finds one's self in is just the right environment for the time, and is the place we have made for ourselves by our past living and thinking, for as we sow, so shall we reap. It is the inevitable result of the law of cause and effect.

Now, by awakening to a consciousness of this fact and then going to work with the material at hand, we can change our condition and environment to suit us.

There is no limit to any one's possibilities, and the way to succeed is to go to work with the determination to succeed by overcoming any and every obstacle in our way.

We can help ourselves and others just as effectually in one place as another, but we are fitted only, or ready, for the place we find ourselves in at the time. Just as soon as we are prepared for something better the way will open for us. There is ever an outward correspondence to the inward state, or growth in consciousness.

If we are held in conditions that are distasteful to us, it is because we have not learned the lesson the experience is intended to convey, and we will not make any progress by sitting down and bewailing our lot in life.

We can serve God and man just as truly in the kitchen as in the pulpit, in the household as in the world of business, at the counter as on the judge's bench; in *any* occupation whatsoever, from attending upon the wants of an invalid and making his life

comfortable and happy, to preaching the gospel.

Acknowledge the Lord in *all* that you do, even the most trifling duty to yourself or service to your fellow man.

Glorify your work, whatever it is, by putting your best thought in it. Put the best of yourself in your work and then it will reflect credit upon you, and as "the reward of one duty is the power to fulfill another," you will go on from glory to glory as you gain in knowledge and power.

Begin with the little things and do them as well as it is possible for you to do them. If you are faithful over a few things, you will be made lord over many.

It is the merest cant in regard to making a *specialty* of doing good, and that a person deserves more credit, and is more of a saint for so doing, for all can, and

*should* do good, and be helpful to both themselves and others every moment of their life, no matter what their station or occupation, and by helping others in any way whatever, we are helping ourselves.

Of course one who makes the best of his opportunities and lives a useful and helpful life is more to be respected, and will be, naturally, than one who weakly yields to unfavorable conditions because of lack of courage and determination to overcome and rise above them. By making an effort and using the power we have with our present knowledge, we will find that we have gained more power and a better understanding to undertake and solve the next problem that presents itself. It all comes through growth in, or rather, an evolution of consciousness. Knowledge

is power, and "Ye shall know the truth and the truth shall make you free."

With a knowledge of God's laws we can work in harmony with them and thus get the benefit of the unity of purpose and action. Working with God we have the benefit of all the power that God has, because we are one with Him and nothing is impossible to us, but without Him or against Him we are weak indeed, and we shall be broken upon the wheel of time, until through repeated failures and disappointments we get wisdom enough to change our course to working with the law instead of against it.

The Universal Spirit is working to produce harmony everywhere and all things work together for good.

## UNITY IN MULTIPLICITY.

**D**UT yourself in relation with the thing you want, by realizing your oneness with it, then you will attract it. When you know that you are *it*, or that it is a part of you, you already possess it. If we could realize that *all things* are within us, and not outside of us, there could be no separation from the things we feel in need of, and wish to come into possession and consequent enjoyment of.

We deprive ourselves of the things we want, by our belief in their being outside of, and separate from us. If you desire love, realize that you are love, then you come into conscious possession of it. The same with wisdom, knowledge, power, health, strength, and so forth. If you wish to acquire any material thing, which may seem necessary to your comfort and happi-

ness, by making yourself one with the thing desired, you attract it to you.

In any lack whatever, if this rule were followed, one would come into conscious possession of the thing needed. It is through the sense of separation from the whole, that we suffer from, and feel the need of anything. We cut ourselves off, as it were, and isolate this particular part of ourself from the rest, and thereby interfere with, or interrupt the free circulation between each and every part of the Grand Man, for we are all members of one body. I am in the Father and the Father is in me, and I am in you and you are in me.

It is the same spirit manifesting in, and through all, from protoplasm up to man, God's highest expression of intelligence, the only difference being a difference in degree.

All that comes within the realm of our consciousness, is ours. It is our world, our kingdom. We are one with it all, and are acting in, through, and upon it constantly. We are everywhere present, all-knowing and all-powerful.

As I am one with the whole, anything that affects any part of the whole, either for good or ill, affects me.

“In complete unity a part possesses the whole as the whole possesses every part; and in this way human life is tending towards the image of the Supreme Unity; for as our life becomes more spiritual by capacity of thought, and joy therein, possession tends to become more universal.”

I *cannot* live to myself alone, separate from the whole. In order to improve my own condition, I must strive to improve the condition of every living creature, for as

every form of life is a part of myself, I can reach a state of harmony, or heaven, which means health, peace and plenty, only through the whole body, that is all creation, coming into the same realization.

So in helping any one in any way, to uplift them and improve their condition, I am helping myself, or this particular part of, or manifestation of myself which is vitally connected with the whole. This realization of union, or oneness with the Supreme Being is a great thing, the greatest in the world, and the most important. It is the foundation of all success, and the means of liberation from every condition that would enslave or limit us in any way. It is freedom, and we will never be satisfied or happy, until we have attained to it. A slave cannot be happy, and every one is a slave until he has freed himself from any,

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and every limitation, that is, until he has learned to control conditions, instead of being controlled by them. While there is any sense of lack, there is subjectivity to a condition.

By coming into a realization of unity, or at-one-ment with *all* things, we know that we possess all things, and then all limitations will cease. I and the Father are one, what the Father hath is mine.

I am God and God is me. *There is only God.*

## VOICES.



HERE are *many* voices by which man is influenced and governed, to a greater or less extent, but only one true and infallible guide, which is the voice of The Infinite One speaking to His child through the voice of *intuition*. It is direct and sure and an infallible guide when listened to and obeyed. It is the "still small voice" that can be heard only by withdrawing from the outer world of noise and sense and retiring to the innermost, the center of our being, which is the "secret place of the Most High." Then when all the outer senses have been stilled, we can enter into conscious communion with God, our Father, and get direct guidance from Him.

Intuition is the direct voice of God speaking to the soul of man, His child,

upon whatever plane he may be in his evolution or unfoldment.

The voice of *conscience* differs from the voice of *intuition* in that it is a matter of growth or unfoldment of consciousness and comes through education. It is the standard he has formed concerning right and wrong through his highest conception of *Truth, Justice, and Love* and is continually enlarging and advancing as he grows in knowledge and wisdom. In a low degree of unfoldment he may conscientiously act in ways that later on will appear in an entirely different light to him and cause him to change his views and actions in accordance with his greater knowledge and understanding.

However if he would be absolutely true to his convictions of right, he would do the best he knew and get his reward

in an enlarged *conception* of what is right.

The trouble is in regard to the voices of Conscience and Intuition, we do not listen to them, or if we do, we are not absolutely true to the messages they bring, because of the other voices of desire, inclination, etc., that obtrude themselves upon our consciousness, causing such disturbance and confusion in the mind that we are at a loss to know which is the true leading. Many take these voices of desire, that are born through a selfish longing for gratification on the animal or material planes, as the true voice and are led by them into all sorts of excesses through which they are brought into great tribulation, then they lose faith and say they have been deceived and that there is no God, no guiding hand to lead them; but after awhile they gather up

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sufficient courage to start in again on some other *lead*, thinking they surely have it now, only to be plunged into another sea of trouble.

Thus they keep working around on the surface, trying to find satisfaction in things that will not satisfy, meeting with disappointment after disappointment, seeking here and seeking there, all the time getting nearer and nearer to the center until finally they are there, home with God where only true satisfaction is to be found.

*Then* they have the *true basis* from which to work, they have landed on the rock of everlasting truth and will be guided consciously by the Spirit of Truth in all their actions. Everything they do will be from the right standpoint and will bring satisfaction.

There will be rest and peace—"the

peace that passeth understanding," and nothing in the outer world can disturb or annoy. They are resting on the solid rock of truth and though in the midst of chaos and confusion, outwardly, can look on calmly, and undisturbed, knowing that all things are working for harmony and perfection, which will be arrived at in due time.

## INSPIRATION.

## WHAT IT IS AND HOW UNFOLDED.

PIRIT (Divine Intelligence) is the primal cause or origin of *all* inspiration through whatever channel it is manifested, or expressed.

It may be direct or indirect, primary or secondary, as from the higher self or consciousness to the lower, and from incarnate or excarnate intelligences, through suggestion or by obsession, or hypnotic control.

One may be inspired through the sense of hearing, by listening to fine music, such as has been given us by the inspired souls, who have become masters in that line ; also through the sight, by viewing a beautiful landscape, mountains etc ; or in looking at a body of water like the ocean, a great

waterfall like Niagara, or at Nature in any of her wonderful manifestations.

Then again the inspiration may come through some production in the world of art, such as a fine painting, a piece of statuary, or fine architecture.

It may be received objectively or subjectively according as one places himself in relation with the seen or unseen realms of thought.

The receptivity may be cultivated or unfolded through desire and aspiration; and meditation in the silence, by stilling all action of the mind on the objective side as much as possible, letting the mind become tranquil and placid, like a summer lake, when it lies as in a dream, calm and untroubled by any passing breeze, absorbing the surrounding beauty, reflected from sky and hilltop, tree and plain.

All the emotions should be under control, and the will in perfect obedience to, and in harmony with, the Divine Will, in order to get the *best* results, pure or Divine Inspiration.

## THE POWER WITHIN.

HE potentiality of all things is within us, and our work is to evolve what God has involved. He has created us in his image and likeness, of the same nature and substance, and given us dominion.

Now our part in the Divine Plan, is to manifest, express and use, what has been provided and given us. God has forever done His part towards us, and an eternity of praying could make no difference in His attitude to us. We must work out our own salvation.

Peace, Power, and Plenty, are resident within us. These are our capital, and stock in trade. As we give of our stores, we receive, good measure, pressed down and running over. With what measure we

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mete, it shall be measured to us again. Only as we give, can we receive. It is the investment of our capital that will give the increase. If we keep it stored up within ourselves, it is idle, and unproductive, like seedcorn lying in the granary, which must be planted in the ground and nurtured by sunshine and rain, in order to multiply and bring forth of its kind.

While it is kept in storage there can be no increase or growth, and in course of time disintegration will take place and the constituents return to the source from whence they were derived.

All things are within us and we should look there for the satisfaction of every need. Disappointment, sorrow and suffering, will be our portion until we learn this great truth, and seek satisfaction from the only true source, where alone it is to be found.

While looking to outside sources for our supplies, we are not recognizing the power within our own souls. In fact we are recognizing weakness within and power without, unto which we are subject.

We will be slaves to circumstances just as long as we continue in this attitude of mind. When we come into a realization of the truth of the Power within us to overcome and control all things and conditions, then we are no longer subject to outward things, but Masters and Rulers.

All things obey us—the Universe is at our command. We have dominion over things and can verily and indeed, be equal with Christ, at the right hand of the Father.

“To him that overcometh will I grant to sit with me in my throne even as I also

overcame, and am set down with my father in his throne.”

“He that overcometh shall inherit all things ; and I will be his God, and he shall be my son.”

## HEALTH.

**B**EFORE a person can have permanent health he must have overcome fear of any and every kind ; anger in all its phases, such as impatience, annoyance, irritability, etc., jealousy, hatred, resentment, in fact selfishness in all its forms.

He must have overcome the world, that is, his own kingdom. He must have acquired perfect self control. Health is a state of consciousness to be realized only through growth or unfoldment.

It is the kingdom of heaven or harmony within.

To have no fear and to keep an even mind under all circumstances is to have health. One should be master in his own kingdom, having perfect control over each subject.

He should be able to control his think-

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ing so that only constructive thoughts, such as are health giving and upbuilding should be allowed. He should first find himself, then begin the work of reconstruction by correcting any and every habit that may have been formed that is detrimental to his health and character. It may take years to irradicate *all* the weeds from the garden, but if he undertakes the work with a determination to succeed, and is faithful and persevering, he will find himself gaining ground each day as he overcomes one thing after another. After each effort, he will find that he has increased his power to meet and overcome the next thing that needs his attention, and with each success there will be greater faith, which will continue to enlarge as he gains in power and wisdom.

Govern and treat the body in the same manner that you would a child and you will

have corresponding results. If wisely and lovingly trained and governed, it will yield a loving obedience to your slightest demand, but if left to its own devices, it will very likely contract all sorts of undesirable habits, which if continued in, will result in its becoming entirely unmanageable, like many a wayward child that is born into the world and grows up without proper education and training, by reason of which he is bound to get into trouble and bring suffering upon himself and sorrow to all with whom he is connected.

The body is the child of the Soul—its offspring into the physical or objective world, and is reached and controlled through the mind, which is present and within each and every atom of the body, with its seat of government in the brain. The Soul is the rightful governor and sovereign. It is

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the operator and user of the mind and body—the power behind the throne, as it were, which it created to express itself with and through, to the external world, but if the body or human consciousness; which belongs to the body, is allowed to do its own sweet will and take the reigns of government into its own hands, setting up a separate kingdom, it is not doing the will of its creator and projector, the soul, and through its disobedience, or nonconformity, brings sin, sickness and suffering upon itself. It seemingly cuts itself off from its Infinite source of supply, and limits itself in accordance with its own limited views and mistaken conceptions which have been formed through false education and beliefs founded upon the apparent instead of the real.

Plato says, “The body, as I conceive it, is not the instrument with which they, the

physicians, cure the body ; but they cure the body with the mind, and the body which is, or has become sick, can cure nothing.

“The eye cannot be cured without the rest of the body, nor the body without the mind.”

“The body is reached through the mind. Its agents are not drugs but ideas.”

“What know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own.”

“If I can only realize it, I can call to my aid all the power there is in the Universe. Behind every man stands He who fainteth not.”

## METAPHYSICAL HEALING.

DEAR FRIEND:

In order that you may receive the full benefit of the metaphysical method of treatment, it is necessary for you to have some understanding of it. I infer that you, as well as many others who have become interested to the extent of taking treatment, have not an altogether clear conception of it. Many seem to think, like the practitioners of *Materia Medica*, we work directly upon effects, when, in fact, an entirely opposite method is pursued.

We do not deal with effects at all, but act from a purely metaphysical standpoint. The less recognition given to them the better, for a reality is made of that which is recognized. Vitality and power is given to anything we make a reality of. Therefore we leave the effect, which is the legiti-

mate outcome of some interior cause, and really a safety valve, to work itself out, and instead of taking means to alleviate, or check it directly, which would be both unwise, and contrary to the operations of nature, we seek for the cause of which the effect is the product.

Effect follows cause as naturally and inevitably as night follows day. If there are poisonous secretions generated in the body, they must be eliminated therefrom, as a means of self preservation, and such action in itself is beneficial.

Now we endeavor to find the cause of the disturbance, which we believe to be mental, and remove that, then a state of equilibrium, resulting in ease, comfort, and health, is established. A new set of vibrations is set up, and the result is harmony, and harmony is health.

If we are out of harmony, we are not in vibration with the Infinite, and we become diseased.

It is impossible to separate cause and effect, as it is contrary to Infinite Law. "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

It has been discovered that all causation is in the realm of mind;—in the thoughts and beliefs, therefore it is necessary to change the beliefs, or state of consciousness which must necessarily be through an educational process. Now an education in any line cannot be acquired all at once, as it would not be in accordance with the law of evolution governing all unfoldment; but when we desire it, and put ourselves in the line of teaching, we co-operate with the law and our progress is accelerated. If we would

learn, we should be like little children, open minded and trustful, for "Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein."

When we seek knowledge, we find, and come into possession of the Truth, which makes us free. This knowledge which frees us, can be acquired both consciously and sub-consciously, verbally, and telepathically by means of the unuttered thought. With both the spoken word and the *unspoken*, a spiritual force or emanation, is conveyed from the teacher to the pupil, the physician to the patient, which gives vitality to it. The more the person realizes the truth of what he is endeavoring to express, or impart to another, the more power there will be in it, consequently the more convincing to the receiver. One can

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speak with authority of that which he knows to be true. There is a great difference between knowing and believing. One may assert with great positiveness something which he *believes* to be true, which may, in fact, be entirely false, and therein is the beginning of all inharmony, disorder and disease. It is the seat and cause of all the ills that humanity is prone to, and *here is the key to the whole situation.*

*We believe a thing to be true which is not so in reality,* and then hold on to it with a death-like grip, and the unhappy consequences of this false position follow as a natural result. Our whole unregenerate, sub-conscious mind is filled with these false beliefs, which *must* be eradicated before we can be free from their ill effects. It is necessary to go through the process of re-

generation. The false state of consciousness must be changed into the true. We must become spiritually minded. "For to be carnally minded is death; but to be spiritually minded is life and peace." An embittered state of mind from whatever cause, long continued grief, irritability, etc., will produce acidity and other poisonous fluids in the body. Thus the blood becomes vitiated, and weakness and pain, in some form, is the consequence.

Rheumatism, neuralgia, and a long train of kindred ailments can be directly traced to this cause. If it is long continued, a chronic condition is set up, which is merely a habit established in the sub-conscious mind, acting automatically. There is then an interaction between mind and body and they act and react upon each other.

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Now *Love* is the remedy, the great sweetener of the mind and body. It produces harmony, and harmony is equilibrium—health.

This must first be established in the mind through belief and trust in the Infinite Love, and Omnipresent Good, then the practice of love and self forgetfulness towards others.

If we would attract love to ourselves, we must feel it for others, and make ourselves lovable; and *that* should be our whole concern to love more and more, and think less and less of self; then we will grow sweet and wholesome, and fragrant as a flower. The blood will be pure and rich, and filled with vitality, and, in short, all things will become new, for the former things will have passed away.

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

## AFFIRMATIONS FOR FREEDOM.

## FROM THE DELUSION OF EVIL.

“ Be ye transformed by the renewing of your mind ”



WILL to change my mind from the dream of delusion that I have been dwelling in to the Truth that is.

I refuse longer to believe in the reality of evil, in poverty, in sickness, in weakness and incompetency ; in sorrow and disappointment ; in failure and in fear.

None of these things belong to me. I have lived in a nightmare of horrors all along, believing it to be reality. I now, once and for all time, break the bonds which have bound me. I dispel the clouds which have surrounded me, shutting out the Light of Truth. Henceforth I will manifest the Truth of my being, which is that I am the Son of God, made in the image and likeness of my Father—perfect

as he is perfect. I am unchangeable being, always well, always happy, always successful, always prosperous. I am free and unlimited ; serene and unmoved by anything that may occur. No person or thing has any power to harm, annoy, or make me unhappy in any way whatever.

I have the wisdom of the Father and can express it ; therefore I am not ignorant.

I have the love of the Father, and am, therefore, loving and lovely, I have the strength of the Father, and am strong with His strength. I am perfect unchangeable being *now*. I am rich, healthy and happy always. I have *all things* richly to enjoy now and evermore.

I am never weary, never sick, never afraid, and have never been so. All Power is mine. I refuse to dwell in the shadows

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of unreality any longer. I am a child of the Light and am dwelling in the Light of Truth. I am one with the Father, and am in possession of all things now, and I will to express, and manifest in the material world that which I am, perfection in every way ; harmony, peace, wisdom, strength, power, love, health, confidence, courage, serenity and composure ; beauty of life and form. I will to be a point of radiation for all that I am.

## THE LAW OF ATTRACTION.

HE law of attraction operates upon all planes of manifestation, from the lower kingdoms of nature to the higher. Without it there could be no manifestation of things or forms, nothing would come into visibility. It is the law of creation ; the force that draws together from out the Universal Substance, underlying all forms, atoms of a similar nature, having an affinity for one another, and the stronger the affinity the greater the coherence.

In the mineral world the affinity is very great causing the atoms to cohere so tenaciously in the forms of such solid substances that only by the application of great force can they be separated.

Science tells us that every thing in the material world is composed of atoms in constant motion or vibration, and that none of

the atoms touch, or are in actual contact, however solid the substance. How great therefore, must be the attraction which holds them together in such solid material forms. This tendency on the lower planes for atoms of a like nature to be attracted to, and cohere around a common center, is recognized on the higher planes of consciousness as love. It is that subtle force which unites individuals, who are congenial, in the bonds of friendship, etc. The greater the congeniality, the stronger the attachment.

As the Spiritual or heavenly attraction becomes stronger, the natural or earthly is overcome, and becomes less so. The law of the Spirit, or Christ, overcomes the law of the natural or physical. The law of gravitation tends to draw one downward to the earth. The law of levitation through

overcoming the law of gravitation, causes one to rise upward. These laws in the natural world correspond to the two natures in man, the human and divine.

The law of Christ overcomes the law of sin, sickness and death, which pertain to the natural man only. When the animal human nature has become transformed into the divine human, there will be no more sickness, no more sorrow, no more suffering.

## PEACE.

**P**EACE comes as a result of victory over something. It is a state or condition that has been gained through overcoming—a state of harmony that has been brought about through reducing chaos to order. All things are working together for good, for peace, for harmony, and when love has had its perfect way there will be universal peace, “A consumation devoutly to be wished.”

The process of becoming or evolving, is what disturbs and mystifies most persons. They become involved in the process and thereby lose sight of the end and object to be attained. They are as blind as bats, and become bewildered, and get entangled in the meshes of the net of appearances, seeing no way out, and no purpose in it all.

They are the pessimists of the world who see everything through a glass darkly—think that the world is growing worse instead of better, and all humanity tending towards destruction. They see nothing but the world of appearances—are lost in the illusions of the senses and imagine that is all. They do not realize God in His entirety—that He is omnipresent and universal, and that the universe is an expression of Himself—that He is working in and through *all* things. Each one seems to think that the plan of the universe should be worked out according to his own mental conception of what is right, and as a consequence is so burdened with the responsibility of his self imposed task that as a usual thing he breaks down under the strain, and the result is nervous prostration.

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How much easier to let God attend to His own business and develop His plan according to His own ideals. It will be done anyway and we only get ourselves into trouble by interfering, like Don Quixote in his fight with the windmills.

If one would only find the purpose in every experience, God's purpose, I mean, and then turn about and co-operate with Him instead of quarreling with His methods, he would see the necessity, use, and beauty of it, and find an enjoyment, satisfaction and peace that could never be attained while believing that all the processes of life and growth in civilization are wrong and need correcting, and that the whole responsibility of reforming society and governments rest upon himself and those whom he may induce by his arguments to see things in the same light that he does.

## THE SPIRITUAL SUN.



THE I AM that I am is the Spiritual Sun of my being, and center of the Spiritual Universe, corresponding to the physical solar system.

The center of my universe is in me. As far as I am concerned there is nothing outside of me—that is, my consciousness. All the world I know is that within my consciousness. My world enlarges with the growth of my consciousness. As far as my consciousness extends there am I. To the uttermost limits of my Spiritual vision transcending time and space, wherever my thought can travel, all is within me. Suns and stars, planets and systems, belong to me to the extent that I can comprehend them.

I shall go steadily on until I reach my highest ideals, in spite of all apparent

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failures. I shall eventually have great success and prosperity. Nothing can prevent it. I am marching steadily on to the apotheosis which is as inevitable as the plunging of the waters over the precipice at Niagara. Nothing can withstand the pressure of the mighty force that is impelling me on to the culmination of my aspirations. All obstacles must give way before its irresistible power.

The whole power of the Infinite is back of me, impelling me on.

## STATEMENT OF BEING.

(" I AM ")

I am the Sun of God—the center of my existence.

I can manifest what I elect or choose to manifest.

I can, and therefore will, because I choose, manifest Love, Wisdom, Power, Strength, Goodness, Grandeur, Dignity, Nobility of Character, Courage, and Confidence.

I can, and therefore will, manifest Health.

I can, and therefore will, attract to myself whatever I desire. I have the wisdom and judgement to desire only that which is for my best good, and which will give the greatest and truest satisfaction.

I can, and therefore will, be successful and prosperous in any way I choose.

I have found my *real self*, my True Center, the—" I AM "—the Source of my existence, the Center of my Being, through which is the open door into the Universal

Fountain of Life, Strength, Health,  
Supply.

Henceforth I shall want for nothing ; as I know where to look for the satisfaction of every need. Therefore I am calm, serene, confident,—unmoved by any “appearance” of lack or inharmony of any description whatever.

I will rejoice and give thanks ; for I have found the “Elixir of Life,” the fountain of Youth, Health and Beauty ; the Source of Supply for all my material needs, as well as the Heavenly Manna on which my Soul shall feed.

“My Soul, wait thou only upon God ; for my expectation is from Him. He only is my rock and my salvation ; He is my defence ; I shall not be moved. In God is my salvation and my glory ; the rock of my strength, and my refuge, is in God.” Ps. 62:5-7.

## AN I AM REALIZATION.

## I AM I.

**I** MAKE my own life, my own experiences. I choose my own way, make my own laws. I am the ruler of my mind and body, and I can keep them under perfect control. They are the instruments that I have made to express myself in, and through, to the outside world, and I have the power to keep them in perfect order.

As I created them by means of my own intelligence and power through the use of the same, I can maintain them in a perfectly healthful and normal condition.

My body is my tabernacle, the temple of the *living* God. I constructed that temple and I can disintergrate or destroy it, either by neglect, through the withdrawal of my sustaining power, or through choice.

It is dependent upon my will for its existence. I attract and draw to me the elements with which to build, nourish, and sustain it by my choice and will. I select the kind of material that will build the sort of body, or temple, that I desire, suitable for the work I expect to do with and through it.

If I desire to express music to the world, I construct the kind of body and temperament that will best enable me to do so. If outpicturing beautiful ideals, then I make the artistic temperament. If I want to express Divine Love, then the Christ temperament, and so on from the lowest to the highest expressions of life and intelligence. Any line of work or expression I choose, is followed out to a culmination or conclusion, then my work is finished in that direction.

It is the process of the kernel, then the stalk, then the full corn in the ear.

I then take up some other line of work that will enable me to express myself in a new or untried way, and follow that out in the same way, to a culmination or state of completion ; and so on through all eternity, continually expressing myself in one way or another.

I shall continue to express the Self or God in increasing degree and perfection.

I have all of God to express, and all eternity in which to do it ; and as God is illimitable and eternity endless, I shall never want for occupation, but shall go on from glory to glory, according to the degree of the perfection of expression. I may choose the goal, and work steadily and unfalteringly towards it by means of the straight and narrow way, or I may

procrastinate and step aside into the by-paths to enjoy the pleasures of the senses for awhile.

I may, apparently, even lose my way, and wander about in the jungle meeting with the wild beasts of despair, despondency, etc., until I am obliged to reach out for some angel of deliverance to lead me out into the open, and start me on the road again. But it matters not how many times I may turn aside and get lost, the law of aspiration will ever lead me on "o'er moor and fen o'er crag and torrent" till I reach the goal of my aspirations. Nothing can hinder my reaching it eventually, for I have chosen so to do, and have thereby set the forces into operation that will co-operate with, and assist me to bring it to pass. I have made the law, my word is creative, and I am subject to the law I have made

for myself, because I am the creator of my own laws and consequent conditions and environment, by right of my divine sovereignty the I Am that I Am.

I am free to choose my path and experiences in life if I use my divine right of inheritance, and sell not my birthright to another.

It is useless to argue with, or try to convince a person, who has shut the door of the mind by determining that he will see only that which he has determined upon, regardless of any evidence that may be brought to bear upon the question under consideration. It is the position of ignorance and bigotry—a wilful closing of the door of the mind to truth. Such a person by such an attitude of mind, has placed himself beyond the reach of help. He has builded a wall about him that he only, by

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his own will, can remove. In this position he is cut off from all influences that would serve to enlighten him, and enable him to discriminate between good and evil—the true and the false.

He is self-elected to remain in ignorance.

SOME QUESTIONS AND ANSWERS  
RELATING TO  
METAPHYSICAL SUBJECTS.

*Question 1.*

“ Explain the difference between sensation and sensory, sensitiveness and the Solar Plexus, feeling and perception ? ”

*Answer 1.*

Sensation is feeling, becoming aware of something through contact or the sense of touch. Sensory is the function, or system which receives and conveys the message to the brain. It acts as agent between body and brain, or mind rather.

Sensitiveness is susceptibility to impressions from without,—Soul feeling. The Solar Plexus is the center of the nervo-psychic system, and the seat of feeling,

or the emotions, and generation, and the connecting link between the natural and spiritual man.

Feeling is consciousness of an impression received either objectively or subjectively. Perception is awareness of something through the spiritual or inner sight or vision.

*Question 2.*

“What is the Intuition ? How related to the mind and the subjective states ?”

*Answer 2.*

Intuition is a function of the spiritual nature ; an inner spiritual sense ; the still small voice of the spirit ; the oracle of Divinity. The mind is acted upon and illumined by Deity—the God within—the Higher Self, by means of, and through the

voice of intuition, and the mind affects the subjective states.

*Question 3.*

“Explain why the square symbolizes matter and manifestation, and the sphere symbolizes spirit and realization ?”

*Answer 3.*

The square symbolizes the lower quaternary or four lower principles of the septenary man, also the four corresponding elements of nature—Fire, Air, Water, Earth. The Sphere is a symbol of Spirit and signifies the unit which represents wholeness, completeness. It symbolizes eternal life and truth, that which is un-created, has no beginning and no end.

*Question 4.*

“What is done when a psychoscope is delineated ?”

*Answer 4.*

A psychiscope is a written delineation of character obtained through divination.

*Question 5.*

“What are the differences between inspiration and illumination?”

*Answer 5.*

Inspiration is the inbreathing or inflowing of Divine Intelligence, and comes in response to aspiration. Illumination is being aware of the *Self*; having Christ or God consciousness; a clear perception of Truth; *knowing* and *dwelling* in the Light of Truth.

*Question 6.*

“What is the best method to pursue to realize inspiration, Divine clairvoyance, clairaudience, clairsentience, psychometry? Give some illustrations.”

*Answer 6.*

The law of aspiration will bring to us whatever we desire. Practice going into the *Silence* and being receptive to the thing desired, and it will be brought into manifestation. First aspire, then concentrate, then become receptive. Still the outer senses and let the inner, Spiritual faculties become manifest.

*Illustration No. 1.*

Once, some years ago, while sitting in the silence for my own unfoldment, I asked to know something more definitely of God. I waited and listened in expectation, and in response I had a clear vision of what I have learned since to be the akasa, or Mother-ether, the life stuff in its pure essence.

*Illustration No. 2.*

At another time I concentrated on my higher Self until it became objectified as a Spiritual form, standing before me. As I was contemplating it, suddenly I became aware that it was the Lord; then, that it was the Father—my Father—the creator of my mind and body—my existence. In other words, I became conscious of my *real self*, the creator and creation.

*Illustration No. 3.*

I have had much teaching from the Spirit in regard to the Christ, to open my consciousness to the truth that the Christ is within me instead of without, as I had been in the habit of thinking. On one occasion, I saw Christ in the form of Jesus, with hands folded over his heart, and head bowed, waiting with Infinite patience to be

recognized; then I heard these words: "Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." In my joy, I reached out in Spirit and said: "Come in Lord, come quickly and never leave me more." As I said this, the form vanished, and seemed to enter my body,

I could give numerous instances of similar experiences. These teachings came to me from the Spirit, before I had heard of anything of the kind from any outside source.

*Question 7.*

"What can you say of the law of the Silence and the Oracle of the voice?"

*Answer 7.*

The Law of the Silence puts one en rapport with the Higher Self, or the I AM,

through which is access to the realm of truth and reality, and enables one to *hear* the Voice with its message of truth.

*Question 8.*

“Explain telepathy, suggestion, control, inhibition, obsession, possession, adeptship.”

*Answer 8.*

Telepathy is mental telegraphy, thought transference; suggestion being influenced by some person or object; control being under subjection to an external power; inhibition going within—becoming invisible; obsession is being dominated by an idea, or some external influence; possession being under the dominion, or control, of some influence; wholly under subjection and

control ; adeptship is knowledge of occult laws and forces, and by virtue of that knowledge the use and control of them.

*Question 9.*

“Give the difference between the medium, Seer, sorcerer, necromancer, hierophant, and adept ?”

*Answer 9.*

A medium is one who is under the control of a will other than his own, either through submission or subjection ; A Seer, one who has foresight and insight—prophetic sight—a prophet. A sorcerer uses his knowledge of occult laws for evil purposes with the help of evil disposed spirits—practices black magic. A necromancer produces psychical phenomena by means of, and with the aid of, excarnate spirits—the

phenomena of Spiritism. An hierophant is a God conscious person, and is a Master of occult laws and forces, and makes use of his knowledge and powers for the betterment and upliftment of humanity. An adept is one who has become proficient in the use of occult powers.

*Question 10.*

“ Explain how each one is led, and what kind of leading is the best.”

*Answer 10.*

One is either led by desire of the mortal on the lower plane, or by aspiration for the highest good. The latter is best, as the benefits derived are more real, lasting and satisfactory.

*Question 11.*

“ What is occultism and mysticism ?”

*Answer 11.*

Ocultism is a system of knowledge of esoteric truths—a knowledge of underlying truths, which are covered and hidden by the letter. Mysticism initiation into the most secret and mysterious knowledge relating to the Infinite; the attainment and expression of Divine Wisdom.

*Question 12.*

“What is the difference between Suggestive Therapeutics, Christian Science and Divine Science, as applied to healing?”

*Answer 12.*

Suggestive Therapeutics is healing through mental suggestion; Christian Science through the belief that there is no matter, therefore, no body, and consequently no disease. Sickness and disease

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are false beliefs, mere hallucinations ; all is Spirit—all is God, therefore there is no evil. Mental Science is treatment of the mind by means of the thought forces. Divine Science through an awakening and realization of the God *within*.









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