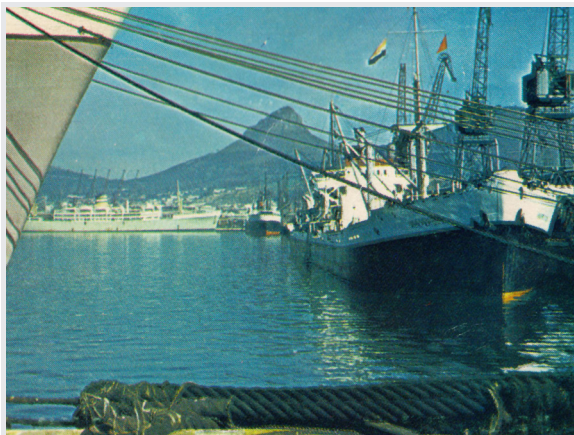


The Path of Truth



**Non-denominational
World-Wide circulation**

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Established 1937

Founder and Principal Nicol C. Campbell

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***All our services are free. The School of Truth is
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THE PATH OF TRUTH

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Editorial

The Path of Growth

To follow the path of righteousness is not always easy. We meet with difficulties, which may be hard to overcome, and from which we should like to run away. But if we are wise we shall not do this. Instead of turning our backs on the obstacles we meet we shall face them and surmount them with the help of God. Difficulties teach us the stuff of which we are made – whether we are strong or weak. When we overcome them we help to build character, which is one of the things we are here to do.

Remember that each difficult situation we contend with successfully makes the next one just so much easier. Know, too, that though the hill may be hard to climb the view from the top may make the ascent worthwhile.

Life is not a straight path. If it were we should become soft and degenerate. We should understand the purpose the obstacles serve and learn how to deal with them.

“I asked you to pray...”

Extracts from letters received by the School of Truth.

My house had been on the market for four months when I asked you to pray for the right buyer. Within two days of this request and before I even had received your affirmation, I received an offer – the only one made at all – which I accepted. Truly, “God works in mysterious ways his wonders to perform”.

The love, faith and steadfastness shown by our known and unknown friends in the spiritual and material support they give this work of Truth we do in God’s service are a constant source of inspiration and blessing to us. We regard them as our co-workers and to each we extend our sincere gratitude.

About a year ago I asked you to put R.’s name on the prayer list. He was suffering great pain from a cancerous growth in the head, and was to undergo a course of treatment at Groote Schuur hospital, using the cobalt bomb. The surgeon said it would be nine months before they would know whether or not it would be successful. God answered all our prayers – yours and ours – and at the end of the treatment no trace of the growth was to be seen. You can imagine the wonderful relief to us all, the patient, and especially his wife who suffered perhaps more than he. We do thank God for this healing, and thank you for your willing service to sick and suffering people.

At your request

Dear counsellor,

I have always been unhappy, and do not know why, but people are always involved. I seem to meet and work with the most difficult people, I am not well, and full of fear, would you be able to give me advice.



Dear friend,

Thank you for your call, we all live in accordance with Natural laws, the laws of nature. One of these is the law of cause and effect, i.e. as we sow so do we reap. As we think so do we become, good or not so good. I would suggest that you write down all the thoughts you are thinking, and the emotions you are feeling, then analyse them, remembering that spiritual enlightenment is more of a feel than a think. Silently bless all the people you meet, i.e. for the spirit of God within you I bless you, looking through the personality being expressed to the spirit within.

The conscious mind must be saturated with thoughts that are good, true and beautiful. These thoughts will penetrate the subconscious mind, radiate and influence the world in which you live. Affirm 15 times a day with feeling, (5 times upon awakening, 5 times at lunch time and 5 times before sleep) "I am filled with love, I am filled with joy, I am filled with peace". Reject all negative thoughts. Seek to serve rather than be served. Copy the Sunday meditations, and selected special daily thoughts, and post them into your spiritual book, and use it every day, for your thoughts create your reality.

With love and blessings,
Counsellor (School of Truth)

Speech

*Talk happiness. The world is sad enough
Without your woe. No path is wholly rough.
Look for the places that are smooth and clear
And speak of them to rest the weary ear
Of earth; so hurt by one continuous strain
Or mortal discontent, a grief, a pain.*

*Talk faith. The world is better off without
Your uttered ignorance, and morbid doubt.
If you have faith in God, or Man, or Self,
Say so: if not, push back upon the shelf
Of silence all your thoughts till faith shall come.
No one will grieve because your lips are dumb.*

*Talk health. The dreary never-ending tale
Of mortal maladies is worn and stale;
You cannot charm, or interest, or please
By harping on that minor chord disease.
Say you are well, or all is well with you,
And God shall hear your words and make them true.*

– Ella Wheeler Wilcox

Lecture delivered in Johannesburg by NC Campbell

Do You Practise Truth?



In the hurly-burly of every day it is easy to slip back where Truth is concerned, so every now and then I look over my past few months' living and take stock of what I have accomplished. I want you to do the same.

Do not, as you make this review, concern yourselves with the demonstrations over material things that you have been able to make, but confine your research to the spiritual side. What has Truth meant to you? What is your current consciousness of God? To what degree are you reflecting Him? Have you become more tolerant towards your fellowman, more generous? Have you learned the meaning of non-resistance? Have you, and this is important, more emotional control, and to what ends are you directing that spiritual zeal?

These are among the questions that I put to myself, and I go further. In my mind I enumerate the attributes of God, and of each one I ask myself to what extent I have reflected it; have I given but lip service, expressed this or that divine quality merely from a sense of duty or have I put my heart into it? Have I been a better friend, more loyal and constant in all my contacts, have the material manifestations taken second place in my thoughts, have I had greater faith? Only I can

tell! No one knows better than I do whether I have grown or not, whether I have now more courage and a higher trust than I had a while ago, whether my feet stand firmly upon a solid foundation from which I can dare to go forward fearlessly.

Neither you nor I can remain static. We have to progress, to face new tasks, to give ever more and more service, greater love and compassion, and as we advance spiritually we have to build up the quality of non-resistance.

It is God Who plants His ideas in our minds, but it is we who either develop them or allow them to lie unproductively. How often does one hear after something new has been discovered or accomplished, "But I had that idea as well!"? Of course! There is but one Mind, one Life, one spiritual concept, but it requires courage and perseverance to take hold of a thought and bring it to perfection as concrete physical form.

In all these years that I have been working with God He has left me to take the initiative. He has not preceded me, opening the door and saying, "Now, go through!" but He has become for me the spiritual idea behind the action that I was required to take in order to bring forth the greater good – progress, happiness or prosperity – that He desired to express through me.

Our hands, yours and mine, are God's workmen, and we can either sit back with them closed and idle while we retain the old consciousness of lack, discord and stagnation, or we

can use them constructively so that He can release, by means of us, more of Himself in His visible world.

The hardest lesson that we have to learn is that, despite the love and loyalty that we have been expressing towards our fellowmen, we cannot and must not depend upon their loyalty or their friendship, and this is born in upon us because it is absolutely necessary for us to realise that, in all things, we have to rely wholly and solely upon the Spirit of God within ourselves. "Thou shalt have no other gods before Me, none, of any description.

While we continue to judge from the human point of view, taking into account appearances and conditions, it is very difficult for us to see from where our good can come, and not to look to persons for its manifestation; yet we have to realise that there is but one true Friend, but One on Whom we can absolutely count, the indwelling Spirit Who never in any circumstances can fail either you or me because He is the sum-total of all that is Love, that quality of the Father that will pour out for you, in an unending stream, whatsoever your hearts desire. That is the Spirit that speaks to you in the silence, saying: "This is what I have done for you, created for you; this is the consciousness to which you have grown, this is what you have earned." But you will not be sure, and again the same old questions will bombard you and you will ask, "How, and from where, can my good come, what channel will release it?" And the still, small Voice that answers will

say: “Am I not all knowledge? Am I not the Presence of Life? Is not every human being My temple, so that your hands are MINE, the vehicles of that All-power that can and will bring forth your good for you, never too late, but always on time?”

On countless occasions in my own life I have affirmed these things. I have told myself that God is the fulfillment, is in fact already fulfilled this day. I have tried to realise that His Presence IS the thing desired, that my very wanting it is the guarantee that it is already created for me, finished and done, and again and again doubt has crept in and I have asked myself, “Do you think He has failed? Could He possibly be too late? Can He be limited to some human entity for this?” It would be a sorry principle, surely, that required of us that we should pander to people, should be obliged to flatter and persuade in order to receive. After all, with the average human being it is always of “me” that he thinks first, it is ever the “I” that counts, until, having once touched – within himself – the hem of Spirit’s garment, he finds the consciousness in which there is no distinction between “mine” and “thine” and knows that “Good is unlimited, and all that I have is yours.” This attitude is justifiable only when you have attained a deep inner conviction that God is your all-sufficiency in all things, your health, happiness, peace, protection and prosperity; when you have realized that His Omniscience and Omnipotence can and will open every door to your good if you will put your trust in Him and disregard the human channels that will surely fail you, leaving you sick at heart, disillusioned, depressed and frustrated.

If as you review your lives you can say, “I look back with joy on my experiences, and even on the difficulties that were nightmares of reality until my awakened understanding dissolved them into the nothingness from which they came, even of these I can say that I thank God for them,” you will have had a glimpse of that perfect Presence that is God.

Truth is the most wonderful thing in the world, and yet, until you have made It part of your very selves, until – not talking and reading It only – you live It all day long in your hearts, It will be of no value to you. “Not all who say unto Me ‘Lord! Lord!’ shall enter the Kingdom, but they who keep My Commandments.” Of what use is it for you to read “The Path of Truth” regularly saying with easy satisfaction “Yes, yes, that is very nice, and it applies to me” if you then put it aside and carry on as usual? I – of all people – know that it is not easy to walk in the way that we should follow. I am a human being, no different from yourselves – sensitive, touchy, hurt by those who let me down where their loyalty and their love are concerned. I find it no easier than you do to keep my emotional balance, to be non-resistant and to do good to those who despitely use me. Again and again I have to say to myself, “It serves you right!”

You must all learn not to depend upon man, who makes wild promises on the spur of the moment and then forgets all about them; your faith must not be planted in the shifting sand but anchored deep within the rock – the Rock of Ages

that stands four-square to all the winds (of change, adversity and chance) that blow.

You are here to grow in stature. You must make allowances for others as you would for children who know not what they do. If you live in tune with Truth, giving ever more love, friendship, tolerance and compassion, it is not important if at times you suffer disillusionment for it is by and through these experiences that you will come closer to Him and see His love taking the place in your lives of vacillating human affections and bringing forth for you, not only in the important things that you think to turn over to Him, but in all those smaller issues that mean so much to all of us in our daily lives. As you see this happening when perhaps you least expected it, do not forget “in all things” to give thanks for thereby shall more good come unto you.

If, during the time you are reviewing, you find that you have taken but a fraction of a step forward do not be dismayed; if you are trying to give as you have received, not only of material things, which are not so terribly important, but of yourselves, of some quality of the heart – love, sympathy, friendship – if you are willing to share your good and to offer it again even when it has been scorned, if you become not weary in well doing you shall surely reap your reward.

To those of you who feel that because of past bitterness, of tragedies that are hard to forget and to forgive, you cannot set the Spirit within you free I say that the yesterdays are

finished. Let, then, the dead bury the dead, and start afresh today!

Either in the easy way, or by travelling along the hard, rough road, you have to grow. You can kick against the pricks as much as you like, but you will hurt your own feet only; you can rise up against both God and man but it will avail you nothing, for you have no choice but to keep on! You must go forward for you are governed, whether you know it or not, by God's Law of Progress in all Good. "Behold, I will make all things new!" This is a promise made to all Creation. You cannot escape its significance, so start out in Truth this day. Practise honesty, sincerity and fidelity because these things are of God. Let your light so shine before men that they shall see the Truth enthroned in your hearts and have for themselves a beacon they can follow. Above all, "to thine own self be true and it must follow as the night the day, though canst not then be false to any man." Do not try to bluff yourselves, it will not work; if you live dishonestly, hypocritically, deceitfully you will but injure yourselves, NOT the other person. Search your hearts, therefore; see where perhaps you have fallen short if life is not all that it should be. Reverse your faults and failings, lift up your eyes to the hills; remember that you are not bondsmen, but the sons of God and the good – your good – will come to pass.

Truth is not difficult, It merely asks that you be kind, tolerant and loving, and when you do this, at that instant,

the Presence of the Good begins to flow through you as whatsoever you need.

Go out into the highways and byways and let your light shine. Radiate His Love that does not ask what is wrong with this one or the other but falls equally upon the just and the unjust; be grateful in all things, for help received, for protection, for courage, for all that is God. Believe me, it is not alone the essence of Truth that is simplicity, its application is simple too, if you will take God into partnership, for He is Love, and Love is the fulfillment of the Law.

Begin at this present, where you are, as you are, and BECOME Love, feel It, give It, spread It upon the waters, and It will come back to you – not even after “many days” – but in God’s good time, which is the ever-now, as all the material things you need – peace, happiness, health, success and prosperity to share and to spare.



Example has more followers than reason. We unconsciously imitate what pleases us, and approximate to the characters we most admire. A generous thought and action carries with it an incalculable influence. – Bovee.



According to your faith is it done unto you. Faith in God, the good, or Faith in fear, the negative. Both produce in like kind. E.W.

A Starting Point in Walking the Path



Where do we start when we want to change the conditions which are causing discomfort and unhappiness in our lives? There are circumstances and personalities in every individual's life which can be said to cause unhappiness. But are we always going to depend on others for our happiness, health, harmony and prosperity as a child is dependent on his parents for all his needs? I don't think anyone would like this to be the case if he really stopped to think about it, but it is exactly what most people allow to happen. They get upset when another is short-tempered, inconsiderate, selfish or unkind. They criticize and even condemn the person concerned and make life thoroughly miserable for themselves. If you accidentally put your hand on a thorn, you would remove the thorn and allow the wound to heal and in a short time there would be no trace of the injury. Likewise, if an injustice is done, discern what it is, allow the effects to be dissipated and no trace of the injury needs to remain. But if the thorn is left in the hand, it does not only cause discomfort, it can become septic and even result in blood-poisoning. Likewise, we can harbor the resentments and fears we have towards others and they can grow and develop into the most monstrous problems.

So where do we start? Where or with what does everything start? With a thought. The thought is always coupled with some kind of emotion; a pleasant thought makes us feel good

and react favourably, an unpleasant thought does exactly the opposite. The answer would be to handle our unpleasant thoughts and feelings and then all would be well. But how do we do this? We usually start justifying ourselves or our actions as soon as we have done anything wrong; we try to cover up, look the other way, laugh or cry it away, withdraw into ourselves or become aggressive, without even starting to become aware of what we are doing.

The first step is therefore to stop and be still as soon as a discordant condition arises and to become aware of one's own thoughts and feelings; to discern the problem and to become objective and rational.

The second step would be to do what one can to change the condition. If you were the first one to be negative, admit it and try to put right whatever is possible to be rectified; if another was in the wrong, forgive and send out as much love and understanding as you can. In both these instances success is assured because you will be working in accordance with Divine Law. The result could be instantaneous or it could take much longer to manifest, but it will always happen at the right time, in the right way, at the right place in the right company.

What we have to remember at all times is that the Law works with absolute impersonal precision at all times. If we want to enjoy God's blessings we are not allowed to react negatively at all, not even for God's sake, and no matter how grave the other's misdeed was. We must develop the firm

assurance that every positive action will be rewarded with a positive reaction. It is often difficult to know how to express love to a person who has done something that has made you so angry that you have wanted to choke, or hurt you so deeply that you have felt like hiding away from the world and withdrawing yourself from all involvement lest it happened again. If it is impossible to “feel” love under these conditions try “thinking” love first. Remind yourself that “Love is the fulfilment of the law.” This calms the emotions and a calm and relaxed state is very conducive to feelings of goodwill and love. I find this expressing of love very comforting, because it takes the responsibility of decision from my shoulders when I am in doubt about another’s behaviour. I keep my mental and emotional equilibrium and send out love and God takes care of the rest. This is what makes it possible to understand these wonderful words: “Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

— *A Student*



Every temptation that is resisted, every noble aspiration that is encouraged, every sinful thought that is repressed, every bitter word that is withheld, adds its little item to the impetus of that great movement which is bearing humanity onward toward a richer life and higher character.

— *Fiske*

Put it into Practice



Nothing was ever accomplished in the world that did not originate as a thought in the mind. The dream always comes first, but to dream is not enough.

If an artist were content to see pictures in his mind, without putting them on canvas, his art would be of no value. If Chopin had been satisfied to hear his wonderful music in his head only, how much poorer mankind would be. If Shakespeare had not transferred his thoughts to paper, what the world would have missed.

What do you want to do in life – what is your aim? Ask some people this question and they will reply that they don't know – that they have never thought about it. These are the folk who are content to drift through the days, just earning a living, or maybe merely looking for pleasure. And probably many of them are bored. If life is to be full and rich, we need to feel that we are of some value to the world. We need to have some object towards which we are earnestly striving – something that will make life easier, or fuller, or in some way better for others. Most of us have our daily work to do, without which we might not have a roof over our heads, food to eat or clothes to wear. But is that really enough to satisfy us? Are we really doing all we can for God and man?

We may have high ideals, but unless we do our best to live up to them, they are useless. We may have a certain goal which we think we want to reach, but unless we are doing something about it, we don't want it enough. We should be ever striving towards something good. Even though we may not reach our goal we shall gain by our efforts. Success may not necessarily be ours even though we work with the best that is in us, but the people who pave the way for those who will come after, are doing their share.

Define your purpose in life. Do not be a drifter. There is something you have to give the world, so find out what it is. The "talent should be the call". Do not allow it to lie dormant, but develop it to the best of your ability. If, by doing so, you are bringing some pleasure or beauty or help to the life of only one other individual, you will not have striven in vain. Your talent was given you to use not only in order to express yourself, but also for the benefit of your fellowmen.

Is there something you need for your comfort or well-being? If there is, make a picture of it in your mind, or keep a real picture of it somewhere where you can often look at it. Then work to obtain it – EXPECT to obtain it. God does not shower His gifts upon us like manna from heaven. We cannot sit down with folded hands, doing nothing, and say the Lord will provide. He helps us through our own efforts, for it is no part of His plan for us that we should be idle. If we want beautiful gardens it is no use to expect God to weed them for

us, or plant the seeds, or keep them watered. That is the part we have to play.

Since everything starts as an idea – a thought – how necessary it is to keep our thoughts positive and constructive. How necessary not to say: “I can’t but “I can, and with God’s help, I will”. If you think you can’t do a thing, you are giving in before you begin, and you will probably be beaten at the post. Realise that you are a spiritual as well as a human being, and that God’s Power is yours to claim, if you claim it in love and faith; and provided you are sure that the use to which you mean to put it will be acceptable to Him.

In the Epistle of James we read that faith apart from works is barren. And the same might be said of other things. Is it really enough to attend lectures or church, read books on religion, and meditate? We must be the doers of the Word and not hearers only. We must put our philosophy of life into practice in all the details of our daily living.



Two men looked out from prison bars, one saw mud, the other stars. Anon.



When a person feels disposed to overestimate his own importance, let him remember that mankind got along very well before his birth, and that in all probability they will get along very well after his death. – Anon.

Lecture given in Johannesburg in 2004

Room of Joy

Some people say that we are living in an age of anxiety but for some every age has been an age of anxiety. We persist with our fear and worry even though we are so often told how detrimental it is to our wellbeing, and knowing that we bring forth that to which we direct our energies. Those who are sensitive to their own condition feel the lowering of their state of mind and their vision of life.

Is this perennial condition of anxiety something mankind should simply accept? Is it just human nature or is there something we can do to rise above it? Perhaps more importantly, must those who are not afflicted simply learn to cope with the effect that the behavior of others has upon them?

This negation *can* be overcome if we are prepared to direct our will and the life-giving Force within us consistently and consciously towards the positive, even if at first it may be an almost artificial optimism, acting the part. Also, we can learn to relax our bodies and minds. It has been proven that relaxation blocks the entry of negative influences into our lives. Devoting time to relaxation, as we introduce to you at The School of Truth, is far better than giving time to your fears. Only a few minutes spent each day is enough to

establish the habit. We all live by habits, so we should try to make them good ones.

During our relaxations we invite Divine serenity into our lives. We do it by consciously accepting only that which is good, true, beautiful, sweet, peaceful and blissful. The Master exhorts us to “go into your room and shut the door and pray to your Father.” The homes of his society did not have the luxury of personal rooms, so clearly he means that we should retreat to an inner part of our mind, away from the clamour of the world and away from our worldly reactions to that clamour. With practice we can all learn to do this – to establish a quiet room in the mind and to fill it with sights and sounds that bring us joy, with images perhaps of a sunset, a river, a mountain, a private garden. In our special room we find it easy to contemplate the most beautiful aspects of life.

To this special Room of Joy we should retire in the morning before we rise and the evening before we retire, and as often as we can even for a few moments during our busy day. We can take with us into our Room an affirmation of God’s presence. Psalm 91 has several wonderful affirmations, for example “He who dwells in the secret place of the Most High will say to the Lord ‘My refuge and my fortress’.” At first it may require discipline but soon it becomes second nature. We do not become dreamers, detached from normal life, but become more vital, more alert in consciousness.

There is a story of a man who wanted a genie. One popped up and said to him “I will be your genie and you can have anything you desire, but there is one condition – you must keep me busy all day long. I never stop working.” So the man agreed, and asked the genie to plough his fields. In a short while all the fields were ploughed. Then the man asked that a wall be built all around the fields. Again in no time the task was completed. Then the man asked that all his farm sheds be rebuilt and the genie started work. At this point the man realised that he had a problem. How was he going to keep the genie busy all the time? He pondered and pondered his difficulty, but to no avail. So he went to see a wise man and explained his problem. The wise man thought for a while and then said “Ask the genie to dig a big hole in the ground and in it to erect a pole. Now when he is not doing something for you ask him to slide up and down the pole. That will keep him busy at all times, and out of mischief.” So that is what the man did.

Now the genie is like your mind, which is a tool that never sleeps. When it is not busy with a task let it rest in the Infinite. Direct it there before you go to sleep so that it does not disturb you but fulfills itself. Even during your relaxations you may direct it there so that there is a part of you that is always attuned to ultimate Reality, to God.

There is a humorous advertisement on television which shows how the housewife, unlike her husband, is able to

do several chores at once. She is like the African mother who is able to carry an object on her head while holding a conversation, directing her small children, and doing other minor tasks. All the time there is a part of her mind making sure the object stays on her head. This is how we should be with God. We practice regularly to retreat into our quiet room and then to return to life's threshold.

Negation, like everything else, is built up by constant practice. It becomes a deeply entrenched habit. How often do you meet people whose entire reality seems to rest on anxiety? They seem to be happy only when they are worrying. The best way to destroy a bad habit is to replace it with a good one.

The opposite of fear is faith. We can make a habit of faith – to believe in God and constantly to practice our belief. This is not just an intellectual assent to the existence of God but living *as though* He exists, greeting each new day with love in our hearts, expecting each day to bring forth our highest good.

Each day we use our creative imagination, knowing that our consciousness creates our reality, our environment, and that our consciousness depends upon the thoughts and feelings that habitually occupy us. We need to soar above the mundane affairs of life. “Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.”

We seek to perfect ourselves that we may be an inspiration and a blessing to all whom we meet. This is indeed the day that Lord has made. Let us be happy and rejoice in it.

(Ref EW040211)

I behold the Christ in you

I behold the Christ in you
Here the life of God I see
I can see a great peace too
I can see you whole and free

I behold the Christ in you
I can see this as you walk
I see this in all you do
I can see this as you talk

I behold the Christ in you
I can see that perfect one
Led by God in all you do
I can see God's work is done

Frank B Whitney

**The School of Truth has prayers at
9:30 a.m. and 11:30 a.m.**

Students are encouraged to join us in prayer at those times.
Prayers are indeed very powerful.

*A suggested prayer may be:
The Light of God surrounds me
The Power of God protects me
The Peace of God is over me
Wherever I am, God is.*

This prayer may be used at any time.



Meetings: September/October 2018

Johannesburg

Theosophical Society

Corner Lothbury & Streatley Avenue, Auckland Park
First and third Sunday of each month at 11:00 a.m.

Lecturers: Sunday 2 September: John Paulsen
Sunday 16 September: Jimmy Wilson
Sunday 7 October: Gerd Pontow
Sunday 21 October: Edwin Wood

Durban

Phone: 072 319 8666 031 201 5860

Second Sunday of each month at 10:00 a.m.

Sundays: 9 September and 14 October
Lecturer: Diane Evelyn

Pretoria

Theosophical Society Lodge

Via D.T.I. Building, Entrance Meintjies Street, Sunnyside
Second Sunday of each month at 10:00 a.m.

Sundays: 9 September and 14 October
Lecturer: Dorian Thomas or Edwin Wood

Hoedspruit

Venue: Drakensig Sports Centre, Conference Room
Contact: Mark Tomlinson
Home: 015 793 0100 – Cell: 079 369 4604

Cape Town, Erin Hall

Erin Hall, 8 Erin Road, Rondebosch

First Sunday of every month at 10:00 a.m.

Sundays: 2 September and 7 October

Lecturers: David Grant, Nicky Swartz and Penny Grottlieb
(alternating)

School of Truth Zimbabwe

Harare (00263) 488 5186: Mary Jane Williams

Bulawayo (00263) 288 679: Geoff & Gwen Calvert

To confirm date and times of meetings, contact your
representative or Johannesburg Centre:

Telephones: +27 (11) 482 5622/5856

Fax: (011) 482 4857

Members' Guide

We believe that students of truth should make their daily life reflect their beliefs and faith. One way of doing this is to choose an idea or affirmation that can be thought of during the waking hours, perhaps the affirmation offered in the daily thoughts. "THE PATH" provides a number of guidelines, some of which may help one to focus in a spare moment of time:

1. We allow a period each day for meditation and communion with God.
2. We try to live every moment of the day with an uplifted consciousness, realising that our own positive prayers (thoughts and feelings) have all-power in our lives.

September 1**Saturday**

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

**I KEEP MY MIND POSITIVE AND CONSTRUCTIVE,
THAT I MAY HELP GOD TO HELP ME.**

There is a law of cause and effect and every experience that comes to us is the result of our own thoughts and actions. There is no such thing as luck, good or bad.

We cannot always understand why certain things happen to us, but that is where our faith should come in. Instead of blaming circumstances or other people for our lack of success, for example, we should look within ourselves. If we want to be successful we should think in terms of success and put all ideas of failure out of our heads.

As we think, so we are, so we should learn to control our minds and see that our thoughts are always positive and constructive. If things are not going well with us let us look within. Do you wish to be healthy, happy and prosperous? Of course you do. Then think of health, happiness and abundance, and give thanks that they are already yours, as they are in the realm of Spirit, and your faith will bring them into manifestation. Therefore strengthen your faith.

September 2 Sunday

MEDITATION ACCORDING TO HIS WILL



My Father,

It is said in the Bible that “if we ask anything according to His will, He heareth us,” and I have often thought what heavy weather most of us make of this “will” of Yours.

Do we not know that You are infinite Divine LOVE, that having – purely for Your own purposes – created us, You certainly esteem and value us, so that Your desire is for our highest Good.

This sounds quite logical but it does not prevent our looking upon our right desires as hopeless longings, regarding the blessings we so urgently crave as things of which You are deliberately depriving us, nor does it take account of the Master’s admonition. “When ye pray, believe that ye have received AND YE SHALL RECEIVE”

It seems to me, my Father, that we have no more need to ask for Your Bounty than has a branch of a tree to ask the parent structure for its sap. We, who are integral parts of Your Being, participate in the All-good composing You.

Prayer for Peace

*Let the Forces of Light bring
Illumination to mankind.*

*Let the Spirit of PEACE be
spread abroad.*

*Let men of Goodwill everywhere
meet in a spirit of co-operation.*

*Let forgiveness on the part of all men
be the key-note at this time.*

*Let Power attend the efforts of the
brotherhood of LIGHT.*

SO BE IT – AND WE DO OUR PART.

*Divine Order and Harmony are now
established in the minds and hearts
of men, and in the Heavens and
in the Earth.*

*We do our part and contribute to
World PEACE by keeping PEACE
in our hearts.*

September 3**Monday****October 1**

♦ *I judge no man. – John 8:15.*

**I CONDEMN NO MAN'S RELIGION,
BUT RESPECT ALL.**

There are people who are convinced that they have found the only path which leads to God. And probably some of them try to convert others. Actually there are many roads, all with the same end in view. Thomas Paine says: "With respect to what are called denominations of religion, if every one is left judge of his own religion, there is no such thing as a religion that is wrong; but if they are to be judge of each other's religion, there is no such thing as a religion that is right; and therefore, all the world is right, or all the world is wrong.

"But with respect to religion itself, without regard to names, and as directing itself from the universal family of mankind to the divine object of all adoration, it is man bringing to his Maker the fruits of his heart; and though these fruits may differ from each other like the fruits of the earth, the grateful tribute of every one is accepted."

In our Father's house are many mansions and there is a room for you there and a room for me.

September 4**Tuesday****October 2**

♦ *I have given you an example. – John 13:15.*

**I EXPRESS MY LOVE FOR GOD AND MY
FELLOWMEN ACTIVELY.**

Most of us – certainly all students of Truth – recognise that the Christ is our Exemplar, but many of us fall by the wayside when it comes to emulating Him. He was the most SELFLESS being ever to tread this earth. He lived to be of service to all mankind; He always put Himself last, even His would-be enemies and those who despitely used Him came before Himself in all His calculations.

We often find it hard enough to be kind, considerate and forgiving where our immediate family and near friends are concerned, and where it is a case of those who go out of their way to hurt us we do not even attempt anything of the sort. Yet the Master asked men, “What profit have ye if ye love them that love you?”

It is certainly true that by so doing we are merely returning what we have received and no credit is involved, but we have been brought to this plane of experience that we may build up a credit balance by radiating LOVE to all and sundry and by spontaneously and gladly serving both God and all our fellowmen.

September 5**Wednesday****October 3**

♦ *For as he thinketh within himself, so is he. – Pro. 23:7.*

**I WILL MAKE MY THOUGHTS ACCEPTABLE
TO YOU, FATHER.**

What man is, he is as the result of his mental action. Everything he accomplishes begins as an idea in the mind and therefore thoughts are tremendously important. The hypochondriac is liable to be constantly ill. The man who says he cannot make a success of anything is liable to be a failure, and so on. If we want to live fully and richly we must think positively and constructively.

Never think or say that you are a timid person. Think in terms of courage. Have you not the strength of God within you to draw upon when you will? Then oust every fearful thought in your mind as soon as it raises its ugly head. If in the past you have said “I can’t”, replace these words with “I can and with God’s help I will.”

Remember that thoughts and words have power, so learn to control your mind that only what is good, pure and lovely shall take root there.

The seeds of negativity and destruction must never be allowed to grow. Master your mind and you master your destiny.

September 6**Thursday****October 4**

◆ *Prove all things. – 1 Thess. 5:21.*

HELP ME TO KNOW THE TRUE FROM THE FALSE, FATHER.

We shall not prove all things if we accept without question everything we read or hear. There are those who would influence us through newspapers or over the air but we must learn to think for ourselves if we are to know the true from the false. A thing is not necessarily correct because it appears in print or is heard on the radio. People who write and speak can be mistaken. What may be true for them may not be true for us.

Question all things. Do not allow other people to form your opinions for you – which it is easy to do. It is much less trouble to let others make up our minds for us than to think things out for ourselves. So many of us are lazy thinkers, are we not?

Have you put faith to the test? Have you tried out the laws which govern the universe, or the promises in the Bible? Do you judge by appearances? Think of these things. Do not accept what others tell you until you have considered them thoroughly and formed your own opinion of them.

September 7**Friday****October 5**

♦ *Perfect love casteth out fear. – 1 John 4:18.*

IN GOD I TRUST.

Fear is nearly always concerned with something that is impending, threatening. When the distressing situation is upon us we usually are able to marshal our resources and to set about dealing with it. Naturally if we looked to the future for GOOD ONLY there would be nothing of which we could reasonably be afraid, so it is our assessment of the nature of what lies before us that determines our attitude toward it.

No one wants to live in a state of tension, dreading the worst instead of expecting the best, but how are we to get into this serene and rewarding frame of mind? It is really quite simple: all we have to do is to realise that God is perfect, omnipresent LOVE. If we can accept that God – ALL GOOD – IS us, is expressing His Divine Nature by means of us, is walking the Path of Truth through us, of whom or what shall we be afraid?

Since He is Omnipotence there can be no power apart from Him to bring down ruin upon us. We live, and move, and exist in HIS BEING encompassed by His “perfect Love” which no negation can pierce, no evil attack.

September 8**Saturday****October 6**

◆ *It is good to be zealously affected always in a good thing. – Gal. 4:18.*

WITH PERSISTENT ENDEAVOUR I PROGRESS SPIRITUALLY AND MATERIALLY

“Set the germ of enthusiasm afloat in your plant, in your office or on your faith, carry it in your attitude and manner; it spreads like contagion and influences every fibre of your industry before you realise it; it means increase in production and decrease in costs; it means joy and pleasure, and satisfaction to your workers; it means life, real, virile; it means spontaneous bed-rock results – the vital things that pay dividends.” So says Henry Chester. He speaks of the ordinary things of life, but we need enthusiasm in our spiritual lives also if we are to progress.

We cannot expect to be successful unless we persevere in our undertakings. If we want to follow in the footsteps of the Master we must be zealous in good works. We must continue in the faith, and not be discouraged if we fall from grace sometimes, but return to the path of righteousness at once and go on our way with steadfastness.

It is not always the genius who does best in life. The man who works steadily and enthusiastically is often more successful.

September 9**Sunday****October 7****MEDITATION****TRUTH – NOT THINGS**

My Father,

Quite often we hear or read of people who seem to be blessed with all the Good there is: women who have beauty, riches, talent, health and exciting lives, and yet come to grief; men who have achieved power, prestige and fame, who own yachts, race horses, fleets of cars and still through drink and drugs, go to rack and ruin; and we say to ourselves, “If I had only a tenth of what those folk possess I should be entirely satisfied”, not remembering that “man shall not live by bread alone, but by every word that proceedeth out of the mouth of God,”

It is the material things (God’s lavish gifts though they be) that are not “enough.” Our Divine Provider meant us to have them in good measure, BUT He intended them to be where necessary the accompaniments of minds that are “stayed on Thee”, and unless we discover who we are and whence we came we shall be like ships that have no rudders, whose lovely lines, costly trappings and valuable cargoes will not save them when storms come up, the wind howls around them and the angry waves beat against their bulwarks; then only a pilot in charge of the helm will bring them into port.

September 10**Monday****October 8**

◆ *Thine is ... the glory, for ever. – Matt. 6:13.*

**I DESIRE THAT GOD BE GLORIFIED
THROUGH ME.**

“The heavens declare the glory of God!” You have all at one time or another seen displays that have been put on in honour of some Royalty or very famous personage, but how these pale before the stupendous panorama of the skies that nightly tells of the Omnipotence and Omnipresence of the Creator.

Just consider for a moment what Omnipotence denotes; it means, not that God is possessed of All-power but that He IS All-power, that complete DOMINION constitutes Him and is for ever inseparable from His Being. He rules over the entire cosmos; all that exists within it – the solar systems, the far-flung galaxies – comes under His undisputed sway. On our tiny planet the animals, vegetable and mineral kingdoms are governed exclusively by Him. He divides the waters from the land, He holds the winds in leash, He controls the bolts of lightning that flash from earth to sky, He rotates the seasons and brings forth the harvest. He is man’s Guidance, Protection and Supply, and He is the ALL-ENCOMPASSING LOVE that sustains the universe, so to Him be all glory, all gratitude and all praise.

September 11**Tuesday****October 9**

◆ *Bless them that persecute you. – Rom. 12:14.*

**I WILL TRY TO EMULATE THE CHRIST AND
RETURN GOOD FOR EVIL.**

Man's natural reaction if someone hits him is to hit back rather than turn the other cheek, and this merely doubles the trouble. The right thing to do if anyone harms us is to send him out a blessing rather than try to repay him in his own coin. Then, in all probability, the persecution will cease.

If love were the most important thing in our lives we should always be ready to forgive those who appear to be our enemies. The Master forgave those who crucified Him, so surely we should be able to pardon those who hurt us to so much less an extent.

God forgives us for our mistakes so let us forgive others for the things they do to us. If we expect to be forgiven we must forgive – and not only forgive but bless. And if we want to live the life of Truth we must return good for evil. That is what we shall do if we want to follow in the footsteps of the Master.

September 12**Wednesday****October 10**

♦ *They shall prosper that love thee. – Ps. 122:6.*

**MY LOVE FOR AND TRUST IN GOD ARE
STEADFAST AND HE CARES FOR ME.**

All good things come from God but this is something we are liable to forget. When we are successful in our undertakings or receive promotion do we always remember to give thanks to God? Or do we put it down to our own cleverness?

To love God and His creation should be the aim of each one of us. We have been told that if we seek first His Kingdom all things will be added unto us. In this Kingdom there is all we need for our well-being; but it is a spiritual Kingdom, and to bring what we require into manifestation we must have faith. We must look to God as the Source of all good, though He uses man as the means whereby this goodness comes to us.

If we felt our unity with Him we should never have to ask for anything, because we should know that we were one with all the good there is – all spiritual good which includes material good. Then let us try, day by day, to become ever more aware of this oneness.

September 13**Thursday****October 11**

♦ *Fear not, I will help thee. – Isa. 41:13.*

GOD IS EVERYWHERE. I WILL NOT FEAR.

No one on earth ever had anything to fear for GOOD is ever present as the only Reality, but the fact remains that we often are much afraid of the bogies we have ourselves brought forth out of our imagination and then accepted as verities.

When this happens God does not step in and destroy these illusions for us; we have set them up and it is we who have to tear them down, completely to demolish them, in consciousness, and it will be only our right assessment of what God is and of our relationship to Him that will enable us to do this.

Poverty LOOKS real, pain FEELS real, why then should they not be true – states to be dreaded, if not established in our lives, and miserably endured when they have moved in upon us? For one reason only – the OMNIPRESENCE OF GOD.

This is what “helps” us, this is our salvation, this is the TRUTH which declares that where God is, occupying all time and space, there is no place for His unlikeness and consequently nothing for us to fight or to fear.

September 14**Friday****October 12**

◆ *For everyone that asketh receiveth; and to him that knocketh it shall be opened. – Luke 11:10.*

I GIVE THANKS THAT ALL I NEED HAS ALREADY BEEN PROVIDED FOR ME AND THAT MY FAITH WILL BRING IT INTO MANIFESTATION.

When we ask, we must ask in faith, believing that we shall receive. As we think, so we are, and if our thoughts are wrong we cannot expect good results for then we set up a barrier in the channel through which God's goodness flows.

And never think that you have to plead with God to do this or that. God is love but He is also law and we must obey the law if we are to receive His bounty; and the most important law is that we shall love God and our neighbours as ourselves. How many of us can say truthfully that we are doing this? Do we love all men – friend and foe? Do we bear no one a grudge? Let us ask ourselves these questions and answer them truthfully if we think our prayers are not being answered.

When we pray, let us claim the spiritual equivalent of what we need in a spirit of gratitude and humility. If we realised our unity with God we should not have to ask for anything because we should know that whatever we needed was already ours.

September 15**Saturday****October 13**

◆ *Rest in Jehovah, and wait patiently for him. – Ps. 37:7.*

**THANK YOU, FATHER, FOR PROVIDING FOR ME
IN YOUR PERFECT WAY.**

We do not always find it easy to wait patiently for our prayers to be answered, and this is because we are lacking in faith. We do not trust God sufficiently to realise that His time is the right time.

Let us learn to relax in His love – to be still and know that He is God and wants only what is for our greatest good. When we do this we shall not be impatient. All that we require has been provided for us in the realm of Spirit and OUR FAITH will bring it into manifestation.

But we also have a part to play if we would share in God's blessings. We must see to it that the channels through which His goodness flows to us are kept free of hatred, greed, selfishness, jealousy, a desire of vengeance, and all other destructive emotions. Then we leave the way open for our needs to be fulfilled. We must put the things of the Spirit before all else, for the promise is that we must seek first God's kingdom and the other things will be added unto us.

September 16**Sunday****October 14**

MEDITATION
ABIDING PLACE



My Father,

Your blessing now rests upon me as I find my abiding place in the consciousness of Your affection for all Your creation.

This abiding place I recognise as my spiritual home where nothing of a negative nature can come near me. Here is joy and peace beyond worldly measure and I find all I need to share and to spare.

Every task has become a loving service to You and my reward is a deep spiritual satisfaction of being of service to You in thought and deed.

Wherever I turn to You in thought the door opens and I enter my abiding place and find the peace that passeth understanding. Here I find rest and renewal. My heart is full. Thank You, Father.

September 17**Monday****October 15**

◆ *The desire accomplished is sweet to the soul. – Pro. 13:19.*

**WITH GOD'S HELP I ACHIEVE THE FULFILMENT
OF MY RIGHTEOUS DESIRES, FOR WHICH I GIVE
GRATEFUL THANKS.**

We should be sure that the thing we desire is something which God would want us to have. We may have bad desires as well as good ones but it is only the latter which we should harbour in our hearts and minds and for which we should strive. Some people might wish for revenge, or some might desire to benefit at the expense of another, either of which might be sweet to the HUMAN being, but certainly not to the soul.

If we desire a thing sufficiently and work to the utmost to attain it, it is probable that we shall achieve it, so it is necessary for us to wish for the right things – the things it would be good for us to have.

We all want financial security – that is quite natural. Nobody wants to be dependent on another. But let us not be jealous of what others have, for within us is the power to have what we want to have within the law – always provided we put the things of the Spirit first.

September 18**Tuesday****October 16**

♦ *Be still, and know that I am God. – Ps. 46:10.*

**I WORK WITH GOD IN LOVE AND FAITH AND HE
FULFILLS MY GOOD.**

The injunction in the above text is something we should say when we feel we are losing our poise. We should pause for a moment and lift up our hearts to God from Whom comes our strength. We are one with Him and His Power is our power also. We should stand still and try to feel His strength flowing into us, calming us.

Troubles come to all of us and in times of crisis it is not easy to be still; and perhaps there are things we have to do, but let us try to do them in a state of poise that we may do what has to be done well and efficiently.

If troubles seem to be crowding in on you turn to God and release the burden. Let Him carry it for you and relax in His love. Claim His help, but be sure that you are obeying His laws. Let there be no hatred, cruelty, selfishness, greed or other destructive emotions within your heart and mind. You must do your share if you expect God to do His.

September 19**Wednesday****October 17**

◆ *I will not seek mine own will, but the will of Him that sent me. – John 5:30.*

**I DEDICATE MY WILL TO THE SERVICE OF GOD
AND MY FELLOWMEN.**

What difference do you think there is between your own will – if the fulfilment thereof harms no one, yourself included – and the Will of God for you? Your Father's desire has ever been for your highest good. It remains for you to think His thoughts after Him and to know that since He is Omnipresence and all things "consist" in Him, the fulfilment of your every need has always been in being for you.

We only seem to lack certain necessities because, in the first place, we accept the appearances of shortages as Realities, and in the second because we are not consciously aware of our absolute at-one-ment with our Maker, the Source of Supply. What we have to do if we would live expanded lives is to recognise the truth that we live, and move, and exist in God; that nothing has to come to us from without, but that if we pray and "know that we have received" that which already awaits our claim to it will become manifest unto us.

September 20**Thursday****October 18**

Be strong and of good courage. – Josh. 1:6.

**MY TRUST IS IN GOD AND I FACE LIFE'S
EXPERIENCES COURAGEOUSLY.**

If we want to cultivate courage we should eliminate every negative or fearful thought the moment it enters our minds. And we should erase such words as “I’m afraid” from our vocabularies. Yet think how often we use them. “I’m afraid I’m getting cold.” “I’m afraid I can’t do it.” So often we use that phrase. Instead of thinking and saying that we are afraid we should think and say that we have courage.

We have the strength of God within us to help us. His strength is our strength when we draw upon it in faith. His courage is our courage when we know how to claim it. If we do not make use of these qualities the fault is ours for He does not make us do so.

If we want to build character we must be strong and courageous, otherwise we will try to hide from experiences instead of going out to meet them with open arms, and life will not be the great adventure it should be. Then let us cultivate the above qualities daily.

September 21**Friday****October 19**

◆ *Now is the accepted time. – 2 Cor. 6:2.*

**I DO THE THING THAT'S NEAREST NOW AND SO
MAKE MY CONTRIBUTION TO LIFE.**

Do you live in the present or the future? Are you constantly dreaming of the day your 'ship will come home', or of the time you will win a large sum of money?

Dream if you will but not of an imaginary ship, or winning money that you have not earned. Nothing of value was ever accomplished but that the dream came first, but we must work to make the dream come true. It is not enough merely to think. Certainly we can make a mental picture of the thing we desire, or keep a real picture of it before us, but we must DO something about it.

Perhaps you would like a bigger and better home? Why not? But in the meantime make the one you have as attractive as possible, whether it be a flat or a cottage. Perhaps you would like to do something big and spectacular for humanity? For the time being, make the most of every opportunity that offers itself, however small it may be. If you wait for something big, you may wait too long.

September 22**Saturday****October 20**

◆ *To him that overcometh, to him will I give to eat of the tree of life, which is the Paradise of God. – Rev. 2:7.*

**I CAN DO ALL THINGS THROUGH CHRST WHO
STRENGTHENS ME.**

Instead of grumbling at difficulties which we meet in life's pathway – which so many of us do – we should regard them as a challenge and learn to react to them in the right way. There is a lesson to be learnt in each of them, and the more we learn on this plane of consciousness the less we shall have to learn on the next one.

In mastering our difficulties and solving our problems we build character, and that is one of the reasons why we are here. We are here to evolve, mentally and spiritually.

If life were one long straight road, how monotonous it would become. We should soon become bored and we should soon deteriorate if there were no awkward corners to negotiate and no hills to surmount.

Then let us not turn our back on our difficulties but face them boldly and overcome them through the power of the Spirit within us. They are essential to our progress.

September 23**Sunday****October 21****MEDITATION****HIGH VISION**

My Father,

Confidently I receive Your blessing as I release the worries and anxieties of worldly strivings and enter the inner temple of my consciousness and acknowledge the truth of my being. Within me is the answer to my every problem, the supply I need and all the harmony and peace I require.

No longer do the burdens of unhappiness and despair weigh heavily upon me, for the moment that I released everything over to You my vision became lifted and I am now conscious only of Your love for me and Your desire to help me. From this high vision I see the things that appeared to be wrong in my life were but the effects of false suggestions in action and that these human beliefs disappear as soon as I come into a full realisation of Your Love.

I let go to the Truth that, in conscious acceptance of Your Power and Love within me, I am one with all the GOOD in the Universe and that Love within my consciousness is the mould that will receive Your bounty of Health, Supply and Happiness in overflowing measure when I am spiritually ready to receive them.

September 24**Monday****October 22**

♦ *This is the day which the Lord hath made. – Ps. 118:24.*

**WITH GOD'S HELP EACH OF MY
SUCCEEDING DAYS SHALL BE BETTER
THAN THE PRECEDING ONE.**

What a difference it would make in the lives of many of us if, the moment we awakend in the morning, we would say to ourselves with conviction – “This is the day the Lord hath made.”

In the beginning God saw all that He had made and behold! It was very good: and by the same token our days would all be days of blessings and fulfilment if we would recognise them as precious gifts, the work of His hands. Every dawning presents each one of us with a clean sheet upon which to write an account of our thoughts, feelings, words and actions of the next twenty-four hours. We can smudge this, blot it, set down lies upon it, or we can make of it a truly beautiful scroll, filled with deeds of kindness and songs of praise.

Each new day offers us fresh opportunities either to wipe out the errors of yesterday or to prepare for a still more glorious tomorrow. Only we ourselves are responsible for what is inscribed thereon; none else can add a lie or subtract one from it.

September 25**Tuesday****October 23**

◆ *Thy will be done. – Matt. 6:10.*

**WHEN I OBEY GOD’S LAWS, I CAN SAY WITH
CONFIDENCE; ‘THY WILL BE DONE.’**

The above text is part of the Lord’s Prayer which is used by millions of people. But how many of them give much thought to what they are saying? What do they think God’s will really is?

There are those who, when things go wrong, accept that it is because the Deity wants them to suffer, and they do nothing about it. What is the use of their trying to do anything if this is so? But it is not so. God’s will is always goodwill, for He is love, and love can want only what is good. Others wish to know, if He is love, why He allows wars and pestilences but again it is not so. He neither allows nor disallows such things for He has given us the right to choose whether we will abide by His laws and live in peace and health, or disobey them and suffer the consequences.

It is the will of the Father to give us the Kingdom, and in the Kingdom are only good things. And the key to the gate, which gives entry to it, is love.

September 26**Wednesday****October 24**

◆ *Establish thou the work of our hands
upon us. – Ps. 90:17.*

**I GIVE THANKS FOR MY WORK, FATHER AND DO
IT TO THE BEST OF MY ABILITY.**

If we are doing work we like we should be grateful, for then our work is also our pleasure. But if we are doing work we dislike, then we should either learn to like it or change it. All necessary work is good and can be done to the glory of God. It may seem trivial to us, but each of us has a part to play in the game of life, and whether it is a big or little one we should play it as well as we can.

Kahlil Gibran says:

“And all knowledge is vain save when there is work,
And all work is empty save when there is love;
And when you work with love you bind yourself to
yourself, and to one another, and to God.
And what is it to work with love?...
It is to charge all things you fashion with a breath of your
own spirit...”

September 27**Thursday****October 25**

◆ *The law of the Lord is perfect. – Ps. 19:7.*

ABOVE ALL, I WILL TRY TO LIVE LOVE.

“Law” is a word that often grates a trifle harshly on the human ear; we think of it as something which levies restrictions on us, frequently opposes itself to our choice and inclinations, and will – if we have the temerity to infringe it – even bring down punishment upon us. We do not realise that it is our greatest friend which smoothes our every path for us, protects us in all our ways, and maintains harmony and order in our daily lives.

Fortunately for us the Law of the Lord is perfect and is founded upon love for, if we would find fulfilment on this plane of experience (and upon any other to which we may eventually be brought) we must live, move and have our being encompassed in love.

LOVE IS GOD, is omnipresent, and is the primeval Substance out of which all creation came forth. We are here to acquaint ourselves with this Spiritual Verity; to make it, in consciousness, our own and then to LIVE it in relation first to our Father and then to all our fellowmen.

September 28**Friday****October 26**

◆ *Fear not; for I am with thee. – Isa. 43:5.*

**CONSCIOUS OF MY ONENESS WITH GOD, I AM
POISED AND CONFIDENT.**

There are so many things men fear if they are lacking in faith. Poverty is one. Yet God is our source of supply and if we play our part He will not allow us to lack the good things of life. But we must obey His laws and think in terms of abundance if our needs are to be met.

A sense of inferiority is a form of fear, and those who suffer from it do so because they may not have as much knowledge, or be as well-born, or have as much experience as others. But a sense of inferiority can be overcome, for as long as we live up to the best that is in us what have we to fear? The opinions of others are not important. It is what God thinks of us and what we think of ourselves that is of consequence. Emerson says: "What I must do is all that concerns me, not what the people think."

Cast out fear as soon as it raises its ugly head. It will prevent you from living fully and richly and putting the most into life.

September 29**Saturday****October 27**

♦ *I will be with him in trouble. – Ps. 91:15.*

**GOD IS WITH ME IN MY JOY AND IN MY SORROW
FOR WHICH I GIVE THANKS.**

Is something worrying you? Are you not expressing perfect health; have you not sufficient supply; or is your home not as harmonious as you could wish? If so, place yourself in the loving hands of the Father and allow Him to right the wrong. Human beings may not be able to help you but with God all things are possible.

If we could FEEL our unity with Him and all that He is and has we should not suffer in the way we do. We should know that He is within us at all times and that we have but to turn to Him to get help whenever we need it.

But we do require faith in Him for without it we shall not feel our oneness with Him. If you think that your faith is not strong enough, increase it by behaving as if you had all that was necessary. ACT as if you had plenty of faith and this will help you to increase it. You must make use of what you have if you would acquire more. Try it for yourself.

September 30**Sunday****October 28**

MEDITATION
REFLECTING GOD



My Father,

If I am one with You I must reflect You as my mirror reflects myself – with this great difference, that the looking glass gives back only the outside of me while I – if I would make good my claim of unity – must project the inner core of Your Being, to do which I must think Your thoughts after You and keep Your commandments.

No one has, as yet, seen You face to face, and to make a picture of Your infinite Majesty would outstrip all our most unparalleled imaginings, but we are all very much aware of the divine qualities that constitute Your Spiritual Presence and it is our day to day expression of these that raises us out of the rut of human thinking, with its concepts of lack, limitation, doubt, fear, censure, sorrow and insecurity, into the incorporeal realm where all is Light, Liberty and LOVE.

It is an all-time job for us to curb our tongues and restrain our negative reactions so that, by keeping our eyes ever single to the Good, all adverse situations, circumstances, and personalities may drop out of our awareness. But if we will make the effort all that is unlike You, Father, will vanish from our ken.

Monday**October 29**

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

**SINCE GOD’S POWER IS WITHIN ME, I HAVE
NOTHING TO FEAR.**

Do you mistrust your own ability to succeed? Do you suffer from a sense of inferiority? If so, you do not realise the power that is yours to draw upon – the Power of God.

What can you do to acquire that realisation – particularly if your faith is not strong? You can use the faith you have, and so increase it.

Have you to face some situation today which fills you with nervousness? Perhaps you have to interview someone, the result of which may be extremely important to you. What can you do to overcome your fear? First affirm: “I relax in the knowledge that God wants only what is for my highest good, and I put my trust in Him”. Then, when your interview is due, breathe deeply, square your shoulders, and ASSUME an air of self-confidence. You will then be doing your share and giving God the opportunity He needs to help you. Leave the rest to Him.

Tuesday**October 30**

♦ *The blessing of Jehovah, it maketh rich; and he addeth no sorrow therewith. – Pro. 10:22.*

**I SEEK FIRST LOVE, WISDOM AND
UNDERSTANDING – ALL ELSE SHALL BE ADDED.**

We all want to feel that we shall not be a burden to others when we grow old. This is a thought which worries many people who are reaching, or have reached, the later years.

Let us realise that all we require has been provided for us by God in the realm of Spirit. There is nothing lacking in His Kingdom. But it needs our faith to bring that supply into materialism.

It has been promised that if we seek first this Kingdom, all else will be added unto us. What is the Kingdom? It is the Kingdom of love, truth, goodness, justice, purity and beauty. If we make love the ruling factor in our lives – love of all God's creation, and not merely the few near and dear to us – we shall be fit to enter it. We can claim all we want to supply our needs.

Wednesday**October 31**

♦ *I have overcome the world.* – John 16:33.

I CAN DO ALL THINGS THROUGH THE POWER OF CHRIST IN ME.

The Spirit of Christ which overcomes the world and conquers death is within each one of us. There is no problem too complex for it to solve; no difficulty too great for it to overcome; and no sorrow so deep that it cannot rise above it.

Are you facing some new experience with a certain amount of trepidation? If so, remember that the very Spirit of all wisdom, all power, and all knowledge is within you. Keep a steadfast heart therefore and put all fear from you. Face what is new with courage and the will to win and above all, faith in the knowledge that God is within you to help in your time of need.

Let the inner Spirit guide you in all your undertakings. Make God your partner in everything you do, submitting your will to Him, that you may have true success. Trust His Wisdom and strength to make your way plain before you and help you to surmount all obstacles you may meet upon life's way.

Prayer

*Our Father, Spirit That is Love within me,
Revered and Holy be Thy name.*

*Let Thy Kingdom of Love and Goodness
come into expression through me, and Thy Will be carried
out in and by me,
here upon Earth as is done in Thy spiritual realm.*

*Be Thou this day, the fulfilment of my every need and
the illumination of my understanding.*

Help me to forgive my debtors that I myself may be set free.

*Teach me of thy Presence of All-good
and lead me away from all error thinking,
all negation, delusion and vacillation.*

Preserve me, my Father, from every kind of separation;

for thine is the Kingdom within me,

the Power and the Glory that fill me,

for ever and ever; Amen.



*An Inspiring Thought for
Each New Day*

“Speak to Him, thou, for He hears,
Where Spirit with Spirit can meet;
Closer is He than breathing,
And nearer than hands and feet.”

TENNYSON.

Evening Prayer

*Thank You, Father, for this day,
For health which gave me strength to play.*

*For quite enough to eat and drink,
For work which gave me need to think.*

*May my thoughts be kind and true,
Good thoughts, acceptable to You.*

*May each task I do each day,
Be done in just Your perfect way.*

*May I spread Your love about,
To all I meet indoors and out.*

*Thank you, Father, for Your care,
Which followed me both here and there.*

*Thank You for this lovely day,
Now bless my sleep, dear Lord, I pray.*

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