

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



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

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# THE PATH OF TRUTH

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A THOUGHT FOR THE MONTH



*God is Love and  
I am His expression.  
Realising this,  
I have nothing to fear*

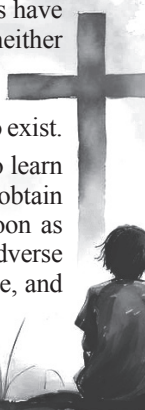
Until we learn the truth we are not free, but we are not shackled by anybody or anything other than ourselves, therefore the only thing from which we need to be freed is our own ignorance.

We can only describe ourselves as “martyrs” to some form of disease or condition of life, if we believe that these things have been imposed upon us. When we know the truth that neither God nor anybody else has imposed them upon us, but we ourselves, in some way at some time, have brought these things into manifestation, our “martyrdom” ceases to exist.

At the same time that we learn this truth we shall also learn that every experience is something from which we can obtain knowledge and soul growth. They are lessons and as soon as the lesson has fulfilled its purpose in us, the apparent adverse condition will disappear. The truth will have made us free, and free for all time.



*The truth shall make you free – John 8:32*





## MEDITATION



# Omnipresent Good

My Father, I have been thinking of the misery, sickness, failure and want from which many of Your children suffer, so unnecessarily, here in Your wonderful world. I, too, have had divers sad and discouraging experiences, yet I *know* that You are all the Perfection there is, and that Your will for me is good only, in everything that concerns me.

Where then do I, and multitudes of others, go wrong, for it must be we ourselves, and not You – Who are unchanging Love – who bring evil *effects* into our lives?

I realise that what we *believe* is true for us, and that the things we see with our eyes and hear with our ears we all too readily concede to be Eternal Verities, investing them with the power to affect us in accordance with the characteristics which we, in our ignorance have thrust upon them. Yet, if we remember the Master's words, "I am come that ye may have life more abundant," should we not change this mental and emotional attitude to life in general?

I would try, my Father, with Your help and guidance to live *in the consciousness of THAT WHICH IS GOOD*. To succeed in this



I will tell myself that this GOOD, which at times I may be unable to discern, is the TRUTH of all that IS. When dark days loom up I will meet them with the thought “No matter what you seem to be, you are good, you hold within yourselves a blessing for me which I now accept in faith and gratitude.” When conditions bear down heavily upon me, I will recollect that in all and over all LOVE reigns, and in the apparent evil that is threatening to descend upon me, I will declare Its benign Presence, not because at the moment I can see or feel It, but because, *since GOOD is in and through all things*, I realise that IT MUST BE IN THE VERY PLACE WHERE ITS OPPOSITE IS CLAIMING TO HOLD SWAY.

As I think along these lines, Father, I know that You will help me, I shall feel your Presence pervading my sense impressions and, as my eyes would perceive the tiny glow of a torch shining in a heavy fog, so will my illumined spiritual insight behold the flame of Your omnipresent Love burning ever brighter, until It finally dissipates the murk of my human doubts and fears, and sets me free from all the error that has no place in this Your visible world.



***Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy.***



EXTRACTS FROM LETTERS RECEIVED  
BY THE SCHOOL OF TRUTH

# *'I asked you to Pray - '*

I thank you for your helpful letter and may I state briefly how my wife's health was restored. On the 17th of the month the doctor suspected tuberculosis and an X-ray on the 18th showed pleurisy patches on both lungs. Then she was to have more X-rays on the 21st. On the 19th the doctor and some of my friends must have thought me quite mad when I said, and meant it, that my wife's lungs would be quite clear on the 21st. Well, thank God, they were, and the doctor admitted it was a complete wonder to him that the patches had cleared up in two days. I have had complete proof in this manifestation that God's presence is Reality when we ask in complete trust. May I also state that I am conscious of the part you have played in this demonstration, for which I am most grateful.

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

I previously asked you to pray for M. as according to the doctors he had an incurable disease. I am happy to say he is now quite better and I am very grateful to you for your great help.



You will be pleased to know that I no longer touch liquor and have not had a drink for seven months. Through God's power, for which I give grateful thanks, and your help in praying for me, I am now completely cured of my desire to drink. You will also be pleased to hear that a dear friend of mine, who is in daily contact with me, has also been cured of drinking.



Your prayers for my husband have been answered. He has stopped drinking and says he has no further inclination to do so. I thank God for this miracle and you for your help and kindness. After this wonderful demonstration of God's love and power, I know that He can do anything.



Thank you for sending me The Path of Truth and for your prayers on behalf of my parents. My father, who the doctors said had cancer, is quite healed, and I thank God and you for his recovery. Since I have learned how to love and trust God in the right way, I have been blessed in the most wonderful way in all my undertakings. Thank you for your lessons and all the help you have given me. May God continue to bless all your good work.



Yesterday I witnessed another miracle wrought by God through the channels of your School of Truth. About three months ago I wrote and asked you to pray for my aunt. She was bedridden for nine months with cancer. For two and a half months she



was having morphia injections, up to three every twenty-four hours. Two weeks ago she stopped her injections. Two days ago, with assistance, she walked to the lounge and sat there for four hours with her visitors. The telephone rang in a room about twenty feet away, she got up and walked to answer it as though nothing had been wrong with her. She needed no support whatsoever. God be praised.



I wrote to you asking for help and prayer. My husband had trouble through someone trying to blame him for a crash in which a number of people were injured. Several claims for various kinds of damages were lodged against him. This kept up for some time but the police did not take action against him. After a year a witness was found who could prove my husband's innocence. As a result no more was heard and all was well. We are very grateful for this. God heard those prayers and we thank you for the willing help we have always received.



Thank you very much for your valuable help in our recent labour problems. Almost overnight the unrest dissolved and we now have, thanks to God and your help, a happy and contented labour force. I may add that of late they seem more conscious of God and His works, from what I can gather from their odd remarks to me and among themselves. Some time ago I also asked you to help my fiancée in regard to a duodenal ulcer and a





form of eczema. Thanks to God and your loving help she is now feeling quite fit and putting on weight. May the intelligence of your teaching reach its ultimate fulfilment.



I asked you to pray for me as I had such a badly crushed leg. It is with praise that I can tell you that my leg is quite right again. The doctors say it is a miracle. I am deeply grateful to you for your prayers and to God for all His love.



Many thanks for your kind and inspiring letter. Above all, I am grateful to God for His healing power which has so vividly been expressed in my case. For months I suffered from most excruciating pains in my joints. Doctors and medicines were of no avail whatsoever. I was simply in despair and did not know what to do. One morning in my office I prayed God to show me the way. A moment after, just out of the blue, a friend telephoned me to enquire how I was. I told him I was in agony. He asked me if I had ever considered prayer, and I said I had. He then invited me to a prayer circle not many yards from my office where they prayed for me. Shortly after, I sat down and wrote to you to pray for me. Well, the result! All I can say is that my healing has been miraculous. How I praise God silently in my heart all day long for His love. How grateful I am to Him and all who prayed for me! My healing is so significant that, to use the expression voiced by some of my office fellow workers, "it has shaken me!"



LECTURE DELIVERED IN JOHANNESBURG  
BY NICOL C. CAMPBELL



# this Day

“Lord, for tomorrow and its needs, I do not pray.” Let me repeat that, it is a wonderful affirmation, a wonderful consciousness to have achieved! “Lord, for tomorrow and its needs, *I do not pray.*” I wonder how many of us are so fully aware of the Presence of Love, so cognisant of His will of Good, so sure of God’s being manifest in this world that we can say with complete abandonment in spirit and in flesh, “Lord, for tomorrow and its needs, I do not pray.”

I am quite convinced in my own mind that, if you could forget about tomorrow and realise that it is possible for you to live *only* in the eternal NOW, your tomorrows, which in turn become your “today,” would be filled with the Presence of God, *as Good*, that day.

This quality called faith is a subtle thing! You have been given many marvellous promises saying that if you have the necessary faith, this, that or the other shall be done unto you.

I am sure that most *have* faith, most of you the Law of Good into



of you believe that you feel that you have set operation and await,



expectantly, the fulfilment of this impersonal power as Love, Prosperity, Security, Happiness and all else that you require and desire. I say that you *think* you have, or *believe* you have faith.

Let me now look at myself for a moment and ask myself whether *I* have this faith in God? Have I no qualms at all at answering in the affirmative? What *is* this quality? If I have it, how do I feel, what is my state of mind? I would say that I feel free and happy and that, in spite of conditions, I have the impression that I have no reason to fear anything at all; but even so I could not tell you what my reaction would be to a type of problem that has not, hitherto, been presented to me. Certainly I can look around me and say that I have seen tens of thousands of manifestations of God as good fulfilled in the lives of human beings as a result of this consciousness, and furthermore, I have experienced so much of God, or Good, poured into my own life that I ought to be able to say, fearlessly, “None of these things moves me.” But they do, they most certainly do. From the most unexpected quarters, through the most unforeseen channels, “out of the blue,” as we say, problems are presented to me, and momentarily I am taken aback, perhaps hurt, annoyed, even maybe resentful, and I become impatient with myself for allowing such weakness to possess me. “Why,” I ask myself, “are you not after all your experience ready

situation? You know you are fully aware that mental, emotional and



to meet and overcome this that these things happen, they make for spiritual, physical growth, so why



this reaction?" It is because of my own weakness because I am constituted of the same shortcomings as you are, that I can feel for you. My own frailties compel me constantly to demonstrate for myself, to build up more and more patience with the people who, trying to overcome minor and, at times, very major difficulties, come into contact with me.

Because I spend my days practising Truth and talking about God and His Happiness, God and His Power, God and His Love, Protection and Prosperity every waking moment, and because I am too concerned about being in tune with Him so that I may help you, and incidentally myself, I have no time for negative thinking. Nevertheless, occasionally I *do* lapse and allow myself to react unproductively; so, it would seem only natural that you, working in a secular way, on the material side of life, would *not* have your minds so at one with God as I, in my calling, must have mine but the argument does not hold. That is the excuse that is so frequently given to me. People say, "It would so simplify matters if I were doing your type of work. Won't you take me into the School? I shall be able to work out my difficulties there, with the surroundings, the spiritual background and the prayer to help me. If only I could do that work I should not have these problems," But that is not so. I cannot *tell* you how fallacious that theory is!

If I left the School of  
take away with me into  
might select, the identical



Truth tomorrow I should  
any layman's occupation I  
consciousness that I have



today. If I became a salesman I should still be conversing with God all day long, dealing in Him, selling Him, and I should certainly not limit myself to the particular job in which I was giving Him service. If my salary happened to be R20,000 a month I would say to Him "This, God, is all the consciousness of Your bounty that I have, but I am going to be steadfast to You in this billet in which I find myself and You alone shall be my Employer." So, you see, the awareness that is mine today would be exactly the same were I in any other situation; there would be no void or emptiness, no lack, but precisely the same manifestation on the material side as there is at this moment.

Faith is a living perception, a vital apprehension, and although you can neither see it, smell it nor touch it, you can apprehend it; know it therefore as something alive and dynamic within you, literally constituting you, ever working through you.

You will encounter the same problems as I did, have the same fears as I had, but neither of these will have power over you unless you give way before them.

Over and over again I have stressed that some people have brought into consciousness, here on earth, many more experiences of a negative nature than have others, but this tiny world of ours is not the be-all and end-all of life. I did not begin to exist when I was born and you did not start out on your terrestrial birthdays either. You are, of course, very much aware of the physical bodies in and





through which you are manifesting at present but, believe me, you will be just as sensible of yourselves when you pass over to “the other side.” What we forget is that we were equally familiar with ourselves before we came here.

We are taught that all men are born equal, but if this is the *beginning* of existence, that is utter nonsense. In our *spiritual* Being, as the one Life of God, we are of course all equivalent one with another, but we are certainly not all on a par *in respect of consciousness*.

One believes that his physical body can be separate from God and he experiences disease, another thinks this of the harmony-body and suffers discord, a third feels the same way about the prosperity-body and lack is his portion; and if it were true that this is the starting point of the soul’s journey, then God would be an accessory not only before but *after* the fact, for He would have *made* you as you are, with diseased bodies, miserable minds, a prey to discord, poverty and degradation. But this is absurd, I cannot accept it! We must be intelligent where this issue is concerned, we must examine our state of mind, assess and compute our concepts of God in respect of Joy, Health, Prosperity, Peace, and as we go into this sincerely and honestly we shall begin to understand something of the whys and wherefores that was hidden before.

When you visit me, consciousness either



you come with your filled with an awareness



of the presence of Good, or with an acceptance of separation therefrom; it is a physical thing, a vibration emanating from you – thick as butter that you are trying to cut through – and I can sense it. You tell me of what you have thought, how you have felt and what you have done, yet your very manifestation denies what you claim to have found.

Above all things you need to know how you can become attuned to the impersonal power of Love so that It can express through your body-temples as It did of old through the Master, and still does today. In turning to this spiritual source of all Good you must bring with you all your courage, be willing to make the ultimate effort, offer up all your trust before you can hope to see a glimmer of light that will lead you to an inner perception of His Presence. The more completely you become aware of this, through the development of faith, the sooner will the manifestation take place and the sense of separation disappear.

In essence it is simple, as I have often said; it requires but the realisation of our oneness with God, but in practice it is far from easy. We have our own stubbornness, resentment, and arrogance to cope with, our emotional make-up to reckon with, which all divide perfect Spirit from discordant flesh and will continue so to do until, in meekness, humility and love we recognise our true natures, not in ourselves alone but in our neighbours also, and decide to express the Christ within us in





all things and towards all people. We are – each and every one – projections into consciousness of the Spirit of Life; we are learning to *know* this, just as the Master had to know it, and none of us can escape this obligation. If, on passing on from here to another plane, you have not fulfilled your duty where you are, you will carry on there from where you left off here. You will not be translated from your present state of consciousness into a heavenly one; it is not any physical development that you are attaining here on earth, but a spiritual one.

Often you say to me, “What right has this or that person to have such wealth?” And I reply that he has earned it! Consider, if you will, any crowd of a thousand people: all are equal in *spirit*, but certainly not in spiritual consciousness, and every atom of good that you see manifest by any one of these thousand individuals has been earned by effort before it has been able to externalise in his or her life. Whatever you have on the inside will show forth on the outside, but that which is not within cannot express without. If you question, “Why has this one a healthy body while mine is sick?” rest assured that what you are envying is a reflection of his steadfastness in faith, not something that, *once brought with him*, has still to be worked for: the awareness is so integrated in his individual consciousness of God, as Life, that this divine Livingness *cannot* but manifest in his physical body as health. It profits you nothing to *envy* what the next person has; his happiness is yours, his prosperity is yours also. If you







are not demonstrating these that is your own fault. *You* need to build them up within yourselves. I did not find it easy, when I was full of fear, not knowing which way to turn to pay my debts, to achieve a consciousness of prosperity, but I never allow myself to recognise lack as a reality. I did not take a couple of practical steps and then stop, waiting for God to take over. I went on and on trusting Him – not with faith, for that I did not have – but believing in, relying on, the verities of which the Master taught. I kept my purpose one-pointed. I did not deviate, and you can do the same. You can attain the very consciousness that the Master had, you can establish the Kingdom of God, which is an integral part of your spiritual selves, if you are prepared to continue steadfastly, and you can moreover *dwell* therein.

You must ask yourselves, “How much do I want to find all this?” Let us forget for a moment the word “God” and ask, “How much do I want prosperity, happiness or health? Is it an all-consuming desire within me?” And if it is, that driving urge is the Presence called God, or if you would rather use it, you can substitute the word “Life.” The Presence of Life is trying to express Itself through you to a greater degree, but you must provide the vessel. What active steps are you taking? And if you fail in that first venture will you give up? I had many failures but I did work for me. God is not concerned about me, neither is He interested in my welfare.” How can He be anything else when His Love and His





Life constitute His very body-temple either as you, or me? For me to say that God is indifferent to me is to say that I am indifferent to myself, and for you to say this is to claim that you are not concerned about your good, your happiness, your health, peace, or protection. When will you get rid of that sense of separation? When will you understand that what you think of as “you” is God Himself, the Spirit of Life, Omnipotence and Omniscience, working through Himself. He has made Himself bodies through which He is functioning here as also on billions and billions of planes in myriads and myriads of ways.

Of yourselves you can reach no higher than your own concepts, but Faith and Vision can take you as far as you ever want to go – even to the Infinite – for These are God Himself, Whose one purpose is Self-expression through each and all of us.

He is a prolific provider, *behold* the millions and millions of seeds that are thrown to the winds when half a dozen suffice for a garden. If we would take note of His Munificence and identify ourselves with It and appreciate that the Spirit expressing in that lavish way is the Father, *our* Father, Who is trying to come through by means of us, we should nevermore lack for anything.

It needs courage,  
the capacity to blind  
and furthermore it  
that emanates from



persistence of purpose,  
one's eyes to conditions,  
demands the realisation  
the heart.



# *The supply that can never fail*

The Supply that is limitless, unfailing, adequate to meet all needs, at all times, in all places; the Supply that never diminishes no matter how much it is drawn upon, but always remains the same. What a thing to get excited about! Something that would justify the wildest enthusiasm on the part of any human being – and yet it exists, and, except for the comparative few who understand that it DOES exist, remains a matter of no account.

Those who know of it and have used it, naturally get enthusiastic about it and have a burning desire to have others share their knowledge, but they sometimes get the feeling of having received a mental and spiritual cold douche from the way in which their telling of what they know is received.

Having experienced the bounties obtainable from the inexhaustible supply; having found that it can be drawn upon without stint, they naturally expect that one who badly needs to draw upon it will receive the glad tidings with joy, and moreover set out hot-foot to prove their truth.



To their dismay they find their enthusiasm damped, their ardour cooled by blank unbelief or at best plain scepticism. When the unbeliever is confronted with concrete proofs that one or other form of this Supply has been drawn on, and that a new and satisfactory condition is the result, it is a very steady and well-grounded Truth student who can remain unruffled by the “Poof! Rubbish! It would have happened anyway – just coincidence, etc.” of the sceptic. That is the sort of thing that happens to the Truth student who has put the Law into action and reaped pleasant results, and it sometimes happens that the student shrivels under it. Not that he abandons his search for more Truth, nor loses faith in the reality of the demonstration, but he is apt to become shy about telling others of his findings, and rather than risk evoking remarks that wound, he keeps his evidence of success to himself. He has found the source of Supply and is so pleased and happy about it that others just simply HAVE to be told. If the said others accept the story and are led to see for themselves – well and good. If they sneer, joke, or are politely incredulous – still well and good. This latter attitude is good since it is a fearless putting forward of Truth, but not everyone does attain to it.

To those who are still putting personal sensitiveness before service to God through others, let us gently suggest that if they cannot yet face possible ridicule by speaking of their knowledge of God and His illimitable Supply, they can at least make a start by writing it. We shall always be glad to receive such writings for publication, and the writer will know that help is thus being given to others.



Every story of success, of demonstration of the Supply, that comes to us, is a weapon with which we can overcome negation and fear.

People come to us badly needing to know about the Supply that can never fail. They lack health, or happiness, or prosperity, and sometimes all three. Led through various channels to seek our help they have by no means a faith or even in many cases a belief that we have any ability to help. We draw attention to God and His Laws. We point to a method of thought and a line of conduct. We insist on the reality of God's supply for their needs but we are frequently met with such remarks as "Yes, but... etc." "YOU say so, but I don't see how it can happen with ME." "You may have got these things but I am not like you; I have to work for my living under conditions that don't allow much thinking along these lines. You can do it because you are doing it as your daily work. Living Truth and producing Supply, as you call it, is easy for the Truth teacher."

This is where YOU come into the picture. This is where, all unknown to yourself, you become a channel for the Universal Supply.

Taking extracts from your letters we can say to the doubter – the sceptic – "Listen to this. It was written by a person whose circumstances were no easier than yours – perhaps harder." Then we read it to them, and the fact that it comes from YOU and not from us, frequently convinces them that it is at least worth a trial. What you have written starts another soul on the path of attainment. Is that nothing to YOU?



What the beginner needs is something very definite to show him or her that what we are teaching about the Supply that can never fail, is not a lot of hot-air, but real Truth.

Now let us reason together in order that YOU may perhaps be led to pass the reasoning on. The Supply contains all Life, and from that Life we draw our individual supply of life. It contains all thought, and from it we draw our power of thought, and through that thought we can mould the All-substance into the form in which we desire it. The universal, never-failing Supply contains all health, and from it we draw as much health as we demand through our thoughts. God and the Supply are in reality ONE, and thus we say with perfect truth that God IS to us our health, happiness, or prosperity, as the case may be.

We are sharing in His Life, His Health, His Joy, His Abundance, and our share is just exactly what we choose to take. This is the part that seems so difficult for the student to grasp. Years of thinking of God as a Being who gives or withholds as He pleases, and Humanity as taking what is given or going without, because it has no option, is not a good groundwork for the acceptance of the idea of God as Being all that IS, and Humanity as part of that Being, and thus sharing in all that IS.

Always the idea persists that if God is “asked” earnestly enough He will give, and if He does not give it is because He has decided for reasons best known to Himself not to give. It is difficult for the student brought up in the old ideas to realise that



God, having already given ALL, now has nothing left to withhold. He is IN everything – the Giver and the Gift. Present in every shape and form for humanity to use, He waits on US to take from Him – His part is forever done. Our part is to know His Law through which we take, and to put it into operation in the way in which we desire it to work, that is, positively or negatively. We must never forget that it is a very grave mistake to imagine that we can ignore His Laws when we feel like it, and operate them when we feel like it. There is not a moment of life in which we can avoid operating them.

Positively or negatively we operate the Law all the time – there is no middle course; no suspension of activity wherein neither positive nor negative operation is occurring. By thought, speech and action, we are operating the Law, and by that operation accepting either good or ill for ourselves. We might usefully compare it to the well-known axiom that “Nature abhors a vacuum.” Divine Law also abhors a vacuum so to speak, and consequently insists that we have health or, through our separation in consciousness from God, the physical condition due to its absence which we call sickness or disease; that we have abundance or the unpleasant manifestation of its absence that we call poverty, and so on. This, not because God decides that we shall have health or sickness at His whim, but because we decide by our lives – thought, speech and action – which we will have. His supply cannot fail because it is inexhaustible and if anyone has not health, happiness or prosperity, it is not because there is not enough to go round, but



because the supply has not been drawn upon. All this has been outlined before in the literature issued by the School of Truth, and it is reiterated here for two reasons. Firstly, because the more often a statement is made, the more it is driven into the consciousness of the reader or listener. Secondly, because by drawing attention to the workings of the Law governing the Supply that never fails we are giving the diffident student chapter and verse to pass on to others. We are giving the student a basis of reason upon which to speak that will be so sure that nothing argued against will have any effect. We have tried to show that no one need be afraid to speak of the “Supply that can never fail,” nor afraid that he himself cannot prove this truth in his own life.



*Next to knowing when to seize an opportunity,  
the most important thing in life is to know  
when to forgo an advantage.*

— Disraeli



*You can always tell when a man is a great way from God –  
when he is always talking about himself,  
how good he is.*

— D. L. Moody





# *Love, Serve, Give, Trust*

The four words forming the title of this article form the motto of this School of Truth. To us they are the Keys for the unlocking of the doors of the Kingdom of God, and it is our earnest desire to make them have the same value in the lives of our students. In our literature we draw immediate attention to the all-important necessity to find that Kingdom within ourselves, and add thereto the statement of our Master that, in the finding, all the blessings of this life (which He has just previously enumerated) shall be added. Right here and now we desire to make it plain to all our students that we take our stand upon that statement of the Master. Superficial thinkers and readers of our literature have at times jumped to the conclusion that our teaching mainly consists of instructing students how to get material things, and has little bearing upon the spiritual life. We know, none better, that the bulk of our students definitely do need to have the lack in their lives replaced by abundance, and we know that this can be accomplished – and say so very emphatically – by the LIVING of the Spiritual Law. We do NOT, and never will, attempt to teach that all the blessings of life can be attained in any other way than



by spiritual growth. This spiritual growth can only be achieved by the living of the Law covering the four words quoted above.

LOVE! What is Love? “Love is the fulfilment of the Law.” In fact, we could eliminate the other three words in our motto since they are all implied in the first. We do not do so, and are not doing so in the title of this article, because they remind us, and we hope remind you, that they are aspects of Love in action.

We are enjoined to love our Father, God, with all the attributes of our being – and our neighbour as ourselves. On previous occasions we have drawn attention to the difficulties between the love of which Jesus spoke, and human affection, which is so often made the standard of loving. The inflow of hundreds of new students, since last we referred to the subject, and who may possibly be holding these wrong ideas, makes it advisable again to clear the air. It is not possible, and therefore a waste of effort to try, to feel the same human affection (love in the intimate sense of the word) for all humanity as for the immediate family connections and circle of friends, but it is possible – in fact, absolutely essential – to feel for all humanity that type of love that seeks to “Do unto others as we would have them do unto us.” The type of love that seeks to serve them, give to them and *trust* them.

Some find it difficult to follow the injunction to love God. To them God is too abstract – too impersonal – for them to experience much feeling of love, and should there be any such amongst our readers we wish to give them this advice. Make God



– your own personal visualisation of the Supreme – as personal as your own minds and feelings need. We make no apology for again printing the statement that from the idol of the savage to the glorious conception of the archangel, all visualisations to meet varying human needs, are good. All we ask of anyone is not to decry, or seek to demolish as untrue, the visualisation of another. This is loving the neighbour – doing unto him as you would have him do unto you. If he loves his God through his visualisation, he is keeping the Law. It matters not to anyone of us that the visualisation of another seems to be lower than our own, or so glorious that we cannot understand it. What matters, and matters only to us, is, “Am I personally living my conception of God to the fullest?”

Now we come to Love in action in the form of “Service,” “Giving” and “Trusting,” and without this “action” an absolute love confined only to worship and adoration is of not much use in bringing God and His Law into the understanding of our fellowmen.

Through His own perfect Law God is manifesting Himself in all humanity, and thus if we serve we necessarily serve God. Love is thus in action, but it is the CONSCIOUSNESS of the fact that we are thus loving and serving God through our services to humanity, that adds power to such service, and spiritual growth to ourselves. All we do of thinking, speaking, or acting physically, should be done with the one motive of being of service to our fellows. It is not always that we remember this, and not always



that we can recognise how our thought, speech, or action can possibly serve others. Yet it can, and on the part of those seeking the Kingdom, it should.

If we could all think, speak, and act always in accordance with the Golden Rule, there would be little else needed to perfect the race. If we all served each other in love as we would be served, life would be one grand sweet song and would be above the necessity to function on this planet. That we cannot yet ALL reach that Divine Perfection together is still no argument against our individual efforts towards personal attainment.

“Giving” is one of the aspects of love in action that can be very misleading, unless properly understood. To mention the word to very many people is to turn their thoughts immediately to money or some other physical thing, but in actual fact such things are the least of what we are called upon to give. Moreover, they are apt to be unwisely given, and thus fail to accomplish their intended purpose. It is so easy for those who have it, to give money to those who have none, and the action produces a sense of satisfaction to the giver, but unless some gift of thought or speech in the direction of drawing the attention of the receiver to the existence of God’s Universal Supply has been added, the gift becomes but a temporary sop. Again, unless the giver has been taught that his gift is to God, **THROUGH THE HUMAN CHANNEL**, he has not the right thought behind it, and has probably given through a recognition of lack in the life of his beneficiary. The first and greatest of all gifts must be the gift of ourselves to God for His



service. Again, the gift is given to Him through service to His expression – Man.

All other aspects of giving necessarily follow this. Right thought, speech, and action in regard to our fellows form integral parts of the giving of ourselves. Paradoxical as it may appear, it is yet true to say that giving has two sides – and one is receiving. An Eastern sage once said in effect that he who had not learnt gracefully to receive had not learnt how to give. This is very true, but it forms a stumbling block to many. They give and appear to like giving, but they are very averse to receiving. They can even feel that the receiver of their bounty is under no obligation to them, but they are unable to rid their minds of a sense of obligation to one who gives to them. This is due to failure to recognise God in both cases. If their gift, through the human receiver, was recognised as being TO God, they would also be able to recognise that a gift to them through a human channel, was also *from* God, and they would not then feel that personal pride did not allow of their taking HIS gift. In actual fact the closing of themselves to such gifts means that they are closing a channel – themselves – through which God could give to others.

We have said that Humanity in reality is God expressing Himself as such, and now comes the greatest test of our Love – Love in action – trusting all humanity.

How many of us really trust God to begin with? How many of us have such trust in Him that we KNOW that His will for us is



all good, and that He has instituted such perfect laws that this “all good” MUST come to us if we obey those Laws? The answer is self-evident. One who had that trust in God could learn nothing more from us – nor anyone else. It is to help each other to attain that trust, that faith, that we exist.

If we have not trust in man, whom we have seen, how then can we have faith in God Whom we have not seen?

Let us say without equivocation that trust in our fellowmen means trust in ALL of them, and not trust in some and distrust in others. Judge not according to appearances, trusting those who appear worthy, and distrusting those who appear unworthy. Judgment of that kind is based upon the conception of mankind as a multitude of separate units: ignoring the trust that mankind is an expression of God and therefore ONE LIFE. Trust in that One Life as a whole and not as separate units will always show that it is worthy of trust. It has been the unhappy experience of many who have trusted and distrusted the units to find that it has been the trusted ones who have failed them, and they have suffered disillusionment in consequence.

To those whose minds are stayed on God and who see only God in all humanity have come the happy experience of seeing the apparent evil results of the actions of one, made good in overflowing measure by another, and their knowledge of the oneness of life, their faith in God AS that life has been strengthened.



Love, and Love in action: The solution to every human problem; the sum of human knowledge, and the peak of human achievement. Let there be light that we may see and understand.



*God is not a personality,  
but He is personal to every personality in existence.  
He is personal to each one of us because He is in actual  
personal touch with each one of us. He lives in all, therefore  
He is personal to all, and can give personal attention to  
the needs of each and all. The soul knows this; the mind in  
its higher states of consciousness has discerned it, and the  
belief in a personal God has arisen. The mind has discerned  
only the personal presence of God in the soul at certain  
intervals, but the soul knows that God is personally  
present at all times in all souls. Thus the former belief in  
a personal God is not lost; it is only made infinitely larger.*

**November 1<sup>st</sup>****SATURDAY***In paths that they know not will I lead them – Isa. 42:16*

**H**ow very true the above words are is known to many people who have placed their trust in Divine Guidance and have been led to the perfect solution of a problem by a way that they knew not and would never have known about if they had relied upon their own mental processes.

The human mind being what it is, we find it difficult to set aside all questionings and to cease to weigh evidences for and against; but however difficult it may seem, it is something which we must learn to do. Divine Guidance is always there for our help in times of doubt and difficulty, but it is not something which is thrust upon us regardless of whether or not we are in a condition to receive it. Our turbulence of mind is not shouted down and silenced by the mind of God; it is for us to achieve the mastery over our own thinking, otherwise the guidance we need does not reach us.

The “paths that we know not” frequently look to us as if they were all wrong, but Divine Wisdom does not err.

***Wherever God leads,  
there do I fearlessly follow***



**November 2<sup>nd</sup>****SUNDAY**

*Even to hoar hairs will I carry you – Isa. 46:4*

Old age is a bugbear to many people, but it should not be so. Autumn has its own beauty, as well as Spring, and it is much more mellow. Spring is a turbulent time, but Autumn is a time of peace.

We are as old as we feel, and in order to feel young we should interest ourselves in others – in their work, their ideas, and their hobbies. The less we think of ourselves the happier we shall be.

Also, we should continue to improve our minds, for even though we may be old in years we need not be mentally old; and the riches of the mind can satisfy us when earthly wealth has lost its allure. We are never too old to learn, or to give others the benefit of our knowledge.

And please do not be amongst those who consider the old ways and the old ideas are necessarily the best. Keep an open mind about everything and accept what is good in the new while retaining the best of the old.

The years have brought you experience – use it for the good of mankind.

***With the help of God I remain young in spirit***

**November 3<sup>rd</sup>****MONDAY****December 1<sup>st</sup>***The inward man is renewed day by day – II Cor. 4:16*

Even the physical man is moment by moment regenerated internally as new cells are born and dead ones eliminated, but the process is an unconscious and involuntary one in which the conscious mind of the one concerned is not involved at all.

The renewal of the inward man is, however, in the nature of conscious development and must, if the individual would advance spiritually, go forward without ceasing.

None of us grows in grace without definitely seeking so to do; we have to go within and listen to the Voice of Love until we become open channels for It to function through, and since It cannot use a vehicle that is unlike Itself as an instrument of Self-expression, we have to learn to see, feel and act after its fashion. To do this we must understand our oneness with It and, through It, with the rest of mankind.

Love knows only unity. It can express through us only by becoming us, and as the human of us wanes, so does the Divine, Which is, and ever was, us, wax until the outer and the inner man merge into one.

*I commune daily with my own indwelling spirit,  
and I am renewed in the image and likeness of love*

**November 4<sup>th</sup>****TUESDAY****December 2<sup>nd</sup>***Let each man prove his own work – Gal. 6:4*

**W**e all have our own particular work to do and usually it is sufficient to occupy us as fully as we need to be occupied, if it is well and properly done, but there are still mistaken people who think that they are doing the right thing when they insist upon doing that which is the duty of another. It is a form of voluntary martyrdom and it is productive of nothing good, either to the one who does it, or to the one for whom it is done.

Whatever it is that we have to do, we should be able to prove that we have done it; and unless our work shows the hall-mark of the perfect result, that proof is missing. To attempt to excuse our unfinished or imperfect work on the plea of having used our time and energy in “helping” somebody else to do theirs, is futile. As a rule the so-called “help” consists of allowing the other person to sit idly by while we do their duty for them. We may legitimately teach others **HOW** to do their part, but not do it for them.

***I seek always to fulfil my responsibilities to life  
and encourage others to do likewise***



## November 5<sup>th</sup> WEDNESDAY December 3<sup>rd</sup>



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

While we can serve without having had a higher education, nevertheless the greater our knowledge and understanding the greater the value of our service will be. In addition to the will to serve, we need the wisdom to serve.

The more we cultivate our minds, the better instruments we shall be provided we do not become intellectual snobs. The more we know, the better should be our understanding of ourselves and others. But unless we make use of our learning – unless we share it for the good of humanity – of what value is it? Do you feel that you are not wise enough to help others? If so, consider the words of James. He said: “If any of you lacketh wisdom, let him ask of God, who giveth to all liberally and upbraideth not; and it shall be given him. But let him ask in faith, nothing doubting: for he that doubteth is like the surge of the sea driven by the wind and tossed.”

As the old French proverb tells us, to understand all is to forgive all, and when we can do this we are following Truth.

***I am divinely inspired and led to do what God would have me do***

**November 6<sup>th</sup>****THURSDAY****December 4<sup>th</sup>***Bring my soul out of prison – Psalm 142:7*

Soul is spirit, how then can it be imprisoned? “Stone walls do not a prison make, nor iron bars a cage.” It is true that the spirit of man can soar above all conditions and circumstances and be free, so what is it that can incarcerate it? *Only* the human consciousness!

There is just one thing that can clamp fetters upon the soul of man, that can impose sickness, failure, lack, misery and frustration upon the individual and that is his own negative thinking.

When we look around us at this green world of ours, where everything is life, order and beauty, and we recognise that we are the most important part of it, it seems fantastic that we can indulge in unconstructive thinking, *but we do!* We listen to the age-old fables about “chronic” disease, we accept the illusion of lack (in spite of the teeming plenty that surrounds us) and we bow down to misery and wretchedness even though the birds sing, the brooks sparkle, and the waves dance before the Lord!

Can we not see that *Love* governs? Can we not know that Love’s only will is for our highest good? Can we not accept the *Truth* “Behold ye are gods” *that our souls may go free?*

***Daily will I sing a joyful song unto the Lord,  
and give thanks for all His benefits***

**November 7<sup>th</sup>****FRIDAY****December 5<sup>th</sup>***Be of the same mind one with another – Rom. 15:5*

Today we are not considering a statement which demands that we should all think alike upon all subjects, but one which asks us to take our stand upon right thinking. The world would be a very drab and uninteresting place if we all had exactly the same ideas upon every subject and of course we all know that such a state of affairs is utterly impossible.

To be of the same mind, therefore, can only mean having the necessary tolerance and understanding of each other that even a wide divergence of ideas will not cause us to lose our poise. This understanding and tolerance is not something which is born of the mind only; in fact it cannot be achieved by mental processes, it must come from the inner spiritual self. While we look at our fellowmen upon the levels of the mental and the physical, we shall not be able to avoid being thrown off our balance by differences of opinion, but when we can look upon them as spiritual beings – when we can see the divine in them – we shall not be moved.

***Acknowledging the divine in all men,  
I remain in harmony with them***

**November 8<sup>th</sup>****SATURDAY****December 6<sup>th</sup>**

*Even if a man be overtaken in any trespass,  
ye who are spiritual,  
restore such a one in a spirit of gentleness – Gal. 6:1*

**A**re we always gentle when we are forced to deal with those who have done wrong? Do we not often condemn them most harshly? And what right have we to do so, since there is not one of us who is perfect? We should remove the beam from our own eyes, before we cruelly try to take out the mote from the eye of another.

Our mission is to help those who have fallen from the way to rise and continue on the upward path. Any harshness is liable to thrust them still further into the mire. The Master treated sinners tenderly, helping them to reinstate themselves – He did not judge them. If He did not judge, how much less should we do so? He was our exemplar, and we should follow in His footsteps to the best of our ability.

Then let us not condemn, but try to uplift, in the spirit of love.

***Help me to express You in all  
my human contacts, Father***

**November 9<sup>th</sup>****SUNDAY****December 7<sup>th</sup>***Be strengthened in the grace that is in Christ – 2 Tim. 2:1*

**T**oo many of us set out in the beginning to live our adult lives on our own, and it may even be that, for a while, all goes swimmingly and we feel rather pleased with ourselves; but the time always comes when difficulties crop up and problems arise with which we cannot cope. It is then that we begin running hither and thither, to this and that friend, to such and such teachers in search of help, and these – in the long run – always fail us! Why? Not because they are indifferent or even incapable and uninformed, but because we have to meet these challenges alone – *alone with Love*.

Man's extremity is God's opportunity, for it is only when we realise that of ourselves we can do nothing that we also recognise that "My strength is sufficient." It is when we let go, give up human striving and contriving and let *God*, turning the whole matter over to Him, in the faith that He *lives and acts* through us, that the perfect way opens up and conditions and circumstances align themselves with His Divine Plan and all is once more harmony and plain sailing.

***Conscious of my oneness with God,  
I lean not to my own understanding,  
instead I commit my ways unto him***



**November 10<sup>th</sup>****MONDAY****December 8<sup>th</sup>***A cheerful heart is a good medicine* – Prov. 17:22

*A* cheerful man is a confirmed optimist and consequently is an uplifting influence upon all with whom he comes into contact. Perhaps we might qualify that “all” by excepting the man who deliberately refuses to be uplifted and cheered because he revels in being gloomy and miserable.

We can be grateful that such people are a very small minority; the majority, even if they are in conditions which tend to make them downcast and miserable, are at least willing to be helped towards a better state of mind. Therefore let us cultivate a cheerful and optimistic outlook upon all things, for such an outlook, being an action of the creative mind, must of necessity produce nothing but good. The opposite attitude, being also an action of the mind, cannot do otherwise than produce that which is NOT good.

If we are determined to hold fast to our faith in the reality of good and the consequent unreality of evil, we shall not only remind ourselves that every cloud has a silver lining, but go further and affirm that every cloud IS nothing BUT silver.

***I am determined to see nothing  
but good everywhere and in everybody.  
So shall I call forth good***

**November 11<sup>th</sup>****TUESDAY****December 9<sup>th</sup>**

*Blessed are the peacemakers,  
for they shall be called sons of God – Matt. 5:9*

**I**n these uneasy times we long to find an abiding peace. We are weary of wars and rumours of wars, and we want to beat our swords into ploughshares and our spears into pruning-hooks. We would like to be sure that nation will not lift sword against nation, and that they will not learn of war any more.

But are we doing anything constructive to bring peace about? Are we looking within to find it? We shall not discover it in outer circumstances, be sure of that – not with the world in its present state. But within our own souls we can find the peace which passes understanding, because the soul is the abiding-place of the indwelling Spirit which is the Source of all serenity. Knowledge of the divine Spirit within us, and consciousness of Its presence, will enable us to remain calm when others have lost their poise.

Are we keeping the peace in our own homes? Because, unless we do, we are helping the cause of war, since there must be harmony amongst individuals before we can expect nations to live harmoniously with one another.

***I do all I can to help the cause of peace on earth  
and goodwill towards men***

**November 12<sup>th</sup>      WEDNESDAY      December 10<sup>th</sup>**

*The heavens declare the glory of God – Ps. 19:1*

One often hears the words, “How can I believe in God when I cannot see Him?” Yet surely it is with Him as with us – “by their fruits shall ye know them”?

Comparatively few people know what Rembrandt looked like, but they know him well through his paintings. Not many can picture Scott, but they know him intimately from his writings; and so it is with God. Daily before our eyes His work is spread and discovers to us His Nature.

As the planets move across the firmament they tell us of the order that rules the universe; the towering hills speak to us of strength; the restless seas murmur of infinitude; the grains of golden sand whisper together of the inexhaustible as the desert stretches far and wide over the horizon; flowers, trees and crops declare of beauty and abundance; and the rainbow that spans the skies is a promise. What is all this grandeur but God made visible to man?

Can anyone who has eyes to see look on this green earth without beholding its Creator? Can we not all see sermons in stones, books in the running brooks, and good in everything? What, then, of our God? Is He not all the good there is, and that *Good*, LOVE in manifestation?

***With eyes that see, I witness the glory of God  
made manifest as His universe***



## November 13<sup>th</sup> THURSDAY December 11<sup>th</sup>



*Wait thou in silence for God only – Ps. 62:5*

In the above words we have a teaching which is of the greatest possible value. Are we not all aware that in the past, and quite possibly even in the present, in spite of our knowledge of Truth we have turned, or are turning, to other people for advice and instruction as to what we should do in regard to a particular condition or circumstance which appears adverse to us.

What we should do is to turn to God only, and in the silence listen to His instructions: but it seems more attractive, more direct to listen to the words of a friend. The said friend may have less knowledge of the answer to our problem than we ourselves have, but the audible word has more weight with us than the inspiration we could receive from God.

The trouble is that it does not involve any special effort to consult a friend, whereas the ability to retreat into the inner sanctuary of the soul and commune with God, calls for constant practice. Every one of us must decide whether or not such practice is worth while.

***Attuning my mind to God in love and trust,  
I am divinely guided in all circumstances***

**November 14<sup>th</sup>****FRIDAY****December 12<sup>th</sup>**

*They that wait for Jehovah shall renew their strength*  
— Isa. 40:31

**A**re you often tired? Are you constantly telling yourself and others that you have no energy? Are you weary of the everyday tasks you have to perform? If so, why not do something about it?

Much of our weariness, apart from the normal tiredness which comes from a day of hard exercise, is a state of mind, and the more we talk of it the worse it becomes. Today's text goes on to say: "They shall mount up with wings as eagles: they shall run, and not be weary: they shall walk and not faint." Why do we not remember these promises and make use of them?

In times when we need extra strength, let us open all our channels of awareness to the inflow of God's energy that we may be renewed in body and spirit. Let us be so in tune with Him that we can draw from Him whatever we need, whenever we need it.

If you are a person who is always tired, make up your mind to change. Learn to control your thoughts and your emotions – think in terms of Eternal Energy, and do not allow your feelings to wear you out.

***I am filled with abundant life and energy for my  
mind and heart are stayed on God***



## November 15<sup>th</sup>      SATURDAY      December 13<sup>th</sup>



*Let all bitterness and wrath – and railing be put away  
from you – Eph. 4:31*

Many of us make the mistake of cherishing these sentiments and getting a certain ephemeral human satisfaction from so doing, but nothing that is negative can ever bring forth the minutest amount of good. So if we would not harm but benefit ourselves, we must drop all unproductive thinking and antagonistic feeling from our minds and hearts. This is not always easy to do when people slander us, undermine us and try their best to injure us, but it is only as we accept these things that they can affect us. If we align ourselves with Love, Which is of too pure eyes to behold iniquity, we too shall be able to look through the seeming evil and see behind it the Good which is omnipresent.

In Truth we have no enemies, only friends, helpers and teachers, and as we resolutely put all those with whom we come into contact into one of these categories, we shall find everyone we meet becoming a golden link in the chain of our good.

If we give out only love, like will have to produce like; so hostility will melt away and goodwill and kindness will take its place.

***I will give good for seeming evil,  
then all enemies will change into friends,  
and love will bless my daily living***

**November 16<sup>th</sup>****SUNDAY****December 14<sup>th</sup>***And thy years shall have no end – Ps. 102:27*

The Psalmist is acknowledging that God is eternal and always the same, and in thinking this truth we might remember, as spiritual beings and a part of Him, we are also eternal.

Our years upon earth as physical beings have an end, but that has no bearing upon our real selves. While we are functioning in the physical it is our duty to make life as full and complete as possible and that can only be done by expanding the mental side of ourselves.

It is fatally easy to reach a stage – sometimes quite early in life – where life becomes just a monotonous doing of the same old things and thinking in the same old ways day after day. If ever we are unfortunate enough to allow ourselves to get into that state we shall be merely existing, not living. Our ambition should be to learn something every day; to keep our enthusiasm alive; to take a real interest in ourselves and in all the other people around us, and thus to develop understanding, wisdom and tolerance. We shall thus add LIFE to the term of our years.

***Spiritually, mentally and physically I am really living, for in truth I enter into the spirit of life***

**November 17<sup>th</sup>****MONDAY****December 15<sup>th</sup>***All things are possible to him that believeth – Mark 9:23*

There are people who say: “I was never meant to make money – or succeed – or hold a high position.” They seem almost to think it a virtue to make the assertion! How wrong they are!

As long as we expect to fail we are likely to do so. But if we have the will to win – if we believe in ourselves and what we want to accomplish – and if we work to achieve it, we can expect to succeed. Our thoughts attract like thoughts, and so we should think of the things we desire to have – make mental pictures of them, and then we shall get into the thought-wave of success.

We must get into the habit of thinking positively and constructively, instead of negatively and destructively.

No one has the right to say that he was never meant to succeed. It is not God’s will that any of His children should fail. We have all His power to draw upon at will, and if we do not use it the fault is ours. Through the creative power of thought which He has given us we can accomplish our aims.

***I expect the best and I get the best for  
I consciously work with God in love and trust***



**November 18<sup>th</sup>****TUESDAY****December 16<sup>th</sup>***Every prudent man worketh with knowledge* – Prov. 13:16

The word “knowledge” does not, in this context, refer to book-learning but rather to enlightenment. Out of books man cannot acquire wisdom, and that is what the prudent man must bring to bear if his work is to be crowned with success.

There is only one Source of true wisdom and fortunately it is ever available to all who are willing to go within and enquire of the Spirit.

Love, constituting all mankind, is Omniscience AND All-good. Mark well this second attribute for it is of the utmost importance, signifying as it does that Love cannot know of evil; and since, in accordance with Its very nature, It is cognisant of *all* there is, this means that evil has no existence.

When we, then, work with knowledge (wisdom) we do not reckon with the not-good at all, or with anything that is unlike Love, and in consequence we can bring forth nothing but Its Perfection – peace, harmony, justice, truth – all the fruits of the Spirit, so that our work, of whatever kind, can produce only blessings. Blessings for us who bring it to pass, and for any ends, persons, projects, organisations, to which we have dedicated it.

***I will learn of love and listen to its voice, so shall  
my every act bring only blessings in its train***



## November 19<sup>th</sup>      WEDNESDAY      December 17<sup>th</sup>



*He shall strengthen thy heart – Ps. 27:14*

There is a question which we can all ask ourselves, and take great pains to answer honestly. It is: “What is my **REAL** view of life and my personal relationship to it?”

When the word “*real*” is emphasised it implies that the answer is not to be based upon the mood of the moment, but should be that which underlies the varying moods. There may be many quite genuine answers and all different. One may say that life is a puzzle to which he cannot find the answer. It is a constantly changing series of ups and downs; good conditions and bad ones; health and sickness; happiness and misery; plenty and lack, and all he can do is to plod along through it to the end.

Another will see it as a glorious adventure with always something excitingly new around the corner. Frequently that type of person knows enough to see in those exciting corners new opportunities to fields of work for God and man.

No matter in which way we may view life we can be perfectly sure that to live it to the full we need God’s strength, God’s love and God’s wisdom.

***Whatever life holds out for me I receive joyously  
for God is the strength of my heart***

**November 20<sup>th</sup>      THURSDAY      December 18<sup>th</sup>**

*Company not with him that openeth wide his lips*  
— Prov. 20:19

How much trouble and sorrow and unpleasantness could be avoided if people would refrain from “opening wide their lips” concerning the affairs of others. “He that goeth about as a talebearer revealeth secrets,” says the proverb; and Solomon was wise.

Some people appear to be almost unable to refrain from repeating any piece of gossip they may hear. Glibly they attempt to take away another’s character and go gaily on their way often not knowing whether what they have said is true or false. Gossip spreads quickly, and who can tell what the end of the story may be?

If we know anything derogatory about our neighbours, let us not discuss it with anyone. Let us never mention it even “in confidence,” for so many people will repeat it, also “in confidence.” Let us look for the good points in one another and talk of them, but let us refrain at all costs from talking scandal. In criticising the behaviour of others we are criticising ourselves. Let him who is without sin amongst us cast the first stone. If we remember this and obey the command, no stones will be thrown.

***I will try always to do unto others that which  
I would they should do unto me***

**November 21<sup>st</sup>****FRIDAY****December 19<sup>th</sup>**

*For ye, brethren, were called for freedom – Gal. 5:13*

**F**reedom is our heritage. The Master promised it to us in the words, “Ye shall know the truth and the truth shall make you free” – not from any bondage that Love has laid upon us, but from our own false thinking and the evils that result therefrom.

At our beginnings we were created unconstrained and Love still maintains us untrammelled, unenthralled. *We* it is who bind ourselves to error and shackle ourselves to wrong beliefs of separation and their attendant ills. We have never been divided from our Creator; we are now, as always, one with Him and with all that He is and has. His attributes are ours to use and to enjoy for He, Himself, constitutes us and dwells within us for the purpose of manifesting His All-good through us. We have only to accept this and hold ourselves ready for His expressing.

We cannot, of course, expect Him to function through vehicles that are clogged with refuse – fears, doubt, small meannesses, and unbelief – it is up to us to keep them free of all obstructions, ready for Him to pour Himself through them, so filling our lives to overflowing with His Bounty and Perfection.

***I will keep myself an open channel for  
the inflow and outflow of divine love***

**November 22<sup>nd</sup>      SATURDAY      December 20<sup>th</sup>**

*Glorify God therefore in your body – 1 Cor. 6:20*

**W**holeness, harmony, health – they all express the idea of the perfect life of God reflected in the body. Everybody desires to be the possessor of a healthy body, principally because life is so much happier and more free when that is the condition, than when the body suffers from some form of sickness. Actually we should not desire health for that reason, but for the reason that a condition of health enables us to be of so much greater service to God, in serving His children, than we can be if we are sick.

It will easily be seen that a healthy body does really glorify God IF it is possessed by one who desires to serve Him. We need a physical body in order to enable us to function on the physical plane; it should be to us a precious possession, to be respected and cared for, not abused and treated as of no account.

The days when man considered that he was honouring and pleasing God by despising and illtreating his God-created body, have gone, but we still have not yet reached the stage of consciously glorifying God in the body.

***My body is the temple of God and I will see it  
and treat it as such***

**November 23<sup>rd</sup>****SUNDAY****December 21<sup>st</sup>**

*Because he is at my right hand, I shall not be moved*  
– Ps. 16:8

Many of us have not yet arrived at that stage in our spiritual development where we can say: “None of these things move me.” We still allow people to upset or annoy us, not realising that it is possible for us to rise above such things and become immune to them.

It is no virtue to be too sensitive. People with mature minds surely realise the futility of allowing themselves to be hurt unnecessarily, for no one can hurt us if we do not give him the power to do so. And life is so much easier when we are not vulnerable.

If you find yourself becoming upset just send out a silent blessing to the one who is responsible. Turn to the Spirit within you and claim His help, that you may keep your poise. There is nothing to be gained by losing it, nor will you benefit in any way by allowing the darts which others may fling at you to penetrate your armour. If God is for you, who can be against you? Be conscious of His Presence and be at peace.

***I am impervious to hurt from others,  
for I am conscious only of the presence  
and power of God within me***

**November 24<sup>th</sup>****MONDAY****December 22<sup>nd</sup>***Under His wings shalt thou take refuge – Ps. 91:4*

**J** rather think that if any one of us were told that a particularly powerful human being – some great prince, president or potentate – would be ready to protect us at all times, we should immediately experience a feeling of very considerable security and relief, and should not fail, when the slightest danger threatened, to avail ourselves of the proffered guardianship.

But with God it is rather different, isn't it? We have never seen His photograph in the papers, we have not heard of any recent well-documented feats of prowess performed by Him, He wields no secular authority; He is in fact rather nebulous, and we don't know exactly where He is, or precisely how to set about contacting Him. We have forgotten, or perhaps have never quite believed, that *in* Him we live, and move, and have our being, and that He is Love, Omnipotence and Omnipresence. Also when it comes to our human safeguard we should not forget that he might fall sick, be out of reach, even, for the moment, disinclined to help us; whereas God, we have been taught, *and we know*, is here and now, the same yesterday, today, and forever.

***I put my trust in God alone,  
therefore no evil can befall me,  
nor any plague come nigh my dwelling***

**November 25<sup>th</sup>****TUESDAY****December 23<sup>rd</sup>***Let all things be done decently and in order – 1 Cor. 14:40*

**I**t has often been stated that “Order is Heaven’s first law” and when we look around us and see how all things obey the law of their being – they all work decently and in order – we must agree with that statement. Of all the multitudinous forms of life on earth, man seems to be the only one capable of acting contrary to the Law, at his own choice, and many and various are the troubles which he brings upon himself as a result.

He will eat, drink and do with and to, his body, all the wrong things and then is very surprised to find that his body has become the victim of disease. He will fill his mind with thoughts of fear and other kinds of negativity and then wonder why he fails to achieve peace. He will think and act selfishly and unlovingly towards others, setting out to achieve material success regardless of who gets hurt in the process, and then rail against fate when he finds his affairs becoming chaotic.

If we would lead healthy, happy, successful and prosperous lives, ALL things on ALL levels must be done in accordance with Divine Order.

***I work wisely and intelligently with the laws  
of life and the blessings of life are mine***



**November 26<sup>th</sup>      WEDNESDAY      December 24<sup>th</sup>**

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

Everything we need for our well-being has already been provided for us in the realm of Spirit; but God leaves it to us to bring what we want into manifestation.

Do you feel that your faith is too weak to be of any use? If so, change your thoughts. As we think, so we are – and if we think in terms of failure and poverty, we can expect to be unsuccessful and poor. Fortunately the reverse is also true, and if we think in terms of achievement and abundance, these will manifest for us provided we do our part.

If things are not as you wish, use your creative imagination to alter them. Make mental pictures of yourself as you would like to be. Most important of all, remember that God is your Source of abundance, and rely on Him rather than on man. It is He Who provides for your needs – He Who gives you joy and peace. Then trust Him, and help Him to help you, by thinking positively and constructively, instead of negatively and destructively. Be an optimist, not a pessimist.

***I give thanks that God richly fulfills  
my every need for my trust in Him is active***




# Christmas Day

*To all Truth Students,  
we extend sincere Greetings for a  
Happy and Peaceful Christmas.*

*Christ is the great central fact in the world's history;  
to Him everything looks forward or backward.  
All the lines of history converge upon Him. All the march of  
Providence is guided by Him. All the great purposes of God  
culminate in Him. The greatest and most momentous fact which  
the history of the world records is the fact of His birth.*

— Charles H Spurgeon



*May the spirit of Truth within each one  
of us radiate its love and joy through us  
to the world and may we be channels  
of its peace and goodwill to all.*



## THURSDAY      December 25<sup>th</sup>



*Glory to God in the highest, and on earth peace, goodwill toward men – Luke 2:14*

Today is one of rejoicing in which loved ones and friends come together in a spirit of goodwill. It is right that it should be so, for it is the anniversary of the birth of the Master, Jesus Christ.

In reflecting on the significance of Christmas, let us turn our thoughts to the life of Him who came to teach mankind a universal religion – a religion which He desired should include all men everywhere, regardless of race or personal creed or dogma.

The world has greater need today than ever before to take unto itself a vital faith, not only in the inherent goodness of humanity, but in God who has manifested Himself in the flesh as man. The Christ spoke through Jesus when He said, “A new commandment I give unto you, that ye love one another, as I have loved you, and ye also love one another.” For we know that without love and goodwill towards all men, humanity will never build for itself a way of life which can stand the test of material stress and strain.

Each year at this time we are reminded of the greatness and eternal nature of the Master’s teaching. Let us, therefore, in our daily living bring into active and wider expression the spirit of peace and goodwill.

***Today I will arise in consciousness  
and return to the Christ way of life***



## November 27<sup>th</sup> THURSDAY



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

A dozen times a day we are offered the opportunity of giving the soft answer that turns away wrath, and usually we do not avail ourselves of it, for we are all as fiery and hasty as the next man, but when we do control ourselves, what a glow of happiness suffuses us! Each time we suppress the sharp retort or angry glance, remembering that we are *God* expressing, we wax in spiritual stature. For God Who constitutes us is LOVE, and when we radiate love, we grow in grace and take on the outer and visible imprint of the unseen, indwelling Presence.

It is only because we see ourselves as separate from our fellow-creatures that we are ever at odds with them, and for the student of Truth, who claims his own at-one-ment with the Father, any such attitude is completely illogical.

No one is so egotistical as to think of himself as the only manifestation of God's Being, consequently, his brother, another God-expression, shares his attributes. There is complete unity between all men. So let us give only kind words and good gifts to our neighbours that these may come back to us multiplied many times.

*The love that I radiate flows back to me, enriching my life and co-ordinating all of my affairs*

**November 28<sup>th</sup>****FRIDAY****December 26<sup>th</sup>**

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

Most of us have, at one time or another, experienced conditions which appeared to be so inimical that our peace of mind was utterly destroyed. Search as we might, in every direction, we could see no way out – no solution to the problem. We were in that state of turmoil because we HAD a problem. Then, in one way or another, we were reminded that a problem only remained a problem as long as the answer was unknown. The moment we know the solution to it, the problem ceases to exist. From that point it was a short step to the realisation that the Omniscient Mind of God knows all things; therefore, there never could be a problem to which He had not the answer – and thus, to Him, there never could be a problem. The recognition of this truth naturally led us to seek our answer from His Omniscient Mind. And since it is not possible that we could seek from God without finding, the solution to the problem was supplied to us. Now we trust God and remain at peace at all times, because we know what to expect.

***I recognise no problems, only the presence and  
power of God working together for my good***



## November 29<sup>th</sup>      SATURDAY      December 27<sup>th</sup>



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

**W**e have been made in the image and likeness of God; and His Spirit is within us, and His presence is above, below and around us. The same life force flows in each of us, and in all His creation.

If we fully apprehended this truth – that God is within us, and that we are divine as well as human – we should be able to do what the Master did when He was on earth. That we cannot do so is because we are not completely conscious that we are one with God. We may accept that it is so with our minds, but we do not FEEL it. What can we do to rectify this?

We should turn to the inner Spirit more often. We should spend more time in prayer and meditation. We should allow God to possess us completely.

The Sermon on the Mount provides us with all we need to know in order to live the life of Truth. And if we apply this knowledge actively, our lives shall be richly blessed and we shall glorify God.

***Conscious of my oneness with God, I allow Him to express His love and life through me each day***

**November 30<sup>th</sup>****SUNDAY****December 28<sup>th</sup>***Unto God would I commit my cause – Job 5:8*

*T*here arise at times in the lives of all of us circumstances with which we do not know how to deal, and if we are wise we shall not attempt to handle these situations in the light of our own understanding but shall, instead, put them into the hands of Love.

Love will reconcile all the conflicting factors for us, will bring good out of seeming evil, and order out of what looks to us to be complete chaos. Where we perceive division – opposing interests and disruptive influences – and should act accordingly, Love beholds only unity, and knows that all things, under Its governance, work together for the common good. Where we see an enemy bent on ruining us, *Love* sees our *alter ego*, the purveyor of our good. What to us appears to be a catastrophe about to engulf us, Love knows to be an experience through which our consciousness will expand and advance us both spiritually and materially.

If we will learn of It, It will teach us that we do not have to compete with our fellow-creatures; that no man's loss becomes our gain; and that we are members one of another, so that what blesses one must bless all.

***In all situations involving myself and my  
neighbours, I recognise that we are linked  
together in the bonds of love***



## MONDAY      December 29<sup>th</sup>



*I will restore to you the years  
which the swarming locust has eaten – Joel 2:25*

Many say they wasted large periods of their lives. Of course it is not truly possible to “waste” any part of a life for there is purpose in all experience, but we may find a new and fulfilling path that makes it seem we were previously on the wrong one and may lament the “lost” years. Or we may simply have the feeling that our life generally has been dissipated.

These negative feelings are all time-based, whereas man is a creature of both time and Timelessness. We all inwardly know this. Almost all of us experience moments of great insight and joy that reshape our present, give us new perspective on our past and new prospects for the future. The greatest of such moments is our discovery that we are not creatures adrift in a feelingless world but are held in the arms of All-in-all, that our whole world is entirely Good.

Live in the Divine present and discover restoration and fulfilment beyond anything you could have imagined.

***In the Divine present is all made right***



**TUESDAY      December 30<sup>th</sup>**

*Have salt in yourselves,  
and be at peace with one another – Mark 9:50*

The centre of the microcosm is to feel peace within yourself. The greatest prayer for peace is to feel peace within yourself.

All cherished states – Love, Beauty, Joy, Perfection, Simplicity – are nuances of the same Thing. We too are that Thing. Nothing has to or can be imported into our lives or the lives of others. What we cannot realise in ourselves we cannot establish in our world.

All this may seem a truism, yet people pray earnestly or cry out for peace, as though it were a commodity. Leaders in history who have brought periods back from the brink of mayhem, who have calmed confusion and instilled reconciliation, have done so through their own poise and belief in good. They have been exemplars amid turmoil. Make of yourself, today, such an exemplar.

*My peace is the world's peace*



## WEDNESDAY December 31<sup>st</sup>



*And your ears shall hear a word behind you, saying  
“This is the way, walk in it – Isa. 30:21*

**Y**ou cannot expect God’s guidance unless you release your mind and heart to Him. It is an act of trust, made easier when your situation is complex and troubling. Many followers of Truth will tell you of the amazement they felt when, as a result of relinquishing their wilfulness to God for the first time, they suddenly *knew* what to do and their apparently unsolvable problems unravelled. In addition, the solution thereby made manifest was permanent.

Many will say they had a turbulent and sleepless night. Finally they cried out inwardly “God, please help me,” surrendered themselves to Him and fell into deep sleep. Next day they inexplicably felt relaxed and confident. An action that they had not previously considered became apparent to them and they took it without hesitation. Thereafter their problem changed, became less daunting. Over the next few days more actions became evident and other changes occurred, until their ordeal became a thing of the past.

Know that Mind permeates the entire universe. Trust It, be attentive to It in yourself and *act* on Its guidance.

***I heed Mind in myself and act on Its guidance***

SCHOOL OF TRUTH – NICOL C. CAMPBELL

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