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THE PATH OF TRUTH

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A THOUGHT FOR THE MONTH



My Father knows, and manifests through me, that which is for my highest good, for which I give grateful thanks.

Omniscience – All-Knowledge – we are taught, is one of the attributes of God, therefore it is impossible to think of Him as having to wait until we inform Him of our needs before He becomes aware of them.

When once we realise the truth of Omniscience we can no longer waste our time in prayer which consists of detailed explanations of our desire or need, or of pleadings and supplications that He should look upon us with favour. Our prayers can only consist of endeavours to become increasingly aware of our essential unity with all that He is and all that He has, not endeavours to make Him aware of us.



Your Father knoweth what things ye have need of

– Matt. 6:8

The following meditation is but a brief extract from an article on the manner and practice of meditation first published in a bulletin from the 1937 TRUTH journal, as was The School's literature then named. The extract concerns supply and abundance which is represented by money, and it is assumed that the money is needed for a good purpose.

Meditate along the following lines

“God my Father, the Creator of the Universe, created abundance from His own Spirit substance. He created me from the same substance. I am one with Him and with His creation, and therefore I am one with abundance. Abundance is in me, and I am in it, and there is no separation. God and His abundance are everywhere present, in me, all around me, in the very air that I breathe, for all is ONE.

By the power of God's word, spoken through me, by the power of God's thought in me, I mould His abundant substance into form for my needs. Abundance is a part of life, because it is of God and God is LIFE, my Life, and therefore abundance is part of my life.

Poverty is a lack, an emptiness which abundance has now filled full of substance, and poverty, the emptiness disappears. God manifests His abundance in me just as He does in the laden fruit tree or the grassy lawn, and He now manifests Himself for me in and through me.



Now I stand aside with my mortal personality and let God manifest His true abundance and Life through me and into my world. I do not seek abundance afar off, because it is in me now, and I radiate it out to all my world.

I am the centre, or focal point, or manifestation of God Life in me, and I radiate His Life and His Good and His Abundance now. All is created and perfect now and comes into manifestation here and now.”

~ Additional Notes ~

Keep the thought of Abundance uppermost in your mind all the time. Have faith in it, because you know it is there spiritually, and Jesus Christ said, “Whatsoever ye pray and ask for, believe that ye have received it and ye shall have it”.

Knowing it is there in Spirit, you can have faith in it because it is God desiring through you, it is God thinking through you, and God is Almighty Power which cannot fail.

You have put God’s Law into action, and nothing can stop it, because it is the only Law there is. It is filling you full where before there was a void or emptiness and of your fullness you are radiating out into the world.

The result depends upon you; how faithful and persistent and regular you are. You are not trying to propitiate an angry God. You are not trying to wheedle something out of an unwilling Creator. The only thing you are doing is to change your own thought, and so it depends solely upon you how soon you succeed.





EXTRACTS FROM LETTERS RECEIVED BY THE SCHOOL OF TRUTH

“I asked you to Pray”

My wife went to hospital two days later than arranged, owing to work being done on the hospital building. When she did go, the doctor was very much surprised to find that the tumour which he had felt several days before had gone and that there was no need to operate. This was most wonderful news. Both of us believe that this remarkable thing happened as a result of your prayers, and that the Father removed it in answer to you.

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

I feel I must let you know that your prayers have been answered and that my son has been successful in disposing of his house, something which seemed to be out of the question only recently. Our neighbours regard this as something in the way of a miracle, since it is regarded as very difficult to sell a house in this vicinity. But God can achieve the seemingly impossible, as we have ourselves experienced, and we are very grateful to Him.

Let me thank you very much for your prayers for my brother who was facing a court charge. I am glad to say that the case was dismissed. I feel deeply grateful to God and know that my brother's release was the result of your prayers.



We have great news about our friend who had cancer in the lip. He is now completely cured, and is very happy. As you suggested, I sent him a copy of one of your magazines and sent his wife the extract from your letter concerning her husband. We are truly grateful for this manifestation of God's love and for your prayers.



It always makes me very happy to hear from you as it does whenever I read your literature. The work of God is indeed great. This is something which I repeatedly experience in my life from day to day. I cannot thank you enough for all that you have done for me and I pray that your work will go from strength to strength. For the house that my husband and I have been wanting so badly and which has now been granted to us, I thank God as I thank you. Our prayers have indeed been answered.



Once again I have occasion to write and thank you for your prayers. If only I had realised before how easy it was to leave everything to God, how much suffering could have been avoided. When I think of how I used to worry in the past I realise how futile it all was. All this has changed since I became a student of Truth, and I am thankful to you for showing me the way. My husband has also become a different person since beginning to

read your literature. As for my brother, about whom I wrote to you when he had polio, I have just seen him, and the change is almost unbelievable. He is quite his old self again, and there is not the slightest sign of a limp. I also wrote to you about my mother's little adopted son who suddenly developed a nasty stutter. Soon after I wrote, his speech returned to normal and he is once again well and happy.



We have been reading your literature for a long time now, and it has been an inspiration to all in our home – young and old. On different occasions we have asked for prayers, which have always been answered. My cousin's young son, who was beyond the doctors' aid, has recovered beyond our wildest hopes. Some friends have said that he should be named Lazarus.



Now I am able to write and tell you with great pleasure that my grandmother has recovered from the cancer of the mouth from which she has been suffering. Thank you for all you have done for her, and God bless you.



Last Friday I was in a desperate state of mind. My husband and I were in urgent need of accommodation and money, so I rang you. That very day I obtained a portion of a house in a lovely garden, and a friend who had owed me R500 for six months repaid the money two days later. I am grateful for your prayers on our behalf, and my heart just sings with joy that God knew my need and answered in one day.

To my great relief God has answered our prayers. I went to the doctor today to have my blood pressure seen to. He could not believe his eyes when he saw that it was normal. Thinking that his instrument must be out of order, he repeated the test with another, but with the same result. I am very grateful to you for showing the way.



When last I wrote to you it was to request you to pray for my wife who was said to be suffering from Menier's disease – an affliction which attacks the balance “stirrup” at the back of the ear. This has now completely disappeared. We gratefully thank you for your loving prayers and the Father for His great blessings.



I am very pleased to say that from the time your letter and the magazine arrived, things at our house started to change for the better. My husband discontinued his excessive drinking and I began to feel much better in every way. Now our affairs have again assumed their normal course and we are happy again. I am grateful to you for your kind advice and help, and to the Father for all His guidance in our troubles.



When I was introduced to you I was desperate – an invalid in a terrible mental state, afraid of everything, everybody. Life was just a living hell. Today, because you have shown me how, life is different, and I am content.





LECTURE FROM THE BOOK "MY PATH OF TRUTH"

"Thy will be Done"

Tf the hundreds of people I have met, I think I can say, in all sincerity, that very, very few can pray, with complete conviction and abandonment, "Thy will be done." They say "Thy will be done," knowing that they have certain reservations in their minds, that their thoughts run something like this: "I know that God IS and that He is good," but they do not understand that He is All-power; they know that He is very powerful, that He must have a great deal of knowledge and that His Spirit must be in every corner in the universe; then they look into their own lives in which there is perhaps a certain amount of poverty and maybe a great deal of unhappiness, where chronic disease is rife and prevails, if not for them, then for their loved ones, or for their friends, or many others whom they only see or hear about, and their confidence in this "loving Father" is sorely shaken.

It is in desperation that they ask, "Can I say to You, God, 'Thy will be done, *but let it be only good for me*'?" fearing, as they do, that it may be His will that all these discordant conditions obtain in the world, that they may have been expressly sent by Him to strengthen character, to test their faith, so that perhaps, as a result of these many unhappy problems, a greater consciousness of Himself may be awakened in them.

They are not at all sure of what God may have in store for them. Most people are consciously or subconsciously afraid of the negation they see around them, many even imagining that it must be His will for them and thus represent, in some incomprehensible way, their highest good.

But they do not *want* it! So – to be on the safe side – they pray “Thy will be done” with many reservations, such as: “But I do not want *that* adverse condition,” or “I cannot endure that particular disease,” or “I cannot cope with that degree of poverty and lack.”

Let us now think about God and try to come to some conclusion as to His Nature and what His will must be for His beloved children.

In the first place, what kind of God would send not merely the smaller trials that beset mortals but those major conditions that appear capable of actually destroying us, mentally, emotionally and physically?

I see a great deal of the negative side of life: persistent disease, dipsomania, broken homes, squalor, lack of every conceivable kind; and what is for me so distressing is that the vast majority of human beings suffer from some of these unhappy conditions, from which *I*, thank God, am free. What is the lesson here? Why should God single *me* out to have all good? I certainly dare not imagine that He wishes me to be happy, successful, and prosperous while my neighbour lives in poverty, disease, misery, and lack. Why should this be so? Could God’s will for me be different from what it is for you, who are just as much His child?

What sort of man would I be if my son were bringing a great deal of trouble into my life, and I, wishing him to build up a stronger character, or thinking to awaken in him a greater consciousness of God, were to hit him over the head with a chopper saying, “That will teach you!” and were thereupon to consign him to filthiness and squalor, driving him by my harshness first to drink and then to suicide?

What would you think of me? Would you start wondering if these experiences had been necessary for his development or would you be shaken with revulsion? I do not need to tell you that you would be horrified, *yet* this is the treatment the world *accepts* for God’s expressions, you and me and mankind in general believing that it is meted out by *Him*. Can you wonder that the average man shrinks from praying, “Thy will be done,” while he holds such fantastic views?

I know that problems – solved – build up faith and that trials – overcome – strengthen character, but are these the only means of achieving this, is it by *God’s* choice that we travel the hard road? How can we ever find out what is actually His will?

Let me investigate.

Suppose I start praying from tonight: “God, let Your will be done, in and through my life. You are All-presence, All-intelligence and All-power, take this my body and do with it what You please,” and if, after a few days, a week or a month, I find disease invading my body, unhappiness coming into my life, my

substance and security slipping out of my hands, must I attribute all this to God's will saying: "He does not want me to learn by and through love, but by means of suffering and bitter experience, *this* is His way of purifying me for some particular purpose"?

As these trials continue, I begin to doubt the wisdom of my prayer so I change it from asking that "His will be done" to petitioning that He cancel the working of this negative will in my life and inaugurate the operation of His positive will for good, and I begin, at once, enthusiastically to expect this good, and I find that it, too, comes into my life.

Now I do not know where I am. Were both these manifestations, the positive and the negative, God's will for me? If that is so, I still do not know whether His will is constructive or destructive. Is it possible for God to be both good and evil? Suppose I want an increase in salary up to R300 or R400 a month, and I pray in this connection, "Your will be done, God!" and instead of receiving more money my receipts are reduced? Since I am praying, "Your will be done," *this* must be His will.

The whole thing is too confusing. I can never know what God's will is because, no matter what becomes manifest, it seems that I must attribute it to Him, but is this the Truth of the matter? Is it not perhaps that I lack the requisite quality of faith, the consciousness of the Presence of God in me and my affairs, and that it is not due to *God*, but because of something in *me* that lack appears, disease crops up, and unhappiness persists.

When you start to work with God you must have a firm foundation from which to proceed; you must recognise that not only is He almighty, but that He is a Father and is Love, so that you can never attribute both good and evil to Him.

All who worship Him must do so in the Spirit of Love and of Truth. If you believe that today He is kind, showering blessings upon you which tomorrow He will withdraw in punishment, if you think that now He bestows happiness and anon misery, if you imagine that at one moment He is your health and in the next your infirmity, you are investing Him with mankind's frailties, but we cannot judge God according to human standards for He is not finite as we are, but Infinite. And even this word does not sum up God, it is but an attribute of Him Who is All-life, All-power, All-knowledge and All-love.

Since He is forever Love He acts in all things from the standpoint of love, and we must follow His example.

If my child errs, far from leaving him to suffer for his mistakes, I try to teach him in *love*; I point out to him the type of problems that his present course of action is not only *anticipating* for him, but literally guaranteeing in his life. I do not seek to coerce him, for I know, from my own nature, that any application of force will but arouse his resistance. Just as I will not be bullied by others, so do I not expect him to react constructively to such treatment from me, but, in remembering how a show of love always disarms me, I know that by resorting

to this I shall compel him to repay me in kind, so that his one desire will be to please me and he will walk willingly in the way that I am indicating.

If I, as earthly father, can display so much consideration, how much greater is not the goodwill that God has toward each and all of us? If you have only a faint inkling of what this must be, you can have no hesitation in praying, “Your will be done,” for you know that you are appealing, not to some measurable quality of love but to Love Infinite, which means that, if you took all the love in the universe and concentrated it at one spot, you would have only a pin point of the Love that is God, and in *this* lies your security.

As you pray to this divine Essence, you are saying: “I know nothing about Truth, or Love, or Power, I know, however, that I have made many mistakes, but I am not afraid to throw myself upon Your love for me. I know that You will lead me gently to the solution of my every problem, so I ask in trust – and in the expectancy of all good – that Your will be done.”

It is so important for you to have as clear a conception as possible of what the Love of God is, that I will try to illustrate it in another way.

Imagine that you are dealing with one large family called “Smith,” each member of which has, of course, his own personal Christian name so that whether you refer to Mary, James, John, George, or Jane, you will still be alluding to our family, Smith.

None of these five is identical one with the other, and none contains within himself all the characteristics appertaining to Smith, nor does anyone possess a single trait that is not of Smith. Each is a particular aspect of the genus Smith and all together constitute the whole of Smith. Now, consider God along these lines. Run over in your minds all the constructive qualities you know of, such as: human affection, health, happiness, kindness, beauty, affluence, generosity, etc., etc., and you will be itemising the constituents of good which is God, but, as each individual Smith, taken separately, does not represent the whole clan, if these qualities of the Father, considered severally, do not make up the Totality of Deity which is complete perfection – something that you with your finite minds, cannot possibly comprehend, but what you *can* understand, is that His will must coincide with the attributes that constitute Him – there can be no contradiction between God’s nature and that which He desires to bring about.

A being, made up entirely of evil, could not in any circumstances cherish benevolent intentions, and in like manner God, Who is the sum total of good, cannot will discord of any kind for any of His creations. This being so, you can rest assured that wherever His will holds sway, either on this plane of consciousness, or the next, or the ultimate one, it must be *good* and constitute your personal wellbeing, so that you can invoke it confidently – without any hesitation whatsoever – in the prayer, “Thy will be done.”

The story of the “Prodigal Son” is a perfect illustration of the love of God for one of His children. All that the Father asks is that you say, “I will *arise*. I will ascend out of these negations, where the senses rule, I will cease identifying that which is negative with God, I will climb up and leave this error behind me, I will raise my eyes and behold my Father’s home, the consciousness of all-good, and I will say, ‘I am returning, I am coming back to the place of security and peace that I left long ago,’ ” and, at these your words, the Father will welcome you back, will reinstate you, and surround you with His love.

I realise that, universally speaking, there is a cold, impersonal Law; it functions in the world about you, where a typhoon may destroy hundreds of people, a tidal wave, thousands, and a volcanic eruption, tens of thousands. These are mighty forces operating in nature, but there is Something infinitely greater than these, the power of Love, of the Light “that lighteth every man that cometh into the world,” it destroys all that is negative, all that is dark. It is to this Power which Jesus, Buddha, and all the other great leaders of humanity found within themselves, that you must pray, “Thy will be done.” In so doing, you are approaching *God*, a tremendous auditorium of Light. Come then to Him freely and confidently; have no reservations in your minds, speak to Him intimately, present your problems of doubt and darkness and they will be dissolved in His resplendent effulgence. Think you that there will be some colossal clash, the powers of good and evil contending with one another? Not so, for the problem that you brought with you will have become

the solution, as disease gives way to health, discord changes into harmony, lack becomes abundance, faith takes the place of fear, and ignorance blossoms into knowledge. Such is the Power in Whom I believe; to Whom I would lead you; not some anthropomorphic being outside myself, nor some impersonal Law operating only within the realm of cause and effect, but the Quintessence of Love that wipes all tears from our eyes.

As science advances, the scientist, who has verified some particular law, finds another law within it, and says, “We have now discovered everything,” only to find a few months or years later that a colleague has gone still further disclosing yet another law within the last one, and so it continues *ad infinitum*.

These people are uncovering only that which was always fact, but as man evolves he absorbs ever more and more of God as Intelligence, though, no matter how far he goes, he will never fathom the infinite, he will never be able to say, “I have discovered all there is to know about the universe.”

In the application of Truth, the individual starts out like a little child, he makes mistakes, tumbles down, gets up again and goes on and on, and one fine day he finds that he can run with God. He has made enough spiritual progress to know of problems that present themselves, that they have no power to persist in the Presence of Love. He recognises, at last, that when he identifies himself with God, ALL-GOOD IS HIS, and that He is moreover Omnipotence, Omniscience, Omnipresence *and* that perfect Love that casteth out all fear.

It is much the same where the establishment in consciousness of faith is concerned.

When one is learning to play the piano, one practises and practises all day long, one studies the laws of harmony – all the theoretical side of music – in order, at long last, to become a professional. Such a one does not let up even when he has become a frontranking pianist. Paderewski once said: “If I don’t practise for a day, *I* notice it; and if I don’t practise for two days, my manager notices it; but, if I don’t practise for three days, the public notices it!”

With faith it is the same. The moment you stop using it, it does not disappear, but it becomes static and in order to awaken it again some problem or some difficult situation has to be presented to you, so that you have, once more, to put it to the test. As you start to use it, your various trials take on less the aspect of bitter battles and assume the character of adventures with God. You begin to feel that though, being but a human being, you will certainly make mistakes, you nevertheless have, driving and directing you, a living, vital Partner within you, Who will not permit you to be hurt or lost. As you are about to put your hand upon the stove and burn it, He removes it for you, and when you would enter the wrong door, He prevents you, by shutting it in your face, and gradually you will begin to recognise these leads from Him.

Let us all, therefore, seek to realise that God is perfect Love and Good, so that, no matter what issues we may be called upon to face, we can with full confidence say: “Thy will be done,” understanding that, far from having to compromise with “ifs” and “buts,” we can turn everything over, in trust, to the Spirit of God – of Love, Joy and Happiness – that it may bring forth His Perfection in our Lives.

Such is the quality of faith that Jesus enjoined upon us when He said: “Unless ye have the faith of a little child, ye shall in no wise enter the Kingdom of God”: not that the Father would debar us, but the Open Sesame to all that we desire is FAITH, which is the only key that will unlock our hearts and release the Spirit within us which is for each and every individual His particular Kingdom of Heaven, with riches spilling out upon him, with happiness, security, and peace encompassing him, and all the good he craves heaped upon him, to have and to hold, to share and to spare.





My Success is within Me

In the above sentence is locked up much food for thought, and much call for self-examination.

“What exactly does it mean, and does it apply to me?” are questions that will undoubtedly arise in the mind of the searcher for Truth, and they are questions to which an answer must be found, and an answer that not only appeals to the reasoning power of the questioner, but is capable of being put to the test and proved.

It is of very little use to tell anyone who has not achieved any measure of success that the success desired is already within his own make-up, unless an explanation is given as to how this can be so. To such a person, suffering from the lack of success in any department of life, the bare statement means nothing and would inevitably bring forth the retort that the desired success is not apparent within, nor demonstrating without.

“If my success is within me why does it not show forth in my life?” or “I have no outward signs of success so what is the good of telling me that I have it within me? I want to see some of it without – in concrete form – where I can get some joy and pleasure out of it,” etc.

What does the sentence really mean?

It means nothing more nor less than what is also meant by another sentence couched in different terms: “As a man thinketh in his heart, so is he.”

Both statements are designed to impress upon us the inescapable fact that our success or failure, health or sickness, peace or strife, happiness or misery, are all states of being that are directly due to our own thinking, and that there are no circumstances outside ourselves that are determining factors in our success or failure.

How often do we hear people say, “If only I could have spent my life in different circumstances; been brought into contact with different types of people from those with whom I have to mix, I am sure that my life would have been much happier and much more successful than it has been.”

Such a remark is in itself evidence of very wrong thinking, since it seeks to shift the blame for failure upon outside influences instead of placing it where it rightly belongs – in the person himself.

Were this not true a vast number of the world’s great souls who have achieved success in spite of the most adverse circumstances would have been failures. Had the environment and circumstances of their lives been the ruling factors they could not have achieved success. That they did succeed is proof of the fact that their success lay within them, and not in the circumstances.

These are the people who persistently kept their faith in God and in themselves, or perhaps only in themselves, and if the latter they were still unconsciously keeping their faith in God since

they are God in expression. They kept their thinking in the right channels and success followed, as follow it must.

These are the people who, in spite of pronouncements of those who claim to be experts, decline to accept the fate of chronic ill-health or even of early demise, and who prove that by their faith the pronouncements are wrong.

These are the people who by means of the recognition of the Divinity within themselves and in all others have turned misery and strife into happiness and peace.

These are the people who, recognising that the Great Giver of All Good Gifts works through perfect Law, set out to find and understand that Law, and finding that they themselves are the vehicles through which that Law works, manifest abundance of Good Gifts out of an environment of poverty.

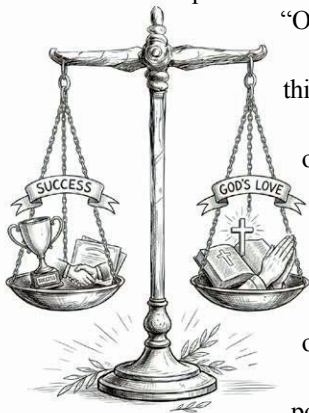
All of them demonstrating that their success lay within themselves.

To go a little deeper into the matter we must first of all be conscious of the Divine within ourselves; we must know that behind the outer personality lives and works the real self – the Christ-principle within.

This it is that is made in the image and likeness of God, and this it is that is the channel – the mediator if one likes to use the term – between God and Man.

It is through the creative power of the Christ within that our thoughts bring into manifestation the outer things that the personality desires or requires.

This is neither more nor less than the machinery by which we operate the Law, and is the proof of the statement that “Our success is within us.”



A fair question arises here, and it is this, “What is success?”

Success – true success – is the state of mind that allows the Christ within to dominate and guide the Man without. The evidence of that true success – not the success itself – is the production in the life of the outer Man of all those blessings that make life so rich and full of ability to help others.

The evidence of success is the possession of health, happiness, peace and prosperity, and the possession of them all together, not merely one or two whilst the others are absent.

Example being always better than precept, it must follow that he who has true success, having found the Kingdom of Heaven, having brought the inner Christ and the outer Man into harmony and thus produced results for all to see, **MUST** be a tremendous help to his fellowmen.

The man in a state of ill-health, unhappiness or poverty can do nothing towards calling the attention of others to the truth of the statement of Jesus: “Seek ye first the Kingdom of God and His righteousness (right thinking) and all these things shall be added

unto you,” because he would be manifesting to the world that his own thinking was wrong; that he had not found the Kingdom, and that these things had NOT been added to him in consequence.

In the light of the above quotation from the words of the Master, another quotation is apt: “The Kingdom of God is within you,” and we might add, “and when you have found it within you all these things (material blessings) will be added.” Both these quotations can thus be summed up in the words used for the title of this article.

Not only is that success within us; not only is the Kingdom within us; it is our bounden duty in fulfilling the Law of Love to demonstrate to our neighbour, for his help, that it is so.

How better can we love and help our neighbour than by showing him that the success that is within us is also within him, and how can we do that unless our inner success is demonstrating outwardly in our lives?

We are also fulfilling the Law of Love in that we are GIVING.

We are giving of ourselves since the efforts that we have made and the results that have been attained are to him a great help and encouragement to go and do likewise.

St Paul once wrote: “Therefore if any man is in Christ, he is a new creature; the old things have passed away.” We can make that clearer by altering it slightly – without altering its Truth – and say: “Therefore, if any man is being guided and controlled by the Christ within, he is a new creature; the old things are passed away and he shows that his success is within him.”



Oneness

A Simple Analogy

Once upon a time there was an exceedingly rich plum cake that very much wanted to examine itself objectively and, in that way, to learn all about itself. By means of an inner convulsion it projected a portion out of itself which broke into pieces of all sizes and shapes and came to rest all around it.

Its first idea was that these, temporarily individualised fragments, would live harmoniously together and furnish it with a true picture of itself, and would later on, singly and in groups, make their way back to it and pack themselves neatly into the hole from which they had been exploded when they were started out on their own.

Nothing of the kind, however, happened. They all quarrelled among themselves, there was nothing but bickering and strife, most of them envied each other and all looked down on the rest. So one day, more in sorrow than in anger, the parent cake decided to have a serious talk with its family.

It began by reminding them that each and every one of them had come forth out of itself, and continued: "I can't conceive what you

have to squabble about, to be envious of, or to wish for. Everyone seems to think either that he is superior to his neighbour, and can ‘lord it’ over him, or that he lacks something that his neighbour has, *to which he is convinced he has a far greater claim!* You, with the bit of almond paste sticking to you, think yourself an aristocrat, and imagine – as it does – that the small crumb at your side is lacking in marzipan; but in it are the very same ground nuts out of which your paste is made, so it is just as well off as you are. The haughty chunk, sporting a slab of white icing, is envied by all of you who have none, but that bit of trimming is made of the very sugar and white of egg that you all contain. Some of you can’t see the vanilla in you, others can’t smell the brandy, some know they contain butter and eggs, others grumble because they think they are made of margarine and baking powder! Can you not realise that I am made of the very finest constituents, *that you are all one with me* and that all that I am, and have, is yours. Also that I did not *give* any of this to you, neither could I have withheld any of it from you; for I am what has been called an “undivided garment” – in other words, an amalgam, and all the ingredients – flour, fruit, nuts, etc. – that you can see, and innumerable others – vitamins, enzymes, essences, trace elements and so forth, that you cannot perceive at all, because they are entirely infused into each other, must be in and through each one of you. They are what constitute me, they have been mixed into a homogeneous entity; not a single one can be split off from the rest. The butter has melted into the flour, the vanilla has united with the brandy, the eggs and the milk permeate the whole; everything is so bound up with everything

else that whoever has a scrap of it has all, consequently no matter what your size, shape, consistency or colour, each one of you participate alike, in all that is contained in me.

Furthermore, since I am the only cake there is, you have nothing to look for from outside of me, and as you are me, I have nothing else to bestow upon you. So, just be truly thankful that you have all been made in my image and likeness, and spend your time — until you return to me — giving thanks for your good fortune and dwelling in peace and harmony with each other!



In God do all things consist, and because God is me, all consists in me also. I am my own sufficiency in all things. My needs and desires are within me. God cannot give them to me (so the prayer of petition falls out) for the simple reason that He has no more than Himself to bestow, and that He did at my beginnings. It is therefore up to me to recognise that my GOOD is already mine, an integral part of my being, and to give thanks for it in the consciousness that it is as much myself as are the members of my body, for only in this awareness can it manifest in, through, and for me.

Furthermore, I have to make of my heart and mind a (conscious) storage place of, and operating centre for, the qualities I associate with God, *which make up my own Spirit within me*, for unless I live and apply these God-attributes constituting me, I shall be keeping them in COLD STORAGE where they cannot work for me.



Meditation



WHAT IS IT THAT I MOST NEED TO MAKE MY LIFE ALL THAT IT SHOULD BE? It is LOVE.

WHAT IS LOVE? It is the fulfilment of the law of God in my life.

WHAT WILL BE THE EFFECT OF MY KNOWING AND PRACTISING THIS LOVE?

I shall be at peace with all of God's world. I shall see God in everything and everybody. I shall know God as equally present in all people and all things. I shall see His Glory and the wonder of His handiwork in every aspect of life. I shall see the beauty in every aspect of nature. I shall see the Divine Harmony pervading all things. I shall see that seeming inharmony resides only in human thought, and that behind it lies the perfect plan.

I shall see His Life and His Love manifesting as *all good* in my body, mind and spirit, and I shall desire above all things that my fellow-men – my fellow-sharers of God's Life and Love – may also see as I see.

WHAT DO I DO FIRST IN ORDER TO RECEIVE THIS LOVE INTO MY LIFE IN ALL ITS FULLNESS?

I seek to radiate to all around me of the Love that I have. I seek to give that Love as Health by thinking and speaking health to all around me, and by desiring health for all around me. I seek to give that Love as Harmony by thinking and speaking Peace to,



Love
Hope
Faith



and for, all. I seek to give of that Love as Supply by thinking and speaking Abundance; by expressing gratitude for what I have and by giving to God for His work some portion of my supply.

Father, in the thoughts that have gone before I have examined myself in the light of Your Love and Your Law, and I know my course. My road is clear before me, but I know that only by the might of Your sustaining Power, by the constant awareness of Your Presence, can I ever hope to follow that road.

Now in this quiet hour I strive to mingle my imperfect consciousness with Your perfect one that I may absorb of Your perfection sufficient to enable me to undertake the duties of the day. Duties that I shall perform in Your service.

I open myself to the inflow of Your perfect Love, and I feel its strengthening power vivifying my spirit, enlarging my mental power, invigorating my physical body; making of the whole of me a radiating centre for the helping of my fellows.

I know that I cannot be a channel for the outpouring of Your Love unless I keep that channel clear and pure, and in this I know You stand beside me with ever present help.

As I go forth to take my place in the world – to do the work which You have called me – I know that Your divine Presence goes with me and goes before me to prepare my way. When I

am tempted to fall to the lures of the flesh, intolerance of mind, or pride of spirit, I know that I have but to stretch forth my hand to grasp Your hand, and I shall be lifted above these failures to express Love.

Now I surrender myself entirely to Your loving guidance in all my affairs. I wait in love and trust for your direction of all my doings this day, and happily I set out that Your will may be done.

(Spend a period listening.)

*Father, I thank You that
Your will has been made known to me.
I now go to do your will in
every detail of the work of the day.
Confident in the knowledge
of Your protecting care,
in the guidance of Your loving Hand,
I take every step unhesitatingly.*



In Quietness and Confidence



Are not our dreams the desires of our hearts? Some dreams we can discuss with our friends, others we keep locked up within ourselves because, perhaps, they seem too fantastic to materialise.

It is good to dream, for nothing great was ever accomplished but the dream came first. It is good to try and make our dreams come true provided we go about it in the right way. We should not try to FORCE them into reality. As long as our desires are in accord with God's law of love, we should think, speak, and act positively and constructively in order to have them granted – but let us not become people of one idea – fanatics who subject everything to the accomplishment of that one idea.

Distinguish between force and faith, and make use of the latter. If your delight is in God, He will give you the desires of your heart, according to David of old. Do your part by working in faith, earnestly and steadily, but not neglecting the tasks at hand. Live with your dream but not to the exclusion of all else, and be sure that the dream is acceptable to God.



*Delight thyself also in Jehovah; and he will give thee
the desires of thy heart – Ps. 37:4*

Prayer

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

*Let thy Kingdom of Love and Goodness
come into expression through me,
and Thy Will be carried out in and by me,
here upon earth as is done in Thy Spiritual Realm.*

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

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

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

*Preserve me, my Father,
from every kind of separation.*

*For Thine is the Kingdom within me,
The Power and the Glory that fill me,
For ever and ever, Amen.*

May 1st**FRIDAY***Be ye transformed by the renewing of your mind*

– Rom. 12:2

Do not be held down by old habits, old thoughts, or outworn ideas. Never live in the past except to recall pleasant memories. The present is what you choose to make it, and if it is not what you wish it to be, start now to remould it.

Life is constantly changing, the old being replaced by the new – if it were not so there would be no progress; and this requires that we should be constantly readjusting ourselves to new ideas and new modes of life. If we cling to the old concepts we shall be left behind while others forge ahead. Let us keep what is good of the old, and accept what is good in the new.

Do not be a slave to foolish consistency or you will not grow in knowledge. If you are advancing, the thoughts that you had last year will not necessarily be those you hold now, for you are a year older in experience.

Not all that is new is good, but unless we keep open minds and examine it, how can we tell whether it is good or not?

*Help me ever to grow in the knowledge of truth,
Father*

May 2nd**SATURDAY**

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

A great deal of false teaching as to the place of the body in the scheme of things has been put out into the world and believed in by very many people, but we, who seek Truth above all things, must not be led astray by such teachings.

It is the truth that every atom of every physical body on earth is the perfect creation of God. It always was perfect and it always will be perfect. To imagine that one can praise and glorify God by despising and vilifying the body as something low and vile which must be ruthlessly subdued and harshly disciplined, is false thinking of the worst description. That which God hath created and found to be altogether good, call thou not common or unclean.

The body is the most amazing piece of self-adjusting and self-activating machinery in the world and nothing that man has yet been able to invent can even remotely compare with it.

Through the body, the outer vehicle of the inner spirit, we should reflect God's perfect man and to do this we must treat the body as an expression of Him.

***My body is the temple of the living God;
let me never at any time forget this***

May 3rd**SUNDAY****Meditation****LOVE*****My Father,***

As I wander through highways and byways of existence, of needs my thoughts always turn to You. It is a wonder to me that Truth teachings always emphasize Your abundance and provision for Your creations.

Yet I discern serious lack, limitation, misery, desperation and depression being experienced by so many of Your creations, perfectly fashioned in Your image.

Involuntarily, I ponder the cause of all this hardship, which Truth teaches is illusory in nature yet is so real to those experiencing the disadvantageous conditions. What can the solution be to all this imputed self-imposed suffering.

It comes to me that the only solution to humanities' ills, is that we accept, believe and know of Your unconditional and all-consuming sacrificial Love, that You hold so dear for us.

Our only obligation to You and Your creation is to return unconditional love to You and our fellow man.

May 4th**MONDAY****June 1st***Be ye kind one to another – Eph. 4:32*

There are some people who always bring out the best in us. They have a high opinion of us, and this is good for our morale if we suffer from a sense of inferiority, as most people do. They like us and are not too shy to let us know it, and we are happy to be with them.

But there are others who have exactly the opposite effect on us. These are sometimes the intellectuals who like to air their knowledge, and perhaps they make us feel ignorant and awkward.

We all influence each other to a greater or lesser degree, and if we are kindly folks we do our utmost to see that our influence is for good. We look for the best in those around us and give praise whenever it is justified.

Ralph Waldo Trine says that if we love we inspire love, and the warming, ennobling, uplifting influences of love will come back to us; but that we can hinder and retard another by holding him or her in the thought of weakness or failure, the same as we can hinder or retard our own efforts.

***Help me to be kind and helpful to all men,
Father***

May 5th**TUESDAY****June 2nd***Peace be within thy walls – Ps. 122:7*

Although the old saying may be true that “It takes two to make a quarrel,” it is also true that it takes only one to seriously disturb the peace of a home. One member of a family, given to constant effort to dominate others, may not be opposed to the extent of violent quarrels, but he or she will certainly not be generating a peaceful atmosphere. One member of the family who is given to grumbling about the conditions surrounding that family or who indulges in sarcasm or destructive criticism of the others, is also not likely to add to the peace of the home.

These are quite common faults and unfortunately they are often given expression to in the home by those who would not be so “ungracious” or “unmannerly” as to express them outside.

Fathers and mothers, brothers and sisters, allow themselves licence to speak and act in a peace-disturbing way at home, which is quite indefensible, since, to be worthy of the name, the home should be the very centre of peace. The cure for peace-disturbing is the practice of the Golden Rule.

I bless my home and all in it with the love of God

May 6th

WEDNESDAY

June 3rd*Peace be within thee – Ps. 122:8*

That is the only place where peace can be, and when it is really established within the individual, outside happenings and influences cannot disturb it, because it is a spiritual state of being that does not react to external stimuli or circumstances.

Peace is not a condition that the human mind can bring about; all it can do is so to suppress tension that an artificial tranquillity results. True peace is no superficial overlay, it goes far deeper than the surface of man's emotions and is a quality of God, in which man can participate only when he is attuned to Love.

While we think of ourselves as entities separated from God and at the mercy of all the negative currents that mortal thinking, speaking and acting set in motion, we cannot possibly experience that inner calm the Master had in mind when He said: "My peace I give unto you, *not as the world giveth* give I unto you."

The world is fraught with all kinds of disharmony, wars, schisms, animosities, disputes, hatreds, grief, but Love knows no discord of any kind at all, and it is only as man turns to Love, and learns of It, that he can find the inner serenity "that passeth understanding."

***Because I am attuned to Love,
I live in peace with all the world***

May 7th**THURSDAY****June 4th***Forsake not the law – Prov. 1:8*

The greatest of all the universal laws is the law of Love, for if we obey it in its fullest meaning we cannot violate any of the other laws.

We may sometimes wonder why we are not given our hearts' desires – why our prayers are not answered; but do we pause to consider whether we are obeying the command to love God with all our hearts, with all our souls, with all our minds and with all our strength; and our neighbours as ourselves? We cannot be doing so if we are harbouring any ill-will towards anyone, if we are failing to forgive, or if we are envious, selfish, or greedy.

If we expect to enjoy God's blessings we must be worthy of them. We cannot love Him and hate His children, and all mankind are His children in spite of differences of colour and creed and race. If we fail in love towards any of them, we are failing in love towards Him, and we are disobeying His law. Then we must suffer the consequences.

The laws of God are perfect, restoring the soul and rejoicing the heart.

I prove my love for God by loving His people

May 8th**FRIDAY****June 5th**

The Father abiding in me doeth His works – John 14:10

There is a spiritual power abiding in each one of us which will, when we allow it to do so, do great works in us and for us. Jesus taught this but we have His teachings translated in various ways, with the result that people do not realise that what He called “The Father” in one place, “The Kingdom of God” in another, and some other title in others, refers to the same thing.

That spiritual power is actually the real man – the man who lives IN God and in whom God lives – so it is not difficult to accept the idea of that spiritual self having the ability to produce results which appear miraculous.

Jesus Himself had full knowledge of the reality of His spiritual self – His Christ self – and to ITS power He attributed all the wondrous works which appeared to be the work of His outer self. He was also fully aware that every human being on the earth was fashioned in like manner to Himself and that is why He stated that all that had been done by Him could be done by anybody else, and even greater things than these.

***The spirit of God bears witness through
my spirit that I am His expression***

May 9th

SATURDAY

June 6th

Love is therefore the fulfilment of the Law

– Rom. 13:10

One might reverse this statement and say, “The law is the fulfilment of Love” because Love came before the Law.

Love is all that is. It is the cosmos and everything contained therein, and the Law is the outworking of Its Principle and Its method of self-manifestation on all planes of consciousness.

One cannot *break* the Law and remain in tune with Love. One cannot *bend* the Law to suit mortal purposes for Love changeth not neither can It be changed by any force outside Itself, for It is All-power, and the one and only Presence. No created thing can move outside the Law, or get beyond Its jurisdiction, for It – being the functioning of Love – fills all space as does Love Itself.

Love fulfils Itself within the exercise of the Law, for It is bound by the tenets and conditions that spring from, and are uniform with, Itself; and, since Love is God, Creator, Maintainer and Sustainer of man, man can find his at-one-ment with his Maker only as he learns to love, and, having learned, is not weary in practising love at all times, toward all people.

***I will love the Lord my God with all my heart,
and my neighbour as myself. So shall I fulfil the
law and enter into my all-good***

May 10th

SUNDAY

June 7th

Meditation



AWE

My Father,

As darkness does not comprehend light, so can I not comprehend both the conception and immensity of the created universe and all that is in it. I am in awe of the infinity of the stars, galaxies, planets and earth's fauna, flora and fungi. It serves to demonstrate Your wondrous knowledge and power.

How then can I have any doubts or concerns regarding Your ability to provide and care for me?

With Your ability, knowledge, power and compassion, caring for me and my concerns is of no consequence to You. Thus, I can rest assured that all is well with me and everything that concerns me.

Happily, I give thanks as I think on Thee.

May 11th

MONDAY

June 8th

For the Lord giveth wisdom – Prov. 2:6

The Lord giveth wisdom and we are always in a condition of needing to receive it, so THE most important aspect of our lives is the putting of ourselves into a state of stillness and silence which will render us receptive in the highest degree.

We can THINK as much as we like; we can be as highly educated and intelligent as it is humanly possible to be; we can marshal facts and weigh evidence and come to conclusions as a result, but we can still be very wrong. WHY we can be wrong is simply because the finite mind of man is not capable of seeing past, present and future as a coherent whole.

Why Divine Wisdom cannot be wrong is because the Infinite Intelligence of God DOES see all things as a whole, devoid of time divisions.

If we fully recognise this truth and take the necessary steps to bring our limited consciousness into touch with the unlimited consciousness of God, we shall be guided by His wisdom and that means guided aright.

There is nothing derogatory to our selfhood in seeking Divine guidance.

*With my mind stayed on God,
I give thanks that I am divinely inspired*

May 12th

TUESDAY

June 9th

Be at home with the Lord – II Cor. 5:8

To be “at home” with someone has not necessarily anything to do with being in the same house with him, but it does pre-suppose the existence of the kind of rapport that is based on confidence, compatibility and trust, so let us see in what way this applies to our relationship with God.

Can we have confidence in Him, trust Him and feel ourselves to be in harmony with Him?

Before we can answer these questions we have to ask ourselves what God is, what are His qualities, and what is His attitude towards us.

We have been taught that God, the Lord, is all the Love there is; that no affection, friendship, passion exists outside of His all-embracing, all-encompassing Love, consequently there is nothing that He can express toward us but Love; not the limited love that we bestow on those dear to us, but the Love Divine that includes Protection, Guidance, Supply, Healing, Helping, Encouraging, Understanding, Forgiving. He does not so much express these things in relation to us, He envelops us in Them, and sustains us with Them.

He is our All-sufficiency in all things, our Father and our Saviour, not our judge but our *Salvation*.

As I enter into complete fellowship with my indwelling Lord, I know that Love and I are one

May 13th**WEDNESDAY****June 10th**

Let no man seek his own, but each his neighbour's good
– I Cor. 10:24

It seems natural to man to put himself first, but that is not the way of the follower of Truth.

Selfishness is the root of so much that is wrong. It urges man to grab all that he can for himself without bothering about the effects this may have on others; and it is this desire to get, and give nothing in return, that causes so many of the world's troubles.

No selfish person can expect to be happy for he cannot hope to be greatly loved – and it is love, the strongest influence of all, that makes life worth living. We need someone to share our joys and successes if we are to savour them to the full, for “happiness was born a twin.”

It is when we forget self in service that life becomes rich and full. We may travel the world; we may amass a fortune, and still not be happy. But when we give service in love, and not for any reward but for the delight of giving, then, in making life easier and happier for others, we find our own joy.

***Help me to forget self in easing the way
for others, Father***

May 14th

THURSDAY

June 11th

Offer unto God thanksgiving – Ps. 50:14

The practice of expressing gratitude for what we receive is a good one, and it cannot be allowed to be neglected without loss to ourselves. To feel gratitude and to say thank you to God for all His blessings is an expression of love which raises the consciousness to a higher level, and that is what we are all trying to do.

There is so much for which we can return thanks that we need never be at a loss for a subject for our gratitude, but it is a fact that so much can be taken for granted that we can be in the position of not being able to find anything for which to be thankful.

It is not possible, in this short article, to attempt to particularise all the many and various things for which we might find good reason for gratitude, so, beyond asking readers to look at themselves, their lives, and the world around them, we will leave it at that.

There is one misconception about gratitude to God which we must hold – that our thanks, or lack of them, affect Him.

My life is filled with blessings for which I return grateful thanks

May 15th**FRIDAY****June 12th**

According to your faith be it done unto you

– Matt. 9:29

When that which is done unto us is a *fait accompli*, which does not please us, it is very difficult to accept the fact that only we ourselves are responsible for it, yet it is so.

What we believe, is true for us; what we expect, we receive; and what we greatly fear, always overtakes us.

Creation is the work of Mind alone. Divine Mind brought forth and steadily expands and maintains the cosmos, and our human minds determine the circumstances amid which we live, and the conditions that obtain for us.

All thoughts externalise themselves, some for so short a time as to be imperceptible, others for such lengthy periods that, if they are negative, they become unendurable; while others, if of a positive nature, bless the happy thinker with a lifetime of true prosperity.

We, it is, who choose what shall be the complexion of our thinking: shall our thoughts be dark and sombre, bringing us all kinds of unhappiness – failure, disease and lack, or shall they be bright and rosy-hued, producing for us self-fulfilment?

***I will keep my heart and mind centred upon Love.
So shall my thoughts bring forth for me only
the all-good that is my heritage***

May 16th**SATURDAY****June 13th**

Be not therefore anxious for the morrow – Matt. 6:34

Are you one of those people who cannot enjoy what they have because they are afraid of losing it? Does fear of the future make you hoard what you have for a problematical rainy day? If it does, you are showing your lack of faith in God.

While it would be wrong and foolish to waste our money, it is also foolish to cling to it until we are too old to enjoy using it; or until we have lost all pleasure in spending it. Wise people, while making provision for the later years, get as much happiness as they can from the present.

The kingdom of God with all its riches is ours if we will accept it, and live so that we deserve to have it. To do the latter we must seek first His kingdom, and righteousness, knowing that then all other things will be added unto us. We must put the things of the Spirit first, and the material things will follow.

Instead of worrying about the future, give thanks for what you have in the present, and make wise use of it.

***God supplies my every need for my trust
in Him is unwavering***

May 17th

SUNDAY

June 14th

Meditation



GRATITUDE

My Father,

Early one morning, after a very rainy and windy overnight cold front passed through our small seaside town, I spied a little female sunbird feeding in our winter garden – on shrubs with no flowers.

The thought came to me, how did this dear little bird survive the inclement night and also find sustenance in the bleak winter garden?

Then it dawned on me – Behold the fowls of the air: they sow not, neither do they reap, nor gather into barns; yet your Heavenly Father feedeth them. Are ye not much better than they?

Father, my thoughts turned to You, in thanks that You care for me so much more than for the fowls of the air.

Humbly I submit my will to You and in deep gratitude thank You for Your everlasting Love that enfolds me and through which You provide for me and all of my needs and righteous desires.

May 18th

MONDAY

June 15th

I will instruct thee and lead thee in the way which thou shalt go – Ps. 32:8

The life of the individual is a pilgrimage of unfoldment. We all make it in order to learn by our experience on this plane, that we are not isolated puppets but integral parts of the Being of God, and this is a revelation that our human intellects cannot comprehend; only our spiritual understanding, the Divine Mind within us, can know the Truth for us, through us.

In order to contact omniscient Love that is ever present within us, we have to be willing to admit that *our* wisdom is but foolishness before God, and to submit ourselves to Its guidance. This does not mean refusing to think for ourselves, or behaving as though we were marionettes on a string, but, once having recognised that His ways are higher than our ways, it does entail our turning within and seeking of the Spirit dwelling in us, the help and counsel that It is waiting to give us.

If we do this we shall make no mistakes; we shall, instead, be led along a straight and sunlit way to the Kingdom of our God.

In all things I seek the protection and guidance of Love. So shall all my paths be straight and my ways shall be ways of peace

May 19th**TUESDAY****June 16th**

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

We receive God's rich blessings when we abide by His laws. He does not thrust them upon us, but they are ours for the asking when we live the life of Truth. If we do not obey the rules we must suffer the consequences; for God's laws are immutable and eternal. As we think, so we are. Give, and you shall receive. Forgive, and you shall be forgiven. Seek, and you shall find – and so on. As students of Truth we know the laws, and so we have no excuse if we disobey them.

In the Beatitudes we have all that we need in order to live a Christ-like life. The Master gave them to us. He told us who were the blessed ones – the humble; those who hunger after righteousness; the merciful; the pure in heart; and the peacemakers, amongst others. How many of us can say truthfully that we fulfil the law in every particular?

Never think that, by keeping the laws of God, life will be savourless, for it is only when we observe them that we find real happiness and peace of mind.

***I am richly blessed for my love and faith in
God are actively expressed***

May 20th**WEDNESDAY****June 17th***Dwell together in unity – Ps. 133:1*

If the living Truth does nothing else, it should have the effect of lessening the incidence of the world belief that man is condemned to live according to the juggle. It is our task to live according to the Law of Love and thus help others to realise the value of such living.

Unfortunately most of our training lies in the direction of looking after ourselves first and our standard of values places high the man who has succeeded in acquiring riches, place and power for himself quite regardless of how many others may have suffered as a result of his doing so.

Nations live in fear of what other nations may be planning to do which will be inimical to them and so they feverishly work to counteract such plans. Mistrust and suspicion amongst nations cannot lead to living in amity with each other, and what is true of nations is equally true of individuals.

If only we would give a little time to thinking over how very dependent we are one upon another, it would lead to a greater degree of brotherly love.

All men are one in reality and it is for me to live in that reality and not in the falsity of separateness

May 21st**THURSDAY****June 18th**

In Thy presence is fulness of joy – Ps. 16:11

How drab we make our lives when we sunder ourselves in consciousness from Love, and how rich – how shimmering with joy and gladness – they could be if only we would realise that *all* the good that is God is ours today.

We do not need to seek It, we don't even have to earn It. It is a free gift from the Father of Lights, Who IS US; all we have to do is to recognise the Truth and rejoice in It.

When we think of light we cannot associate it with anything that is sad or negative. All evil slinks away when Divine Radiance falls upon it, pain and sorrow give place to joy and happiness, the Laughter of God rings out in the silent places, the Love that is God quickens the barren wastes, and the desert blossoms like the rose when the noontide glory of His Presence shines upon it.

Let those of us who are dwelling in the shadows, move out of our darkness into the Light of His Love and bask in the Joy that is our God.

***The light of divine Love dispels the darkness
from my life for my mind and heart
are stayed on God***

May 22nd**FRIDAY****June 19th***Not as I will, but as thou wilt – Matt. 26:39*

Once we know that God wants only what is best for us we do not need to implore Him to give us this or that. We claim from Him what is for our highest good in a spirit of gratitude, but we do not plead, for no amount of pleading will affect God, Who is law, as well as love.

Perhaps you find it difficult to accept that God is love when you see what is happening around you. Maybe you cannot understand how He can be a loving Father when you find others suffering when, as far as you know, they have done nothing to deserve it. But that is just it – you do not know enough to judge. What you should accept is that divine law is absolute justice, and that being so, no one can suffer unjustly.

It is not His will that we should be poor, or sick, or unhappy, and to accept it as such is quite wrong. He wants us to have the good things of life, and to be aglow with health and happiness. His will is always good will.

***I leave myself in God's care,
knowing that all is well***

May 23rd**SATURDAY****June 20th***Perfect love casteth out fear – I John 4:18*

There is no doubt about it, very many people stand in their own light and deprive themselves of the good they desire, by allowing fear to dominate them. They fear other people because they are doubtful of their good intentions. They fear circumstances and conditions and even places.

Often they are longing for love, peace, and happiness, but render themselves incapable of enjoying these because of their fear.

Many are cribbed, cabined and confined in conditions from which they are afraid to make any effort to escape, because a change might make matters worse. “Out of the frying pan into the fire” is one of those old sayings with which the student of Truth should have nothing to do because it is destructively negative.

If we are to put our whole trust in God’s guidance and make a practice of listening to those words of wisdom, we shall never do other than go from “good to very much better.”

What greater expression of the perfect love which casteth out fear could there be than to live in unity with Divine Intelligence.

I seek always to express love in terms of trust, kindness, tolerance and understanding, for this fulfils the law governing my good

May 24th

SUNDAY

June 21st

Meditation

SOLITUDE

My Father,

To seek your presence, I find that I must firstly still my aimless and wandering thoughts, then fully relax my body. I recall the psalmist's admonition to – Be still and know that I am God.

Thus, I seek Your presence in absolute solitude, free of all worldly distractions. As I cleanse my mind of all mundane and trivial thoughts, I become aware of Your presence gently settling upon my conscious mind.

Gratefully I accept Your presence calming and stilling my thoughts and shaping them to Your will.

I am thankful for Your presence now guiding me to my highest good under Your grace.

May 25th**MONDAY****June 22nd**

There is a friend that sticketh closer than a brother
– Prov. 18:24

Thomas Hughes says: “Blessed are they who have the gift of making friends, for it is one of God’s best gifts. It involves many things, but above all, the power of going out of one’s self, and appreciating whatever is noble and loving in another.”

Are you a lonely soul? Do you find difficulty in making friends? If so, overcome it. In these modern days when so many are concerned mainly with their own affairs, the newcomer to a town is liable to be overlooked unless he makes some bid for friendship. If you suffer from shyness you can overcome it by being interested in others. In that way you will forget about yourself; and you will find that others are becoming friendly.

Emerson says that to have a friend one must be one; that friends are to dignify to each other the daily needs and offices of man’s life, and embellish it by courage, wisdom, and unity. Friendship, he says, should never fall into something usual and settled, but should be alert and inventive, and add rhyme and reason to what was drudgery.

Friendship should draw out the best that is in us.

*I give thanks to God for the love of my friends
and try to be worthy of it*

May 26th**TUESDAY****June 23rd***All nations shall call him happy – Ps. 72:17*

Listening to some friends talking recently, and of course talking about mutual friends, as is so frequently the case, I was struck by the pathetic note of envy in the voice of one of the speakers when she said, “I am always glad to be with so-and-so, she is such a HAPPY person. I often wonder WHY she is like that, because she does not seem to have anything much in her life to make her so.”

The speaker obviously wanted to be happy and wanted to be able to radiate her happiness to others, but did not know how to set about achieving her desire, and she is but one of many people similarly situated.

The trouble with such people is that they have not yet realised that happiness comes from within; it cannot be obtained from anybody or any thing outside the self.

A temporary joy and pleasure can be obtained from other people and from events, but that is not happiness. People mistake it for happiness and so they are blinded to the real thing.

***Seeking the kingdom of God within myself
I find in it my kingdom of happiness***

May 27th

WEDNESDAY

June 24th

Trust also in Him and He will bring it to pass

– Ps. 37:5

Who is this in whom we should trust? It is no less than God, Love. Love that, knowing the end from the beginning, knows exactly what constitutes our Good, and where it is to be found; Love that is Omnipotence and can consequently bring to pass for us in the best possible way; Love, Whose sole purpose is to bless and enrich each of Its body-temples, and so bestows Its Bounty upon all of us with no sorrow added.

Can we find this All-knowing, All-powerful, All-giving Spirit and induce It to take command of our individual lives and bring to pass in our small affairs? Yes! we can, indeed, for when we seek It with all our hearts, we shall surely find It, for It is in no way separate from us, but is our very selves!

Love is the Spirit indwelling all mankind, waiting for man to recognise Its holy Presence and, by unifying himself with It, to provide It with the channels of Its own releasement, through him, to his neighbour, and back to him as whatsoever he can need or desire.

***Love is my all-sufficiency in all things.
In its providing I can know no lack***

May 28th

THURSDAY

June 25th

*Open thou mine eyes, that I may behold
wondrous things – Ps. 119:18*

The poet and the artist see things which other men miss. They have seeing eyes, and hearing ears, and understanding hearts, but these are not the privileges of the artists and writers only. They can be cultivated by anyone who is in possession of his five senses.

This world is such a wonderful place. Miracles are happening daily, but how many of us realise the fact? The flower of the little yellow weed which we pull out of our gardens and destroy, is a thing of extraordinary beauty when examined through a microscope. The lives of the birds, insects, and animals unfold tales of bewitching charm to those who study them. Indeed there is endless magic to be found on every side if we will look for it.

If we could retain our childish sense of wonder how much richer our lives would be! We need to cultivate our imagination – to take time out of our busy days to appreciate beauty, for to be insensitive to it is to be only half alive. Realise, too, that to love beauty is to love God, for beauty is God in expression.

***Father, I give thanks for the glories with
which I am surrounded on every side,
and I try to glorify You***

May 29th**FRIDAY****June 26th***Certainly I will be with thee* – Exodus 3:12

The above words constitute a promise which stands for eternity because it is not something which God has made up His mind that He will do as from a certain time and for a certain period, but is an unalterable eternal truth.

Because God is all that there is, and because we are thus part of Him, that He should at any time NOT be with us, becomes impossible. What IS possible, and moreover is almost universal in the mind of man, is the idea that this truth of our essential oneness does not exist.

In plain terms, God is fully aware of His oneness with us, but we are ignorant of our oneness with Him. We are unique beings in so far as that we have the faculty of self-consciousness and thus the power of choice as to what we will accept or reject.

It is not part of God's plan that He should force Himself upon us in any way, but that we, using our right choice, should elect to co-operate with Him. There is no possibility that our desire to co-operate could be rejected.

***Placing my life and affairs in God's care
I go forward fearlessly***

May 30th**SATURDAY****June 27th**

Ye shall know the truth, and the truth shall make you free
– John 8:32

We should not confuse Truth with what appears to be the truth. A table appears to be a solid piece of wood without movement but science has proved otherwise.

There are people who regard Nature as being “red in tooth and claw,” and cannot reconcile this with the idea of a loving God. They think of war, and consider that if He existed and was what He is claimed to be, He would not allow it. They look around them and see people suffering for, as they think, no reason. And so they do not believe there is a God of love.

We cannot judge the whole pattern of Nature by looking at a portion of it – we must get unity in diversity – look at it as a whole. We must realise that God does not create war – we bring it about by our own wrong thinking. And no one suffers unless he deserves to do so. We may not be able to see the full reason, but at some time the sufferer has given way to wrong thinking and so has produced the situation

Learn the truth and be free to accept God.

***I seek to know truth,
for only in so doing shall I understand life***

May 31st**SUNDAY****June 28th****Meditation****OMNIPRESENCE*****My Father,***

Considering omnipresence one day I concluded that I so easily pay lip service to the concept of omnipresence. Although I say it, I'm not sure I comprehend it, feel it or understand what it means.

My senses are misled by the many warring situations occurring around the globe. The question being are You – my Father – in the midst of these situations, being Omnipresence?

Then I consider gravity, and I inherently know that gravity is everywhere, evenly present at all times, regardless of any external human activity. There is no doubt in me, I fully know it and accept it.

Thus, Father, knowing that You are so much more than gravity, I can fully and totally believe in Your ever presence in and around me at all times, wherever I am.

Father, I resolve to turn within to You at all times and accept Your guidance.

MONDAY**June 29th**

Let no man seek his own, but each his neighbour's good
– I Cor. 10:24

Quoniam in the face of it that does not seem to be either a very practical or a very easy thing to do. “What is to become of me,” we are inclined to ask, “if, instead of looking after myself, I spend my time trying to promote only the next man’s good?”

It certainly would seem as though the individual might suffer were it not for the fact that “the next man is himself.” We are all members one of another, for, since *no* man is separate from his Creator, none can be divided from his brother. What blesses one, blesses all, and no one can take thought for his neighbour and lose thereby.

Love is All-in-All. It constitutes the cosmos and all that in it is, including ourselves, and It is the Fulfilment of the Law – the Law of our complete Good – so when we attune ourselves to Love we are at one with all mankind.

When we serve our fellowman, *in Love*, we serve ourselves; when we give of our substance, *in Love*, we increase it a hundredfold; and when we *live* Love radiating It to friends and seeming enemies alike, we learn the Truth, declared by the Master, that we are gods, and that the KINGDOM IS OURS!

***I will love the Lord my God,
and in love I will serve all mankind***

TUESDAY**June 30th***Be still and know that I am God – Ps. 46:10*

Never was more valuable advice given to men than the words of Jesus in the Sermon on the Mount, “Ye cannot serve God and Mammon,” advice which is as much needed by us today as it was by His hearers two thousand years ago.

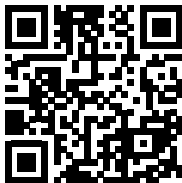
If we translate the words of the Bible into our everyday speech, and elaborate it a little, we shall find that what the Master was saying amounts to, “Don’t attempt the impossible by striving to place your faith in the eternal spiritual truths and in the temporary evidences of the senses, at one and the same time. Don’t confuse the manifestations with the source; or, in other words, don’t waste time and energy in pursuing the effect whilst ignoring the cause, but rather seek the cause and allow the effect to manifest.”

The Psalmist in our text for today is saying the same thing, “Be still. Cease your strenuous efforts to acquire the good you need. KNOW that I am God; that I am your good. Become one with Me and you become one with your good.”

***I seek to know God;
not merely to believe in Him***

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