

# *The Path of Truth*



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# THE PATH OF TRUTH

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Editorial

## *Tolerance*

There are people who are so convinced that their way of life is right that they want to make others conform to their ideas – they want to rule. But each of us must live his own life according to what he thinks is right and wrong, for we are at different stages in our spiritual development and therefore we have different lessons to learn. What you require may not be what I need, and so you cannot necessarily tell what is best for me.

We should be careful not to try to force our particular form of worship on others, for few people like to be dominated, and we shall probably defeat our own ends.

Those who think that only one pathway leads to God are mistaken. In *The Vision of the Nazarene* we read: “Verily all religions are One, and he who worships the Father worships Brahman, and he who worships Brahman worships Tao, for all these are but the various names for Love – Existence – and Bliss Absolute, which in truth are God.”

## ***“I asked you to pray...”***

Extracts from letters received by the School of Truth

A friend of ours needed prayers to find work as, being an architect, he found it practically impossible to find employment under the present circumstances. I am very pleased to say that he is now busily occupied on plans for two libraries and municipal offices. For this I express gratitude to God the good Father and to you, His channels.

The spiritual and material support so lovingly and faithfully given by our known and unknown friends to this work of Truth we do in God's service, is a source of inspiration and blessing to us, and we offer our most sincere gratitude.

I spent the whole of last month in hospital for tests and eventually had an operation involving the removal of a tumour from just below my ear. The doctors were afraid the tumour would turn out to be malignant as happens nine times out of ten with tumours of this particular kind. Still, I would not accept it and kept repeating positive affirmations, even in the theatre. I was not the least bit afraid or anxious, but all the same I was very grateful when the tumour turned out to be benign. I send my love and thanks to the School of Truth. May God continue to bless you in your work among men.

It is wonderful to see from all the testimonies in your magazine that we worship a living God. He has meant ever so much to me, and from time to time I have requested your prayers on behalf of my children who sometimes had school and growing-up problems. All their troubles have gradually been ironed out, for which I give God all my thanks.



When my son was retrenched from his previous position I decided to ask God for help and also asked you to put his name on your prayer list. I am happy to say that he was the successful applicant among forty for a most attractive post where he is now happily employed. He considers his present appointment better than the one he lost. Many thanks for your prayers and may God bless you all.



The following story illustrates in what mysterious ways God can sometimes perform His wonders. I had been suffering from my nose for some time, and it was eventually decided that plastic surgery was necessary. As a result of a misunderstanding I was on the wrong surgeon's operating list. This surgeon examined me and discovered the presence of a malignant tumour. After the successful removal of the tumour I realised that had it not been for the mistake I would in all probability have lost my nose. God was guiding me through the School of Truth. May He bless you for the great work you are doing for so many.

The more I know about the School of Truth and the miracles which have taken place as a result of your work, the more grateful I am for what you are doing. I have recently had an experience of this myself when I asked you to pray for my step-brother who was suffering from a virus disease which is generally regarded as incurable and fatal. It is almost incredible, but he is now out of hospital and is about 90% recovered.



I doubt whether you will ever realise how grateful we are for my husband's complete recovery after we asked you to join us in prayer. As I told you in my previous letter his condition was indeed grave, so much so that the various organs were no longer functioning. But our Heavenly Father has answered your prayers and ours. The improvement in my husband's condition commenced from about the time my letter must have reached you. We trust you will continue to remember us in your prayers.



I am so glad I wrote to you when I was worried about my future. The Lord has answered my prayers and I have obtained a very good post with a bank at a higher salary than I expected. The work will be different to anything I have done before and I would appreciate your further prayers to ensure that I will be able to carry out my duties satisfactorily. Many thanks to our Heavenly Father and to you for your help.

Before I contacted you my dad was an alcoholic and was causing the greatest misery in the lives of all the members of his family. He was assaulting us and smashing things in the house, having several accidents with the car and things were really on the rocks. Through the assistance of the School of Truth a miracle happened and my dad was able to overcome his addiction to liquor. From then on he has not touched another drop and you cannot imagine the happiness that the change has brought in our house.



As a result of your prayers my son has received two blessings during the past month. I asked you to pray that he might find suitable employment and that he might succeed in selling his house. As you will have guessed, both these requests have been granted, and I am sincerely grateful to you for your prayers on his behalf.



My son had a tumour behind the eardrum for which surgery was urgently necessary. The surgeon explained that it was a complicated and serious operation and that there was a definite danger that the boy might lose his hearing. I wrote asking you to place his name on your prayer list and can now tell you how grateful we are for what God has done for him. The operation was a complete success and his hearing is unimpaired. Only God could have done this and we are very grateful to you for your prayers.

Lecture delivered in Johannesburg by NC Campbell

## ***Steadfastness***

*“Be not weary in well doing for, in due time, ye shall reap if ye faint not.” – St Paul.*



I admit that it is no easy matter to continue in “well doing” when adverse conditions persist, and God appears to be receding further and further into the background and there is no sign that He is doing anything for the one who is trying to rely solely upon Him.

We are all tested at one time or another in this way and the Truth teacher is no exception, and it often happens that he resents it more than does the man in the street. This is quite understandable for he feels that, putting himself last and devoting, as he does, his life and nearly all his time to the unselfish service of God and man, he should be spared distressing personal experiences. But these are as necessary to him as they are to other people for, even though he is working with the abstract spiritual Law, that is not a person with the power of choice, he too must never lose sight of the fact that he is made in the image and likeness of the Father.

If you examine Truth as taught by others and us you will see that It works for the individual regardless of the religious group to which he belongs. Most religions, Roman Catholic, Jewish, Christian Science, Methodist, Anglican,



Baptist and many, many others claim that they alone have found the consciousness of God; that this is exclusive to them and that unless you accept their approach and the particular interpretation that they have placed upon the Scriptures you shall in no wise enter the Kingdom of Heaven.

They remind you of the Master's words, "By their *works* shall ye know them," and each denomination points to results, saying "Look how *our* God heals our people," and they claim Him as specifically their own, forgetting that it is neither creed, ceremony nor ritual that works through the individual and awakens him to that indwelling Presence of God that alone constitutes his health, happiness and supply; but that indefinable "something." That white light of Truth, that shining ray that permeates every man and every organisation and is called FAITH. The unbeliever who, without any understanding of God, consciously *accepts* good, can have precisely the same demonstrations as the student of Truth.

Because I see the presence of God as good flowing through my life I do not say that I, alone, am right and everyone else is wrong; I merely claim that it is according to my Faith – as it is to theirs – that it is done unto them and me. I do not attribute His manifestation in and through anybody to particular observances like the clapping of hands or the sign of the Cross; neither in my own case do I feel that I, and those who follow what I teach, are the only ones who have actually found God. I know that the blessings that are showered upon s come to us solely because we have touched

the inner spiritual man that, oblivious of class and creed, knows himself *only* as the Spirit of God, manifesting in and through every individual in the world.

It would be just as simple for me to become an orthodox minister, to accept whatever ritual and ceremony were entailed, and still see in manifestation the identical Presence of God I see today, and the same holds good for all spiritual leaders; it is nothing but their *Faith* in God that does the works and is the living spark that animates their particular teaching.

We of the School of Truth do not censure or condemn our fellow religionists. We appreciate the Presence of God manifesting through all people, we see good in all mankind, but we do feel that Truth broadens, is all-embracing, and that It does not bind, but on the contrary sets FREE all who adhere to it.

And now to revert to our opening injunction: “Be not weary in well doing for, in due time, you shall reap if you faint not.” I want to ask you to answer the following questions in your hearts. Have you actually accepted the Reality and Omnipresence of God, the Truth that He is infinite, is Love and Knowledge, and is the only Power and Presence, so that nothing can thwart His purpose, and do you believe that any condition or circumstance that is unlike Him is but an appearance, a *lie* that has been conjured up and accepted by the human consciousness?

I am sure that you have answered in the affirmative. You believe there is no power that can oppose God, that as He

is Omnipresence, permeating all space, He must be in every adverse condition, whether of disease, unhappiness or lack, so that these cannot be truths, but are errors of mortal thought that accepts the absence of their opposite good, which absence is an impossibility in a God-filled universe.

We are created in His image and likeness, facsimiles of Intelligence, Beauty, Love and Truth; we can lack nothing of any kind, so what is it that holds up our good, where is the obstruction that prevents the manifestation of health through our bodies, happiness in our hearts and affluence in our affairs?

If God is everywhere evenly present He must live, move and exist through us; if He is Love He must want these qualities to express for us, and if He is Knowledge He knows how to bring this to pass, and the fact that He is omnipotent permits Him to enforce His will. But – He is limited, *prescribed within the precincts of our consciousness of Him*, hence St Paul's admonition not to be weary in well doing for, in due time, *when our awareness has expanded, we shall reap if we faint not*.

What is our first reaction when we start working with Truth? We expect prosperity to pour into our lives, disease to be wiped out of our bodies, discord to be eliminated from our lives and peace to flow into our hearts. We look, and hope for, immediate demonstrations and become over-anxious and tense so that our concern constricts the channels through which the spiritual Power of God would stream through us, and we become like those of whom Jesus spoke in His parable of the sower and

the seed. Some of us sow upon stony ground or among weeds, and do not receive, only those who sow on good ground, in the Spirit of Love, reap a harvest. These do not concentrate upon “getting”; they know that to do so is to put the cart before the horse. They realise that before one can take out of life one must have put something into it so they persist in their constructive endeavours; they are not weary in well doing.

Conditions and appearances often seem to be insurmountable. I personally have neither the strength nor the courage to overcome certain of them, and I do not expect this of you either. I have likened myself and my dependence upon God to a child with a nursery governess, I look to Him, as a child might, for every little thing in my life and when He eludes me I become perturbed until I realise that He is not absent from me but is ever present within me; then I know that it does not matter how black appearances may become or how solidified negative conditions, for as I remember that He is all-in-all and compel myself to recognise that this is true, I know that I can take my active steps in Faith and that He will honour these eliminating from my life whatever is at odds with Himself.

*I keep on*, but look at the majority! They are enthusiastic for a week or a month, all is for the moment right with their world and when the results they are looking for are held up, do they continue to believe that God is working for them, has already created, and is causing to be brought into manifestation, the qualities that they desire? NO, they do not! They give up and say that it does not work for them.

That is not my attitude. As I understand it God's universe is finished. The good is not *going* to be created, it is established and done, and there is nothing that you or I can desire but it is already in fulfilment. It is we who deprive ourselves because we have not the courage to persist, but continue to accept conditions as realities and to look for channels rather than to Him for their removal.

I never found it easy to close my eyes to appearances and to know that within me is my health, my happiness and my prosperity. It is, of course, difficult with the negative conditions before you and around you to see it through. We want to know *how*, and *when*, and it is no simple thing to take the long-term view. We ask ourselves what the results will be of seeking the consciousness of the Presence of God with such persistency of purpose.

Let me tell you that one of the first will be the elimination from your hearts of all fear, the dread of sickness, unhappiness, defeat and insecurity. That alone is a priceless gift! You will be free, free from the dominance of people, conditions and circumstances; you will *know* for the first time that truly the Father within, the Spirit of Good, of Love abiding in you, doeth the works. We cannot bring things forth for ourselves, we can but trust and take whatever practical measures are indicated. I cannot tell you how the matter will be resolved. You may be taken to the very brink, to the last second of time when you feel that failure is inevitable, but I have

never known God to be too late or to deprive anyone, myself included, of one atom of good.

Whenever you are prepared to trust God and are ready to go ahead in the face of conditions, you will find that He will not compel you to renounce your good. On the contrary, to show His love for you He will pour out more and more of His bounty upon you.

Not everybody has this courage, and it is understandable. We cannot see God, touch Him, or – at times – even *sense* His goodness, but where would the merit, the virtue be, if we did not need to have Faith, which is the substance of things hoped for, the evidence of things unseen.

When we know we have Faith we do not say, “I know it will come into being, it will manifest now or then.” We affirm, “Here IS my Faith, the substance, from *sub* meaning under and stance – to stand, i.e. that which stands under or is the spiritual foundation of the concrete thing.” That is the *solid* kind of Faith that is not afraid of criticism, that can face conditions, yet is ready to brave ridicule and scorn, It is not the sort that sets its teeth and says: “I must prove this before I can pass it on to the others, so I *want* results! God, give me these that I may compel those around me to believe me.”

Such a stand is wrong, and is the very attitude that will prevent you from finding the consciousness of God, for what have you or I to do with *people*? We must live naturally with the Father, fearlessly not fearfully. Once you have understood

the principles involved in working with Him and the fact that in Truth there is no failure, whether it be health, happiness or prosperity that you are seeking; if you follow the mechanics of demonstration, as surely as the answer to any mathematical problem exists, so surely will you be able to write FINISHED to your spiritual problem – if you persist, and are not weary in well doing.

It takes a lot of courage, a lot of vision, but it is worth it. That is the point that I am always stressing. I always ask myself of what value is this or that to me? Will the finding of the Presence of God as Knowledge, Power and Protection pay for the effort entailed? I think we are all sufficiently intelligent to answer that question with a very decided “Yes” and to realise that it is worth all the money in the world, all the material gifts that could ever be bestowed upon us. The spiritual consciousness of God arises not in the intellect but in the heart, and one finds a greater Faith among women than among men because women’s feelings go deeper than men’s and so bring them closer to God. It is the soul of man that is the abiding place of God, as a man thinketh (or feeleth) in his heart, so is he, or so does he become. There are men who feel, until things go wrong, that religion is something for weak women and young children, but when their dreams are shattered and their health fails, when unhappiness sets in and poverty stalks them, as a last resort they turn to God.

That is the most intelligent thing that anyone can do, for to believe in Him is to believe in a scientific principle of good, in the spiritual and the physical self, in the Power

that can overcome any and every condition. It brings an inner peace, the realisation that it is God's province, not our own, to solve our difficulties for us when we put our trust in Him. It strengthens us with the knowledge that He cannot fail, that our bodies are His temples, maintained and sustained by Him, and that all our fellowmen are channels of His good.

If this is true of everyone we meet then surely the more love we give to those around us the more will flow back to us as health, protection and prosperity.

There is one thing connected with Truth about which I would like to give you some advice.

It often happens when a student begins to set Truth principles into operation that everything goes awry. He has then entered upon a period of what we call "spiritual chemicalisation." It is a refining process, a clearing out of the old, false negative thoughts, a building within of a spiritual temple through which God can manifest; the opening of the sluicegates so that His indwelling attributes of All-good can flow from the inner to the outer and express in the individual's visible world. It is often accompanied by an apparent worsening of conditions. If you are sick, you become sicker; if you are unhappy, the unhappiness increases; if you lack, even more lack seems to come along. This is nothing to be afraid of, it is something you should welcome. It is a clearing of the terrain, the weeds in the garden are being eradicated and the negative thoughts in your minds are being obliterated.



Once and for all it is being brought home to you that you must give up your fear, cease to entertain doubts and consequently also to look for results. Now is the time to take stock of yourselves, to examine your motives, to ask yourselves what is your vision of God? How do you feel about Him, about your own hearts? How are you using your hands in His service? No *man* can give you health or happiness; these are a state of mind, a subjective realisation, the awareness that the Presence of God fills the outer body with perfection, the inner heart with happiness and the waiting, empty hands with prosperity.

If any of you have a lack-consciousness and your hands are closed in fear, every hand will be shut to you. There is but one spiritual hand, the Hand of God; just as there is but one body though many organs, if only an extremity is injured the whole is affected. If you hold on to nothingness, if you cherish a “have-not consciousness” lack will be fulfilled in your bodies and affairs. You must let go of your tensions, your criticisms and failure, insecurity and want. If you are prepared merely to exist, to live half a life, that is your personal choice, it is not God’s. The earth is the Lord’s, and the fullness thereof, and there is enough of His good to pour into your lives and to fill them full, so that you have as much as you could possibly desire. To His riches there is no limit for they are infinite.

Remember therefore to be not weary in well doing for before you called God had answered; all your good was already established within you, and if you hold on to the

Truth, you shall reap, if you faint not. When you, the physical, are weak, you, the spiritual, are strong. It does not matter how depleted your bodies become, you are only as strong as the flesh, but that is not what you are depending on. You are relying on the Spirit of God, the unseen, intangible but noble Spirit within you, that constitutes all of your minds, bodies and affairs. Stop searching for results, casting about for channels, depending upon persons, property and position. Begin to look only to God, the Spirit of Love. If you would understand Love, think of the love of husbands for wives, wives for children, of sisters for brothers; think of the deep affection that exists between close friends. Lump all of this together and compare it with the Infinite of Love that is God. It is on *This* that you are planting your Faith; it is *This* that is trying to find expression through you, that is yearning to fill your bodies with radiant health, your hearts with golden peace, your affairs with abundant prosperity. All of this is yours when you can earn it, when you have learned to *become* it. And when you have learned this you will no longer be able *not* to give it! Verily, you shall reap, if you faint not.



*Some of God's noblest sons, I think, will be selected from those that know how to take wealth, with all its temptations, and maintain godliness therewith. It is hard to be a saint standing in a golden niche.*

H.W. Beecher

## ***Good news about the distribution of The Path of Truth!***

The School of Truth was established in 1937 and over the decades, we have unfailingly, and through God's Grace, sent out this magazine – "The Path of Truth" to all our members who request it. And what a treasured magazine it has always been! We will of course continue to produce the hard copy you now hold in your hands, and we will continue to post it to those who want it in this format.

But here is the great news: The Path of Truth is now also available in electronic format for your Tablet Device, your Kindle, your Android phone, your desktop or laptop! Simply email us at [pathoftruth@mweb.co.za](mailto:pathoftruth@mweb.co.za) with the Subject: "Path of Truth in Electronic Format." Please state clearly whether you want to continue to receive this magazine in hard copy, in electronic format, or in both formats.

**VERY IMPORTANT:** If we don't hear from you, no problem! Nothing will change, and you will simply continue to receive this beloved hard copy of The Path of Truth as always. However, if you do want the electronic version, either in addition to the hard copy, or only in electronic format (and please state your choice very clearly so there can be no confusion), we will regularly and directly email you

a pdf copy of each edition, which you can use on whatever electronic device you find most convenient.

As with all the services provided by the School of Truth, this electronic version of The Path of Truth will be sent to you absolutely free of charge and in loving service to God and our fellow man.

The School of Truth has a responsibility to be conservative in the expenditure of its members' love offerings. It would certainly help to reduce our bi-monthly printing and postage costs if more people could opt to rather receive the Path of Truth and the Path itself, via email in Adobe Acrobat (pdf) format. However, please rest assured, where members don't have access to the internet, email and the like, we will of course continue to print and post this wonderful magazine that means so much to so many people and over so many years.

The Daily Meditations, as well as back copies of The Path of Truth will also soon be available on our new website, which will also make it much easier for members to continue to support the work of the School of Truth through Paypal and other funds-transfer services. We will announce our web address as soon as the site is up and running.

**Andrew Walters**  
***Chairman***

## *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 Glory that fill me,*

*For ever and ever, Amen.*

## *Practicing the Presence*



Many people turn to God only in their extremity. When all is well with them and life is flowing smoothly they think that their own strength is sufficient for them, but when some great misfortune overtakes them they feel the need to turn to something greater than themselves – something stable – something powerful. They realise that of themselves they can do nothing. But because they have waited so long to turn to God they may find it difficult to have Faith in Him, for Faith is something that must be cultivated. Perhaps, too, such people feel they have no right to turn to Him when they want something, after having ignored Him when all was well. This is a needless fear. God is ready and waiting to help whenever man turn to Him. The trouble is, of course, that unless they have proved that religion is of value, they are likely, as has been stated, to be weak in Faith. And though they may pray frantically for help, they have little hope of their prayers being answered.

Some people who are healthy, happy and rich may just pay lip-service to God – if they do even that. But the sick, the miserable, the fearful, the frustrated, or the neurotic are looking for some way out of their troubles, and possibly, in desperation they turn to the higher Power. If they do not believe that God is waiting and willing to help them, however, they block up the channel through which His help flows. You

will remember that Jesus could not do many mighty works in Nazareth because of the unbelief of the people.

Those to whom God is reality are not overwhelmed by fear or misery. Sorrows come to all of us, but those with an understanding of Truth are not submerged by them. They know that within them is the Spirit of God which will strengthen and uphold them, and they are able to rise above sorrow and continue on their way. They turn to work, which is life's panacea, and God's good gift to man, and find help here.

Let us not wait to become conscious of God until some great disaster overtakes us. We should turn to Him in our joy as well as in our sorrow. Unless we make a habit of contacting Him at all times, we shall fail in Faith in our hour of need. We should desire to become consciously one with Him not merely for what we can get, but in order to put Him and His Kingdom before all else. We should want to live the life of Truth for its own sake, and not from a sense of duty, or because of what we hope to get out of it. It is more blessed to give than to receive, but when we give our reward is sure.

You may think that to love God, Who is Spirit, and cannot be seen, or heard, or touched, is something too difficult for you to achieve. But is it? Just think for a moment. Do you not love the good, the true, and the beautiful? Of course you do! And so you love God, for He is all these things. Again, do you love your fellowmen? If so, you love God, for they are His expressions. Do you love the heavens in all their glory; the

sea; the mountains and hills; the birds, beasts, and insects – all nature? Then, too, you love God for they are His creation. So it is not so difficult after all, is it?

Probably many people turn to Truth in the first place because of some material advantage they desire; but as they continue to study and put into practice the teachings, they gradually learn to want it because it IS Truth. And that is what matters; not what it does for us personally in a material way, but the manner in which it leads us to put spiritual things first and so make a worthy contribution to the betterment of the world. Unless we do this our lives are of little value.

At present the crying need is for a sense of security. We seem to be living on the edge of a volcano. We shall know peace of mind only in the Kingdom of God within us – within our hearts and our minds; and we become conscious of it only by keeping in constant touch with God and thus making a habit of including Him in all our daily undertakings. When we seek first His Kingdom and righteousness, all other things will be added unto us, for the material after all, is an expression of the Spiritual.



*Teach me to open the gate of meditation that alone leads to thy blessed presence. – Anon*



## *Seeking the Soul within*

“Why are we here?” the oldest question. One answer is we are here to become more than we are – not through the circumstances that we are born into, but through an *inner search*. To become, this is the objective of our evolution – to express the Soul in the physical world, to exemplify, to be examples.

We are to be *active*, not merely reactive. The person who habitually *reacts* to the world is a victim of every change in their environment – sometimes happy, other times sad, sometimes positive, other times negative, always being affected, absorbed with the sense perceptions of the up and downs of the surface of life. Then one day discomfort so outweighs pleasure that it dawns on us that the outer man is an illusion, and we consider seeking spiritual awareness as the way to self-mastery. Perhaps herein lies harmony, happiness, and successful living.

It is said that the first sign of spiritual development is joyfulness. Mastery of life is not domination of material things, it is understanding their true origin and nature. Enlightened people do not try to bend the world to fit their way, to coerce events to satisfy their needs, but strive for a deeper consciousness, one which helps them to pass through difficult times because they are attuned to a Source that guides them.

In reality, the world is more mental than physical – the physical is really an extension of the mental. Things we see, hear and feel are a *revelation* to the senses of an idea already held in mind. If we would know more about what we sense we must turn to mind. Man has been to the moon but exploration of *self* for most is totally neglected.

We are born with souls but personality develops through our interaction with environment. When we encounter people that seem “difficult”, it may be of value to consider that the action of the world on them has made them as they are. Perhaps they deserve sympathy more than blame. They are working out their destiny, which has little to do with us. Our task is to look through the personality to the “I”, the soul within them. Then souls can meet.

But how do we perceive the Soul, what *is* Soul? The soul, or the “I”, is the real self, that which is everlasting, that to which all things belong. I may say that my mind, my emotions, my body, *belong* to my real self, the Soul, or “I”. When I say that I would like to exercise I mean my body would like to exercise, or when I have a pain that my body has a pain. It is important to distinguish between that which *IS* and that which belongs to It. So we affirm “I express God’s life as perfect health” or even better “*My body expresses* God’s life as perfect health.”

Soul within people is the same, personalities are different. There can be no true inner peace and sureness of action when

we are isolated from the one Source of enlightenment and power. Then we live alone in a world that appears hostile. The world is always a reflection of individual consciousness – we see things as *we* are!

Ralph Waldo Trine tells a story: There was a pool in the mountains with a waterfall fed by a mountain stream. The pool was alive, there were fish in it and a variety of birds came to visit and sing. Trees and flowers surrounded this mountain pool and the whole area was infused with fragrance and the sounds of birds and the waterfall. An early paradise – picture it in your mind's eye. Do you know such a pool? Then one day the flow was diverted upstream. The pool became stagnant and putrid, the fish died, the birds no longer came and sang, the trees wilted and the flowers around the pool died.

Just so can our lives be connected to Infinite Soul through the stream of divine Love. When we are not connected, disharmony and abuse prevails. A person in whom even *some* spiritual awareness has developed finds it disturbing to be unkind to others, because it violates good thoughts that have been laid down deeper in their mind. Being unkind produces an inner revolt.

The solution to the problems of life, whatever they may be, lies in development of *spiritual* consciousness. Human beings have mental, emotional and spiritual aspects. All are aware of their minds and their physical realms but very few are aware of their spiritual side. This lopsidedness is truly

the worst state in which to find ourselves, for as long as we respond solely to the world of our senses and intellect we are like puppets on a string.

Paul teaches us how to regain balance and control. “Whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, think these things.” Love becomes the focus of our meditations, the link to Soul within us. As we turn to Light, fear and all its travelling companions – anger, envy, vengefulness – recede into the shadows behind us and we are filled with fearlessness, tolerance and trust in God in every situation. Spiritual development is very personal. We cannot buy it or sell it. It happens only through practice –thinking, feeling, acting.



*Trust in the Lord with all thine heart, lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct your paths. – Prov. 3:5*

**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.



## ***Meeting: July – August 2017***

### **Johannesburg**

#### **Theosophical Society**

Corner Lothbury & Streatley Avenue, Auckland Park

**First and third Sunday of each month at 11:00 a.m.**

Sunday 2 July, Jimmy Wilson

Sunday 16 July, John Paulson

Sunday 6 August, Jaqui Hauser

Sunday 20 August, Edwin Wood

### **Durban**

#### **Theosophical Society Lodge**

306 Avondale Road, Berea

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

Sundays 9 July and 13 August, Diane Evelyn

### **Pretoria**

#### **Theosophical Society Lodge**

Via D.T.I. Building, entrance Meintjies St. Sunnyside

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

Sundays 09 July and 13 August, Edwin Wood

### **Hoedspruit**

Venue: Drakensig Sports Centre, Conference Room

**Last Sunday of each month at 10:00 a.m.**

Sundays 30 July and 27 August

Contact: Mark Tomlinson

Home: 0015 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 July and 6 August

Lecturers – David Grant and Nicky Swartz (alternating)

**School of Truth Zimbabwe**

Harare (0263) 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: +27 11 482 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:

13. We put first things first and refuse to let minor irritations and problems take our time and energy.
14. We make every effort to see that our conversations reflect a loving, tolerant understanding and gracious attitude.

**July 1****Saturday**

✿ *Give, and it shall be given unto you. – Luke 6:38*

**WHAT I GIVE, I GIVE IN LOVE AND GRATITUDE.**

We must give in the right way – that is, in the spirit of love. We should give because we WANT to give, not because others are giving or from a sense of duty only.

When we give love to our fellowmen it comes back to us in abundant measure. God is always giving to us so surely we should give back to Him that His work may go on. And we should give to Him first because we depend on Him for all things – for our very lives. What we give comes back to us, but this should not be the thought behind our giving.

If we love people we want to give all we can to them, and if we love God we want to give all we can to His work. Love is the fulfilment of the law and according to whether we love or not, we are happy or not happy. As Henry Drummond says, love is the greatest thing in the world.

Not all of us have money to give but there are other things which we can devote to His service.



**July 2****Sunday****MEDITATION****GOD'S PLAN IS PERFECT.**

My Father,

I know that my body is a manifestation of pure Spirit and that Spirit is perfect. Therefore, I do not let myself be misled by appearances of pain and lack but keep the true picture ever before me – the picture of my spiritual perfection.

In Your Divine Mind life's plan is perfect. As my consciousness encompasses this so does the realisation of this illuminate my body temple. My intellect, in unity with Your All-knowing Mind, finds the perfect answer for every problem. One by one the fetters of my limited understanding fall from me and I feel happy and free!

Gradually the shadows which seemed to separate me from my "good" disappear before the light of Divine Understanding. I realise my Oneness with You, my Creator, and now claim the inherent perfection to come forth into livingness as I do my part.

**July 3****Monday**

✿ *Love worketh no ill to his neighbour: – Rom. 13:10*

**I WILL TRY TO WORK ONLY WHAT IS GOOD  
TOWARDS ALL MEN.**

There are many scandal-mongers in this world. There are people who seem to take a delight in passing on any bit of gossip they hear about their neighbours. It may be done thoughtlessly, but that is no excuse. It may be done deliberately, and that is wicked.

Scandal cannot be justified. There are times when silence is indeed golden, and if we cannot speak well of someone we should not say anything at all. As students of Truth our aim should be to see the Christ in our fellowmen, not to look for their wrongdoing. We often know nothing of the true cause of it so we should not condemn. How do we know that, given the same circumstances, we might not have erred in the same way? We cannot be expected to approve of bad behaviour but at least if we hear of it we need not broadcast it.

The world would be a different place if we would all see the good in our neighbours and praise it. It might be an inspiration to them to do their best.

July 4

Tuesday

August 1

✿ *Thy sins are forgiven. – Mark 2:5*

**AS I KEEP MY EYES SINGLE TO THE GOOD,  
GOOD ALONE CAN MANIFEST, THROUGH AND  
FOR ME.**

God, who is of too pure eyes to behold iniquity, does not hold anything against us, does not punish us for misdeeds of which He wants nothing, but whenever *we* take steps of either a positive or negative nature we set the Law of Cause and Effect in motion and gather the corresponding fruits it must inevitably bring forth.

Just as we do not garner grapes off thorns or figs off thistles, so also we do not reap good as a result of sowing evil – whether due to ignorance or design, consequently we have to desist from sinning and *walk in newness of life* before our wrong actions can “forgive” (cancel out) themselves and cease to bring discord into our lives and affairs.

No one can harm us but ourselves. Our welfare is in our own hands and we have our Exemplar who showed us the way in which we must go – following the Path of Truth and living lives of love – if we would enter into the Kingdom.

**July 5****Wednesday****August 2**

✿ *Solid food is for fullgrown men, even those who by reason of use have their senses exercised to discern good and evil. – Hebr. 5:14*

**THOSE THINGS I DO NOT UNDERSTAND I SET ASIDE, AND WAIT FOR GOD'S ENLIGHTENMENT.**

It has been said that nothing that is essential to religion is obscure. Those things which we do not understand, therefore, let us quietly set aside until we have reached that stage in our spiritual progress where they are comprehensible. We know that we must do good and not evil. We know that we must love and not hate. And we know that we must put God's Kingdom before all else. We also understand that we must obey the Golden Rule and do unto others as we would have them do to us.

All the information we need to enable us to live the Good Life we can find in the Sermon on the Mount. And we have been told that: 'If any man willeth to do His will, he shall know of the teaching.'

Emerson says that we know truth when we see it, let sceptic and scoffer say what they choose. And he quotes Emanuel Swedenborg who said: "It is no proof of a man's understanding to be able to affirm whatever he pleases; but to be able to discern that what is true is true, and that what is false is false, this is the mark and character of intelligence."

**July 6****Thursday****August 3**

✿ *Forgetting the things which are behind. – Phil. 3:13*

**I LET THE PAST GO, AND LIVE RICHLY AND  
FULLY NOW.**

Most of us have done things which we would prefer to forget and which it would be good for us to forget. Why remember the experience which depress us? As Jane Austen said: “Think only of the past as its remembrance gives you pleasure.”

It is such a waste of time to spend it in useless regretting. If we can do anything to correct the mistakes we have made let us do it by all means. Otherwise let us get on with the business of living. As Emerson says: “Attend your own work, and already the evil begins to be repaired.”

The past is over – let it go! Be so interested in the present that you have no time to think of past errors or regret past glories. It is NOW, TODAY that is important. We learn by our mistakes if we are wise, and the great thing is not to make the same mistake twice. Absorb the lesson it has to teach and put it behind you.

There is no point in being miserable over what has gone, so be as happy as you can in the present.

**July 7****Friday****August 4**

✿ *Where is your Faith? – Luke 8:25*

**I INCREASE MY FAITH IN GOD, MY FATHER,  
BY MAKING USE OF WHAT I HAVE.**

The above question was asked by Christ when He and His disciples were sailing on a lake and a wind got up and the boat began to fill with water. Christ was asleep in the boat and His disciples woke Him. He rebuked the wind and the raging of the water, and they ceased and there was a calm.

It might well be asked of many of us today. We have Faith – or think we have – when all goes well, but when things go wrong it is often a different matter. No longer does the lamp of Faith burn brightly.

How are we to increase our trust in God? By putting what we have into practice. By making use of it and proving it for ourselves. It is no use merely to wish for Faith – we must do something about it. Others may tell us what it has done for them but they cannot GIVE it to us. It is something we must cultivate diligently. When it becomes absolute what joy will be ours!

**July 8****Saturday****August 5**

✿ *The desire accomplished is sweet to the soul.*  
— Pro. 13:19

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

To have our wishes granted certainly makes for happiness, provided they are also what God wants for us.

We all desire to make a success of our lives if we are normal people; and success comes with Faith in our ability to succeed. If we had to rely solely on ourselves it might not be easy to have confidence, but we know that we have the power of God within us to help us.

However, we must remember that God aids us through our own steadfast efforts. We cannot sit with folded hands and say that the Lord will provide if we are able to provide for ourselves. It is no part of His plan for us that He should do for us those things we are well able to do for ourselves.

If we put the things of the Spirit before all else our other needs will be met. But let us remember that if we wish to be successful we must think in terms of success not of failure, and put our best efforts into achieving it.

**July 9****Sunday****August 6****MEDITATION****ONENESS**

My Father,

I desire, above all else, to realise my oneness with You ... to know that wherever I go You are always with me so that my way is filled with joy and peace.

In this meditation hour I feel Your Presence and know that You are closer than breathing, nearer than hands and feet. Your Goodness surrounds me and I accept my rightful place in the perfect plan You have created for this great Universe, knowing that everything eventually becomes a contribution towards the GOOD of the whole under Your guiding hand.

Your Protecting Presence is with me as I walk through the shadows and, more and more, I learn to reflect the light of Truth.

Today and every day I find greater inspiration and strength as I progress along life's journey in Your Presence and, in gratitude, I give it all back to You in love and service to my fellowmen.



**July 10****Monday****August 7**

✿ *Thy will be done. – Matt. 6:10*

**I GIVE THANKS THAT GOD DESIRES ONLY WHAT  
IS FOR MY GREATEST GOOD.**

How many people who use the statement in the above text so often really think about it and truly mean it? Can they say with complete honesty that they are ready to allow God's will to be done in their lives? If they cannot it is because they are not confident that God wants only what is for their greatest good.

People so often attribute to God things that have nothing to do with Him. Why, they ask, does He allow wars if He is a God of love? But wars are of man's making, not God's. Anything untoward which happens to us is a result of our own wrong thoughts and actions, so let us never think that it is God's will that we should be and have anything but good.

Any earthly father worthy of the name wants the best for his children, so how much more must our heavenly Father want it for us! But He has given us freewill and we can disobey His laws and suffer the consequences, or obey them and be happy.

**July 11****Tuesday****August 8**

✿ *Be ye steadfast, unmovable. – I Cor. 15:58*

**I SEEK TO BE AN ACTIVE DOER OF THE WORD  
OF TRUTH, NOT A HEARER ONLY.**

If we would get anywhere – amount to anything – it will not serve us to become “a reed, shaken by the wind” rather will we have to take on the character of the “long gentlemen” – the bamboos – that “bend, but do not break.”

We do not need to be stubborn and stiff-necked in our approach to life and our fellows, but we do need to be steadfast to the Truth that has unfolded within us. Few attitudes arouse more antagonism among folk in general than that of the narrow minded, and we shall not serve the teachings we have adopted from Truth (which have done so much for us) by trying to force them down the throats of those who are not yet ready to receive them. But if we live our lives in accordance with them, the good that will ensue – the harmony, joy, peace, and plenty that will fill our days – will not be lost to the onlooker and we shall do far more for Truth by our example than we could ever achieve by any amount of preaching.

Let our concern be OURSELVES to walk the Path of Truth.

**July 12****Wednesday****August 9**

✿ *Ye cannot serve God and mammon. – Luke 16:13*

**I SEEK GOD IN SPIRIT AND IN TRUTH AND I  
GIVE THANKS THAT HE FULFILLS MY NEEDS.**

If we want to live good lives – spiritual lives – then God must enter into all we think, say and do. This does not mean that we must be talking of Him constantly, but that we must live according to the teachings of Truth in our daily lives.

There are those who say that these teachings are too idealistic to bring into the business world, but it is useless to remember God on Sundays and forget Him for the rest of the week.

We do not serve God when we harbor feelings of hatred, greed, envy, or selfishness; or desire power for personal gain. To serve Him we must be pure in heart. We serve mammon when we put the wish for wealth before the things of the Spirit: “For the love of money is a root of all kinds of evil.”

It is not money itself that is bad, but the love of it for its own sake. We must have it in order to live, but let us keep it in its right perspective.

**July 13****Thursday****August 10**

✿ *My presence shall go with thee. – Exod. 3:14*

**DIVINE LOVE IS ALWAYS WITH ME AND GOES  
BEFORE ME. I HAVE NOTHING TO FEAR.**

How often has not our Creator stressed this blessed fact: “I will never leave you nor forsake you.” “I am with you always, even unto the end of the world”. No matter where we go, how far-flung our wanderings, how high we rise or how low we sink, we cannot remove ourselves from OMNIPRESENCE. We may forget about It, may try – as we wallow in all sorts of infamy – to deny or defy It, but irrespective of whatever we may do we cannot escape from our Heavenly Father, and at the very moment when we turn to Him, we shall find Him waiting, ready to help us, guide us and lift us up out of the squalor into which we have fallen.

We did not choose Him, He chose us to be His vehicles of Self-expression. We are at all times His beloved children forever encompassed in His Love, surrounded by His Care, so when the road seems dark let us step out upon it with confidence and trust remembering that He goes with us.

**July 14****Friday****August 11**

✿ *In your patience ye shall win your souls. – Luke 21:19*

**I WAIT CALMLY FOR GOD TO FULFIL MY  
JUST DESIRES.**

Patience is one of the virtues that we should cultivate as we do the others.

There are two kinds of patience: the one is the dumb unthinking negative aspect of hopeless endurance, and the other is the happy waiting for that to happen which we know our Faith in God is bringing about. It is the second kind of patience we should cultivate, not the first. We should not sit down and endure negative conditions because we think they are God's will. We should be up and doing our best to surmount them.

Many of us are often impatient with those about us, and sometimes we are even impatient with God. If our prayers are not answered immediately we may think that they will not be answered at all and become upset. Once having claimed what we need we should be content to await the working of God's will in His good time and His perfect way. We should trust in the Lord, and wait patiently for Him to bring us our hearts' desire.

**July 15****Saturday****August 12**

✿ *Happy is the man that findeth wisdom, and the man that getteth understanding. – Pro. 3:13*

**I TRY TO ACT IN THE AWARENESS THAT GOD,  
MY FELLOWMEN AND I ARE ONE.**

If we all had wisdom and understanding, love would come of itself for we should have entered into the Nature of God – spiritually, mentally and emotionally – so that His Love, implanted at his beginning into every man that cometh into the world, could not but express in and through him.

We fail to obey the Christ's last commandment "that ye love one another" because we do not understand the essential UNITY of all creation. We see ourselves as different beings, separated from our Maker and differing from our neighbours whom we divided into distinctive groups of friends and enemies and strangers, and to each category we react in a particular manner. To some we measure out a greater measure of love than we do to others and from certain ones we withhold it entirely.

This is not the course of wisdom. "I am My Father (*Who is all mankind*) are ONE" so that the individual who has realised this truth, think God's thoughts after Him and acts in all things in accordance with the Divine Will.

**July 16****Sunday****August 13**

**MEDITATION**  
**RIGHT SERVICE**



My Father,

We all seem to have routine duties to perform, tedious little chores that bore us and we would shirk except that in the Bible we are admonished “Whatsoever thy hand findeth to do, do it with all thy might.”

I know from experience that to work “against the grain” is of all things the most wearisome, bringing as it does no satisfaction in its train, and as I think this matter over the words, “Ye are not bondservants, but sons and heirs of the Most High,” flash through my mind, and I wonder where this leads me. Where else save into Your Presence, my Father, that we may “reason together” and so put these irritating trifles in their proper perspective.

In St. John we read, “Ye are not of the world. I have chosen you *out* of the world” so it follows that we are Your vehicles of Self-expression and because in You there is no negation of any kind we must change our thinking.

If we will look at the things we find dull and tiresome as small services rendered to You, we shall see that they are but a minute return for Your goodness.

**July 17****Monday****August 14**

✿ *Silver and gold have I none; but what I have,  
that give I thee. – Acts 3:6*

## **WHAT I HAVE I WILLINGLY SHARE WITH THOSE ABOUT ME.**

The words in the above text were said by Peter to the man who had been lame from birth and whom Peter healed. How much greater was the gift Peter bestowed than silver or gold would have been!

Not all of us have money to share with others. If we have it by all means let us give it, but if not there are other gifts. We have acquired a certain amount of knowledge through the years which may be useful to others. Let us share it with them. Let us allow them to roam freely through the gardens of our minds and pick what they will of the flowers they find there.

There is love we can give. Not an emotional love but a universal love which longs to pour itself out to those with whom it comes into contact and to all God's creation. Love is the most priceless gift of all; and we receive it freely from Him and should let it flow freely from us.

Let us give what we can, joyfully, gratefully, and humbly.



**July 18****Tuesday****August 15**

✿ *That your love may abound yet more and more in knowledge and all discernment. – Phil. 1:9*

**I WILL TRY ALWAYS TO TREAT MY FELLOWMEN  
WITH LOVE AND UNDERSTANDING.**

Without “knowledge and discernment” we should not be able to love after the manner advocated by the Christ. We can love those who seek to injure us only when we have developed sufficiently to have acquired a glimmering of the truth that “I and My Father are one.” As long as we see ourselves as separated from our Maker and, in consequence, divided from His creation, there will be no fellowship between ourselves and the next man; the stranger within our gates will become our brother only when we can see ourselves in him.

When, one day, Christ was told that His mother and His brethren desired to speak with Him, He asked, gesturing to the crowd pressing about Him and exclaimed, “Behold My mother and My brethren,” thus indicating that – to His enlightened awareness – those strangers were as much His kith and kin as were the members of His own earthly family.

**July 19****Wednesday****August 16**

✿ *Establish thou the work of our hands. – Ps. 90:17*

**I THANK YOU, FATHER, FOR BLESSING ME IN MY  
WORK THAT I MAY DO IT WELL.**

Is your work the work you like best to do? If so, it is not only work but recreation and joy, and you are indeed fortunate. So many people would like to be doing something different from their daily tasks.

Our work should be more to us than merely a means of earning a living. It should be something which allows us to express ourselves and so avoid frustration. If it is something which must be done though we do not like it, let us change our thoughts about it.

And let us do it to the best of our ability. George W. Ballinger says: “How much easier our work would be if we put forth as much effort trying to improve the quality of it as most of us do trying to find excuses for not properly attending to it.”

Work is something for which we should be profoundly grateful since it gives us some reason for being alive. Even the smallest cog in the wheel is necessary to its smooth running and the most mundane task can be glorified if done for God.

**July 20****Thursday****August 17**

✿ *We are God's fellow-workers. – 1 Cor. 3:9*

**I WILL DO MY WORK TO YOUR HONOUR AND  
GLORY, FATHER.**

Many a man doing an uncongenial job would probably feel differently about it if he accepted today's text. Whatever our work may be, if it is good and necessary we are doing it for God.

Most of us have work in order to keep ourselves, and even those who do not often find something to do in order to make their lives of value. To spend our days in pleasure-seeking is to waste the precious hours. Every able-bodied person should have something to do for his own sake and the sake of others.

If we regard ourselves as God's fellow-workers we have no right to think of any necessary work as being beneath our dignity. We may think it is unimportant, but we should remember that the Christ washed the disciples' feet.

Is the mathematician of greater value to the world than the farmer? The former could not exist without the latter, which is something we should not forget. Then let us give due respect to every man's work as well as to our own.

**July 21****Friday****August 18**

✿ *Stir up the gift of God that is in thee. – 2. Tim. 1:6*

## **I DEVELOP MY TALENTS TO THE GLORY OF GOD.**

There are so many people who waste their talents – so many who are square pegs in round holes; which is why there are lawyers perhaps who should be poets and business men who should be on stage or on screen. Yet sometimes if you ask people what they would like best to do in life, they will say that they don't know – that they haven't thought about it. These are those who are content to go on doing the same old things day after day.

Probably the thing you like best to do is the thing you do best, and if you have not made it your life's work why not cultivate it in your spare time? If it is your daily task then you are fortunate indeed for it is also your pleasure.

We have no right to waste God's gifts. If we do, we are depriving ourselves of a means of self-expression and possibly depriving others of pleasure. You can make a contribution to life though you may not be a Shakespeare, a Beethoven, or a Leonardo da Vinci.

**July 22****Saturday****August 19**

✿ *Give me neither poverty nor riches. – Pro. 30:8*

**FEED ME WITH THE FOOD THAT IS NEEDFUL  
FOR ME, FATHER.**

It is probable that the man who is poor considers that he needs wealth in order to be happy, but this is not necessarily so. Of what use would wealth be without health, for instance? And it brings its own responsibilities, to say nothing of the dread of losing it.

No one wants to be poor, naturally – we all desire to have a certain amount of security, but we do not need great riches in order to be happy. The greatest things in life are free, after all. We do not require money to enjoy the perfume of a flower. Silver and gold are not necessary to our appreciation of the glories of a sunset. Beauty can send our souls winging their way towards the stars in a state of ecstasy, but we need no money to take us there.

Great wealth is a test of character. It may give people a sense of superiority, and that is not good for them. It may give them a sense of power, and this also is bad for them. If we have riches we should share them with mankind.

**July 23****Sunday****August 20****MEDITATION****STRENGTHEN MY FAITH...**

My Father,

Though at times the way seems difficult and dark I keep ever before me the knowledge that You have a perfect Plan for my life, and that it is an Understanding Faith that lights my way. I know that it is in meeting difficulties that my Faith becomes strengthened. It is in meeting each situation courageously and in focusing my Faith in full acceptance of Your Love for me that the real creative power of Faith has developed within me.

This Divine element which we call Faith I realise is vitally necessary to implement Your Plan for me and the desires of my life. I remember the Master's statement, "All things are possible to him that believeth". I now relax and let go of my feverish mental activities in quiet surrender in this meditation hour. I believe, I accept and I act in the knowledge that Your Power working in and through me brings about a perfect result.

I let go and give thanks as I feel my Faith being strengthened through love. Though my troubles may have appeared as mountains they are now as molehills. Thank You Father.

**July 24****Monday****August 21**

✿ *Giving thanks always for all things. – Eph. 5:20*

**THANK YOU, FATHER, FOR THE GIFTS  
I RECEIVE CONTINUALLY FROM THE  
WELL OF YOUR BOUNTY.**

Perhaps there are some of us who are more liable to grumble about the things we have not, than to give thanks to God for what we have. We may look with envy at one who has a fine house, or a fine car, or some high position. Yet a cottage may be a better home than a castle. The large car consumes much more fuel than a smaller one. And a high position brings many responsibilities.

Why do we not count our blessings? We do not need great riches in order to be happy, though it may appear so to the poor man. If we are well, it is something for which to be extremely grateful. And should we not give thanks for the beautiful world in which we live? If we would take a pencil and paper and make a note of the blessings God constantly bestows on us we might be surprised.

Then let us not take things for granted but lift up our hearts in gratitude to God daily for His infinite goodness to us.

**July 25****Monday****August 22**

✿ *I can do all things through Christ which strengtheneth me. – Phil. 4:13*

**THROUGH MY INDWELLING CHRIST  
I GIVE THANKS THAT I AM MASTER OF  
CIRCUMSTANCE.**

Truth students think of “Christ” as the arisen consciousness that the Master unfolded to mankind. Before His advent the individual had not realised his atonement with his Maker. He thought in all things of “God-and”. It was – and still is – this separation in awareness **BUT NOT IN TRUTH** that was then and is now responsible for all the negative appearances and conditions that we see in our own lives and in those of humanity in general.

God did not create them – He saw what He had made and behold! It was “very good.” We alone have conjured up false pictures of error of whose manifestations we can rid ourselves only with the help of the Christ “which strengtheneth us.” When we have accepted this we shall see that all our needs must be already met, and our righteous desire fulfilled. Thus in our thinking and knowing we have the key to successful and productive living.



**July 26****Wednesday****August 23**

✿ *There is ... one God and Father of all, who is over all, and through all, and in all. – Eph. 4:4, 6*

**HELP ME TO BECOME EVER MORE AWARE OF  
YOUR PRESENCE WITHIN ME, FATHER.**

We are made in the spiritual image and likeness of God. What He is we, potentially, are. It was because the Christ knew and felt His unity with the Father that He could do the things He did; things which He said we could do, and more also. He knew that He and God were one, and He said that it was His Father Who did the work.

Many of us accept these things intellectually, but we do not FEEL that they are so. We realise that the life-force which flowed in the Master, flows through us and all God's creation, but we have not the Faith that He had.

The Spirit of the Supreme Being is in us, above us, and around us; and it is always present. We shall only feel this presence when we turn to it often in thanksgiving; in prayer and meditation; and by allowing God to possess us completely. Not only are we one with Him, but we are one with each other since we are all children of the one Father and therefore all members of one family.

**July 27****Thursday****August 24**

✿ *In nothing be anxious. – Phil. 4:6*

**I SEE MYSELF AS GOD SEES ME – POISED  
AND COURAGEOUS.**

How much happier most of us would be if we would obey the above text to the letter. Nearly everybody worries about something despite the fact that “It may never happen.” An American businessman hung this slogan over his office door and lived his life in accordance with it. How many of his visitors were wise enough to emulate him, history does not record, but we could not do better than adopt his motto as one of the ruling principles governing our thinking and acting, so let us here and now decide to dwell in the consciousness of OMNIPRESENT GOOD.

“How can I do that”, you may ask, “when I am hard up, not strong, and very unhappy domestically?” You certainly can NOT as long as you give these ideas houseroom in our awareness, for as a man thinketh in his heart, so shall it be unto him; but if you resolutely take a NEW VIEW of yourself and your affairs – based on the truth of God’s Omnipresence of which you are an integral part – you will see that in that Presence no negation can remain.

**July 28****Friday****August 25**

✿ *A soft answer turneth away wrath. – Pro. 15:1*

**I THANK YOU, FATHER, FOR HELPING ME TO  
EXPRESS YOUR DIVINITY AT ALL TIMES.**

It seems to be the human reaction, when someone speaks angrily to us, to give back what we have received. But it is the divine in ourselves that we should cultivate; therefore, if anyone loses his temper with us, we should speak quietly in return. To do otherwise will simply increase the trouble.

We should try to express the God in us at all times – that is, we must express love, for God is love. And it is not according to the law of love to demand an eye for an eye or tooth for a tooth. Our task is always to try to bring harmony out of discord. We should as followers of Truth, be able to keep our temper though those around us have lost their poise. We should try to keep the peace whatever the provocation may be. That is our duty to God and man. Difficult? Of course! But what do we achieve that is of value that is easy to attain? The more difficult it is the greater should be our gratitude to God for the achievement.

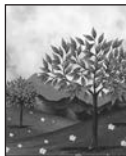
**July 29****Saturday****August 26**

✿ *Thou wilt keep him in perfect peace whose mind  
is stayed on Thee. – Isa. 26:3*

**MY FAITH IN GOD IS STEADFAST FOR HE IS  
WITH ME ALWAYS.**

A ship at anchor is not moved by the buffeting of the waves, the onslaught of the winds, the tempests of the seas, nor is that human mind which has consciously anchored itself to omnipresent LOVE open to any of the turmoil that rages in the world of men.

As long as we think of ourselves as separated from our Heavenly Father we have no defence against conditions and circumstances. Negation all around us stalks abroad and every man who is “going it alone” because he has not yet in awareness entered into his essential at-one-ment with his Maker, falls a prey to error of every description. His mind – in its human thinking – will be attuned thereto, but once he has lifted up his eyes to the hills whence cometh his help, a light will go up in his consciousness and he will glimpse the truth of his unity with all the Good extant. God will become a reality to him; he will walk with Him and into his heart will steal a sense of peace for his whole being will be stayed on that which is and changeth not.

**July 30****Sunday****August 27****MEDITATION****THE PROMISE STANDS**

My Father,

Many are the promises that You have made to us, Your children, and today I am thinking – as I come into Your Presence, to give thanks for all Your benefits – of the one which says, “Ask, and it shall be given you; seek and ye shall find; knock and it shall be opened unto you.” I tell myself that surely it is easy to ask, seek and knock, and that none of us has any excuse if we want any of Your Good, yet all of us at times lack, suffer and despair.

I ask myself why it is so hard to take You at Your word for even the logic of my mortal mind assures me that You – who are from everlasting to everlasting – must be far more reliable than frail humanity, and I question where I am falling short. And as I do so, I recognise that it is up to me to “believe that I have received” not just wishfully, doubtfully, but confidently because I know that Your work is done, Your providing completed, and that I have but to stretch out my hand and TAKE IN FAITH in order to receive whatsoever I need.

**July 31****Monday****August 28**

✿ *He will love thee and bless thee. – Deut. 7:13*

**I WILL REMEMBER THAT LOVE FULFILS THE  
LAW OF MY GOOD.**

There is not a creature alive that does not long for love and respond to it. The wildest animals can be tamed and will become devoted to man if he pours out his love upon them. A case in point is that of Elsa the lioness who even entrusted her cubs – always so jealously guarded by the females of the jungle – to the people who had raised her in love and fearless trust.

No single human being can be said really to live if he is shut away from love which is as necessary to all of us as is the very air we breathe. Love is the *natural* element in which the whole of creation has its being because out of the infinite LOVE OF GOD was everything made that *was* made.

When – as the last commandment laid upon His followers – the Christ told them to “love once another,” He was not setting them a task only for their spiritual development. He knew that it could be only by so doing that they would find fulfilment here on earth.

**Tuesday****August 29**

✿ *The Lord is my Shepherd; I shall not want. – Ps. 23:1*

**BECAUSE MY TRUST IS IN GOD, AND I KEEP  
HIS LAWS, HE FULFILS ALL MY NEEDS.**

We are told that everything we need for our well-being has been provided for us in the realm of Spirit and that our Faith will bring it into manifestation.

Do you feel that your Faith is not strong enough to bring about the fulfilment of your desires? If so, you should remember that the Master said that though it were only the size of a grain of mustard seed you would be able to say to a sycamine tree, that it should be rooted up and planted in the sea; and it would obey you. Then stop thinking of your Faith as weak.

We have also told that if we put the Kingdom of God first, and His righteousness, all else will be added unto us. There is nothing lacking in that Kingdom to which we, as children of God, are heirs. But we must keep His laws.

If you are in need of anything, use your creative imagination to bring it into being. See yourself as you want to be and keep the picture before you and so help God to help you.

**Wednesday****August 30***Though he fall, he shall not be utterly cast down.**– Ps. 37:24***WITH THE HELP OF GOD I RISE ABOVE  
MY MISTAKES.**

I may stray from the path of righteousness at times because I have not yet reached a state of perfection, but there is no reason for me to remain on the wrong road. I can return to the straight way if I will. I may fall from grace but there is no need to stay down. I shall rise up and go forward again.

I do not think that because I have behaved badly I cannot return to God. He is waiting to receive me back into the fold with open arms. He always forgives my wrongdoing, whatever it may have been. I may have to pay for it, but if I put myself in His hands, He will help me to re-enter His Kingdom of love. The fact that I regret my fall from grace is the key which opens the door.

If I have erred, I shall forget it, except for the lesson that my error has taught me. I shall not give way to vain regretting, for this is a waste of time.



**Thursday****August 31**

✿ *Thou shalt love they neighbour as thyself. – Matt. 22:39*

**AS GOD’S LOVE COMES FREELY TO ME,  
SO DO I GIVE IT OUT TO OTHERS.**

We should not limit our love to those nearest to us, though they will always have a particular place in our hearts. We should learn to have a cosmic love for all men.

It is wrong to be so wrapped up in our own circle of friends and relations that we have no interest in other people. There may be some women who think that their duty is fulfilled when they devote themselves entirely to their children, their husbands, and their homes. Naturally these should come first, but we have wider duties as well – to the community, for instance.

We should love truth, goodness, and beauty, too, if we want to live richly and fully. And we should love all created things, and life itself. The more we love the happier we shall be.

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