

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND®

READ “THE SCIENCE OF MIND” TEXTBOOK IN A YEAR!

The book “The Science of Mind” (Definitive Edition) by Ernest Holmes is considered the go-to source for core teachings of Religious Science. Below is the schedule for December, which continues an easy way to read this life-transforming book in one year. Scattered through the daily readings are “Meditations for Self-Help and Healing” (indicated by the letter “M”).

DECEMBER

- December 1: 257.6-258.3
- December 2: 258.4-259.2
- December 3: 252.2-252.5
- December 4: 477.5-479.3
- December 5: 536.M3 & 537.M1
- December 6: 537.M2 & M3
- December 7: 259.3-260.1
- December 8: 260.2-261.3
- December 9: 261.4-262.2
- December 10: 262.3-264.2
- December 11: 485.4-487.2
- December 12: 538.M1 & M2
- December 13: 538.M3 & M4
- December 14: 264.3-265.2
- December 15: 411.1-413.5
- December 16: 436.2-437.4
- December 17: 564.4-565.3
- December 18: 500.5-504.2
- December 19: 539.M1 & M2
- December 20: 539.M3 & 540M.1
- December 21: 417.3-419.1
- December 22: 419.2-421.1
- December 23: 357.1-361.4
- December 24: 361.5-367.1
- December 25: 367.2-370.3
- December 26: 422.3-422.3
- December 27: 421.2-422.2
- December 28: 495.6-496.6
- December 29: 4997.1-498.5
- December 30: 498.6-500.4
- December 31: 423.1-423.3

December 1

257.6-258.3

Deafness

We are reminded of the words of Isaiah: "The Lord Jehovah hath opened thine ear." The ear is the physical representation of a receptive capacity of mind. An attitude of quietness and confidence, a listening attitude of: "Speak, Lord, for thy servant heareth," will open the way for the voice of Spirit to speak to the inner ear. We can so train our ears to listen to the Divine Harmony within, that we shall reproduce Its melody, rhythm and beauty in all our ways.

Hearing is a divine idea in Mind, and all divine ideas are perfect. Ideas have a service to render to the Spirit of man, and as long as man expects and accepts whole-heartedly that service, and co-operates consciously and subjectively with it, there is nothing to oppose the functioning of the physical instruments through which ideas operate.

Treat to know that your hearing is perfect, that it is God hearing through you. There is no belief in inaction that in any way can hinder this hearing, for every idea of the body is now complete and perfect and functions according to Divine Law. Be open and receptive to the Truth. Let the inner ear listen to the voice of Truth that is always speaking. Say: "I perfectly hear the voice of Good. My ears are open to the Divine Harmony. The inner ear and the outer ear are both open and receptive to the vibration of perfect harmony."

December 2

258.4-259.2

Weather Conditions

Pure Spirit is not and cannot be governed by any weather conditions whatsoever. All weather is a manifestation of Spirit, a flowering of the Divine in sunshine, in shade, in rain and in clouds. Say:

“I am in complete unity with all. I am in complete agreement with all, and I enjoy all. There is no congestion in the weather and none in me. There is no confusion about the weather in my thought. I have no fear of any kind of weather since I know that I am at one with all. I love the clouds, the rain and the sunshine. I am one with heat and with cold. I am unified with humidity, with dryness of atmosphere, and with sunshine and shadow.

“Every atom of my body responds to this understanding that changes in weather conditions are but variations of the One Life, but different manifestations of the One God appearing to me in many forms. Each and every one of the forms I love and feel my unity with. I love the heat of the desert and the dampness of the ocean. I feel physically complete and harmonious in every climate. I do not condemn any kind of weather for all are part of myself. I am one with all. I love all and I feel comfortable in all.

“Every belief that I may ever have had that says I am afraid of weather conditions, is now vanished from my thought forever. It is no more and therefore can no longer operate. I know and feel my freedom. In this freedom I rejoice.”

December 3

252.2-252.5

Colds, Influenza and Grippe

Those who calmly announce that they are “very susceptible to changes in the weather.” Have accepted whole-heartedly the mental impression that the weather is a determining factor in whether or not they experience “colds.” The trouble is not with the weather but in their thinking; they have not freed their consciousness from the old training that a “draft may produce pneumonia.” This belief causes one to be afraid and confused. *Mental conflicts also cause confusion, and confusion may cause colds.* So the first step is to erase from the conscious mind all fear of drafts. Colds have no part in your life, as the very life of God flows freely through you. Every breath you breathe bespeaks your eternal alliance with Life. We should be willing to declare our disbelief in colds and help free ourselves and others from the depleting habit of “bad colds.”

A conviction that the God within sustains us now and at all times, in perfect health, will bring peace. And we should eliminate from mind the duration, symptoms, and frequency of colds, thereby removing a pattern which we no longer wish to use. We should consciously harmonize ourselves with everything and everyone about us – with people, the weather, with God and spiritual perfection.

In colds, congestion, influenza and grippe, the thought to heal is confusion. There should be a consciousness of poise, a recognition of peace; when this comes into the individual’s experience, he will have fewer colds. More colds result from damp spirits than from wet feet. When we fear and resist the weather, we chill, not from the winds and rain, but from our own coldness of heart. We should claim our dominion and power in Spirit. Spirit is not subject to heat or cold.

December 4

477.5-479.3

The Light of the World (John 8:12)

"I am the light of the world." Jesus was not referring to his human personality, but to the Principle inherent in generic man. They who follow this inner Principle shall have the light of life: for this Principle is life.

"I Am" has a dual meaning. It is both individual and universal. God was revealed to Moses as the great "I AM," the Universal Cause, the Causeless or Self-existent One. Moses taught that "I AM" is the First Principle of all life, and the Law of cause and effect running through everything. The whole teaching of Moses is based upon the perception of this "First Principle."

Jesus said that he came, not to destroy the law of Moses, but to fulfill it. How could he fulfill it except by teaching the relationship of the universal "I Am" to the individual "I"? In all the sayings of Jesus, we find this thought brought out: that God is Universal Spirit and man is His image and likeness...an individualization of His eternity. Therefore, when we understand our own "I" we shall walk in that light which lights the world unto the perfect "I AM."

We can consider this from another viewpoint. Man is the only self-knowing mind of which we are conscious. A self-knowing mind, of course, is one that is conscious of what it knows. Man, the only self-conscious being in this world, must be the light of the world. To know this and to understand why it is so, is to know *that* Truth which alone can make free. Truth is eternal and eternity is timeless, hence, if one knows the Truth, he will never see death. Death has nothing to do with life everlasting, and is but an impatient gesture of the soul, wishing to rid itself of a body no longer useful.

Love (John 13:34, 35)

Love is the central flame of the universe, nay, the very fire itself. It is written that God is Love, and that we are His expressed likeness, the image of the Eternal Being. Love is self-givingness through creation, the impartation of the Divine through the human.

Love is an essence, an atmosphere, which defies analysis, as does Life Itself. It is that which IS and cannot be explained: it is common to all people, to all animal life, and evident in the response of plants to those who love them. Love reigns supreme over all.

The essence of love, while elusive, pervades everything, fires the heart, stimulates the emotions, renews the soul and proclaims the Spirit. Only love knows love, and love knows only love. Words cannot express its depths or meaning. A universal sense alone bears witness to the divine fact: God is Love and Love is God.

Let Not Your Heart Be Troubled (John 14:1)

“Let not your heart be troubled; ye believe in God, believe also in me.” His disciples were depressed, having an instinctive sense that Jesus was about to depart from them. They were filled with sadness. It was on the eve of his betrayal that he spoke these words, “Let not your heart be troubled,” with that calm certainty which has ever been given to the believing. He was not afraid. He had already plumbed the depths of human existence and penetrated into the beyond. He knew that he was an immortal being.

Our hearts are troubled over many things and our mental burdens often become unbearable. It seems, at times, as though a cup of bitterness were being held to unwilling lips, with the demand that they drink. Jesus, standing at the threshold of his greatest experience, foreknew that he would turn apparent defeat into glorious victory. From the calm depths of an undisturbed soul, he spoke words of comfort to those of lesser understanding.

He told them to believe in God, and because of their belief in God, to believe also in him. Again he is referring to the individual “I” as the outward manifestation of the Universal “I AM.” *We are to believe in ourselves because we believe in God. The two are ONE.* We are to know that passing events cannot hinder the onward march of the soul. The temporal imperfection of the human cannot dim the eternal integrity of the Divine.

December 5

536.M3 &537.M1

Arise, My Spirit

Arise, my Spirit, arise and shine.

Let Thy light illumine my path, and let Thy wisdom direct my way.

Compel my will to do Thy bidding, and command my Soul to look to Thee.

I will follow Thee, my Spirit, and learn of Thee.

I will sit in the Silence and listen and watch, and

I will see Thy light and hear Thy voice.

I will follow Thee and will not depart from Thee.

For in Thee alone is Peace.

Arise and shine.

Command My Soul

Spirit within me, command my Soul to do Thy bidding;

Compel me to follow the course of Truth and Wisdom.

Control my inward thoughts and my outward ways,

And make me to understand Thy Laws.

Command my Soul to turn to Thee for guidance and light;

To turn to Thee for wisdom and knowledge.

Let the paths of my Life be made straight and sure;

Let the Journey of my Soul find its completion in Thee.

Command my Soul to do Thy bidding.

December 6

537.M2 & M3

Despair Gives Way to Joy

Despair gives way to Joy at the thought of Thee, Indwelling Good.
I cannot be sad when I think of Thee.
My sorrow is turned to gladness and my shame to rejoicing.
My tears are wiped away and the sunlight of the Spirit shines through the clouds
of depression and lights the way to Heaven.

Thy Joy has made me glad.

Free Spirit Within Me

Free Spirit within me, Unbound and Perfect, teach me Thy ways and make known to me Thy
Limitless Completion.
O Spirit of Life, control my every action and thought.
Compel me to follow Thy light that I too may be free and complete.
I will follow Thy footsteps and learn of Thee all the wondrous secrets of Life.
I will follow Thy Light into the Perfect Day.

Free Spirit within me.

December 7

259.3-260.1

Thoughts about Food

Food must be a spiritual idea. It must be an idea of substance and supply. Since the food which we take into the system is fundamentally one with the body which receives it, there is no reason in Spirit why our food should harm us. We cannot expect to overeat or to eat the wrong things and have them agree with us. But there is an intelligence within us which will guide us into a proper diet. Since each is an individual, the intaking of food is an individual idea and an individual approach to Reality. Whatever our individual physical system needs to make it harmonious, Intelligence will guide us to. But we cannot expect to have our food agree with us if we are constantly condemning it.

“My food agrees with me and I agree with it. There is no condemnation in me or working through me. I understand that food is a spiritual idea of Substance and I am now in complete agreement with this idea. Everything that I eat is perfectly assimilated and perfectly eliminated. I have no trouble digesting my food, for digestion is also a spiritual idea and works in perfect harmony with all that I take into my system. My system is spiritual and harmonious with every idea that passes through it. My food is spiritual and harmonious with my System. Substance and supply for the physical body are both spiritual and cannot create any inner disturbance whatsoever.”

December 8

260.2-261.3

Rheumatism

There is no bondage in the Spirit and we should endeavor to realize that the Spirit frees us from every type of bondage. As perfect love casts out all fear and frees us from the bondage of stubbornness and unbelief we should be freed from the outward picturing and manifestation of the pain and congestion which appear as rheumatism. Why should the system secrete impurities or why should there be any acidity if we are governed by Divine Intelligence as to what we should eat and by Divine Law as to how we should eliminate what does not belong to the system? It is well to remind ourselves that the system is spiritual and divinely ordained. God does not make mistakes and our muscles and joints do not need to store up waste matter which causes pain and physical distress.

To be washed clean by the Spirit should have a real meaning to us and the practitioner should believe that there is such a baptism of Spirit as this. If anyone should criticize him for such a belief he would be a poor worker in this field who ever knew that such condemnation had taken place. Of course we must expect to contradict human experience if we wish to transcend it, how else could Jesus have told the blind man to look up – He said up and now down. The worker in the field of spiritual thought must not be afraid to mentally attack any physical condition with the full assurance that he is dealing with the power that first created and as easily recreates. He does this by knowing that it is done.

Do not hesitate to know that you can heal; you can if you know that you can and not until then. Bondage and freedom are but the two possibilities of our use of the Law. Let us affirm freedom, not bondage.

“My entire system is spiritual and my physical being is now quickened into life and truth. It is cleansed and purified by the power of the word of God within me. This word which I speak is the presence, the power and the Law of God working through me.

“The energy of the pure and perfect Spirit is now cleansing me from all impurities of the flesh. My elimination is perfect. The joy of the Lord God is within and around me. I live in the sunshine of eternal truth and beauty. I love and understand life. My faith in the healing and the cleansing power of my word is complete. This word penetrates the marrow and bone of my physical being and eliminates all waste substances. My food digests perfectly. I have perfect and complete circulation of love, truth and beauty through my entire system. Love and life permeate every atom of my being. I am washed, cleansed within. I forgive all and am forgiven of all and by all. Nothing remains in my being but love. There is no pain or distress in the joints or in the muscles. My body is the body of God, the Living Spirit Almighty.”

Now take the time to realize the truth of the foregoing statements. It is not so much what you say but the mental attitude you have when you say it, that counts. Believe and you will be made whole, is the key thought. Perfect God, perfect man and perfect being. Conform all statements to this proposition.

December 9

261.4-262.2

Healing Intemperance

“The Spirit within me does not long for anything. It is free, safe, and satisfied. There is no sense of insecurity or of inferiority. I am not seeking to avoid anything. I am conscious of my ability to meet every situation. There is neither depression nor discouragement in my mental outlook on life. I do not look to anything outside myself to give me pleasure, comfort or certainty. I do not long for anything and I am not afraid of anything. My whole inner being is conscious of its unity with God., of its oneness with Spirit. There is no pleasure in intemperance, nor can it offer any suggestion of happiness to me. I now see this habit for exactly what it is, an illusion, which seeks to force me to believe that there is some power outside myself which can give me either pleasure or pain. I do not anticipate such pleasure, nor is there any suggestive power in this habit which can cause me to believe that it has ever, under any circumstances whatsoever, given me pleasure. I am forever free from this thought, and from its effects. I do not will myself free from this habit, rather I perceive this habit is neither person, place nor thing. Having no law to operate, it cannot function. Having no intelligence of its own, it cannot suggest. Having no mind, it cannot will. I am now forever free from the mistaken belief that it was ever a thing of itself. I see it as forever separated from my real self, forever divorced from my imagination, thought and conviction. I am free now.”

The practitioner must realize that the words he uses are the Law unto that thing whereto they are spoken. He must have a calm, unfaltering trust in his ability to reveal the real man, and in so doing, to free the physical man from the false belief. “The words that I have spoken unto you are Spirit, and are life.” The practitioner must know that the false desire is exactly nothing, that it has no power over anyone, that his patient is pure Spirit and is wholly satisfied within himself. As a result of such statements there should come to the practitioner’s mind a conviction that the appetite from which he is freeing his patient is entirely dissipated, that is, it ceases to be. It is not. It never existed in Spirit and can no longer appear to exist in or operate through the one whom he is healing.

December 10

262.3-264.2

Supply

God is Spirit. Spirit is Substance and substance is supply. This is the keynote to a realization of the more abundant life, to the demonstration of success in financial matters. It is right there we should be successful, for otherwise the Spirit is not expressed. The Divine cannot lack for anything, and we should not lack for anything that makes life worthwhile here on earth.

Everything that we do should be a success and we should be led to do those things which are constructive and worthwhile. To bring a realization of the Presence of the Spirit into all our acts is to prove that God is all – even in the slightest things which we undertake. Nothing is great and nothing is small to the Divine, so we should never wonder if what we are going to do will be hard or easy. God knows no hard and no easy.

A treatment after this manner should prove the law of abundance in the life of those who use such statements, and *believe in them*:

“I am surrounded by pure Spirit, by God, the Living Spirit. My thought is God thought, and it is the law into that thing where unto it is spoken. Everything that I do shall be a success. I am led, guided and inspired by the Living Spirit of Love and of right action. I am compelled to move in the right direction and to always know what to do, *where*, and *how* to do it.

“I am surrounded by right action. I am filled with the consciousness of right action. Right action is success in all that I undertake to do. I am successful in all my undertakings, and I am compensated for all my efforts. I am surrounded by Substance, which is always taking the form of supply and always manifesting Itself to me in the form of whatever my need may be at the time.

“I always have an abundance of money and an abundance of whatever it takes to make life happy and opulent. There is a continuous movement toward me of supply, of money, of all that I need to express the fullest life, happiness and action.

“I have an inner understanding of my place in the Universe. I know that it is unique. The Divine has not incarnated in anyone else in just the same individual way that It has in me. I am unique and forever individualized. Therefore, I do not need to imitate anyone or to long for the good that belongs to another. All good is now mine and is now manifest in my experience. I do not compete with anyone, for I am and remain forever myself. This self is united with all selves, but is always an individual and a unique self.

“There is that in me which all people recognize as worthwhile and desirable, and everyone whom I meet loves this self of mine and recognizes its worth. I draw all toward me and those whom I can benefit and those who can benefit me are irresistibly drawn toward me. I do not strain, will or coerce. I know. The Truth makes me free from the fear of poverty or bondage, and emancipates

me from the thought of limitation. I see that money, like everything else that is desirable, must be a spiritual idea, and I know that I have this idea right in my mind at this moment; I shall always have this idea of abundance. It is mine and I take it.

“The opportunity for self-expression and compensation is always open to me and I am at all times compelled to know, accept and operate upon this opportunity. I have abundance because I am abundance. ‘All that the Father hath is mine.’”

December 11

485.4-487.2

The Inner Light (Romans 8:21)

The creature shall be delivered from bondage. As the inner light dawns, it delivers the outer life from bondage. This is in line with the teaching that everything is from within out. When the *soul* knows freedom, the *law* will free the body, and the outer life will express health, happiness and success.

All things work for our good. Even that which we call evil is salutary, leading us to the Way, the Truth and the Life. Suffering should teach us a lesson which would cause us to refrain from making more mistakes; it carries a blessing with it *when we learn how to garner knowledge from experience*.

Predestination (Romans 8:29)

“For whom he did foreknow, he also did predestinate.” God foreknows His own perfection and the perfection of His entire creation, so it is foreknown and predetermined by the Divine Mind that all shall be sons of God. Man cannot forever keep himself from his birthright; all will eventually be saved from themselves – as there can be no such thing as eternal damnation. To believe in such an absurd doctrine is worse than ignorance. Emerson tells us that there is no sin but ignorance. God knows only perfection; when we know as God knows, our troubles will be rolled up like a scroll and numbered with past illusions.

God’s Will for His Creation (Romans 8:31)

“If God be for us, who can be against us?” If God is all there is and the universe is One, *then there is no power, presence or law against the Truth!* One with the Truth is a totality. If our whole endeavor is to be, and to do, that which is constructive, then we are with God and we may be sure He is ever with us. God knows no outside. *He is ever inside. The outer rim of Reality is exactly at the center of Itself.*

NOTHING can keep us from the love of God. What a comfort! What joy to know that all is well with the soul! What untold sufferings we have had because of our doubts and fears! And we are told not to be afraid, for it is the Father’s good pleasure to give us the Kingdom. Man alone has tried to rob us of our birthright – the glorious liberty of the Sons of the Most High.

Let us honor God more and man less. Let us seek within for the cause; it can be found in no other place. There is nothing that can keep us from this inner vision of the Eternal Reality.

The Renewing of Your Mind (Romans 12:2)

“Be ye transformed by the renewing of your mind.” Today we know what this means. The renewing of the mind is a scientific act. As the conscious thought pours truth into the subjective channels of creative energy, the body is automatically renewed; this is mental healing. Mental healing is a conscious act, as well as an established fact, in the experience of many people. Instead of the old concepts of disease and failure, we are to inject those of liberty, freedom, health, harmony and success.

Mental healing is subject to the *exact* laws of Mind and Spirit, and is accomplished by correct knowing. This knowing is a mental attitude toward the Truth. It is the *Truth* which makes free and it is the *mind* which knows the Truth.

The body is healed as the inner mind is transformed; as the old and false images of thought are renewed by images of Truth and Life. The process through which this renewing takes place is a conscious one, and may be practiced by anyone who understands the principle involved.

December 12

538.M1 & M2

Fullness of Light

The Light of Life is full within me and around me.
It shines forth into the Perfect Day.
O Light within, lighting my path to peace,
I adore and love You and I let You shine.
Go forth and bless all who come to You, Light within.
My Light radiates to all and through all.

My Light has come.

He Who Inhabits Eternity

He Who inhabits Eternity keeps watch over me and mine.
“He Who neither slumbers nor sleeps” forever keeps watch over all.
I will rest in the assurance of Love and Protection.
O Thou Great Overshadowing Presence,
I am conscious of Thy care; I am aware of Thy loving kindness.
I rest in Thee.

Be still and know.

December 13

538.M3 & M4

I Listen

I will listen for Thy voice, Inner Presence.
It will guide me and acquaint me with all knowledge.
Thy voice is sweet and tender; it is always kind and gentle.
O Lover of my Soul, how I adore Thee! How I love Thee!
How I love Thy voice; it thrills me with gladness and joy.
It fills me with peace and calm, and it soothes me.
It quiets me and gives me wonderful rest.
I listen, O Divine Speaker, I listen to Thee alone.

I listen for Thy voice.

Joy Has Come to Live with Me

Joy has come to live with me. How can I be sad?
I do so love Thy presence, which is joy within me.
It makes me glad and I sing, for I am so filled with Thy Spirit that I cannot be
depressed nor unhappy.
I am filled with the joy of the Spirit, and I overflow with the gladness of life.
Thou art a Happy Companion to travel with me through Life;
Wonderful Joy, Thou art so radiant and beaming,
It is impossible to be sad in Thy presence
I shall give myself to Thee and remain with Thee, for Thou art complete and satisfying.
I find fulfillment in Thee, and joy forevermore.

I am filled with the Spirit of Joy.

December 14

264.3-265.2

A Treatment for Peace of Mind

We cannot be in peace until we know that the Spirit is the only cause, medium and effect in our lives. There is no past, present and future to It. Evil has no history and has never entered into the being or the experience of Reality. The mind must come to know and to realize all these truths if it is to have real and lasting peace. A treatment such as this will be of great service in acquainting the mind with the truth of its being:

“Be still and know that I am God. I am the Christ, the Son of the Living God within me. I am the Principle of Peace within me. I am the manifestation of Love within me. My mind is poised in peace and beauty. All sense of fear or doubt is gone. I rest in calm trust and rely on the Law of Spirit to bring good into my experience.

“I contend with none, argue with none, and am filled with wonderful peace and light. There is no uncertainty about my future and no fear as a result of my past. I live in an eternal Now which is filled with good alone. Goodness and beauty follow me. Peace and joy accompany me. Happiness and wholeness fill my entire being with the realization of love and perfection.

“I am the Christ, the Son of the Living god within me. This inner mind of mine is now Divine and complete. It has no worries and no fears. It is whole, complete and satisfied. I look back over all previous experience and find that it was good, very good. I look at the present and find that it is also good, and very good. God is in all, over all, and through all.

“I am the Christ, the Son of the Living God within me. I am the spirit of confidence. I am poised in love and reason. I am the perfect law of truth and the complete presence of beauty...I am Christ, the Son of the Living God within me.”

December 15

411.1-413.5

The light is greater than the darkness nor has the darkness any power over the light. The darkness is the great denial of the light but it really did not deny the light for where the light was the darkness was not. By merely bringing in the light the darkness vanished into its native nothingness. This is the power of Reality over seeming opposition or apparent separation.

The relationship between the individual and the Universal Mind is one of reflection. That is, what we image for ourselves, It images for us. Then it follows that the very law which creates bondage could as easily create freedom. The Divine intend freedom for us but the very fact that we have creative thought, and that we are real individuals, presupposes the use of our creativeness in more than one way.

We can sit in the shade or move into the sunshine. Sitting in the shadow we may not really believe that there is any sunshine. But the sun would be there all the time and all the time we are in bondage the real freedom exists. It is there but we must awake to it. The Law of Mind as quickly creates one form as another for us and we must allow the patterns of our thought to become molded from the highest sense of Reality we possess.

By giving our complete attention to any one idea we automatically embody it. We attract to ourselves the objective likeness of this embodiment. The thought becomes a thing. The mental state takes on form, color and temporary reality. We outwardly experience our states of consciousness. But since the apparent without is merely a reflection of the within, which is its cause, what we most need to do is to start with the simple proposition of the creative power of thought and from this inner recognition know that circumstances are formed and held in place.

If we believe in suffering we shall suffer. Life responds to us in the way we approach It. We should choose that which we wish to embody and by constant attention to it take on all its characteristics. Let us choose to be identified with power, with love and beauty, with peace and happiness. Let us identify ourselves with abundance and with success.

The objective form to which we give our attention is created from the very attention which we give to it. The objective is but the reflection of the subjective state of thought. Life is a blackboard upon which we consciously or unconsciously write those messages which govern us. We hold the chalk and the eraser in our hand but are ignorant of this fact. What we now experience we need not continue to experience but the hand which holds the eraser must do its neutralizing work. "I will blot out their transgressions and remember them no longer against them" was written by one who saw the board, the chalk and the eraser. Life is a motion picture of subjective causes. What is the screen and are the figures real? Yes and no. Real as figures but not self-created,

not self-perpetuating. Happy is the one who holds the projecting machine firmly in his conscious thought and who knows how to make conscious use of it.

The will of God is always toward that which expresses life and happiness. To suppose that the will of God could be in opposition to the advancement of our lives would be to think of Spirit as being self-destructive. It is always seeking self-expression through us and will never deny us anything. The Law says that if our desires are destructive we shall suffer from them until the lesson is learned. And what is this lesson? It is simply that the Universe is One and never two. It refuses to operate against Itself. It is fool proof.

The Spirit cannot be, or become, antagonistic toward us. It is always flowing into us and ever expressing Itself through us. This self-expression of God is also the self-expression of man for the two are One. The "I AM" is both individual and universal. All individuality merges into universality. All forms are rooted in one common creative Mind and the Spirit of God is the Spirit of man.

To practice the Presence of God is to awaken within us the Christ Consciousness. Christ is God in the soul of man. The resurrection is the death of the belief that we are separated from God. For death is to the illusion alone and not to Reality. God did not die. What happened was that man awoke to Life. The awakening must be on the part of man since God already is Life.

To practice the Presence of the Divine in others is to practice mental healing for it is a recognition of this Divine Presence which heals. All the words used in the process of healing are for the purpose of building up the realization that "I Am is in the midst of thee."

In mental treatment we should feel as though the whole power of the universe were running through the words we speak. The words must become "Spirit and Life" if they are to overshadow the thoughts and actions that have brought about a discordant condition. As much conviction as we have, *that* we may use.

The conviction that heals is that God is all in all and that there is no material cause or effect. The practitioner treats, not a patient nor a disease; he seeks to heal the thought of its mistaken idea that causation is independent of good. To do this he must contradict what appears to be so. He would be an ineffective worker in this field who judged the possibilities of his work by observing outside happenings.

December 16

436.2-437.4

God and Creation

We are to know the Truth by its fruits. The certain estimate of reality is ever evidenced by its worth in actual living. We are not to separate life from living nor God from His creation. One is the Cause, the other is the effect. The invisible things of God are manifested through the visible, and unless the invisible thought and desire of man is in line with Truth, his acts will fall into error. While we are told not to judge, we are clearly warned not to fall under the illusion of accepting the false for the true.

Entering the Kingdom of Reality (Matt. 7:21)

It is not everyone who says: "Lord, Lord," who enters the kingdom of harmony; *only those who do the will of love can enter*. The temple of Truth is approached by the pure in heart, and entered by those who serve but one master, which is Truth.

In no way can this passage (from Matt.7) be misconstrued to mean, or even to suggest, anything like the theological hell. Jesus never taught the popular concept of hell. He was laying down a philosophy of life for time, as well as for eternity. He knew that eternity must be made up of different times. To suppose an eternity without the element of time, is to suppose an impossibility, for it means to suppose an unexpressed existence.

The wise man builds his house on the solid rock of Truth, and not on the shifting sands of instability. He measures causes by effects and estimates Reality by that which is real and enduring. The foolish man, living only in sense perception, has no measure for Reality and builds his home on false opinion and erroneous concept; the vicissitudes of fortune upset his frail building, the storms of experience tear the walls apart, while the edifice falls about him in ruins. Truth alone endures to Eternal Day.

The Healing of the Centurion's Servant (Matt. 8:5-14)

In Matthew Eight, we have a beautiful story in the life of Jesus, which shows his great compassion and love for humanity: the healing of the centurion's servant. Note that the centurion would not allow Jesus to come to his house, but asked him to speak the word only.

The centurion, being a man in authority on the physical plane, recognized that Jesus exercised like authority on the mental and spiritual planes. Without this recognition, he would not have known that Jesus could heal his servant by the power of his word. "Speak the word only, and my servant shall be healed." It is no wonder that Jesus marveled at this faith. And how quickly was this faith answered by an affirmative response from a heart of love and a mind of understanding. "Go thy way; and as thou hast believed, so be it done unto thee."

How simple the words, yet how fraught with meaning! What majesty and what might! From whence came the power of this spoken word? Is it not necessary to suppose that the word of man – when spoken in compliance with the law of Truth – is also all-powerful? We cannot believe that Jesus had an occult power not possessed by other men. To think this would be superstition. We certainly cannot suppose that he was especially endowed with power from on high, for this would be to believe in a partial God. There is but one logical explanation of the power of Jesus: *He believed what he taught, and so completely lived his teachings, that he was able to demonstrate them.* But we should remember that his will was ever in accord with the Divine Mind.

December 17

564.4-565.3

I Take the Christ Way to Fulfillment

When Jesus said, "No man cometh unto the Father but by me," of course, he meant the I AM. This I AM, then, means the inner Reality of every man's nature, and when we stop to figure it out, how can we come unto God, the Living Spirit, except through the avenues of our own consciousness, which is the only approach to God we could possibly have? It is another way of saying that the only way we shall ever approach Reality is by uncovering the Divinity already latent within our own consciousness, in our own soul, in the center of our own being.

Every man is Divine and the *Christ Way* is the way of the unfoldment of his Divinity through his humanity; the uncovering of his spiritual individuality and the use that his personal man, or his personality, makes of it. Meditation is for the purpose of consciously recognizing man's Divinity and uncovering it. In order to come into the Christ Way, into the consciousness of our own Divinity, we lay aside every fear or doubt or worry, and we enter into the silent, peaceful contemplation that the Spirit of the Living God is within us – all the Power there is, all the Presence there is, and all the Life there is, is right here. Each one turns to himself, knowing that: "The Spirit within me is God, that Spirit is perfect, and because that Spirit is perfect, my knowledge of that Spirit destroys every doubt, every fear, casts out all uncertainty and all unbelief, and fills me with a knowledge of my own perfection. There is that within me which is perfect, Divine, happy and whole and harmonious. There is that within me that has never been afraid, never been limited, and it is this Christ Nature within me that I now recognize and speak into manifestation through my being; that the Spirit within me, which is perfect, shall remove every consciousness of disease, shall stimulate activity and recognize perfect circulation of these Divine ideas, and establish within me, not only the knowledge of that Divine Perfection which I really am, but shall establish in my physical being a manifestation of that knowledge of Reality, or the realization of that Presence, and whatever there might be within me, which does not belong, is now eliminated, cast out and destroyed.

"Divine Guidance IS, and that Perfect Intelligence is now governing the activity of my life into the fulfillment of joy, into the fulfillment of love, of unity, of happiness and success, now and at all times."

December 18

500.5-504.2

The Prayer of Faith (James 5:15)

The prayer of faith is an unconditional belief in both the ability and the desire of Spirit to hear and answer. The prayer of faith heals the sick through the law which says that whatever images of thought are held in the subjective side of mind will tend to appear in the body, or in the body of affairs.

When the prayer of faith penetrates the subjective thought and neutralizes false images, then the sick are raised into health. Even God cannot heal the sick, unless this psychological change takes place in the inner creative thought. All is love but all is law: one balances the other. Law cannot, and will not, depart from its nature.

When we pray, believing, we erase false ideas from our inner thought, then the Spirit can make the gift of health. When we admit the light, it comes in, since there is no way it could enter except through a receptive mind.

If we could give up our diseases – offer them on the altar of faith to the Giver of all life – we would be healed. It is not easy to release our troubles; we are prone to linger with them. But, by effectual and fervent prayer, we gradually loose false thought into its native nothingness. God is perfect life, and when we enter His light, we are healed.

The Confession of Mistakes (James 5:16)

James tells us to confess our faults. This thought suggests one of the great psychological truths of the inner nature. Psychoanalysis – which is the analysis of the soul of subjective mind – is a scientific method for the erasure of false beliefs. It is often forgiveness of sins, done in a scientific manner.

Our minds are burdened with many things. Often our religions – which should automatically balance our mentalities – suppress them, and create morbidity on the subjective side of thought. This happens when we feel condemned for our mistakes. The Bible tells us that God will blot out these mistakes and remember them no more against us forever. This is complete removal and erasure of all mistakes. How could it be different? God is of pure eye and perfect mind; He is perfect Spirit. When we enter this Spirit and bare our souls to Its great light, we loose our troubles and are healed.

The confession of sins, or mistakes, helps us to let go of troubles, and to feel that the Universe holds nothing against us. Sin means making mistakes, and while we continue to make them, we continue to perpetuate their dire results. We should come daily to the Spirit of Goodness for a complete washing away of all mistakes, fears and troubles.

The man who feels that his mistakes can be blotted out, is in a better psychological position, than the one who thinks God will not forgive. We should learn to let go of our mistakes and remember them no longer against ourselves. Nothing is gained by holding to past errors. The best thing to do is to let go of and forget them altogether.

It is scientific to consciously let go all our troubles. It is most unwise to hold them. Some will say that it is right that we should suffer for our past errors. It is right that we should suffer; we already have done so and will continue to do so until we pay the last farthing. BUT THE LAST FARTHING IS PAID WHEN WE LET GO AND TRUST IN THE LAW OF GOOD.

It is impossible for a sane person to believe that God delights in condemning or damning anyone. God is natural Goodness and eternal Loving-kindness, and holds nothing against anyone.

We suffer so long as we make mistakes. We are healed when we come to the Spirit for that cleansing which takes away the mistakes of the world, converting them into great lessons, ever pointing the way to Truth and beauty; to life, health, happiness and success.

It is scientific for one to consciously let go of his troubles and errors, feeling that they no longer affect him. He has learned the lesson that false ideas do not pay and is willing and glad to turn from all that hurts to the Great Light. And the Spirit, because of Its nature of Wholeness, is ever ready to take him in Its embrace and make him whole again.

Now Are We the Sons of God (I John 3:1-4)

The world does not know the son of God. Material sense cannot recognize the spiritual. Spiritual things must be spiritually understood. God's love is complete in us, in that we are His sons – the sons of freedom and not bondage.

"Now are we the sons of God." Not in the hereafter, but in the Now, are we just what we are and what we must be – because of our true natures. "Now are we the Sons of God." The birth of the soul into the light of Spirit is an awakening to the realization that God has been with us all the time. "Now are we the sons of God." Today is the day of complete salvation, not tomorrow or the day after, but NOW.

It does not now completely appear what we really are, for now we see only in part, but when He shall appear we shall recognize Him, for we shall see Him in His true light. This "He" means ourselves – *the Christ in us*, our hope and assurance of eternal glory. We shall be like Him. We have inwardly been like Him all the time, but when He shall appear, we shall see Him as He is; that is, we shall know, even as we also are known – we shall know ourselves.

"We shall see him as he is." Not as He now appears, for He is hidden in the innermost recesses of our nature. We shall see Him with the spiritual eye that dims not; with a clear sight that penetrates all suppositional opposites and announces the ever-present Reality. We shall see ourselves as we really are, forever held in the bosom of the Universe – the Sons of God.

Who doeth right, is right, even as He is right. This again reveals us to ourselves. This is the great revelation: the revelation of the self to the self. But before this can take place, we must have

consciously come into our birthright. We must have returned to the Father's House. This return is a conscious act on our part.

When we do right, we are right, and when we are right, we are like Him, for then we shall see Him. This refers to the Christ indwelling every soul. The Son of God in all His beauty and strength.

Even if our hearts condemn us, we know that the Spirit, which gave the heart, is greater than Its gift. God is greater than all human mistakes and in God alone is there peace and happiness. God is natural Goodness and eternal Loving-kindness.

"Who is born of love is born of God, for God is Love." Without love, nothing can be accomplished. With love, all things are possible. And when we love, our prayers are answered and the gift of heaven is made. The gift of heaven is Life and not death; Love and not hate; Peace and not confusion.

And we enter into this paradise through the gateway of love toward one another and toward God. Love is greater than all else and covers a multitude of mistakes. Love overcomes everything and neutralizes all that is unlike itself. Love is God.

December 19

539.M1 & M2

My Thought Is in Thee

My thought is in Thee, Inner Light.
My words are from Thee, Inner Wisdom.
My understanding is of Thee, Inner God.
I cannot be hid from Thee, my inspiration and my life.

My thought is in Thee.

O Love Divine

O Love Divine within me, I am overpowered by Thy Presence.
I am speechless, for words cannot utter the things that Thou hast revealed to me.
Why dost Thou love me so, and why clasp me so close to Thy Eternal Heart?
O Blessed Presence, I know, for Thou hast claimed me as Thine own.
I shall nevermore walk apart from Thee.

The love of God is within me.

December 20

539.M3 & 540.M1

Peace Steals Through the Soul

Peace steals through the waiting Soul, and the comfort of the Spirit comes into the stillness of the heart.

Peace, like an ocean of Infinite Life, reflects itself through me and calms every turbulent feeling. I am at peace and rest in the knowledge of the All Good which is at hand.

I rest in peace.

Stand Forth and Speak

Stand forth and speak, Spirit within me.

Proclaim Thy presence, announce Thy course.

Declare through me Thy wondrous works and

Let the children of men hear Thy voice.

Behold, He maketh all things new.

The Spirit within speaks words of Truth and Life to all.

The Spirit within me is God.

I speak the Truth.

December 21

417.3-419.1

We may be sure that the whole aim of evolution is to produce innumerable selves which are all consciously centered in the Universal Self. The individual "I" is a complement to the universal "I AM." And any method that would seek to erase or to obliterate this individual "I" must be based upon a false philosophy. But "the Father is greater than I." This must never be overlooked for all further evolution of the individual will depend upon his conscious co-operation with the Law and with the Spirit; the Spirit is greater than any particular use of the Law of cause and effect.

If we believe that as isolated personalities we are able to heal through mental and spiritual methods we shall be likely to fall into the error that it is human will that accomplishes the desired good. And perhaps our human will power will someday tell us that it no longer has the strength to keep on working, that it is tired or that it no longer has the inspiration to continue. It is evident that we must not allow ourselves to think this way if we wish to accomplish anything worthwhile. If we are swayed by the opinions of others or by the belief that we are not yet ready to help others, then we are falling under the illusion that we are using an isolated power and do not understand that which really heals is the knowledge that the spiritual man is already complete and perfect.

The practitioner knows that the spiritual man needs no healing but that this has not yet become revealed to the mind. What the healer does is to mentally uncover and reveal the Truth of Being, which is that God is in and through every man, and that this Indwelling Presence is already Perfect. We separate the belief from the believer and reveal that which needs no healing. Thought is sifted and that which does not belong to the real man must be discarded. Whatever is of a discordant nature does not belong to the Truth of our Being. We really heal the thought. The Spirit of man needs no healing for the Spirit of man is God.

Ignorance stays with us until the day of enlightenment, until our vision toward the Spirit broadens and casts out the image of a no longer useful littleness. What we now experience we may cease experiencing if we have the will and the imagination to set our vision in an opposite direction and hold it there. It is the office of the imagination to set the vision. The will should hold it in place until the creative genius of the inner life transforms the image of limitation and transmutes it into liberty under law.

"With right glance and with right speech man superintendeth the animate and the inanimate," rightly said the ancient whose knowledge of unseen Principle gave him power over his objective world. But this is more than a saying. It is a truth and should become a part of our everyday practice. That is, we should daily practice correct thinking. We should decide what we wish to have happen in our lives. We should be sure that it implies no hurt for anyone and then we should be certain that we now have this desire, whatever it may be.

December 22

419.2-421.1

A mystic is one who intuitively perceives Truth and who without conscious mental process arrives at Spiritual Realization. The mystics include the great prophets, the inspired writers the illumined souls of all ages. What we have received from them constitutes the greatest intellectual and spiritual heritage of the ages.

All the mystics have recognized the absolute unity of God and man. Within the Infinite Mind each individual exists, not as a separated, but as a separate and distinct entity. We are a point in Universal Consciousness, which is God. We are not separated from Life, neither is It separated from us, but we are separate entities in It, individualized centers of God Consciousness.

True mystics have not denied the reality of individuality. They have all agreed that the soul is on the pathway of experience, of self-discovery; on the way to its Father's House. They have told us of the marvelous relationship which exists between God and man...of a close Union which cannot be broken.

Since we see that personality is what one does with his individuality, we should turn within, as have all the great mystics who have blessed the world with their presence – we should turn within and FIND GOD; and we should have a sense of a Real Presence when we do turn toward the One and Only Presence in the entire Universe.

One of the most illuminating truths which mysticism has revealed is that there is no ultimate reality to evil. NO DEVIL, NO DAMNATION OUTSIDE OF ONE'S STATE OF THOUGHT, NO PUNISHMENT OUTSIDE OF THAT SELF-INFLICTED THROUGH IGNORANCE, and no salvation outside of conscious co-operation with the Infinite. Consequently, they have taught that the answer to every problem is in man's own consciousness.

It is one thing to say that God is unfolding through His idea of Himself, but quite another thing to say that He is gradually becoming conscious of Himself. An "unfolding" God implies a forever-out-pouring Spirit and a forever-manifesting Deity. Evolution is the time and the process through which an idea unfolds to a higher state of manifestation; and since ideas are Divine Realities, evolution will go on forever. But evolution is an *effect* of Intelligence and not its *cause*. Evolution follows involution.

All emerge from that One Whose Being is ever present and Whose Life, robed in numberless forms, is manifest throughout all Creation. Creation is the logical result of the out push of Life into self-expression. It is the coming forth of Spirit into manifestation. The One encompasses and flows through All, spilling Itself into numberless forms, and personalities. These forms and personalities, propelled by the Cosmic Urge which brings them into being, have, within themselves, an impulse planted by the Divine; and since the Divine is Limitless and Perfect, It must and ultimately will bring all creation into a state of perfect manifestation.

By Cosmic Consciousness, we mean "One's consciousness of his unity with the Whole." This is not a mystery, however, but the Self-Knowingness of God through man. Illumination will come as man more and more realizes his Unity with the whole, and as he constantly endeavors to let the Truth operate through him.

December 23

357.1-361.4

Who is Christ?

Who is Christ? The Son, begotten of the *only* Father – *not* the “only begotten Son of God.” The mystical conception of Christ means the Universality of Sonship, *embodied in any individual who recognizes this Sonship.*

Eckhart, one of the great mystics of the Middle Ages, said: “God never begot but *one* Son, but the Eternal is forever begetting the only begotten.” This conveys the same sense as our New Testament statement “world without end.” This world forms and disintegrates, as the body does, but creation goes on forever. Therefore, the Eternal is forever begetting that which is the realization of Its own perfection. It is an eternal process; It is the Son of God, and the Son of God is Christ.

Christ means the Universal Idea of Sonship, of which each is a member. That is why we are spoken of as members of that One Body; and why we are told to have that Mind in us “which was also in Christ Jesus.” Each partakes of the Christ nature, to the degree that the Christ is revealed through him, and to that degree he becomes the Christ. We should turn to that Living Presence within, which is the Father in heaven, recognize It as the One and Only Power in the Universe, unify with It; declare our word to be the presence, power and activity of this One. We should speak the word with belief in its power, because the Law is the servant of the Spirit.

If we could stand aside and let this One Perfect Life flow through us, *we could not help healing people!* This is the highest form of healing. We have gone through many abstract processes of reasoning and have found out what the Law is and how It works. Now we can forget all about the Law and know there is nothing but the Word – the Law will be working automatically. We must forget everything else and let our word be spoken with a deep inner realization of love, beauty, peace, poise, power, and of the great Presence of Life *at the point of our own consciousness.* There is a place in the mentality – in the heights of its greatest realizations – where it throws itself with complete abandonment into the very center of the Universe.

There is a point in the supreme moment of realization where the individual merges with the Universe, but not to the loss of his individuality; where a sense of the Oneness of all Life so enters his being that there is no sense of otherness. It is here that the mentality performs seeming miracles, *because there is nothing to hinder the Whole from coming through.* We can do this only by providing the mental equivalents of Life, by dwelling and meditating upon the immensity of Life and the fact that, as vast, as immense, as limitless as It is, the whole of It is brought to the point of our own consciousness.

We comprehend the Infinite only to the degree that It expresses Itself through us, becoming to us that which we believe It to be. So we daily practice in our meditations the realization of Life:

“Infinite, indwelling Spirit *within me*, Almighty God *within me*.” Jesus said: “I am the way, the truth and the life: no man cometh into the Father but by me.”

How true this is! We cannot come unto the Father Which art in Heaven except through our own nature. Right here, through our own nature, is the gateway and the path which leads to illumination, to realization, to inspiration, to the intuitive perception of everything. The highest faculty in man is intuition and it comes to a point sometimes where, with no process of reasoning at all, he instantly knows.

Christ is the embodiment of divine Sonship which has come, with varying degrees of power, to all people in all ages and to every person in some degree. Christ is a Universal Presence.

We do believe that in the unique personage of Jesus, this Christ was more fully orb'd than in any one of whom we have record. We do believe that in the person of Jesus more of God was manifest. We also believe that Christ comes alike to each and all. There is no one particular man predestined to become the Christ. We must understand the Christ is not a person, but a Principle. It was impossible for Jesus not to have become the Christ, as the human gave way to the Divine, as the man gave way to God, as the flesh gave way to Spirit, as the will of division gave way to the will of unity – Jesus the man became a living embodiment of the Christ.

If we can look upon Jesus from this viewpoint, we shall be able to study his life as a living example. What is more inspiring than to contemplate the consciousness of a man who has the faith to stand in front of a paralyzed man and tell him to get up and walk, *and to know very well that he is going to get up and walk*; or to stand in front of the tomb of a dead man and tell him to come forth! Such an example as this is worth something, but if the whole performance were enacted in the mind of a man *entirely unique and different from us*, then it would mean no more to us than studying the biography of hundreds of other men. Fortunately, we do not have to contemplate Jesus as being “unique and different,” for the Bible makes it more than plain that he was a man like as we are.

As the human gives way to the Divine, in all people, they become the Christ. In the case of Jesus, there was such a surrendering of an isolated will, that a greater incarnation of the Divine actually took place. The mystic Christ comes from the bosom of the Unseen Father, proclaiming the love of God through His own love of humanity.

Asleep in the heart of Cosmic Love
Unborn...Universal...Potential,
The Christ Child lay.
And the great Mother Soul,
Brooding over her unborn child,
Conceived it in the stillness
Of her Universal Nature,
Imparting to it her own being.

Born into time and experience,
Unnoticed, unseen, yet alive and aware,
The Christ Child incarnated in human form,
Taking the likeness of men and women,
Yet giving no sign of Its presence,
Waiting with utmost patience and love
The revelation that should disclose Itself
And proclaim the reign of peace.

Many ages passed and vanished
In the long yesterdays of time,
And still the Christ Child waited.
Nations appeared and disappeared;
Toil – famine – pestilence and want,
Hunger – cold – heat – and thirst,
War – hatred – blood – and ruin,
And still the seed of Perfection – unrevealed.

But the Universal Wholeness
Cannot be forever subjected,
Nor Cosmic Love be kept from human form,
That which was given must be revealed.
The seed of Perfection must burst.
The shoots of heavenly planting
Must break the cords that bind,
Fanning the human into a blaze Divine.

And so the long appointed day arrived,
A voice from out the stillness
Spoke: "This is my Beloved Son-
Let the earth be still in his presence,
Let the beasts of the field...the birds of the air
And all living creatures, be still.
Let the hosts of heaven sing praises,
And let deep cry unto deep."

Then spoke the child:

"I am come to bring peace.
I am the child of joy, and
To all who will, I give life.
I am formed of happiness.
I am come from the eternal stillness.
Quietness and confidence are mine.
In the heart of the Father I have lived forever.

"Oh! Nations and all people,
Look unto me and be saved.
Behold my face, shining as the sun,
And my feet, shod with righteousness.
In my left hand are riches and honor
And in my right, peace forevermore,
All that I am – all that I have –
I give."

December 24

361.5-367.1

Christ...the Idea of Universal Sonship...the entire creation, both visible and invisible. There is One Father of all. This One Father, conceiving within Himself, gives birth to all the Divine ideas. The sum-total of all these ideas constitutes the Mystic Christ. Jesus understood his own nature. He knew that as the human embodies the Divine, it manifests the Christ Nature. Jesus never thought of himself as different from others. His whole teaching was that what he did, others could do. He located God and the kingdom of Heaven within himself. He had plunged beneath the material surface of creation and found its Spiritual Cause. This Cause, he called God or the Father. It is now nearly two thousand years since this wonderful man labored in the vineyard of human endeavor, pointing a way to Eternal Reality. Centuries have passed; nations have risen, only to decline and fall. Science has solved many problems. Invention has harnessed subtle forces, and our land is filled with institutions of learning – but the world is looking for another great teacher, one who will again show it the way. Never before was there such an inquiry into the hidden meaning of things...never such a searching after God and Reality. It seems as though all people are engaged in this search, and that no one can be satisfied until he has made the great discovery for himself; but to how few has come the real Truth – the realization that God is indwelling in the soul and spirit of man! And yet this realization is what gave Jesus his wonderful power – this, and a correct knowledge of spiritual Law in the mental world.

God...Infinite Personality

God, or Spirit, is Supreme, Infinite, Limitless Personality. And we should think of the Divine Being as such – as completely responsive to everything that we do. There should come to us a sense of communion, a spontaneous sense of an Irresistible Union. If we had this, we would demonstrate instantaneously!

An evolved soul is always a worshipper of God. He worships God in everything; for God *is* in everything. God not only is *in everything*, but *He is more than everything He is in!* “Ye are the light of the world.” That is God in us. All that we are is God, yet God is more than all we are. The nearer consciousness comes to this Truth, the more Cosmic sweep it has, the more power it has. The realization that God is personal to all who are receptive to the Divine influx, enables one to communicate with the Spirit, receiving a direct answer from It. This Jesus was able to do. He was able to balance the personal and the impersonal attributes of being, for the Law is only a natural force, while the Spirit is always Self-Knowing. In studying the life and teachings of Jesus, the most unique character of history, we discover a few simple ideas underlying his philosophy, the embodiment of which enabled him to become the Christ.

Fundamental to his concept of life was his belief in a Universal Spirit, which he called God, or the Heavenly Father. This Heavenly Father was an Intelligence, to which he consciously talked and from which, undoubtedly, he received a definite reply. Jesus located God in his own soul. So complete was this realization that he was unable to find a place where the being of Jesus began and the Being of God left off, or where the Being of God began and Jesus ceased to be.

This Jesus discovered and taught: that whatever is true of Man, of the *reality* of his nature, is the Divine Presence within him. Coupled with this dynamic realization, with this enlightening concept of Deity – of placing God at the center of his own being – was the realization of an absolute Law, obeying his will, *when this will was in harmony with the Spirit of Truth*. This concept of God and man, and the relationship between them, places the philosophy of Jesus in a different category from that of other teachers. Christ is the image of God, the likeness of the Father, the Son of the Universe, the Man that Spirit conceives. Christ is not limited to any person, nor does He appear in only one age. He is as eternal as God. He is God's Idea of Himself, His own Self-Knowingness. For Christ to be found in us is to put off the old man, with all his mistakes and doubts, and put on the new man, who is always certain that he is beloved of the Father. The Christ always comes with power and might, awakened by the still, small voice of Truth.

The Indivisible Whole

Our conscious intelligence is as much of Life as we understand. We have stopped looking for the Spirit, because we have found It. It is what you are and It is what I am; we could not be anything else if we tried. The thing that we look *with* is the thing we have been looking *for*. That is why it is written: "I have said, ye are gods; and all of you are children of the most High." (Psalms 82:6) We have stopped looking for the Law. We have found It. In the Universe, we call It Universal Subjectivity or Soul. In our own experience, we call It the subjective state of our thought, which is our individual use of Universal Law. We have found the Law and demonstrated It. We find that both the Law and the Spirit are Limitless. What is it we need for greater freedom? Nothing but a greater realization of what we already know.

We should never hesitate to say that we know the Truth, because we do, for the realization of the Unity of God and man is the Truth. We simply need a greater realization of this. How are we to get it? Only by penetrating deeper and yet deeper into our own Divine Nature – pushing further and further back into the Infinite. *Where* are we to do this? THERE IS NO PLACE EXCEPT WITHIN THAT WE CAN DO IT. *Who* is to do it for us? NO ONE. No one can. Others can treat us; they can set the Law in motion for us and help us to become prosperous. This is both good and helpful, but the evolution of the individual – the unfoldment of personality, the enlightenment of the soul, the illumination of the spirit – can come only to the degree that the individual himself purposes to let Life operate through him. "Let this Mind be in you which was also in Christ Jesus." (Phil. 2:5) This is the Mind of God – the only Mind – the Supreme Intelligence of the Universe.

The answer to every question is within man, because man is within Spirit, and Spirit is an Indivisible Whole! The solution to every problem is within man; the healing of all disease is within man; the forgiveness of all sin is within man; the raising of the dead is within man; Heaven is within man. This is why Jesus prayed to this indwelling "I am" and said: "Our Father which art in Heaven," and again he said: "The Kingdom of Heaven is *within you*."

Each of us, then, represents the Whole. How should we feel toward the Whole? In the old order we thought of the Whole as sort of a mandatory Power, an autocratic Government, an arbitrary God, sending some to heaven and some to hell, and all "for His glory." Now we are more enlightened and we realize that there *could be no such Divine Being*. We have meditated upon the vastness of the Universe as Law, and we have said, "God is Law. There is a Divine Principle which is God."

In the new order of thought, we are likely to fall into as great an error as in the old thought, unless we go much deeper than thinking of God as merely Principle. GOD IS MORE THAN LAW OR PRINCIPLE. God is the Infinite Spirit, the Limitless Conscious Life of the Universe; the One Infinite Person, within whom all people live...The One Indivisible Whole.

HOLY, HOLY, HOLY,

Inner Presence, Great and Mighty,
Inner Light that shines divinely,
Inner Life that lives completely,
Inner Joy that smiles serenely,
Inner Peace that flows so deeply,
Inner Calm, untroubled, happy,
Inner Love, that gives so freely,
Inner Truth, that never fails me,
Inner Power that holds securely,
Inner Eye, that sees so clearly,
Inner Ear, that hears Him always,
Inner Voice, that speaks supremely,
Inner Good, that binds me to Thee,

HOLY, HOLY, HOLY –

Lord, God within me.

We must not look afar to see the Christ, for He is ever near at hand. He is always within us. To the individual, there can never be any power, truth or life, unless he is able to realize or recognize it. Jesus stands alone as a man who knew himself and was cognizant of his relationship to the Perfect Whole. In the ecstasy of self-realization, he proclaimed the Truth to be working through him.

Thou art the center and circumference of my life,
The beginningless and endless part of me,
The eternal Reality of me;
The everlasting Power within me;
The eternal Good working through me;
The infinite Love impelling me;
The limitless Peace and Calm within me;
The Perfect Life, living through and in me;
The Joy of the Soul and the Light of the Spirit, illumining me.
O Lord, God, Eternal and forever Blessed, Thou art my whole being!

Jesus spent much of his time communing with his own soul, for it is through our inner thought that we contact God. To this remarkable man, out of the silence of his own soul, came a direct revelation of his Sonship, his Oneness with God. Back of the conflict of ideas; back of the din of external life and action; back, back in the innermost recesses of uplifted thought and silent contemplation, there is a Voice ever proclaiming: "This is my Beloved Son." Seldom does this voice penetrate the outer world of human experience, seldom does anyone allow it to perfectly express through him. We must learn to listen for this voice. Call it conscience, intuition, or what we will, it is there. No man need go unguided through life, for all are divine at the center and all are Images of the Most High!

December 25

367.2-370.3

Sweet song of the Silence, forever singing in my heart!
Words cannot express, the tongue cannot tell;
Only the heart knows the songs which were never sung, the music which
was never written.
I have heard that great Harmony and felt that great Presence.
I have listened to the Silence; and in the deep places of Life, I have stood
naked and receptive to Thy songs and they have entered my soul.
I am lost in the mighty depths of Thy inner calm and peace.

As the external Jesus gave way to the Divine, the human took on the Christ Spirit and became the Voice of God to humanity. How wonderfully he did this, constitutes the history of Christianity, and much of the enlightenment of modern civilization. And yet it would be a grave mistake to suppose that he was different from other men. He was a man who knew himself and his direct relationship to the Whole. This was the secret of his success.

To think of Jesus as being different from other men is to misunderstand his mission and purpose in life. He was a way-shower, and *proved his way to be a correct one!* His method was direct, dynamic, and powerful, yet extremely easy and simple to comprehend. He believed in God *in himself*, as Power and Reality. Believing in God within, he was compelled to believe in himself.

To the illumined, has ever come self-realization and I-AM-NESS. Who could proclaim himself to be the way, the truth, and the life, unless he had understood that God indwelt his own soul? The Christ Spirit comes to all alike, proclaiming Itself as the Son of God, even unto the humble *in spirit*. Proud of his divinity, yet humble before the greatness of the Whole, Jesus spoke from the heights of spiritual perception, proclaiming the deathless reality of the individual life, the continuity of the individual soul, the unity of Universal Spirit within all men. This was the Christ speaking, the Son begotten of the only Father – the Son of God. Humble in his humanity, compassionate in his tenderness, understanding the frailties of the human mind, he let the Great Spirit speak through him, in words of love and sympathy. He proclaimed his divinity through his humanity and taught that all men are brothers. No man ever lived who valued the human soul more than Jesus, for he knew it to be the personification of God.

I AM, what more can I say? I am, it is enough!
Because Thou Art, I am!
From out of the deeps of me, I AM!
In and around me, I am! Over and through me, I am!

O Inner Being, Eternal and Blessed, Complete and Perfect!
Birthless and Changeless and Deathless, I AM! I AM!
And evermore shall be.

The mystic Christ comes from the bosom of the unseen Father, proclaiming the love of God through His own love of humanity. To know God is to love, for without love there is no knowledge of God. As the Christ awakens, the divine spark – shot from central fires of the Universal Flame – is able to warm other souls by the radiance of its own self-unfoldment.

We give only what we have. The only shadow we cast is of ourselves; this shadow lengthens as we realize the Great Presence in which we live, more and have our being. Who would entertain the Christ, *must invite Him!* He does not come unbidden, nor sit at any man's table an unwelcome guest; neither does the Divine Presence force Itself upon any. He stands at the door and knocks; WE MUST OPEN IF WE ARE TO RECEIVE. But how can we receive unless we first believe? We must believe that Christ indwells our own lives and stimulates all of our actions, for without Him we can do nothing. To realize within oneself a divine Presence, a perfect Person, is to recognize the Christ. No man ever walks life's road alone; there is ever Another who walks with him; this is his inner Self, the undying Reality, which his personality but poorly emulates. Let us learn to be still and let the Truth speak through us; to be still and know that the inner light shines.

Be still, O Soul, and *know*. Look unto the One and be illumined.
Rejoice and be glad, for they Spirit lights the way.
Lift up thine eyes and behold Him, for He is fair to look upon.
Listen for His voice, for He will tell thee of marvelous things.
Receive Him, for in His presence there is peace.
Embrace Him, for He is thy Lover.
Let Him tarry with thee, that thou mayest not be lonely.
Take council from Him, for He is wise.
Learn from Him, for He knows.
Be still in His presence and rejoice in His Love forevermore.

The Triumphant Christ

The Christ knows that His individuality is indestructible; that He is an eternal Being, living forever in the bosom of the Father. The Christ triumphs over death and the grave, breaking through the tomb of human limitation into the dawn of eternal expansion. The Christ rises from the ashes of human hopes, pointing the way to a greater realization of life. The Christ IS ALWAYS TRIUMPHANT, IS EVER A VICTOR, IS NEVER DEFEATED, NEEDS NO CHAMPION! The Christ places His hand in the outstretched hand of the Universe, and walks unafraid through life.

Through the long night watches, His hand clasps mine.
At the break of dawn, His hand clasps mine.
In the daytime of work and endeavor,
From Eternity to Eternity, His hand clasps mine.
When time shall have passed,
When Eternities shall be strewn about like falling petals,
And Space and World shall be swallowed up in everlasting blessedness,
His hand will clasp mine!

We are never left without a witness of the Eternal, and in our greatest moments – in those flash-like visions of mystic grandeur – we know that we are made of eternal stuff, fashioned after a Divine Pattern.

December 26

422.3-422.3

The mystical conception of Christ is an idea of the Universality of Sonship, embodied in any individual who recognizes this Sonship. We comprehend the Infinite only to the degree that It expresses Itself through us, becoming to us that which we believe It to be. We cannot come unto the "Father Which Art in Heaven" except through our own spiritual nature. As the human gives way to the Divine in a person he becomes the Christ. There is One Father to All. This One Father, conceiving within Himself, gives birth to all the Divine ideas. The sum-total of all these ideas constitutes the Mystic Christ. This profound truth Jesus discovered and taught: that whatever is true of man, of the reality of his nature, is the Divine Presence within him. The answer to every question is within man, because man is with Spirit, and Spirit is an Indivisible Whole. Jesus stands alone as a man who knew himself and realized his relationship to the Perfect Whole. As the external Jesus gave way to the Divine, the human took on the Christ Spirit and became the Voice of God to humanity. The Christ is always triumphant, is ever a victor, is never defeated, needs no champion.

December 27

421.2-422.2

The great mystics like Jesus have taught that as we consciously enter into the One, the One enters into, and becomes us. While sensing this Unity, they have also sensed the individualization of Being and the individuality of man as a Divine Reality.

In flashes of illumination, the inspired have seen into the very center of Reality. They have been convinced of immortality *now*; of God as personal to the individual; of the inevitable overcoming of all evil by good. In such degree as we become conscious of God, evil disappears.

Man is Universal on the subjective side of life, and in this way is connected with the subjectivity of all with whom he is in harmonious vibration. Mental suggestion operates through the subjective mind, and a silent influence is always going on through this avenue in the form of race-suggestion. A silent communication takes place at all times between friends, on the subjective side of life; when it comes to the surface, when one receives a clear impression of thought without the use of words, it is called mental telepathy.

Telepathy, which is the act of reading subjective thought, takes place through the medium of Universal Subjectivity. In order to mentally receive a message, and bring it to the surface, one must be in tune with the vibration of that message. Since the whole field of subjectivity is Universal, it follows that everything which has ever been thought, said or done, is retained in the race-thought; and since this field is a unity, all of the vibrations are ever-present and may be contacted at the point of anyone's mentality. In his objective state, man is separate and distinct, but on the subjective side of life he is Universal.

Each maintains a stream of consciousness in the One Mind, and anyone contacting this stream may objectify it. Because of the Universality of the Medium, the individual stream of consciousness is always omnipresent, whether the one from whom it emanated be in the flesh or out of it. Time and space are unknown in Mind...the past and the present are one. Everyone who has ever lived has left behind a mental picture of himself. These pictures are often seen when one is in a subjective state. This does not mean that we really see the person; what we see, generally, is the picture.

December 28

495.6-496.6

The Mind That Jesus Used (Phil. 2:5, 6, 13)

We are to let the mind be in us which was in Christ Jesus. Note carefully the manner in which the expression is used. *The mind which was in Christ Jesus*. This means the Mind of God. Not our personal mind – marvelous as this is with its different ramifications – but the mind which Jesus used: the Divine Mind of the Creator and Ruler of the universe.

To *have the same mind that Jesus used* implies a power which is available to all and may be used by all. The mind which was in Christ Jesus was the Mind of Truth; hence, he became the *way*. But we are also to become the *way*, and this can be accomplished only when we use the same mind that he used, which is the Mind of God.

We have the Mind of Christ in such degree as we trust implicitly in the Universe, and no longer do those things which contradict the fundamental goodness. From this Mind, proceeds the perfect Law, which is the Law of Liberty.

This Mind is God working in and through us. God can work *for* us only by working *through* us. Consequently, there is no other name under heaven whereby a man may be saved – not the *name* of Jesus, but *the Mind of Christ*. The individual is thrown back upon himself and upon the Universe. Every man has the Mind of Christ, if he will admit it, *but he can use this Mind only when he is in harmony with Life!* Nature always guards herself against any undue approaches and the righteous alone may enter the portals of Truth.

A Pattern for Thought (Phil. 4:8, 13)

We are to *think on those things which are of good report*. That is, we are to think on those things which are of the Truth. If we do this, we can accomplish because of our own inner mind, which is Christ. This Mind is the Creator of the heavens and the earth and all they that dwell therein.

And God will supply all our needs. This is a beautiful thought: that we are fed from the table of the Universe, Whose board is ever spread with blessedness and peace; Whose loving-kindness has never been fathomed; Whose grace and truth are the cornerstones of Reality. WE ARE TO BE FED, CLOTHED, AND SUPPLIED IN EVERY NEED, STRAIGHT FROM THE CENTER AND SOURCE OF ALL. More than this, we could not ask. Greater, could not be given. Lowell tells us that “Heaven alone is given away,” and all is ours for the asking. Shall not this asking, then, include all righteousness and truth?

Rejoice Evermore (I Thess. 5:15-23)

We are to rejoice evermore. There is no sadness in the Spirit. It is happy and free, for It knows neither depression nor confusion and we belong to It, are in and of It. We are to rejoice evermore.

December 29

497.1-498.5

Constant Prayer

“Pray without ceasing.” This means to be always on the affirmative side of life. To pray without ceasing is to doubt never, but to always trust in the Law of Good. This inner communion is essential to the soul and natural to the mind. It is a constant recognition of our relationship to that Presence in which we live and move and have our being.

“In everything give thanks.” An attitude of gratitude is most salutary, and bespeaks the realization that we are *now* in heaven. How we love to do for those who co-operate with, and are grateful for, our small endeavors! Gratitude is one of the chief graces of human existence and is crowned in heaven with a consciousness of unity.

Quench Not the Spirit

“Quench not the Spirit.” We are not to be ashamed of our trust in God, nor are we to deny the Inner Light that lights every man’s reason to the ultimate reason of all. Spiritual emotion is common to all people, and is one of the ways through which the Spirit works. When this emotion is blocked, it hinders the currents of life from flowing and the result is stagnation. In psychology, we learn that congested emotions are disastrous to health. If this is true of the physical emotions, how much more must it be true of those higher emotions which are altogether spiritual!

What is true on one plane is true on all. There are ascending scales of being, and each reproduces from the lowest to the highest, each plane partaking of the nature of the Whole, since all are in, and of It. If physical emotions unexpressed, can congest the subjective thought, producing mental and physical confusion – and they can – it follows that unexpressed spiritual emotions can congest the soul and hinder a more complete flow of life through the individual. This is in accordance with Law.

If the artist suppressed all spiritual emotion, he would never be a great artist. In art, we call this emotion temperament, in oratory, we call it inspiration; and in purely spiritual things, we call it Illumination. Somewhere the soul must stand naked to the Truth, if it is to receive It in all Its fullness. There must be an outlet as well as an inlet, if there is to be a continual flow. “Quench not the Spirit,” but let the intellect decide to what the emotions are to respond. This is the secret of a well-balanced life.

“Prove all things, hold fast to that which is good.” We are not to be afraid of strange ideas or doctrines, but are to prove them and accept only that which is true. We are to analyze, dissect and investigate until we know the Truth and then hold fast to It. In this way, all advance must come, whether in science, philosophy, religion or anything else.

Ask in Faith, Believing (James 1:5-18)

If we lack wisdom, we are to come to the Source of all knowledge and we shall receive it. But how are we to ask? In faith, believing. A Double-minded man gets nowhere. How true this is! GOD CAN GIVE US ONLY WHAT WE TAKE, and since the taking is a mental act, WE CAN TAKE ONLY WHAT WE BELIEVE WE ALREADY HAVE! This is in accord with the teachings of Jesus: that when we pray, we must believe we already have the answer to our prayer.

Anything that is not of faith is sin, or a mistake, as we are told in another passage of this book of wisdom. Faith in God and in ourselves should be *consciously generated*. All trouble comes from disbelief in the Universe, followed by wrong acts, which are the result of disbelief and ignorance of the Law of Good, which is a Law of Liberty.

The lesson is simple enough. When we ask for anything, we are to believe that we have it, but *we are to ask for that which is in unity with life*. This unity includes health, happiness and success. These are native to the atmosphere of God and to the atmosphere of the inner man, which is Christ. Let us dislodge doubt, fear and unbelief and trust implicitly in Good.

December 30

498.6-500.4

Evil Is Created by Man (James 1:13)

Very emphatically the writer tells us that God never tempts any man. He says that God cannot be tempted and that all temptation is from our own minds. It could not be stated more plainly. Evil is *man created*, while God – the Eternal Goodness – knows nothing about it. He is too pure to behold evil and cannot look upon it. Evil is the direct and suppositional opposite to good, and has no reality behind it, or actual law to come to its support. GOD TEMPTS NO MAN. It is a mistake to say that God tries us to see if we are fit to enter the kingdom of heaven. God tries no man.

We make our own mistakes, suffer from our own foolishness, and we must also make our own return journey into righteousness. God was, is and will remain, the Essence of Life, Truth and Purity. Let us enter this Essence in belief and be freed from our unbelief and human mistakes.

All goodness and every good gift cometh from the Father of light. Darkness has no father, but is an illegitimate child of superstition and unbelief, having no parentage in Reality. The Universe is not divided against Itself. The good teacher said, "A house divided against itself cannot stand." There is no shadow of turning in the Truth. It is just what It is, and there can be nothing either added to or taken from It. It is One and never two. We enter the One through a consciousness of unity with it.

Doers of the Word (James 1:22, 27)

"Be ye doers of the word, and not hearers only, deceiving your own selves." This should teach us not to make idle talk about our understanding. What we *know*, we can *do*. What we cannot *do*, we only *suppose*...we only think we know. Unused knowledge is suppositional and unreal; it is an assumption and as such, never produced anything. Not everyone who says Lord, Lord, but those who *do* the will of Truth, enter in.

But we deceive ourselves when we boast about our understanding, and are unable to prove that we possess any! A silent *conviction* is worth more than the loudest proclamation from the housetops of those who shout affirmations to the great nowhere. An ounce of conviction is worth many pounds of affirmation.

Pure religion manifests itself through acts of kindness and mercy. It is not arrogant – claiming a front seat in heaven – but is humble before the great Whole. It unifies with all humanity and finds no great difference between saint and sinner. Such a religion as this, the world of today needs, for it is sick of pretense and would like a practical demonstration of a belief in God, made manifest through good works.

The Law Is No Respector of Persons (James 2:1-11)

James speaks of being *convinced of the law as transgressors*. He does not say that God is convinced we are transgressors, but that the law is convinced. This passage is filled with meaning. God is natural Goodness, Eternal Freedom, and pure Loving-kindness. But the Law is a cold, hard fact, returning to each the result of his own acts, be they false or true. The Law is a neutral, but an intelligent, force – a doer and not a knower. All law is of the same nature.

When we do wrong, the law punishes. When we do right, it rewards. Everything is according to law and order; this is the only way the universe could function. If our thought is of God, or Good, we shall be using the Law in the right way. When our thoughts and acts are opposed to God, or Good, we transgress and are punished. “There is no sin but a mistake and no punishment but a consequence.” In like manner, Emerson tells us “there is no sin but ignorance,” and this is true, for if we knew the Truth, we should not misuse the law.

The law is no respector of persons and will bring good or evil to any, according to his use or misuse of it. It will be a law of freedom to the righteous and one of bondage to those who misuse it. *We cannot escape from the creative power of our thought and there is no use in trying to do so.* All we need to do is to use the law from the right motive, then we shall be made free.

December 31

423.1-423.3

FINAL CONCLUSION

In conclusion, what the world needs is spiritual conviction, followed by spiritual experience. I would rather see a student of this Science prove its Principle than to have him repeat all the words of wisdom that have ever been uttered.

But the practice of Truth is personal to each, and in the long run no one can live our life for us. To each is given what he needs and the gifts of heaven come alike to all. How we shall use these gifts is all that matters! To hold one's thought steadfastly to the constructive, to that which endures, and to the Truth, may not be easy in a rapidly changing world, but to the one who makes the attempt much is guaranteed.

The essence of spiritual mind healing – and of all true religious philosophy – is an inner realization of the Presence of Perfection within and around about. It is the hope of heaven, the Voice of God proclaiming: "I am that which thou art; thou art that which I am."