

# *The Path of Truth* *and* *Practical Philosophy*



Non-denominational  
World-Wide circulation

**JULY/AUGUST 2025**  
Number 99

# **SCHOOL OF TRUTH (NPC)**

(Reg. No. 1943/016078/08)

SARS No. 13 000 3641w

**ESTABLISHED 1937**

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and the **TRUTH** shall set you free...*

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# THE PATH OF TRUTH

Published Bi-monthly • World Wide Circulation

**July/August 2025**

A THOUGHT FOR THE MONTH

*Faith means God in action  
through me, thus day by day  
I try to live in faith*



If we are prepared to say that we will not fear, we should also be prepared to say that we will have faith. It is not of much use to state that God is our helper unless we are relying entirely upon that help. The difference between fear and faith is that the former is a state of anticipation of the wrong things happening, while the latter is a state of living in the certainty that the right things will happen.

What we need to remember all the time is that both states, being states of mental activity, are necessarily productive. We become subject to conditions brought about either by our fear or our faith.

The Lord is our helper in every condition, as soon as we turn from the mental state which has produced adversities, and live in the opposite state. He does not need to be asked to help, for His will is that we should always have the good; therefore, like a power station radiating electricity, His help is constant and awaits only our acceptance of it.



***The Lord is my helper; I will not fear – Heb. 13:6***



## MEDITATION

*I am Richly  
Blessed*

The blessing of my Father rests upon me now and always. His love, wisdom, and power are even now working in me, from the centre to the circumference of my body, mind, and affairs renewing, restoring, and vitalising all things in accordance with the divine will of all good for me.

To His will of all good no boundaries are set, no limitations imposed, other than those which are imposed by me. I now remove all barriers that have hitherto prevented the manifestation of His good, and I accept and show forth in my life the health, the happiness, the peace, and the abundance which are my divine birthright as an expression of God.

I am blessed by the Truth that makes me free – free of all limitations. From this day forth all things shall be new for me and all things shall be good.

Without question I accept the truth that my desire for the good is God desiring to manifest Himself AS that good, in and through me, and I open my whole being in thought, feeling, spoken word, and action so that there shall be nothing in me to hinder my Father's desire from being accomplished. In the consciousness that I am strengthened by a Power greater than my physical self, I give grateful thanks.

**So be it.**

EXTRACTS FROM LETTERS RECEIVED BY THE SCHOOL OF TRUTH

"I asked you to  
Pray ~"



Some four months ago I suddenly became paralysed in my left leg and arm. I was taken to hospital where I stayed for two months and was then sent home. The specialist said I was not ill, only paralysed, and I would never walk again. At this stage, my husband wrote asking you to pray for me. Arrangements were made for an invalid chair and crutches, but I was so sure that the many prayers would be answered that I would not make use of them. And now, thank God, I can walk again without aid of any description. Although I cannot leave my house yet, I do my own housework and cooking, and last Sunday, I drove my old car to church. I thank God for all His love and goodness.

***We are sincerely grateful to all our known and unknown friends for their continued spiritual and material support of this, God's work.***

The doctors said that my son had a patch on one lung which practically covered the whole lung and did not yield to treatment. We were desperate, that is why I wrote asking for prayers. Now I am writing to let you know that within these few weeks the patch has cleared up entirely and my son will be fit to start work shortly. My heart is full of love and gratitude to God for His blessings.

Because my son had been coughing for six months, I asked you to pray for him. No medical treatment could cure him. I am grateful to be able to tell you that, within a week of my writing to you, he is quite better and the cough has left him.



When I visited you some months ago I had given up all hope of ever being strong again, and the specialist who was attending me gave me to understand there was little hope of a recovery. But my health has improved wonderfully since you have been praying for me. I have no more heart trouble and no more sleepless nights. I am eating well, which I did not do previously, and am putting on weight.



My failing was drink. I drank for several years and eventually landed in hospital. While in hospital something I cannot explain came over me, and since that day to this I have not touched drink. Some days after my discharge from hospital, I picked up a copy of The Path of Truth and found what I had been seeking for a very long time. A desire was awakened in me to know God and the article I read was the answer to what I wanted.



This is just to let you know that my son has passed very well in his examination – three out of the five subjects with distinction. With all my heart I thank God for His loving care, and thank you too for your prayers.

I wrote asking you to pray for my husband as he was desperately ill and spent a month in a nursing home. Much to our joy, the specialist informed us that the dreaded operation would not be necessary. He has made a miraculous recovery and is back at work again, feeling well and happy.



Our marriage seemed to be going on the rocks, therefore I approached you for prayers on our behalf. Things are quite different now. My husband was given a marvellous job – He is more or less his own boss and has the promise of a managership within eighteen months. The congenial atmosphere has worked wonders with us both. Also, we have made a very sound investment in land which will mean good profits within a few years. We are most deeply grateful to God, and thank you for your help and prayers.



I was brought into touch with you when my little son met with such a tragic death, and I can never tell you how much your teaching has meant to me – it has altered my whole outlook on life and brought great peace and joy. I now have another little son – a lovely baby – and this in spite of the fact that I was told by doctors that I would never have another child. He will be a year old soon and has never had a day's illness since he was born. I have had some other wonderful demonstrations of God's love and am grateful to you for showing me the way.

I have had a wonderful spiritual healing. Medical men could do nothing for my injured spine and I spent years in pain. Today I am fit and well again. God is indeed good to me and I continually thank Him. I am grateful to the School for the wonderful way in which they helped me.



I had often read in The Path of Truth how people had changed but had always thought it was impossible for a selfish, lazy, obstinate man like my husband to change. Well, a miracle has happened. He has changed! He never would read the Bible or practise Christianity, but now he is actually learning the Truth lessons. He says he cannot believe it himself. He has become a most loving husband, and is willing to learn to give co-operation in the house. God's way of helping us is truly wonderful.



This is to tell you how wonderfully God has heard your and my prayers. I asked you to pray for my aged mother who, according to the doctor, was suffering from a malignant growth. Well, today she is quite free from the unpleasant discharge and is up and about and says she feels absolutely well. The doctor no longer visits her. I, who live with her, cannot take my eyes off her. To me, God's grace is too wonderful, and in her I see His great love and power to heal.







LECTURE FROM THE BOOK "MY PATH OF TRUTH" BY NICOL C. CAMPBELL

## *"Fear not, for I am with Thee"*

The greatest promise made by Spirit through man to you and me is the promise: "Fear not, for I am with thee. Be not afraid, I am thy God." Those are the most reassuring words that could ever have been uttered to the man and woman starting out in Truth.

When you look about you as you take your first steps in Truth and see the multitudinous problems presented to almost every individual you know, you wonder if it is really possible that God can be this beneficent Power of which you have heard, a Power that will manifest through your bodies as health and in your affairs as harmony and peace, abundance and success.

For me, God, Whom I can neither see, touch nor feel – Whom I know to be abstract in the universal, yet personal to each one of us individually, is a very close and constant Friend Who loves me in spite of my many faults. He is a Friend who gives to me His very all; One Whose eager hands uplift me when I fall, Who will lead me when I go astray, Who will be my health should sickness overtake me, my guidance when I become confused, and my supply should there be any lack – a very personal Friend indeed.

I talk to Him just as I do to you, as I would speak to my own father, and, although I know that He is not conscious of any problems since His nature is Perfection – Beauty, Love, Abundance, Peace, and Health – I still come to Him with all my difficulties connected with these things and so get them off my chest. I have to talk to someone or something that understands, because I find that the majority of people to whom I speak – Truth students included, are filled with negation, and the very fact that many of them have had numerous demonstrations over all kinds of conditions still does not convince them of the Omnipresence of God. But I, in order to carry out my work, have to persuade myself of that truth perhaps a hundred or two hundred times a day; when I see in my path some problem that, according to human thinking, appears to be insurmountable, I have to reassure myself with those words again and again – not using them as an affirmation, or statement of Truth in which I *want* to believe, but listening to the Spirit *within* saying to *me*: “Fear not, I am with you. Be not afraid, I am your God. I am All-knowledge, All-power, All-presence. there is no problem that can be presented to you that I have not already solved, there is no disease, no matter how chronic, that My Life cannot instantly dissipate; no lack of any nature that My Substance cannot fill; no discord, no disharmony that may enter into your affairs that I cannot remove, if you but trust in Me. I am already the Peace and the Harmony waiting for you to allow the Substance of My very Being to flood your consciousness as a complete awareness of All-good.”

I do not walk around in a state of tension, with regard to conditions, affirming and striving by visualisation or imaging, literally to draw Him out from the spiritual realm into my physical body and material concerns. I just listen to the Voice saying: “Fear not, for I am with you. Be not afraid, I am your God.” and what I do you must do also if you would be set free.

First you must visualise His Presence within you, Which will dissolve in you – as in every other human being – all conditions of disharmony and discord as they come into your lives. We can think of our bodies and emotional make-up as we would of a building: a storm may be howling outside, accompanied by hailstones, thunder, and lightning, but we feel quite safe and secure; we are not in the least afraid because we know that nothing will harm us unless we open the windows and doors and admit the fury lashing and flashing without. We are, of course, not able to still the tempest simply by closing the windows but we do prevent it from entering our place of sanctuary – and so it is with our lives. Storms are constantly raging, storms of poverty and disease, of unhappiness and lack, of failure and discord, but they cannot touch us as long as we keep our mental and emotional windows closed, for in so doing, we have contacted the Presence within and we have heard Him say: “Fear not, I am with you. Be not afraid, I am your God.”

We still have to remind ourselves that these outer happenings have no power except that which we, as individuals, invest in them. We have yet to know that there is no human being in all the world

that can do us any harm unless we furnish him with an opening and consciously accept the evil that he has to offer, but does the student who finds himself faced with a difficult situation usually turn to God, or does he say to himself: “I must do something about this! I must not allow this or that person to do thus and so to me. I must protect myself lest he or she harm me. I shall have to take very practical steps.” and, in doing so, is he not actually giving way to fear? Although we proclaim to all and sundry that we believe there is a Presence called God, Whom we know to be All-presence, All-knowledge, and All-power, we still behave as if He were unable to help us, and we take action ourselves instead of relying on Him, and, in so doing, we are governed surely not by faith but by fear. Many times I have asked myself, “What is my underlying motive in doing this or that?” If I feel that the steps I am taking are in tune with Truth, then I know that I am endowing God, the Presence within me, with all knowledge and all power, and paying no attention to human beings, having realised that they are of no account.

I can ignore their injustices, or that which passes for human justice and is generally perverted or warped, knowing that neither of these is important, but what *is* vital is that I should be very clear as to what my own attitude is to be.

I cannot compromise where God is concerned! For me He either IS, or He is *not*, and, if the latter conclusion were true, I should have to believe that some human being had more power

than He had, and should find myself compelled to worship an individual and go out of my way to pander to a personality, and to appease him for the sake of what I might get out of him, but any such supposition is entirely untenable, for we know that, even though God is for us intangible and unseen, He alone is All-power, All-presence, and All-knowledge and is therefore supreme both in Heaven and on earth.

Is it then so important how your neighbour behaves to you? I know your little human minds do not like to see someone else getting away with what appears to be yours. I know that we all suffer an inner hurt when such things happen, and we feel we must get our own back on these people in some way or other but all this is completely insignificant. In the long run, it does not really matter what the other person does to you or thinks about you; it is solely your own reactions that are of vital moment as far as you are concerned. It is your own thoughts and feelings alone – whether directed towards yourself or others – and not the actions or intentions of outsiders – that can harm you, therefore your only course, if you would be protected, is to think in tune with God, and no matter how the world may scoff, it will still be true that you and God are a majority, and that, “He that dwelleth in the secret place of the Most High shall abide under the Shadow of the Almighty.”

There was a time when I used to be afraid of people, of what they might say about me or do to me until I discovered that what

I was experiencing in that respect was just a basic fear within myself, when I realised that, if I pleased God, I should perforce please humanity too, for that which is acceptable unto Him cannot possibly harm any of His children.

There is no individual that can destroy your health or mine, no one who can influence your happiness or mine, none that can prevent your success or mine, for these are spiritual states which only we ourselves can jeopardise, if we give power to the little people around us by admitting, erroneously, that *they* are mightier than God.

Every human being is self-sufficient. Each one of you, when you consciously ally yourselves with God, is a majority with Him. When you refuse to split His power with anyone else at all, no matter if everything appears to crumble around you, or to be taken from you, you will be safe and sure under the shelter of His love.

God abhors a vacuum; therefore, whatever is withdrawn, is promptly replaced by what flows in, so there is nothing in this whole wide world for you or me to fear. Nothing, that is, except ourselves.

We have the promise, not *my* promise, but one which I have seen manifest hundreds of times in my own life, and thousands of times in the lives of students: "Fear not, I am with you." But "I am" can only be "with you" when you realise what "I am" means and Who "I am" is. "I am" is Love, and I – the individual – am identified with "I am" Which is God, only when I am in a state

of love, because perfect love, love of all people – good, bad, indifferent – who are expressions of God is the fulfilment of the Law.

Is not this oneness with God what you are seeking? Is it not purely a security of mind that you want? You may think that what you really desire is this, that, or the other *thing*, but what you are actually seeking, what brings you here and takes you to other teachers, and ministers, and churches, is the fulfilment within yourselves of peace and protection, and freedom from all fear.

What a different world it would be if we could all be released from the tyranny of outer conditions that bombard us daily and shout hysterically, crying: “Look at me! I am greater than God!” But what exactly is there to any single thing that menaces you?

Each threat to your safety or your happiness is like a mighty mouse that puffs itself up and swells and swells until, like a balloon, it bursts and is gone, *unless* you endow it with the substance of your faith, which builds (for you) reality around it.

I can assure you, without any reservations, that on the day that I find that any human being is greater than the power of God, in Whom I believe, when I feel that I have to pander to an individual, or when I see you toadying to personalities instead of trusting in God, that will be the time when I shall no longer be either a teacher or a student of Truth.

I cannot compromise where God is concerned; I cannot mix that which is evil with something that is good. I cannot allow

anything less than God to overcome God. I cannot afford to do this by being concerned about circumstances, or by permitting these to persuade me that I am being deprived of my rightful heritage; if I did, I should be having faith in them instead of keeping my trust centred upon God. In any case, how could such a thing happen? What power is there that could rob either me or you? It is your fear – and mine – that deprives us, our negative faith that cuts us off from God and allows our good to run out like sand in a sieve.

There is no power except God, Who does not say to me alone, but to every single individual in this universe: “Fear not. There is nothing to be afraid of. *I am with you. I am your God.*”

This is the Truth that frees you, but it is according to the way in which you receive it that it is able to bring salvation to you or not. If you adopt a tense or doubting attitude, it cannot enlighten you or take root in your consciousness. You must have a quiet, inner realisation that “within me God, the Spirit of Love, is saying to me individually, ‘Nicol Campbell, or John Smith or Mary Jones, I am with you, I am your God, there is nothing to fear.’”

It is up to you to achieve, and to maintain, this spiritual mastery by shutting your eyes to the clamouring of conditions, even if, as is only natural, you are somewhat panic-stricken because you cannot see how or when God will take over.

God’s time is always the right time, it is the EVER-NOW, and it will *now* come to pass if you create the spiritual channels



through which the Substance of Life can manifest Itself as fullness of all good.

If only I could make you feel, just for one moment, what it means to have something to which you can really hold on, not a blind belief, not even what is called a “blind faith,” but a conscious inner realisation that *knows* that God is taking care of this thing for you, that God is Love and that, if you are living love and truth, it must work out, under grace and in a perfect way. If you are not in tune with God, there is no channel for It to use. If you are bitter and resentful, if you want to hit back, you merely block up the way. Divine Justice never errs; it is like Divine Love, ever waiting to express itself in and through you.

It is always within you as *spirit*, but you must be aware of this for It to manifest through your body and in your affairs.

Try to understand this. Do not just affirm, hoping by your clamouring and the noise you are making that God will hear you; go apart and sit quietly in a chair, or on the grass in a park, and realise silently that you are one with Omnipresent Wisdom, Omnipresent Love, Omnipresent Omnipotence, and that the still, small voice within you is whispering these wonderful words of cheer and encouragement to you. “Fear not. I am with you. Be not afraid. I am your God.”

After you have told yourself this or listened to it for a few moments you will lose the terrible fear obsessing you. You will find your problems, that loomed like mountains before you,

dissolving into their native nothingness because the Voice of God – Which you will either hear, or only apprehend – will have spoken to you, giving you new heart, so that you will know, in spite of appearances, that the Father Himself is being your faith *through* you.

You will sense that it is He feeling, rather than you, that He is thinking for you, speaking to you, and acting through you. It will seem that you are merely the vehicle that He is using. You will appear to be a reservoir, a dam, that you are yourself opening up so that His supply is freed and flows out flooding and filling every void in your life whether of disease, discord, unhappiness, or lack of His abundant good to spare and to share.

I had an instance of this when a lady came to my office one day to show herself to me. She asked, “Do you remember me?” I did not, so she continued, “Some time ago I telephoned your School for aid. I had been brought up from the Free State to undergo an operation here in Johannesburg. My leg was so gangrenous that it was about to be amputated, and I asked your help so that, if it were God’s will that it might be saved, it should be so.”

She was quite resigned, if it were His will that this leg should be removed, that it should be done, but her complete abandonment to, and faith in the fatherly love that surrounds us and permeates us, did its work through her and the leg was healed during the week that she was waiting upon the surgeon.

Is your problem any greater than hers? Any more urgent?

I know a great many of you, I know how sincerely you believe in the Presence of God and yet how quickly you waver when difficulties present themselves to you. You forget God as your minds become focused upon the condition, become fascinated by it as a rat is fascinated by a snake, and yet, if you but knew it, that Presence is waiting to set you free. It is waiting to release you, first by the sublime peace that will enfold you and then by the fulfilment that will express through you, to you, and for you.

I know how, at times, when you have fallen short, you feel humbled and abashed, just as I used to be covered in shame when I thought I had let God down, and would cry in deep distress, "If only I had held on, had been less impatient and had clung to Him instead of surrendering to the condition."

From my own experiences I can assure you, here and now, that you have nothing to fear. I do not say these words of myself, yet whether I say them or the man in the street, they are TRUE. It has been proved millions and millions of times that God is the living Presence of Love and that the ache in your hearts for freedom is the urge of God trying to free Himself through you as the fulfilment of your desires.

It is only because your eyes and your minds are concentrating upon the condition that you feel that it is greater than God; yet how will you get to know God unless you can succeed in listening to Him? How are you going to realise that God is your supply or your health or your protection, unless you give Him a chance to be

these things to you, without compromise or doubt? Even if there appears to be failure, you must go on because it is not *God* Who fails, it is we ourselves who have failed – but for the moment only – we have not really failed for every step taken into the darkness is one taken into the Consciousness of Spirit, into the realisation of His Presence.

All the forces of Life, Love, and nature are coming to your rescue! It is never too late! God is never late, though at times it may appear so and you may say to yourselves – as I, too, have said – “God has let me down. Is *this* how Truth works?”

But the skein is unfolding. The pattern is becoming a perfect tapestry in which later on, when you look at your lives in retrospect, you will be able to see the completed design and you will realise that the particular conditions, the by-paths, and the deviations that beset you, all lead you to your fulfilment, which you *could* have attained a thousand times more quickly than you did, without at all struggling for it if you had been able to put your complete trust in your loving Father.

We none of us can go backwards, and each and every one should be capable of learning by his experiences. The time will come when we shall recognise that all the delays and diversions were of our own making, and, as we journey forwards and onwards, the Voice of God will go with us, encouraging, uplifting, promising: ***“Fear not, for I am with you. Be not afraid, I am your God.”***

# My Prosperity



My prosperity is an inseparable component of my being, and my desire for Its lavish expression in and through all of my affairs, is God's way of assuring me that It is already established unto me.

My prosperity is one of the Divine Attributes constituting me, all of Which are maintained and sustained perfect and inviolate by the Spirit of Life within me.

My prosperity is governed solely by God's Law of Progress in all Good, so It is increasing, not *decreasing*, and any beliefs of loss, lack or limitation commonly attributed to industrial unrest, world conditions, or the threat of war, are *absolutely fallacious* for none of these can affect my prosperity at all.

There is nothing in Its manifestation that needs to be changed, improved, or expanded, for this is profuse and abundant, being not material but spiritual, and made up exclusively of a God-quality, changeless and everlasting, Which expresses automatically in, through and for me.

My own feelings govern my sense testimony, and it is only my emotional acceptance of indwelling prosperity that enables my eyes to see It. My job, therefore, is to recognise It, and then

mentally to let It go – to stop “treating” It, and worrying about It – in the knowledge that It is established, and that any discordant appearances connected with It are but temporary outpicturings of my own doubts and fears which, when my thinking is reversed, will disappear from my consciousness, *where alone they obtain* and be replaced in my awareness by the Abundance Which was always present where they, because of my negative human visioning, seemed to be.

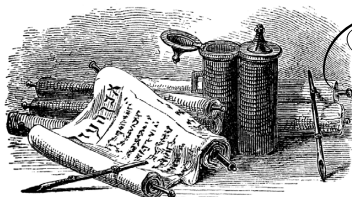
I KNOW, and know that I know, that Provision, Plenty, and Affluence are mine, and are this day expressing in and through all of my affairs as the all-sufficient Supply with Which it is the Father’s good pleasure to endow me.



## *Renewal of the Body*

*The true body is an ethereal body, an indestructible body; the body of flesh is the grosser vibration that the sense consciousness beholds. The Spirit body is not absent or dead, but is simply inactive. When, through purification of his ideas and acceleration of his mental energies, man comes into sight of the real forces of Being, his whole body is quickened into new life, and the body of flesh responds to its vibrations.*

– Charles Fillmore



## *Fulfilling the Whole Law*

I want to talk particularly to those of you who feel that you have not yet made the demonstration that your heart desires. Perhaps you have been able to discern, here and there, an answer to prayer in some small thing, a temporary relief from pressing burdens, a sort of hint that there might be something better to come; but possibly the big thing you want to see, the important change in your life and your affairs, has not yet been made manifest. Perhaps you are wondering why and feeling that, if once you could see something really startlingly different happen to you, your faith would be established for all time. Let us just think about that for a few minutes.

Now, you will remember, of course, that in making affirmations and in using all the mind training and thinking methods that we teach, in all this you are not trying to change God or His Law in any way. You are not trying to make an unwilling Father give you things which He does not want to give you. You are not trying to do anything but just simply change yourself. You are trying to bring your own mind, your conscious and subconscious mind, into a harmonious relationship with the Divine Mind, to see your life and affairs as they really are in Spirit, and not as they appear to mortal sense.

But have you always borne that in mind? Have you remembered, for instance, that in trying to demonstrate prosperity, you have not had to bring it to you by main force of will from some outside source? Have you remembered that, if you want to manifest health, you do not have to wait for it to come through others, through medicines, through diet or other external means? Have you realised that, in your own self, **YOU ARE THESE THINGS**? Have you realised that there is already an abundance within your own mind, and that all you are called upon to do is to radiate it from within you outwards? If your answer to those questions is in the negative, then you have not begun at the right point. You should examine your thinking and answer those questions frankly in your own heart. Where you can see that you have made a fundamental mistake, reverse your thought and begin anew.

Sometimes it may seem that, although you are convinced that God can give you the things you want, still He does not do so because of some failure of your own. Well, have you stopped to analyse your own thought and action for, say, one single day? Have you sat down quietly in the evening and gone over the events of the day to see if there is any point at which you have made mistakes? If you have found such mistakes, were you truly sorry for them and repentant?

Let me remind you again, though, that even if you have made mistakes, God does not punish you for them. God is always seeking to give and give and give. But unless we have lived with



His Law, we ourselves have refused the gifts He wants to give us. It is ourselves who have turned away from Him and refused His help. In all our failures, we have nobody but ourselves to blame, and that is a comforting thought, because it only means that we have to change ourselves, and not try to change God. It ought to be fairly easy to change ourselves, whereas it is impossible to change God, Who is changeless. Therefore, in looking for causes of failure, we do not have to go any further than in our own minds.

In trying to understand your relationship to God, it is often very helpful to think of your relationship to your own children. If you have no children, you can quite easily think of some of your friends who have, and use the illustration of their relationship. Or you can think of your relationship to your own parents, and get a very helpful idea that way.

Now let us suppose that a parent really loves a child very dearly, and that love prompts the parents to give the child, not only a home and food and clothing but also many extra little gifts, a bicycle, a tennis racquet, an expensive toy train, or something that the child really yearns for. But suppose, at the same time, that the child has, by its own behaviour, made it impossible for the loving parent to pass on the gift. Suppose the child has been cruel to the pet puppy or kitten; suppose it has borrowed other bicycles from friends and carelessly broken them; suppose that, by its bad temper, it has lost its friends and there is nobody that will play tennis? In such cases would it not be very difficult for

the parent to give the child these gifts? That would not be because the parent has ceased to want to give, but simply because the child has shown clearly that it was not ready to be trusted with the gifts.

You are in very much the same relationship to our Father God. All day and every day He is giving you good gifts. More often than not you are not even conscious of them. More often than not, you are not grateful for them. In many cases, the gifts you already have are being abused or neglected. But in most cases, you have not shown the same spirit of generosity to your brothers and sisters, and God insists on His Law being kept, “Whatsoever ye would that men should do unto you, do ye likewise unto them” and “Give, and it shall be given unto you, good measure, pressed down, shaken together and running over.”

Perhaps you say now that you have not an enemy in the world, that you hate or dislike nobody, or that you have nothing to give? But it is not necessary to hate anybody to fall short of the Law. You must not only not hate them, you must actively love them. You must not end a letter to a friend expressing your “best wishes,” and think in your heart that you cannot see much hope for the friend because he is this or that or the other thing – not quite what you think he ought to be. You must not think of others in any “serve him right” spirit. If God has given you a home, even a very modest one, in a district you do not like very well, you should make the very most of that little home, and God will move you from it when you are ready for the new one.

Love is the fulfilment of the Law. We must never forget that, and while we fail to love to the limit of our capacity, we are falling short and our demonstrations will fall short accordingly. You are not loving to your capacity while you allow yourself the small meannesses that seem nothing to you: the little piece of idle gossip, the snigger of derision about somebody else's fault, the little shows of temper and anger, the small comments on the reputation of somebody else. All these things, small in themselves, make a big total of what Gardner Hunting calls "silt in the channel between God and you," so that the good gifts the Father wants to give you cannot flow through.

So long as your mind – the channel between God and you – is filled or partially filled with this "silt" of error thoughts, so long will you fail to think truly and efficiently and successfully about your own problems and their solutions. Your problems will become much magnified because your mind is not able to see them in their true perspective. The solution to your problem will be hidden from you by the thoughts of anger or doubt or criticism that you are entertaining about others.

So begin to overhaul your thinking and see if you are radiating that love to all God's Creation that you want radiated to you. You may have no money, you may have all sorts of worries on your mind, you may be sick and discouraged, but I promise you, with all the love in my own heart, that if you will begin to give love, you will instantly get back love and Love will solve every problem you ever had.

“Thou shalt love the Lord thy God with all thy heart and with all thy mind and with all thy strength and thy neighbour as thyself. On these two commandments hangeth the whole law and the prophets.” You have the word of God Himself, spoken through the Master Jesus, for believing that. You cannot love God so long as you belittle any of His creations or any of His gifts. You cannot love God so long as you entertain thoughts of hate, anger, enmity, criticism, doubt or dislike. You cannot love God so long as you do not love your neighbour as yourself. You cannot love God so long as you fail to do unto others what you would like them to do to you. And so long as you fall short in your love of God, so long will you fall short in making the demonstration that your heart desires.

When you have learned to love God you have learned to love the Creation that He made, and when you have learned to love His Creation, you have learned to love the CHANNEL THROUGH WHICH YOUR GOOD CAN COME TO YOU. Do you see how you, yourself, are the one that is blocking up the channel? Do you see how it is you that makes it impossible for the gift to “get through” to you? You may have asked for a certain thing. God may have selected John Smith or Mary Brown as the channel through which His gift can come to you. But in the meantime you have not opened the channel by your love, and John Smith and Mary Brown are powerless to give you God’s gift!

It is all so very simple, if we would only believe what Jesus tried so hard to tell us. And all the while He was urging us to love and love and love, but all the while a great many of us prefer to hate and criticise and dislike, and then we wonder, when we

steadily refuse to use the Law wisely, why the Law does not give us what we want! If we could look at others doing just this, would we not think it very foolish? If we saw a child persistently trying to make one and one equal three, in spite of all that he has been taught, would we be surprised that his sums were wrong? Wouldn't we think he was foolish?

Yet how we fail, day after day, even hour after hour, to do much better ourselves! But what an illustration of the marvellous love of God that, in spite of our persistent failure to do as He asks us to do, He still gives us so many good gifts, and of all these gifts none so amazing as just LOVE.

If I had the tongue of an angel, if I stayed here talking to you all night and all tomorrow, I could do you no greater service than just to urge you to love, to love God and love His creation. Not in a detached way, but truly, in your heart. To love everything around you, all day and every day, even the flowers in your garden and those in your neighbours' gardens; the sunshine, the refreshing rain, the cool breeze, the trees, the birds, and everything you see. Cultivate the habit of thinking of the whole of your manifest world in terms of love and appreciation.

What does it matter if someone annoys you? If you look past the surface into the true Spirit beyond, and see only the good, that annoyance will vanish, but what is much more important, the good you will do to the person annoying you will be incalculable, and you will find, to your joy and happiness, that your love goes forth to produce greater good for you in some form or another.

The more you persist in this practice, the easier it will become for you, and the greater good will be manifest in your life. As Ella Wheeler Wilcox so truly says:

“No heart so hard, but love at last may win it,  
Love is the grand primeval cause of man,  
All hate is foreign to the First Great Plan.”

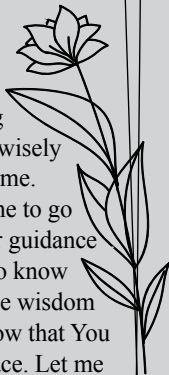
Will you make a mental resolution now to take stock of yourself? Quietly ask God to help you reorganise your thinking, ask Him to help you fill your heart and mind with His love, ask Him for Light and Wisdom and Understanding, and *believe* that He hears you. Then begin right away to radiate thoughts of love and kindness and tolerance to all whose memory comes into your mind. Stick to your principle all through tomorrow and the next day and the next, and for all time. As you fall down, pick yourself up again and say simply, “I am sorry, Father, help me on to better things,” and then reverse your thought from your error. Stick to it, no matter what trials and tests come to you, and from a heart full of this same love and gratitude, I promise you that nothing will keep you from the desires of your heart.



*Our doubts are traitors,  
And make us lose the good we oft might win  
By fearing to attempt*

— William Shakespeare

## MEDITATION

*Divine Guide*

Father, grant to me that as I travel the long pathway to at-one-ment with you I may choose wisely the manifold gifts which You have set before me.

Help me to seek those things which will enable me to go forward; help me to look upward and to seek for Your guidance when I am in any trouble or difficulty; help me to know without any shadow of doubt that through You come wisdom and love which will solve every problem. Let me know that You lead me out of tribulation into the paths of peace. Let me realise that You will dispel all my doubts, and give me the necessary illumination to carry me through the storms and stresses of life, and bring me safely into Your haven.

Give me, Father, the wisdom to seek You in all things – in my fellowmen, and in the beauty with which you have surrounded me on every side; and let me never be misled by appearances. Help me realise, too, that in giving,  
I receive my greatest joy.

Father, for the knowledge that You are always with me as the rich fulfilment of my good, I give grateful thanks in the name and consciousness of my almighty beloved indwelling Christ.

***So be it.***





God, all Life, we know is everywhere evenly present. Do we often stop to think what an important statement this is? Do we always realise that in this truth, all His promises are contained?

Think for a moment in quietness of what this ever-presence means to us. Think of the vastness of the universe, if it is possible to visualise this thought, and then think of the minute details of life which we see around and among us every day of our lives. The almost invisible hairs on our limbs, the tiny pores in our flesh, and the changing expressions on the faces of our fellow men. Then realise that through all these miracles flows the God power, LIFE. Life – the only power in the universe; the power we are teaching you to understand and rely on implicitly. Think of the limitless radiating power of Life ever present and always working for your good. Cultivate the habit of visualising this power operating through everything you see. When you see a friend, think, “You are facing me and talking to me only by the power of Life: without Life you would not be there; your very fleshy existence is contributed only through the power of Life manifesting in you now in front of me.”

Try to see behind or through all the material in all matters. When you study the outside of a house realise that the bricks and



mortar are also existing in Life. Continued thought such as this will bring you to the desired state, where at all times, you will recognise Life (God). When someone praises you or congratulates you for something you have done well, realise that it is Life speaking through this party, that without Life this person could not congratulate you. This should come very easily. Your response to him is a radiation of friendly thoughts by way of reciprocation; an illustration of the God Law, receiving what you have given out.

Then go a step further. When someone is annoyed with you, forget the personal entirely; centre your thoughts on Life immediately. Realise that Life is everywhere evenly present, and that the person who is displaying annoyance is also an expression of Life such as you. Instead of the once familiar retaliating unkind rejoinder, return thoughts to him of Love and Happiness. Refuse to see anything bad in him, see only Life, which is ALL GOOD.

The instinct of self-preservation is an animal instinct engendered in human thoughts through many centuries of attempting to solve his problems in his own way. Once you realise the omnipresence of God and His everyday ability to do all for man, you know that man has no need to protect himself, for with God there can be no such thing as even a need for protection.

This state applies to every need expressed in man's life. Realise the Omnipresence of God and glory in the strength which you KNOW radiates through you.





*D*ivine Love, the affection of the Creator for His created – tender, infinite, immeasurable, and unbounded – is from everlasting to everlasting, a purifying, protecting, renewing and prospering power, ever accessible to me, always seeking me, constantly drawing me.

Divine Love contains my dearest desires, and it is always ready, willing and able to fulfil them, to give to me in overflowing measure all that I need whenever I need it. In Divine Love – Creator, Healer, Giver – I live and move and have my being; no power, no person, no principality, can separate me from the love that the creator holds close within me.

Divine Love is a banner over me, protecting me; a messenger before me, preparing a plain, joyous and successful way; a magnet within me, attracting to me its like; a great and shining light in my soul, blessing all in my world.

Divine love fills my mind, dissolves all false ideas, and cleanses my consciousness of all past error impressions, and of all thoughts of hard conditions. Divine Love thrills and vitalises my body, neutralises all false accumulations, lubricates my

joints, harmonises and renews my organs, and gives to me the freedom of Spirit. Divine Love nourishes me with its own rich substance. Eternally I am one with Divine Love.

**O Thou Father-Mother God**, because from the beginning I have ever been Thy beloved, because Thou hast loved me with an everlasting love, continually there has been between me and Thee a band of love that nothing could sever.

No matter how far I have strayed, no matter how far I have wandered into nets of materiality, always Thine heart's love hath tugged at my heart, so that I have been restrained and drawn back into Thine enfolding love. Thus, only have I in my blindness and my wilfulness, been kept from destruction and from annihilation.

Now I come to thee, O Love Divine, to surrender the sense man, my human self; take me and remould me according to Thine own beauty and loveliness, Thy selflessness and holiness. In Thy love I sink my emotions, my desires; with the purity of Thyself cleanse and lift them into higher aspirations, nobler impulses. Fill me with the all absorbing love of **Jesus Christ**, that it may be in me as a consuming fire, utterly destroying all dross, wiping from my heart every atom of hate, of criticism, of condemnation, of sensitiveness and of resentment.

Let me abide in the **Christ** love until there is no longer in me any spirit of unforgiveness or any unforgiven sin. Let me express

in patience, in tolerance and in kindness to all in my world. Let me continually see through Thine eyes of love until I discover the **Christ** in my brother, the **Creator** in all his creation. Let me feel Thee and hear Thee and see Thee and know Thee, O Love Divine, until the whole of me – mind, body and environment – is redeemed and lifted up to express Thy Glory. According to the richness of Thy Love for me let it also be in me, that I eternally may be conscious of my oneness with Thee and express Thy Love Divine.

*from: "ALL THINGS MADE NEW"*

– By Frances W. Foulks

*An Inspiring thought  
for each New Day*



*Speak to Him,  
thou,  
for he hears,*

*And Spirit with Spirit  
can meet,*

*Closer is he than  
breathing,*

*And nearer than  
hands and feet.*

– Tennyson

**July 1<sup>st</sup>****TUESDAY**

*Whatsoever a man soweth, that shall he also reap*  
– Gal. 6:7

If we could plant thistles and reap grapes the world would soon be in a state of chaos. However much we may dislike the law of sowing and reaping – or of cause and effect – it nevertheless exists.

What are we planting in the garden of our minds, you and I? Are we choosing the seed with care, and sowing only the best? Are we planting love, goodness, truth, and beauty, or the poisonous seeds of hatred, evil, falsehood, greed, and ugliness? If the former, we shall reap a harvest of joy and fulfilment, but if the latter, the crop will be misery, frustration, and bitterness.

If we have been sowing bad seed, what can we do about it? We can uproot what we have sown and begin planting again. In other words, we can change our thoughts, and fill our minds with what is good, instead of what is evil. As we think, so we are, so we must begin with our thoughts. Only by doing so can we avoid the consequences.

Let us make love the ruling factor of our lives, since love is the fulfilment of the law.

***My mind is stayed on God and my heart is  
filled with love. My Father blesses me with  
increased good***

**July 2<sup>nd</sup>****WEDNESDAY**

*Let us follow after the things which make for peace*  
– Rom. 14:19

If we are longing for peace in our immediate surroundings – and unfortunately there are very many people who are living in that condition – we need to know whether or not we are following after the things which make for peace. This is a question which can only be answered when we quietly study our own reactions to the people and circumstances with which we are in daily contact. We may be surprised to discover that the reason for our lack of harmony is our own attitude; an attitude which, up to now, we have been quite satisfied has been justified.

Do not we all know the unfortunate person who is always at loggerheads with another person, or even with several persons, because of hyper-sensitiveness to real or fancied slights?

Turmoil within and without is the lot of those who are not “understood” or “appreciated,” as they put it. There is nothing so destructive to peace and harmony as a self-centred attitude.

The road to peace lies along the ability to recognise an attitude as unloving and therefore unjustified, and a determination to abandon it.

***The only person who can bring peace and  
harmony into my life and affairs is myself.  
God helps me as I turn to Him***

July 3<sup>rd</sup>

THURSDAY



*If we love one another, God abideth in us,  
and His love is perfected in us – I John 4:12*

Of course “abideth in us” always for He *is* us. We are components of His Being, and if even the least of us could be separated from Him, He would be incomplete; and, since there would then be some spot in His universe where He was not, He would also not be Omnipresence.

The important thing for us is to have the *consciousness* of His indwelling, for unless we have that, God is *not* within us as far as we are concerned. A person who has a million pounds in a bank *and does not know it*, for all practical purposes does not possess that money. Just as a millionaire can experience his wealth only as he uses it (a miser has no actual experience of his riches), so can we know of God within us only as we express Him and this we cannot do except as we show forth His nature, *which is Love*.

As we radiate love to all and sundry we become God-like, for we are acting from His own point of view. All His Being, all His functioning, the whole of His Law is LOVE. Consequently our whole *raison d'être* here in His visible world is to manifest Him and this Love must be perfected in us, BY US.

***I will practise love in all my daily living  
for only so can I express God***

**July 4<sup>th</sup>****FRIDAY****August 1<sup>st</sup>***Commit thy way unto Jehovah – Ps. 37:5*

*H*ave you arrived at the cross-roads and are you uncertain which path to take? If so, turn to the Christ within you and ask for guidance. Affirm: THE WISDOM OF GOD POINTS OUT THE WAY AND I FOLLOW IT WITH A GRATEFUL HEART. And when you make the affirmation, believe what you are saying. Do not allow any doubts to block up the channel through which God's wisdom flows to you.

Maybe you have an important appointment for today? Perhaps it is a business interview the results of which may be far-reaching? Here again, put your trust in God, and go to it confident in the knowledge that only what is for your highest good can come to pass; remembering that what may seem good to you with your limited human intelligence may not necessarily be what is best.

Whatever you have to do today, make up your mind that you will succeed in it, for in this way you are making preparation for it; and then, while doing your best in your work, commit yourself and your undertakings to God. Let Him lead you in all things.

***God leads and I follow. I have nothing to fear***



**July 5<sup>th</sup>****SATURDAY****August 2<sup>nd</sup>**

*Freely ye have received, freely give – Matt. 10:8*

With the text for today we should couple the other well-known one which says “Give, and it shall be given unto you.”

The first text is designed to teach the value of giving in love – that is, giving FREELY, because God has given freely to us; and the other might easily have taught the same lesson by just reversing the order of the words and saying “Give freely and it shall be freely given to you.”

Of course it is important that we should not overlook the significance of the word “and” in that text. It exists to link up cause and effect, not to indicate that the receiving should be made the reason for giving.

We most certainly have received freely from God in every possible way, and since, as the Author (or shall we simply say, Owner) of all things we cannot give HIM anything, the only way in which we can express our love in giving, is to give to each other. We must also not forget that, without the giving of love, all our other giving is of no value.

***I give in Love, without thought of return,  
but Love richly adds the increase***

**July 6<sup>th</sup>****SUNDAY****August 3<sup>rd</sup>***Thou hast put all things under his feet – Ps. 8:6*

Long after the waters had been gathered together and the dry land clothed with verdure and replenished with birds and beasts, God created man in His own likeness and gave him dominion over the earth and all the creatures that dwelt upon it.

The birds in the air, the fish that swim in the seas, and the sheep on a thousand hills are all *ideas* of God that He Himself brought forth into manifestation, but man alone is His only begotten son, His complete and perfect design distinguished from all other living things in that he is endowed with Mind, and is able to KNOW the Father, to assess his own relationship to Him, and to express Him here.

As yet we are only on the fringes of discovering that which we are (“Know ye not that ye are gods?”) but students of Truth have learned that they are components of the Being That is God and recognise that their purpose in this visible world is to advance spiritually until, knowing Him as He is, they can express His Fullness for Him according to His will.

***I will neither neglect nor waste  
that which has been entrusted to me by Love,  
but will use it in the Father's service***

**July 7<sup>th</sup>****MONDAY****August 4<sup>th</sup>**

*They received the word with all readiness of mind*  
– Acts 17:11

*I*t is unwise to try and force Truth teachings on those who are not ready for them.

So often it is when people are in trouble, or perhaps when they desire something urgently, that they turn to God. As long as life flows smoothly they do not feel the need of His help. But when they are ready for it, though they may begin to study for purely material reasons, they will progress beyond that point and carry out the teachings because they desire to live the life of the Spirit.

When we try to force people to accept our philosophy of life we often antagonise them. And there is another thing – we may possibly destroy their faith in their particular form of religion and be unable to replace it with our own.

God does not reveal Himself to us all in the same way, and since each of us has the religion which is suitable to his standard of growth, let us be careful how we interfere with it. There is more than one path which leads to the top of God's holy hill – in fact all paths lead to Him eventually.

***I make my life the example whereby others  
are led into the consciousness of God***

**July 8<sup>th</sup>****TUESDAY****August 5<sup>th</sup>***Lift up thy voice for understanding – Prov. 2:3*

*What* do we really know? What do we really understand?

Unless we are unduly egotistical our answer to those questions will be “Very little.” Slowly, very slowly, man is attaining some knowledge and understanding but he has not gone very far yet. All down the ages there have been those who have diligently sought understanding; they have lifted up their voices for it and their call has been answered. In comparison with the rest of humanity their numbers seem pitifully small – so small that the world as a whole either knows nothing of them, or if it knows of them does not believe in them.

As far as we are concerned, if we believe that their call for light and understanding has been answered, it gives us the assurance that our call will also be answered.

We cannot imagine that God, Who is perfect love and perfect justice, could pick out some to be answered and some to be ignored.

There is NOTHING that we may not know and understand, so we can all decide for ourselves what we would like to be taught first.

***God is my teacher and I go to Him  
for knowledge and understanding***

**July 9<sup>th</sup>****WEDNESDAY****August 6<sup>th</sup>***Give me understanding and I shall keep Thy Law**– Ps. 119:34*

The word “understanding” covers a very wide field, but if any of us wishes to keep God’s Law, it is spiritual understanding alone that will enable him to do so.

What is it, then, that will bring us within reach of this lofty goal? Will obedience, zeal, the conquest of circumstances do this? No! Not one of these, admirable as they may be, will enable us to achieve our exalted purpose. It is LOVE, and Love alone that is the fulfilment of the Law and there is no man living who, trusting solely to his human intelligence and emotional content, will be able to practise the love of which the Master taught when He told us to love our enemies and bless those who despitefully use us. He was asking far more of us than sentimentality or facile good nature; He was commanding us to forgive and forget and then to return good – all the good we covet for ourselves – for the evil that is sent out to us. How much easier would it not be to repay our seeming enemy in his own coin, but is it not written that we owe *no* man, friend, relation, foe or stranger, anything but love?

*As my Father has loved me, so will I,  
in gratitude, give of my Love to all my brethren*

**July 10<sup>th</sup>****THURSDAY****August 7<sup>th</sup>***For freedom did Christ set us free – Gal. 5:1*

*While* we want to be free ourselves, we are not always ready to allow others their freedom.

This is especially evident in family relationships. Husbands want to rule their wives, or vice versa. In many cases parents try to rule their adult children, or the children want to rule their ageing parents. Actually, when people have reached years of discretion no one has the right to dominate them.

Marriage is an institution whereby two people may live together for the mutual enrichment of their lives. There should be no thought of ownership between them, for each is a separate individual with personal preferences, and personal ideas, which he should be allowed to follow; because the experiences necessary to spiritual achievement for one may be quite unnecessary for the other.

Let us remember, as regards our children, that we do not own them just because we brought them into the world. We are all one great family with God as our Father, and in the ideal state your children's success and wellbeing would be as much to me as those of my own.

***I allow others the freedom that  
I desire for myself***

**July 11<sup>th</sup>****FRIDAY****August 8<sup>th</sup>***Keep silence and hearken – Deut. 27:9*

While we are busy making a fuss and doing a lot of talking, we are not likely to be learning much. The ability to talk and listen at the same time is not possessed by very many people and those who claim that ability are not doing justice either to their talking or their listening.

To some people the keeping of silence is not difficult, they are natural non-talkers; but to others who love to express themselves in a spate of words, it is a great hardship.

As far as our interchange of ideas in words between ourselves is concerned, we can learn to adjust ourselves to the silent ones and the talkative ones and be silent or wordy as our nature is, but when it comes to communion with God it is another matter.

Here we have to learn the virtue of silence and if we are naturally talkative that trait must be curbed.

We go to God to receive from Him of His Wisdom and Guidance and we can receive nothing if we persist in talking to Him (the fact that we call it prayer does not alter it) instead of listening to Him.

*In the presence of God I keep silence and listen*

**July 12<sup>th</sup>****SATURDAY****August 9<sup>th</sup>**

*Jehovah will not suffer the soul of the righteous to famish – Prov. 10:3*

“God is our all-sufficiency in all things.” “Love is our Shepherd, we shall not want.” These are truths that we must accept if we would enter into the things, both spiritual and material, that have been prepared for us.

It is right for us to enjoy the fruits of the earth and to live graciously. God would not have made of this world such a wonderful and beautiful place if He had not wanted man to delight in its amenities; but, in order fully to appreciate these blessings, we must seek first the Kingdom and His Righteousness, not because Love demands a *quid pro quo* from man before bestowing upon us the mundane things that make such a difference in our everyday lives, but because we are *spiritual beings* and can never be entirely satisfied unless we put spiritual matters first.

The soul of man requires nourishment just as his body does. It must be sustained and fortified of Love otherwise the outer man, whatever his earthly possessions may be, will be poverty-stricken, famished and destitute.

Only as we live Love, Which is Life Itself, can we be really whole.

***Love attunes me to God – Divine Love – and my faith in Him sets me free from all limitation***



July 13<sup>th</sup>

SUNDAY

August 10<sup>th</sup>

*He that is without sin among you,  
let him first cast a stone at her – John 8:7*

These words were spoken by Jesus when the scribes and Pharisees brought to Him a woman who had been taken in sin. It was His reply when they told Him that according to the law of Moses she should be stoned.

We cast a stone every time we condemn another, whether silently or aloud.

The Master said: “Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete it shall be measured to you again.” These words are commandments which, if we are wise, we shall not disregard. While we are not expected to condone what we call sin, we are expected to see the Spirit of God in the sinner, no matter what he has done. The fact that he is ignoring this Spirit does not mean that It is not there.

We should not condemn people even in our minds, for thoughts go out into the ether, and they have power; and how can we tell what harm they may do to one who does not know how to protect himself against them? Our task is to help, not to condemn.

***Before I attempt to remove the mote out of the  
eye of another, I cast out the beam from my own***

**July 14<sup>th</sup>****MONDAY****August 11<sup>th</sup>**

*He that hath a cheerful heart hath a continual feast*  
– Prov. 15:15

*H*e that hath a cheerful heart is he that hath a keen sense of humour and is able to turn the black clouds inside out and smile at his own reflection in the silver lining.

Somewhere in the circumstances, no matter what they may be, there lurks the funny side and blessed indeed is he who is able to see it and be lifted up by it. Unfortunately for the cheerful-hearted person it is not easy to refrain from pointing out the humorous side of some other person's black cloud and if that person happens to be steeped in gloom and woe, the cheerful one is likely to be dubbed hard-hearted, unsympathetic, flippant, and disliked accordingly.

It is very nice to be a happy kind of person who can find something to laugh over in any kind of circumstances, but it is perhaps more tactful if we can keep our smiles for our own troubles.

Example is better than precept we are told, so the way we can keep cheerful in the midst of our own troubles may induce others to try to imitate us.

***My attitude in life reflects my faith.  
I will be cheerful and confident***

**July 15<sup>th</sup>****TUESDAY****August 12<sup>th</sup>***Let not your heart be troubled – John 14:27*

If you knew for an absolute fact that, no matter what trouble came your way, you had an all-powerful friend who would deliver you out of it, would you give way to despair when things seemed to be going wrong?

If you were a sensible person you would not panic but would, instead, get in touch with that friend and lay your situation before him.

Why do you not do just this when difficulties crop up? Do you know that you have such a friend – even Love – Whose promises can never fail you? Hear, then, what Love has said, and is now saying to you! “I will never leave thee, nor forsake thee.” “Lo, I am with you always, even unto the end of the world.” “Come unto Me all ye that labour and are heavy laden (those struggling against heavy odds) and I will give you rest (peace and deliverance).”

These are definite statements of what God will do for you if only you will seek Him out. With Him all things are possible. Man can have no problem of which Love is not already the solution, so, “fear *not*, little flock,” go to Him in love, and faith, and joyous expectation, and it shall come to pass for your highest good – for “it is the Father’s good pleasure to give you the Kingdom,” and all that in It is.

***I know that, Love being my shepherd,  
I can never want for any good whatever***

**July 16<sup>th</sup>****WEDNESDAY****August 13<sup>th</sup>**

*Death and life are in the power of the tongue*  
– Prov. 18:21

*A* serious statement, is it not? Do you believe it?

Both thoughts and words have power, and to use this power in accordance with the laws of the Universe is to become strong, fearless, and happy, for it is God's power directed into the right channels.

Watch your words carefully. Do you ever say: "I am afraid"? Most people do! If you are one of them, delete those words from your vocabulary at once. And do you ever say: "I can't"? That is another phrase which should never be used. In fact, no negative or destructive thoughts should be allowed to enter our minds, in order that no negative or destructive words should ever be spoken.

Thoughts and words are productive – as we think in our hearts, so we are. It therefore depends on us whether we are making the right conditions for ourselves. Affirm that your needs are already met, and give thanks that it is so, and thus make use of the power of the tongue. Say aloud: "The Divine Design now expresses itself in my life and all my affairs," and know it.

***Let my speech produce only that which is good,  
Father***

**July 17<sup>th</sup>****THURSDAY****August 14<sup>th</sup>**

*He is gracious and full of compassion and righteous*  
– Ps. 112:4

*I*s not the above description one that we would all like to have applied to us, and is it not one that we can ensure will be applied to us if we but school ourselves to be worthy of it?

Ungraciousness – the off-hand manner, the snappy method of speech, the pointed ignoring of those whose status in life is not considered equal to our own, the belittling of the achievements of others (due to the fact that we would have liked to have achieved them ourselves but have not) – is an attitude which does not tend to produce happiness in the immediate surroundings of the sufferer from it. It tends to make life harder for everybody who comes into contact with it and of course it necessarily follows that the ungracious person is not conspicuous for his compassion towards the misfortunes or the failings of others.

Equally, of course, it is not possible for the ungracious person to be a righteous person – that is, a right-thinking one. Ungraciousness is really unlovingness, and that means a non-fulfilment of the Divine Law.

***I shall try to express love in all its aspects towards  
all men for only love can bless them and me***

**July 18<sup>th</sup>****FRIDAY****August 15<sup>th</sup>***One is your teacher – Matt. 23:8*

How grateful we should be to those who, instead of keeping to themselves what they have uncovered of Truth, unselfishly devote their lives to passing it on to their fellows who are still walking in darkness, unaware of their oneness with Love.

Nearly two thousand years ago the Master asked us, “Know ye not that ye are gods?” And ever since then man has been disregarding this wonderful pronouncement and has dragged himself wearily along the path of life, convinced that, since he is separate from his Creator, he is making the journey alone!

If we would only *believe* the teachings of Christ! He told us again that God is within us, that we are one with Him, and that because He dwells in us, the works that He, the Master, did – and even greater ones – we can do also.

But *we* cannot even run our lives, bodies and affairs aright because we imagine that we are divided from Love. Yet is it not written that “the Father and I are one” and did not God Himself say unto *each* of us, “Son, thou art ever with me, and all that I have is thine”? Let us this day accept the Truth of these glorious teachings and claim our heritage of All-good.

***Two things will I remember, the first that I am  
one with the Father, and the second that  
He cares for me***

**July 19<sup>th</sup>****SATURDAY****August 16<sup>th</sup>**

*If ye then... know how to give good gifts unto your children,  
how much more shall your Father...*

*give good things to them that ask Him – Matt. 7:11*

*I*s there something that you need today – something material perhaps? If so, remember that God is the great Giver, and look to Him for your Supply. Have faith in His power, and in His willingness to give you the riches of His kingdom. They are unlimited, and you may claim your share if you are living according to His laws.

One of these is that we must give in order to receive. If we cling tightly to everything we have, how can we expect to be given more? And this applies to all things, not merely to money or possessions. It applies also to knowledge and wisdom – to kindness and service.

Perhaps you need money to pay your bills; perhaps you need work; or perhaps you need a holiday. No matter what you require, if it is good, it is waiting for you in the realm of Spirit; for God has provided for all your needs. But you must use faith to bring what you require into manifestation.

Thank God that your needs have already been supplied under grace and in a perfect way; and do not worry about the manner of their coming.

***I prosper, because I am a child of God  
and heir to His kingdom***

**July 20<sup>th</sup>****SUNDAY****August 17<sup>th</sup>**

*Abhor that which is evil; cleave to that which is good*  
– Rom. 12:9

In cleaving to that which is good we shall be cleaving to the real and the true. Since it is impossible for two opposing things both to be real and true, we shall be ignoring the evil, or the unreal. This is what is meant by abhorring it.

God is real and true, so if we cleave to that which is good, we shall be cleaving to Him, and we cannot do that and recognise anything which is not OF Him as having any reality or power.

Since we have the complete power of choice as to what we accept as real, we can, if we so choose, make any apparent form of evil as real to us, or even more real to us, than good. This does not make evil reality in itself, it does but make it a reality to US.

The cleaving to the good and the consequent denying to accept the evil, is not a matter that can be achieved by a momentary decision. The decision to do so must, of course, be taken, but thereafter the constant achievement of it depends upon how earnestly we support our decision with watching and praying.

***My consciousness of the real is such that  
I am unable to believe in the unreal***



**July 21<sup>st</sup>****MONDAY****August 18<sup>th</sup>***I give you good doctrine, forsake ye not my law*

– Prov. 4:2

The whole of the Master's teaching can be summed up in one word – LOVE. He was Himself Love come forth into manifestation, and the last commandment that He laid upon mankind was that we love one another.

If we would give the matter a little earnest thought, we should realise very soon how much easier it is to love than to hate. I once woke up to this when a friend, who habitually took his corners on the wrong side of the road, nearly had a head-on collision with me as we both rounded the same sharp bend simultaneously.

For the moment a surge of indignation rose up in me; then, seeing who the culprit was, I rocked with laughter, called out a cheery greeting and proceeded light heartedly and amused on my way.

It was of course Love that said to me, "There is no offender," and on this occasion I listened to the Voice of Spirit within me, with the result that happiness instead of anger filled my heart, and brought a smile to my lips.

***I will remember that a gentle word turneth  
away wrath and that a kindly action fulfils  
the law of Love***

**July 22<sup>nd</sup>****TUESDAY****August 19<sup>th</sup>**

*Be strong, and let your heart take courage – Ps. 31:24*

Courage is necessary to successful living, for without it we have not the sense of high adventure which should be ours, and which we need if life is to be full and rich.

How good it is to wake up in the morning in joyful anticipation of what the day may bring! To be able to welcome new acquaintances, new scenes, new work, without any hampering sense of fear! To be able to face the future with confident hearts?

We can do all this if we have the necessary trust – trust in God, and in ourselves as His children. We know our human weaknesses and our human frailty, so it is to our higher selves that we must turn for the conquest of fear. The Spirit of Love within us helps us to gain the victory. But we must make our human effort to overcome our fears – we must do our share by facing them, and even by assuming the virtue of courage if we do not yet possess it. To act bravely in some way helps us to be brave, and clears the way by which God becomes our aid.

***I live Love and my trust is in God.  
My good is now made manifest***

**July 23<sup>rd</sup>****WEDNESDAY****August 20<sup>th</sup>***With Thee is the fountain of Life – Ps. 36:9*

It is literally amazing how many statements of Truth we can find in the Bible which are tacitly ignored or frankly disbelieved.

Our text for today is one such statement. It tells us that the fountain of life – that is, the source and maintenance of life – is God, and if we accept that statement as truth, we shall necessarily look to that source for the supply and continuance of our life. But do we do that, or do we seek all sorts of other things to fulfil that purpose?

When we think of life we should think of it as being the perfect expression, not the half-dead expression which is the life of so many of us.

“Man alive, you’re half-dead” may be the title of a book on diet but it is unfortunately the truth about a great number of people.

It would be a very useful exercise for any of us to take a look at ourselves and see whether we are fully alive; whether we are going to the fountain, or relying upon something less.

***For life, abundant life, on all levels of consciousness, I go to God and I am filled***

**July 24<sup>th</sup>****THURSDAY****August 21<sup>st</sup>***Return unto thy rest, O my soul – Ps. 116:7*

Man is on a round trip from God to God, and rest – perfect peace – is a quality that he has mislaid somewhere in the course of his journey. All of us are travellers in search of self-knowledge and the one pearl of great price that we have to discover is that we are all one with Love.

We go through many experiences, encounter many difficulties, are faced with many, many problems, all of which are merely lessons in the learning of which we come ever nearer to the basic Truth that declares uncompromisingly that we are one with Love.

All that is – the wide universe that we know and all the innumerable realms of which we are at present unaware – is constituted of Love, than Which there is nothing else in the whole of the Cosmos. It alone fills our lives, minds, bodies and affairs AND *It is pure and perfect peace.*

When once we have grasped the fact that, NO MATTER WHAT OUR SENSES TELL US, there is nothing hostile to us anywhere, nothing for us to fear, nothing that we have to overcome except our own false belief in separation from LOVE, we shall find rest for our souls.

***With my mind stayed on Love, all my days  
shall be peace and creative activity***

**July 25<sup>th</sup>****FRIDAY****August 22<sup>nd</sup>***My soul doth magnify the Lord – Luke 1:46*

According to the dictionary, the archaic meaning of the word “magnify” is to extol; and to magnify the Lord, therefore, is to praise Him – and in praising Him we praise all that is good.

Instead of doing this many of us magnify our troubles – using the word in its modern sense – by talking of them. For if you want to double trouble, talk about it; and others will probably offer you sympathy of the wrong sort which will make it seem worse than it was. What may have begun as a dwarf will possibly end as a giant.

Let us concentrate on what is good. Let us count our blessings knowing that if there is any way in which we are not blessed the fault is our own whether we realise it or not. Let us continually give thanks to God for what He has provided for us, and learn how to claim it in faith. And let us not give thanks only with our lips but also by giving love and service to His children. To praise God is not enough, we must express our devotion in practical ways also.

***My spirit doth rejoice in God,  
for He careth for me***

**July 26<sup>th</sup>****SATURDAY****August 23<sup>rd</sup>***Let patience have her perfect work – Jas. 1:4*

Are you impatient in regard to the seeing of results from whatever effort you may make, especially those efforts designed to produce some desired good; or can you faithfully do your part and leave the results to manifest at the right time for you?

If you are impatient or anxious to have the demonstration occur at a time determined by yourself, you are showing lack of faith in God. You are denying the oft-repeated statement that God is never late, and saying, in effect, that you are afraid that, in this case, He is likely to be late.

How often do we hear it said that “Patience is a virtue” and how often do we believe it? Not often perhaps, and every time we fail to believe it we are likely to find an excuse for turning impatience into a virtue.

The only kind of patience which is of any value is the kind that hands things over to God and leaves them there.

It should be noted that our text speaks of the “perfect” work of patience. Can we be satisfied with the imperfect work of impatience?

***I wait upon my Father in faith and my good comes to me at the time when I shall most appreciate it***

**July 27<sup>th</sup>****SUNDAY****August 24<sup>th</sup>**

*God is my strength and power, and He maketh my way perfect – II Sam. 22:33*

If you were starting out on a journey through some unexplored country, with no idea as to what you might encounter of delays and disaster, would it not be very comforting to know that some power or person would guarantee to make your way “perfect” in all respects?

Most lives are fairly complicated, are filled with uncertainty, and present us with divers difficulties that have to be overcome; and many there are who go forward in fear and trembling, not realising that ever at their disposal – waiting and eager to help them – is a Strength and Power that is the solution of all problems and the sure deliverance out of all dangers.

That power is *Love*, Which is neither afar off nor hard to reach for It is within ourselves and is always ready to guide, guard and protect us. Can we not, then, trust It to “keep us in all our ways” and, in the recognition that we have nothing in all the world to fear, step out gladly, with a song in our hearts, knowing that far from being alone, we are fellow-travellers with God?

***With my hand in the hand of Love, I have nought  
to fear for I go towards my greater good***

**July 28<sup>th</sup>****MONDAY****August 25<sup>th</sup>**

*No good thing will He withhold from them  
that walk uprightly – Ps. 84:11*

*A*nother way of saying that if we seek first God's kingdom our other needs will be supplied.

Never think that it is God's will that you should lack the good things of life, provided you make your human effort to obtain them. There is no lack in God's kingdom, and only your wrong thoughts and actions are responsible if your needs are not met. The idea that the less man has in the world the more he will get in the next is erroneous. Would any human father who loved his children deny them anything that was for their good? Of course not! And God is the very Source of all love, and the Father of all mankind.

He is also the Source of all supply, but if you would draw on it, put righteous living before all else. All you require has already been provided for you, so give thanks that it is so, and use your faith and your work to bring forth from the spiritual to the material realm; but be content to leave the manner of its coming to God. He knows what is best.

***I think, feel, speak and act in tune with good,  
and God richly fulfils my need this day***



**July 29<sup>th</sup>****TUESDAY****August 26<sup>th</sup>**

*They looked unto Him and were lightened – Ps. 34:5*

*We* can look unto Him and be lightened – by a radiance which awakens within us and spreads out from us, or we can be lightened in the sense that circumstances which were burdensome are lifted from us.

What we have to do is to look towards Him, or seek the Kingdom of God, which is within us, in a receptive and expectant way.

We cannot hope to accomplish very much by taking up a pessimistic attitude, because pessimism is lack of faith, and it is very true that according to the quality of our faith is it done unto us.

What we want is faith to look unto Him as the author of all good, and in the frame of mind which does not accept the possibility of that good being withheld from us. A mental attitude of this kind cannot be hidden from the world. The person who has it is a light to lighten the path of others; he literally shines with the inner light of happiness and peace.

Should you desire to be one of them, there is nobody but yourself who can hinder you.

***Gladly and joyously I look to my Father  
for all that I need and I am richly blessed***

**July 30<sup>th</sup>****WEDNESDAY****August 27<sup>th</sup>**

*What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them – Mark 11:24*

The above wording is sometimes rendered believe that ye “*have received*”, and that at once gives rise to the thought, “Why *ask* for what you already possess?” But even in the context quoted, with other considerations (which we will discuss later) apart, it seems to present a very logical issue.

If we believe that God, Love, is All-things *and* All-power too (so that He is able to bestow That Which He is), it is fairly obvious that none can approach Him in vain, *but*, the great question is, DO WE EVER HAVE TO GO TO HIM AT ALL?

The individual who has accepted the Truth of Being, the Verity that he is one with God, so that what God is, and has, *he* is and has also, knows that all good is his already, that all his needs were met at his beginning and that whatever desires he may experience are not his personal wants but are the promptings of God, assuring him that more and better things are his, and are waiting within him to manifest through him as soon as he, by his acceptance of them *in love and faith*, will release them.

***Good is already manifest spiritually.  
My active love and faith release it materially.  
I do my part to accept***

**July 31<sup>st</sup>****THURSDAY****August 28<sup>th</sup>**

*If any man would take away thy coat,  
let him have thy cloak also – Matt. 5:40*

I wonder how many of us are capable of following the above command? The natural impulse is promptly to snatch back the coat and to give the would-be thief, not our cloaks also, but a piece of our minds! Yet the Christ enjoined this course upon us and He was far wiser in spiritual matters than we are. Nevertheless, it has often seemed to me that this course of action would only encourage stealing. The average criminal is too hardened to be shamed into repenting by such generosity, so it must be on our own account, for our personal spiritual development that this most difficult reaction is required of us.

The Master told us that we are our brothers' keepers, and that we should do unto others as we would that they should do unto us, and if we *did* these things we certainly should give our cloaks with our coats. He also said, "Give and it shall be given unto you"; if we can believe this, and *can* bestow on those who would rob us what they are trying to take from us, **MUST** we not reap the reward promised to us?

***I will try to obey the Master's commandments,  
even though they are beyond my limited  
human understanding***

## FRIDAY

August 29<sup>th</sup>*Answereth thou nothing?* – Mark 15:4

There is an English proverb that runs: “A man convinced against his will is of the same opinion still.” This maxim indicates that it is often futile to “answer back.” Certainly it is not easy, but usually it is wise, to ignore denunciations, recriminations, and criticisms for the more one contradicts them; and argues against them; the faster do they stick. If, in the face of accusations and disapprobation, we can take the attitude, “What is that to thee? follow thou Me,” we shall defeat these far more completely and lastingly than we should if we entered into a discussion with those disseminating them. And furthermore, we shall be following after the Master, Who “answered nothing.”

It should be enough for any of us to know we are right without our having to proclaim it, and we should save ourselves a vast amount of nervous and emotional wear and tear if we would remember this.

Slander can, of course, be very wounding, but its negative effects soon pass away, and if we can send out kindly thoughts instead of resentful ones to those responsible for it, whatever they have said or done against us, will be turned into a blessing.

***As I send out love to those who seek to harm me,  
I reap only good***

**SATURDAY****August 30<sup>th</sup>**

*Take the log out of your own eye, and then you will see clearly – Matt. 7:5*

We do not progress through self-effort, but through humility: “Why do you call me good? No-one is good but God alone.” It applies to everything that we think, feel, say and do. Of ourselves we are nothing; with God we are everything.

Yet man’s natural need to discriminate between things turns so easily to judgment. We assume qualities in ourselves and then criticise and condemn others whom we feel do not have these qualities. In the process we let go entirely of our Father’s hand and stand alone. We should not then be surprised by the consequences.

Withholding judgment is not merely “good,” it is making space for God. Judgment usurps His place in our consciousness, making it impossible for Him to help us. Is this what we want?

***Humility makes space for God in me***

**SUNDAY****August 31<sup>st</sup>**

*Let them learn first to show piety towards their own family, and to requite their parents – I Tim. 5:4*

If people within the family circle would show as much courtesy to each other as they do to outsiders, home would often be a much happier place. Instead, it is far too often the scene of bickering in which the principal actors give way to impoliteness.

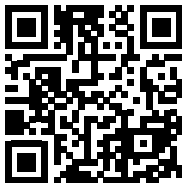
It is for parents to set the example. Children are born imitators, and if they are accustomed to seeing their elders behave punctiliously towards each other, and if they themselves are always treated with courtesy, they will naturally be well-mannered.

True courtesy springs from love, for love seeks always to make the way pleasant for others, and to create harmony in human relationships. Where it does not exist, good manners are merely a veneer which can be easily scratched. It is superficial. Let us cultivate the courtesy which comes from kindliness of heart, and a desire to make the way easy for others about us.

***I give as much consideration to my family  
as I would to the casual guest***

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*Published by School of Truth*