

THE PATH OF TRUTH

This magazine is published by the School of Truth and
circulated to all parts of the world

September\October 2015

Some History of the School of Truth

The School of Truth was founded by Nicol Campbell in 1937 and has the same standing as orthodox churches in South Africa.

The School's teachings are found in the Old and the New Testaments, but may also be found in the scriptures of other religions, and the spiritual insight of the great philosophers.

The purpose of the School of Truth is to assist people to obtain a greater God Consciousness, or spiritual awareness, and so to improve their health, happiness and prosperity. We make no charges for our service, but we do accept voluntary donations (and bequests) which go towards meeting the expense incurred in publishing and distributing this magazine *free of charge*.

We look forward to hearing from you from time to time, since we take a deep interest in your progress.



IMPORTANT REQUEST

Dear Member,

As you are no doubt aware the four-month postal strike ended on 26 November 2015 when the Communications Workers Union (CWU) agreed to suspend its industrial action until early 2015 when they would again review the situation.

There is no guarantee, however, that postal deliveries will not be interrupted again in future by strike action, so the School of Truth is looking to alternate ways and means of getting future editions of The Path of Truth delivered to you should the SAPO delivery services become inoperable.

Kindly complete the Renewal Form and return it to our offices by e-mail, fax, post, or telephonic response. The reason for this is that each month many magazines are returned to us marked “Address unknown”, “Deceased” or “No longer at this address”. This constitutes wastage.

A. Walters



APPLICATION / RENEWAL FORM

Initials..... Surname

Membership No.(on the address label of The Path of Truth).....

Telephone No.....

Cell No.....

Fax No.....

Email address.....

Physical/Street address:.....

Suburb.....

City/Town.....

Province.....Postal code

Post Box/ Private Bag address:

Type..... No.....

Suburb/Post office.....

City/Town.....

Province..... Postal code.....

The School of Truth, P O Box 62549, Marshalltown 2107,
Gauteng, South Africa.Tel: (011) 482-5622; (011) 482-5856
Fax No. (011) 482-4857. email: schooloftruth@mweb.co.za

“I asked you to Pray.....”

Extracts from letters to the School of Truth

I telephoned you about a month ago and asked you to pray for my friend's little boy who was suffering from leukemia. Today tests were done on the marrow and blood and to our great relief they were negative. The doctors could find no trace of the disease at all. Our hearts are filled with joy this day and we thank God for the wonderful miracle. Thank you for your prayers and love and may God bless you all.



I have had occasion several times to call on you for help and the results have been amazing. One morning when I phoned, a friend was dying; that afternoon she had made a wonderful recovery. The doctors were amazed – I was not. Another was guided to have a cataract removed from one eye and she stood the operation very well. A third was ill, tense and miserable and the doctors could do nothing for her. Since you prayed for her she has become a different person, bright and calm and happy. Yet another, whose confinement was overdue, causing much concern, has had a lovely little girl and everything went off well.



All the time we were living in M. I kept writing and asking you to pray with me for a new home situated in a respectable area. How I thanked God when it all happened! Once again a big thank you for all the prayers that helped me and my family to get this house. We are overjoyed and couldn't thank God enough when the time came when we could move.



Thank you for praying for my daughter who has been attending an orthodontist for seven years. We were told that surgery might be necessary so I asked you to pray for her. It is with a grateful heart that I tell you that after the minimum of treatment over the years, her mouth is perfect and no operation was necessary. We thank God for this wonderful healing and for all the other blessings. Our cup is truly running over and our supply just keeps on multiplying.



I am writing to thank you for your prayers. I asked for them for my son and his wife as they were on the brink of divorce and now, thank God, they are a united family again.

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

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

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

A suggested prayer may be :

***The Light of God surrounds me
The Power of God protects me
The Peace of God is over me
Wherever I am, God is***

This prayer may be used at any time.



Lecture by Nicol C. Campbell

The Accepted Time



I am often asked by people in deep trouble whether it is possible for them to find the consciousness of God, not after a lapse of time, but at once in such a way that the discord which is crushing them can be immediately removed.

My reply is that this can and will be done if they succeed in banishing from their minds and their emotions all thought of the condition so completely that they really feel that God has the matter in hand and is dealing with it successfully.

To reach this standpoint in spite of appearances, they must, of course, believe in Him.

As I have often pointed out there is a wide difference between belief and faith; faith is knowledge based on personal experience and, if they had that, they would not have the condition since the one precludes the other; but belief is an attitude of mind that can obtain before a Truth has been established; it is a preliminary to faith, it is a blind instinct that feels that some greater influence represented by a person or a power is able and willing to act on behalf of the individual relying on it.

If, when one is in acute pain, worried to death, or abysmally unhappy, he can put his misery entirely out of his mind, *believing* that God will release him from it, then it is already done; but this is not easy, and fortunately it is not the only approach that man can make to his Creator.

There are as many paths leading to the Father as there are human beings treading them, but I have always found that the quickest and most direct way to any solution is through heartfelt gratitude.

But gratitude for what? Must you be thankful that you are sick, that you cannot pay your debts, that you find yourself living amid strife and stress, or that you must rate yourself a failure?

Can you thank God for something which you do not possess, that you have certainly not received? Can you rejoice over health that is absent, or affluence that is lacking, or over peace and harmony when discord and misery are rife within you; will you, perhaps, by giving thanks for your poverty, be enabled to discharge your debts and meet your obligations?

The idea seems absurd, does it not? But what, then, *is* the idea? An idea is a thought, and when you think about your particular disability, you are at least subconsciously wishing for its opposite, and every single wish that you can ever entertain is not – as you suppose – some unfulfilled longing that

has arisen in your heart, it is a message directed to you from God, an assurance that the thing you want is already yours and that it is actually God-within-you Who is desiring for you its outward expression through you.

Can you perhaps be thankful for that?

Think what it means. You feel that you are sick, but what is the opposite of sickness – health – so God is now telling you that you have health because He is at present within you as your health; if you are poverty-stricken, God is all the wealth, the abundance, the prosperity there is, and He is declaring: “All that I have is yours.” If you are a failure, God is saying: “Look unto Me! I am your success. Claim *Me* as the Spirit within you, the Intelligence that *knows* through you, and I will surmount every obstacle for you. I will triumph over all difficulties; in *Me* shall you be victorious over all things.”

Is that not good enough for you?

The moment that you listen with acceptance to the still small voice of your desire murmuring within you, you have risen above conditions, you have arrived at your point of freedom, you have qualified for the greater good, because that desire is the desire of God dwelling in you, Who is unopposed upon earth as He is in heaven.

By thus taking that which God so freely offers to all in need, you have set in motion a spiritual law which replaces every

kind of evil with perfection – the Perfection that is God – therefore you can, without any hesitation, begin to thank Him, despite all appearances, for the good that is yours, which you have already received!

You realise that you have never been separated from Him and that all that He IS. You recognise that fulfilment is now established for you, that there is no question of its going to be brought forth, and here is the crucial issue. Students frequently do not demonstrate because they cannot attain this state of mind, they cannot accept the fact that all is already finished and done. They limit God by introducing a time factor and looking to the future for their good instead of appropriating it in the divine present the EVER-NOW.

“*I shall have,*” “*I shall be free,*” “*Tomorrow it will happen,*” these are the all too recurrent qualifications associated in thought and speech with what is being prayed for. “*Something I shall receive.*” Whose time is this? Yours, or God’s?

If it is yours, it will always be in the future, the consummation will ever evade you, it will be just ahead of you just outside your grasp. But God’s time? What manner of time is that? Spiritually, the present, the past, and the future are one. All is completed, established, finished and done.

It is a tremendous step to take, this acceptance of the NOW. It means that you can – and must – give thanks to a seemingly

outside power for having manifested itself through you when obviously, according to the conditions prevailing at the moment, it has done nothing of the kind.

You must, however, realise at once that there is no such thing as disease and health in God, there is no such fact as lack and plenty in Him and, if you live and move and exist in this Presence, then you must at this time be living in all the good, the health, the harmony, happiness and supply that you could ever desire.

Is it too much to ask that deep within you, you feel gratitude for this state of things divinely organised and instituted? And gratitude – you will remember – is only another name for love, which is “the fulfilment of the Law.”

It would certainly be impossible for you to retain the consciousness of sickness while you were joyously thanking God for His celestial health now manifesting through you, according to His Will.

And if your pockets are empty and debts were piling up, could this alarm you if you knew – really knew – that your desire for freedom from these embarrassments had already brought itself into manifestation, fulfilment, and bounteous supply?

By being grateful, by constantly giving thanks for prosperity – which permeates the whole universe, including you

and everyone else – you are allowing it to come to pass in you and through you, but until such time as you can realise that there is no separation whatsoever between yourself and God, you will always have some type of lack in your life.

You may have health unaccompanied by happiness and success, or you may be happy and successful without enjoying health, and this state of affairs is not God breaking Himself up into bits and pieces; He does not express Himself in any one specific form only, but your particular consciousness of Him, your inner realisation of what constitutes Him, governs just how much of Him shall manifest in, through, and for you at any given time.

Christ admonished us to be grateful in all things, so when you are faced with circumstances that seem to call for anything but gratitude, say to yourself, “I am now learning a valuable lesson as a result of this unhappy condition that has come into my life, by my own invitation,” for realise here and now that, where either evil or good overtakes you, the responsibility for this is yours alone. These came at your bidding, and only at your bidding shall they go.

You must exercise the authority that has been given to you, you must use your faculty of choice, and in order to be rid of discord, you must raise the vibrations of your emotions that in spite of appearances you can sing so gladly and gratefully to God, the Spirit of Love, Harmony, and Peace, that these will flood all of your mind, body, and affairs.

Let us now consider your problem.

Is it one of unhappiness; do you feel that you are fenced in, that there is no way out, that you are so emotionally fettered to this condition of wretchedness that, no matter which way you turn, all you can see is the prevailing state of affairs?

Is it possible to “get out and from under”? Not by yourself, I grant you that. It is impossible for you to escape from it because of your emotional reactions which continue to bind you to it, but with the help of God, you can praise yourself out of your plight and bring about a happy solution, under grace and in a perfect way.

But suppose you say to me, “I do not believe in God. I have no conscious faith in Him, I feel separated from Him, Who is far away – perhaps – in the sky.”

Can you not, for it is important to you, make some attempt to find a way? You cannot of yourself effect any change for the better but will you not – in order to work to some extent with Him – decide that, even though you have no faith in God, you will do your utmost to disregard your trouble and to fix your whole attention on the power that you know is within you?

Try to think so persistently about this constructive force that the condition will be banished from your consciousness so completely that it will no longer possess reality as far as you

are concerned, then you will find that, like snow in the sun, it will dissolve itself and vanish into thin air.

There is after all no Truth in it for it does not derive from God. He is not causing you this unhappiness, this discomfort. He has never been absent from you. He is not even teaching you a lesson. Forever and again He says to you, "I am fulfilment. All that I am, you are. All that I have is yours – come and take it! Why do we hesitate to grasp the good that is our birthright?"

I know perfectly well, if I went to Cape Town and sent any person in Johannesburg a telegram to the effect that I had a hundred thousand Rand with me waiting for him, He would hurl himself on to a plane, jump on a train, take a car, or even set out on a bicycle in order to reach me. He would not waste time in wondering if it were a leg-pull, he would make every effort to get to the coast with the least possible delay: are you not in the same case?

You too, do not know what awaits you but you certainly hope to find a solution, to discover a way out of your troubles, so can't you also take the first practical steps on the off-chance?

Ask yourself how your mind and heart are reacting, and you will not be so much in the dark.

You know that in your extremity you are willing to do anything that will release you, but you are so obsessed by the

condition that you probably feel yourself entirely possessed by it. In that case what else is there left for you to do but hand it over to an authority greater than yourself?

You can say to God, Who is all compassion, all knowledge, “I do not *know* how it will work; I have had no practical experience of You; I have doubted for a long, long time, but this thing, which distresses me, has become too much for me to bear and too strong for me to deal with so, as a last resort, I am turning it over to You. The best I can do in the matter of working with You is to will myself to *believe* in You. I am going to remind myself continuously that You *are* the solution now manifesting Yourself, in and through, and for me. I am going to take an affirmation of gratitude and *use* it, and I shall put as much effort into thinking about You as I would have had to put into transporting myself from the Rand to Cape Town, AND I will not cease to give thanks that it is done.”

Do you think that would work? Of course it would!

With regard to every problem in my life, in every condition that has been presented to me, when I could see no possible way out, I have always – without exception – reverted to gratitude, simple gratitude. I have kept myself in unison with Divine Love.

If you centre your thoughts upon love, you can even forget about God - the name “God” – for, if your heart is attuned to Divine Love, all you have to do is to look

around you and see the types of love that are expressed through countless millions of human beings, and then tell yourself that these are only a fraction of the Love of God which is being poured out upon you. Whether it is the love of husband for wife, parent for child, or sweetheart for sweetheart, each of these kinds of love is but a part of the one great Love in which you are now putting your trust.

Henceforth you will be so busy thinking about this Love that, each time the condition asserts itself, you will make no attempt to fight it, for you already know that what we fight, fights back, so instead you will turn your face from it, you will look beyond it and away. You will affirm the Presence of God as Love, Health, Happiness, - and you will do this, not once a day but all day long. You will “pray without ceasing”; *NOT* about the problems, for if your mind and your emotions are focused upon that, your thinking will be negative and entirely unproductive of the good you are seeking. On the contrary, you will keep only the solution before you, giving thanks for that, and you can be certain, without any trace of doubt, that it will come forth for you.

It may not arrive in the way that you expect, the channel used may not be the one you have in mind, but the answer will come about under grace, bringing with it only happiness, peace, and fulfilment for you.

It will make you realise and appreciate what it means to be in accord with the seen and the unseen; you will recognise

– probably for the first time – that there is no such thing as a problem that God cannot meet, be it one of lack, disease, discord, frustration, or failure.

If there were any chance for such to exist, if there were one case in the whole of life in which God could be defeated, all omnipotence, omniscience, and omnipresence would be a fallacy and would have to be thrown overboard.

There are times, I know, when you feel downhearted, frustrated and unhappy, you think that God has let you down for you are doing your best and, no matter how feeble that may be, it is still *your* best, so you wonder why He does not step in and aid you.

If He is All-love, All-knowledge and All-power why, you ask, does He not do something to help you, to put you on your feet?

I have asked myself such questions hundreds of times, but the real issue is not concerned with what *God* is doing but with what we are doing ourselves.

I am fully aware that of yourself alone you cannot shift the load that is oppressing you; I recognise that it is bound to you by an unseen chain that appears to be unbreakable, and that the more you try, by force, to rid yourself of your burden, the closer will it stick to you, but when God comes into the picture, it is different. I have never known *Him* to fail.

I have never known God to let me down or to do this to any other individual who has tried sincerely to work with Him. Come what may, we can be sure of God. We can give thanks with complete conviction and joyous expectancy before we have received, for gratitude is love and Love – as I have said before – is the fulfilment of the Law.

And as this Love Which is Good, that is measured as God measures – heaped up, pressed down and running over, fills our bodies and affairs, it draws out all negation, all sorrows and grieving, and leaves only His good in its place.

“Fear not, little flock, for it is the Father’s good pleasure to give you the Kingdom.” “Fear not.” What does this mean but that your problem will be, IS, if you can only accept the fact, already solved?

These things are not easy! It will not, of course, be all plain sailing when you try to fill with peace hearts that are heavy and empty. It will require resolution and effort to believe in God as radiant health when you are racked with pain. You will not so readily find His Presence when all around appears dark and gloomy but, if you begin to “think on these things”, if you persistently entertain these ideas, before long – even if they are not clearly defined in your mind – you will commence to believe that what they represent does in fact exist.

Health and peace, the Divine Presence, will be shadowed forth in you and when that comes about you will find yourself saying:

“You – Whoever You are, I don’t know, but I begin to sense that You are bigger and stronger than I am, so bring now my good to pass for I am trusting in YOU.”

And having gone so far, you will start, gradually, to identify yourself with the fulfilment and, like the farmer who has prepared his ground, planted his seed, watered it and finally awaits patiently on God, you too will wait and expect, and a Voice will whisper, “Be still and know that I am God,” and you will surrender to that, letting go of pain and doubt and fear and it will come to pass that your joy is indeed made full.

That is the simple way of God.

It does not require weeks or months or years of study – just trust and gratitude. I have never known it to fail. I would be the first to tell you if it ever did, but that could never be, so make up your mind to rely henceforth upon God, *accept* this Presence, live in the consciousness of His Immanence; let each one think of his particular problem as merely a symbol of darkness – a void – and let each turn his individual vacuum over to God, knowing that the good he seems to lack is waiting to surge in as peace, love, joy, and happiness, filling every nook and cranny of the empty space.

Let us rejoice and be exceeding glad, as all our needs are met, our fondest hopes all realised. In us the faith, in Him the fulfilment, always and forever.

Ref. The Path of Truth, September 1975

*We make a living by what we get,
but we make a life by what we give.*

- Anon

By a peculiar prerogative, not only each individual is making daily advances in the sciences, but all mankind together is making a continual progress in proportion as the universe grows older; so that the whole human race, during the course of many ages, may be considered as one man who never ceases to live and learn.

— Pascal

Religion is not a dogma, not an emotion, but a service. Our redemption is not of the head alone, but pre-eminently of the life, as the only infallible criterion of what we really are. Not belief, not emotion, but obedience is the test. Mere belief would make religion a mere theology. Mere emotion would make it a mere excitement. While the true divine of it is a life, begotten of grace in the depths of the human soul, subduing to Christ all the powers of the heart and life, and incarnating itself in patient, steady, sturdy service – in doing the will of God.

— R.D. Hitchcock

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

- TENNYSON

Dealing with Depression and Stress

Remember the more attached you are to God, the less attached are you to the problems in the material world. But how does one become more attached to God? The key to be in touch with your inner self is through meditation, realising that each person has a private door opening on the eternal brightness.

Start by sitting comfortably in a quiet place with the minimum amount of disturbance. Close your eyes. Concentrate on the area between the eyebrows, then listen to your breathing: - breathe normally in and out through the nose. When you breathe in, the sound of your breath may sound like “So” and when you breathe out, the sound of your breath may sound like “hum”. Do this for 10 minutes.

If thoughts come into your mind just let them pass through and return to listening to your breathing. The object of meditation is to raise the consciousness above that experienced in daily life. A state of calm in both mind and body with a feeling of warmth and relaxation will be experienced.

Experiments show that in meditation the heart rate slows, oxygen consumption is reduced, and alpha brainwaves are produced. These alpha waves show complete relaxation.

A further step in meditation is whilst again concentrating on the centre of the eyebrows, repeat say 50 times during morning

meditation or evening meditation, or 50 times in both (beads can be used for keeping count):

FATHER MAY I LIVE IN THE CONSTANT AWARENESS OF THY DIVINE PRESENCE.

Join a Hatha yoga group for exercise. Keep busy during your leisure times but go on holidays and have fun. Remember heart problems are often due to people having conflict within themselves.

E Wood – School of Truth Counsellor



Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness in your eyes, in your smile. - Mother Teresa



There is a friend that sticks closer than a brother.

(Proverbs 18:24)



Before us is a future all unknown, a path untrodden; beside us a friend well-loved and known - that friend is God. - Anon

AT YOUR REQUEST

Your Questions to our Panel of Truth Counsellors

Question: "I have lost faith in God – can you please assist?"

Dear Suzanne,

I am so sorry that you have lost faith in God, what is known as “the black night of the soul.” This stage sometimes occurs but will surely pass away.

From your letter I can see that as yet you do not understand the principles of Truth: the purpose of the School of Truth is to assist people to obtain spiritual enlightenment or an awareness of the Presence of God.

The methods we use are: Meditation, affirmation, and exposure to a suitable spiritual environment. These principles must be constantly applied.

How often do you meditate? (Do you understand what this means, and how to do it?) Do you use affirmations? How often do you attend School of Truth lectures? Is your relationship with God and the life you lead with purity of spirit, such that you can thank God for His blessings?

Affirm 10 times in the morning, 10 times at lunch time and 10 times before sleeping:

I place myself and all my concerns lovingly in the hands of the father with a childlike trust; that which is for the highest good shall come to pass.

You will never be really happy, have peace, joy and bliss until you are in tune with God, the infinite power. Just silently bless your daughter, you do not know what is best for her, only God knows that, but to get the right person she has to be the right person.

Feel free to respond as we take a keen interest in the progress of all our students of Truth.

Love and blessings,
School of Truth Counsellor

Please send your requests for spiritual guidance to schooloftruth@mweb.co.za, with the topic clearly marked "At Your Request" or write to "At Your Request," School of Truth, P O Box 62549, Marshalltown 2107, Gauteng, South Africa. Irrespective of whether we publish your letter or not, you will always receive a personal reply from one of our counsellors. We naturally change people's names to protect individual privacy.

Around us lies the world. Pass out into it with hatred in your heart and by the operation of a law as immutable as that of gravity, you will encounter strife, bitterness, and shame. Pass out into the same world with love in your heart, love everything you meet, no matter how degraded it may appear, or how far removed from the possibility of love, let your love rest upon all, even as the sun touches everything with the infinite charity of its beams, and all the world will blossom like a rose. What need has the world but love? If love were a living thing in the heart of every man, what use were the laws written in statute books? Heaven's only law is love.

- Claude Houghton



The grandeur of man's nature turns into insignificance all outward distinctions. His powers of intellect, of conscience, of love, of knowing God, or perceiving the beautiful, of acting on his own mind, on outward nature, and on his fellow-creatures – these are the glorious prerogatives.

- Channing



Man perfected by society is the best of all animals; he is the most terrible of all when he lives without law and without justice.

- Aristotle

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

MEETINGS September-October 2015

JOHANNESBURG

THEOSOPHICAL SOCIETY

31 Streatley Avenue, Auckland Park

First, second and third Sunday of the month at 11:00 a.m.

Sundays: 6, 13, 20 September; 4, 11, 18 October

Lecturers – John Paulson, Edwin Wood and Jimmy Wilson

DURBAN

THEOSOPHICAL SOCIETY LODGE

306 Avondale Road, Berea

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

Sundays: 13 September; 11 October

Lecturer – Diane Evelyn

PRETORIA

THEOSOPHICAL SOCIETY LODGE

Via D.T.I. Building, Entrance Meintjies Street, Sunnyside

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

Sundays: 13 September; 11 October

Lecturer – E Wood

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

Telephones: -27(011) 482-5622/5856

Fax: (011) 482-4857

**CAPE TOWN
ERIN HALL**

Erin Hall, 8 Erin Road, Rondebosch at 10:30 a.m.
September 27th; October 4th
Lecturers – Andre Walters and Elva Smith

SCHOOL OF TRUTH ZIMBABWE

Harare (00263)488-5186: Mary Jane Williams
Bulawayo (00263)924-7239: Thelma Audin

MEMBERS' GUIDE

We believe that students of Truth should make their daily life reflect their beliefs and faith. One way of doing this is to choose an idea or affirmation which can be thought of during the waking hours, perhaps the affirmation offered in the daily thoughts.

THE PATH provides a number of guidelines some of which may help one to focus in a spare moment of time:

19. We know that as an expression of God we have unlimited ability, power and wisdom at our command.
20. We have no right to be justifiably angry about anything. We must follow the warning in, "What is that to thee? Follow thou ME."

September 1**Tuesday**✧ *Be zealous therefore*

(Revelation 3:19)

Whatever God gives me to do, I do with enthusiasm

We need to be enthusiastic in everything we undertake if we are to be successful. But we must not allow our zeal to get beyond control for that way lies fanaticism, which is a state wise people avoid.

Henry Chester says: “Enthusiasm tramples over prejudice and opposition, spurns inaction, storms the citadel of its object, and like an avalanche, overwhelms and engulfs all obstacles. It is nothing more or less than faith in action. Faith and initiative rightly combined remove mountainous barriers and achieve the unheard-of and miraculous.

“Set the germ of enthusiasm afloat in your plant, in your office, or on you farm; carry it in your attitude and manner; it spreads like contagion and influences every fibre of your industry before you realise it; it means increase in production and decrease in costs; it means joy and pleasure and satisfaction to your workers...”

But do not keep your enthusiasm for your secular life – bring it into your spiritual life also, for that is the more important.

September 2**Wednesday**

✧ *That you may be strengthened with power through his Spirit in the inward man*

(Ephesians 3:16)

The Spirit of God within me is my strength

Christian D. Larson in one of his books says: “The various forms of nervous feeling and nervous action are due to a lack of POISE, and are therefore channels through which a great deal of energy is lost. When POISE is acquired however, every form of nervousness will entirely disappear.”

He also tells us that when we are on the verge of anger, we should think of something we love, and our power will be saved. When we are on the verge of fear or anxiety we should have faith. Where there is faith there can be no fear, because faith reveals the power that can remove the cause of fear, so he says.

The Source of all Power is within us, but let us not waste it in useless movements or destructive emotions. Let us use it for our own good, and for the good of those around us. Let us learn self-control, for it is an asset in every sphere of life.

September 3**Thursday****October 1**

✧ *He that handles a matter wisely shall find good*
(Proverbs 16:20)

**Divine Love is with me and goes before me. I have
nothing to fear**

We all have difficulties to meet, and if we can bring wisdom to bear upon them, all will be well, but there will certainly come times when our wisdom will prove to be but “foolishness before God” and it will not serve us to “lean unto our own understanding”. Before this has become clear to us we shall in all probability rush to other human beings – to friends, ministers, teachers, employers – in the hope that we shall find them better equipped than we are to deal with the situation confronting us.

How, when we are in desperate straits, are we to tap the Divine Wisdom? It is not far to seek, for God is not separated from any of us: with all His Powers and Attributes He dwells at the centre of each one of us, and we have but to drop all cares and considerations from our awareness and go within to commune with him in order for Him to lead us out of all man-made darkness.

September 4**Friday****October 2**

✧ *He that follows righteousness and kindness finds life,
righteousness, and honour*

Proverbs 21:21

I cultivate love of my fellowmen that I may be kind

There is a great deal of kindness in the world. One has only to read of the response made to most charitable appeals in the newspapers to realise that – or to look around and see how many people give up their time to helping others in one form or another.

Kindness springs from the love in one's heart. When one loves, one desires to help to the best of one's ability and in doing so one is also helped. To forget self in service is to find joy.

Let us not wait until we can do something spectacular for our fellow men, but perform little acts of kindness whenever the opportunity presents itself. A word of encouragement to someone who is depressed may mean so much. A little praise can spur people on to further efforts. To befriend the lonely may give them a fresh interest in life. The right kind of sympathy extended to those who mourn may help them to rise above their grief.

September 5**Saturday****October 3**

✧ *Blessed is the man that trusts in the LORD*
(Jeremiah 17:7)

I will fear no evil for God is with me

Most people worry about someone or something, and they do so because they are lacking in faith. They may think they believe in God and trust Him, but they prove how small is this trust when they give way to anxiety. Worry can put a damper on the whole of life and make one mentally and physically ill. Surely then it is something we should try our best to eliminate.

We, as human beings, are so vulnerable that it is only by having faith in One greater than ourselves that we can oust fear; and by learning to control our emotions instead of allowing them to rule us. Whenever we feel an anxious thought is about to enter our minds, let us replace it with a positive one – an affirmation of faith. Let us relax and be still and give the burden of our anxiety to God to carry for us.

To increase our faith we must make use of what we have.

September 6**Sunday****October 4****MEDITATION***Letting go...*

My Father,

In this quiet hour I become one with Your Divine Harmony and rest in peace. As your calmness is expressed in my mind and body I let go to You completely in faith and trust.

Thus it is that I listen to Divine Music within my being as I close the door of my soul and shut out the cacophony of worldly striving.

I begin to realise that my right relationship to You is of eminently greater importance than the possession of mere things. As my deep longing grows into an intense desire for a perfect awareness of Your Divine Harmony, I know that material things and conditions are secondary.

Thus it is in this time of rest and peace I am able to lay aside the care of the past and accept Your Divine Presence leading me forward to greater understanding.

September 7**Monday****October 5**

✧ *Happy is the man that finds wisdom*

(Proverbs 3:13)

**I keep my mind and heart stayed on God so that He
may guide me**

Like the pilot who is in charge of his plane, we are in charge of our lives, but the pilot has been trained always to maintain radio communication with those on the ground from whom he gets help and advice together with forewarnings of any storms or unfavourable conditions into which he may run in the course of his flight.

We, also, even when we are all too confidently paddling our own canoes, need a word of caution here, a little leading there, and God is ever waiting to furnish us with this aid if we have wisdom enough to keep in touch with Him. He is even more interested than we ourselves are in the way in which we keep our minds, bodies, hearts and affairs, because while we often imagine that we are only about our own petty business, He knows that we are engaged, however inadequately, in expressing Him; and this being so, no matter what mistakes we may make, the moment we call upon Him, He will be with us, **STRONG TO SAVE.**

September 8**Tuesday****October 6**

✧ *“Her sins which are many, are forgiven; for she loved much”*

(Luke 6:47)

To understand all, is to forgive all

Do you remember the story of the woman, a sinner who, when Jesus was having a meal with a Pharisee, wet His feet with her tears and wiped them with her hair; kissed His feet and anointed them with ointment? The words of today's text are those which the Master said of her.

Because He understood, He forgave; because we do not understand, and often do not try to do so, we are liable to condemn. How can we know all the circumstances which led up to the so-called sin? And how can we blame when we so often fall from grace ourselves? It is presumptuous of us to dare to judge when the Master pardoned. If we wish to follow in His footsteps we must do as He did.

Let us correct our own faults before we condemn the mistakes made by those about us. Let us look for the things we can praise, rather than for things to blame. If we expect the best we help people to give their best; and it is our work to inspire, rather than to denounce.

September 9**Wednesday****October 7**✧ *I will keep Your statutes*

(Psalm 119:145)

I will strive to abide by Your Laws

If we want to live the life of Truth, we must obey the Universal laws. Our well-being or otherwise depends on whether we do or do not abide by them.

We must control our thoughts, for example, since as we think so we are. If we think in terms of illness, poverty, and misery these are the conditions which are liable to materialise in our lives; but the opposite is also true, so if we want to be well, prosperous and happy, we must fill our minds with thoughts of health, abundance and joy.

If we wish to be loved – and what normal person does not desire this? – we must love, unstintingly and irrespective of race, colour, or creed; and not an emotional love, but a cosmic love, though the latter includes the former. God's love comes to us in the measure in which we are able to receive it, and should go forth from us in similar measure.

When we obey the law of love absolutely, we cannot disobey any of the other commandments, for love is the fulfilment of the Law.

September 10**Thursday****October 8**

✧ *Blessed is the man that hears Me*

(Proverbs 8:34)

With all my getting, let me try to get understanding

We have only to think of the almost complete lack of impact that the radio makes upon people who keep it turned on all day long, to understand that having ears does not by any means guarantee that we shall have hearing, and even if we have hearing, that alone does not make for understanding.

We need above all to be perceptive and receptive, and for this we must learn to tune in to the vibrations of Spirit. In each one of us the Spirit of God is enthroned, but It cannot force Itself upon our attention. Only if we are willing to take the time to go apart, to withdraw for a while from the business of daily living, will It be able to guide us. Those who are too obstinate to listen to the still, small Voice will all eventually pay the price of their foolishness and self-will; but if then, they will turn in trust to God, they will find Him waiting to lead them out of all life's mazes.

September 11**Friday****October 9**

✧ *Give and it shall be given unto you*

(Luke 6:38)

**I give in gratitude to God for all His blessings so freely
bestowed on me**

It shall be given unto us in “good measure, pressed down, shaken together, running over, for with what measure you mete it shall be measured to you again.”

How right it is that we should give if we are to receive, but that should not be the object of our giving. We should give because we wish to do so, not with the thought of any reward. And we should give in love. So often we make a donation because others are giving, and we are afraid of what they will think of us if we refuse. That is the wrong attitude to adopt. If we feel a cause is not a worthy one, then we should refuse to contribute to it and save our gifts for something more deserving.

But let us not imagine that money is the only or most important thing we have to share. Knowledge is also of great value; and love is of greater consequence than anything else. When we love God's children we do all we can to help them in whatever way we are able.

September 12**Saturday****October 10**

✧ *Not as I will, but as You will*

(Matthew 26:39)

Not my will, but Your Will be done, Father

“Thy will be done” is something not all can say wholeheartedly, because they are afraid that the will of God and their own desires may not coincide.

So many people assure us that they have faith and that they have handed their difficulties over to the Father, but admit that they are still worrying over them; which proves that their faith is weak. And there are others who want us to tell God what to do! Not His will but their own is what they desire to see fulfilled.

Surely we should trust Him to know what is for our greatest good? How often can we not look back and realise that if our wishes had materialised it would not have been to our advantage? We, with our limited understanding, do not always know what is best.

“Thy Will be done” is the finest of all prayers, because God’s will is always goodwill. Then let us say it lovingly and trustfully and leave all to Him. He is the Source of all Wisdom and all Power and Knowledge, so let us trust Him to help us in His perfect way.

September 13**Sunday****October 11****MEDITATION***The new day...*

My Father,

I welcome this new day – a day for new opportunities to be of service to You.

I thank You for Your Wisdom which leads me in the right way which You would have me go.

I thank You for all the beauty I see around me this day. May some of the love that You have given me flow into the hearts of those who walk by my side, and may I share Your Joy and Substance with all who cross my path.

In this day, so filled with gladness, may I say at its close, “Thank You for Your companionship and Love, Father, it has been a GOOD day.”

September 14**Monday****October 12**

✧ *All these blessings shall come to you*
(Deuteronomy 28:2)

**I am richly blessed for I accept that my Father and
I are One**

In truth you are today blessed with all the good that is God, but before you can help yourself to that with which you were endowed at your beginnings, you will have to advance in spiritual understanding.

The world-consciousness is too much with you. You look around and through your physical eyes you see disease, sorrow and lack; your ears register for you the cacophony of the earthly clamour which drowns for so many the still small Voice within.

Before you can take unto yourself the Kingdom which it is your Father's good pleasure to bestow upon you, you will have to discern it spiritually. In order to do this you must go within and acquaint yourself with the Truth of Being; must make your own the knowledge that you are not a material entity but a son and heir of the Most High. When you know this with conviction you will stand forth blessed.

September 15**Tuesday****October 13**

✧ *Let your light shine before men*

(Matthew 5:16)

**Help me to show your love in all I think, and say,
and do, Father**

There are people who have a radiance about them – whose eyes are bright with love, and whom it is always a pleasure to meet. What a pity it is that more of us are not like them. They must bring so much joy into the world. They are indeed a shining example to those with whom they come into contact; and example is so much better than precept.

While we should never try to force our form of religion on others, we should try to show them by the way we live that it is a good way. The cheerful laughter-loving people naturally draw others to them. Always remember that laughter is a good medicine, and we should laugh more often than we do. A sense of humour is one of God's good gifts to man.

Let us learn to be good ambassadors of the One we serve. Let us allow His light to be expressed in and through us always.

September 16**Wednesday****October 14**

✧ *He that endures to the end, shall be saved*
(Mark 13:13)

I shall be steadfast in the practise of Truth

There may be people who, when they set out to study Truth, imagine that all their difficulties will be swept away in some miraculous manner, and are disappointed when this does not happen; but it is not as easy as that. We are the result of our thoughts, and if we have spent our lives thinking negatively it will take us some time to bring them under control. Very little that is of value is accomplished without constant effort. Gerald Vann says: "Sanctity is not a sudden thing, it does not happen, it is the result of a life of struggle and growth, and the growth is from what nature implanted."

We must persevere in the practise of Truth as we must do in anything else if we wish to succeed. It has been said that men fail much more often from want of perseverance than from want of talent and good disposition; so let us not be discouraged because our troubles have not vanished like mist before the sun, but keep on striving. Let us never give up, but go onwards, however slowly, in faith.

September 17**Thursday****October 15**

✧ *We must obey God rather than men*

(Acts 5:29)

**I do my part consciously to build up my
awareness of God**

God's thoughts are higher than our thoughts, His ways than our ways, so it is obvious that, if we would raise ourselves up, we must subject ourselves to Him. To yield to conditions, appearances and circumstances means to remain in our negative mortal rut; to accept human causation as a factor in our lives means to invite into them all the ills that flesh is said to be heir to; to think men's thoughts after them means to permit the blind to lead the blind into ever deeper and deeper confusion.

God is the only Power and He is Omnipresence. He IS His creation and indwells every one of us, so All-good is our portion and our inheritance and there is nothing of which we need to be afraid. But if we would make our own this God-bestowed freedom we must know the Truth of Being and live it. The Kingdom has indeed been prepared for us, but we must gird up our loins and in consciousness enter in.

September 18**Friday****October 16**

✧ *Greater is He that is in you, than he that is in the world*
(I John 4:4)

**Daily I try to become more aware that you and I
are one, Father**

What a wonderful thing it could be if we could all realise without a shadow of doubt that the Spirit within us is greater than any condition. Think what courage it would give us. We should know a sense of security that nothing else could give us.

Our work on this plane of consciousness – or part of it – is to become ever more conscious of our unity with the God within us. If we could accept this, not only intellectually but emotionally, what a difference it would make to our lives. We should not fear any negative condition, since by turning to the inner Spirit we would know that it could be overcome. No problem would worry us because we should realise that to God there are no such things as problems. Nor would sickness be a reality to us.

Because He is love, we should live according to Love's Law, and we should be happy. Love is the greatest thing in the world, and so we should make it the ruling factor of our lives.

September 19**Saturday****October 17***✧ Tend the flock of God**(I Peter 5:2)*

**With God's help I do what I can to make a worthwhile
contribution to life**

We cannot all be teachers of religion, nor can we all do welfare work, for we need particular gifts to perform these services. But we can all tend the flock of God in some way, and it is for us to decide what that way shall be.

Let us all consider what we can do to relieve the burdens of those in distress. While we may not want to stand on a public platform, we can explain the principles of Truth to those who are interested, though we should be careful not to try and force our opinions on them for we should probably defeat our own ends. But we can always teach by example, which is really the best method of all.

There are so many ways in which we can help humanity if we have the desire to do so; and a few enquiries in the right quarter will soon give us the information we need. Let us not put off giving what service we can, but begin NOW; for the Father needs us as His instruments to bring aid to His children.

September 20**Sunday****October 18**

MEDITATION

Love ever gives and forgives...



My Father,

As I look back on my life I realise that Your Divine Love has always guided and disciplined me to a better understanding of the Truth of my Being.

So often I have protested against the hardships and difficulties that seemed to obstruct my path, but today, in my higher understanding, there is nothing but gratitude in my heart as I grasp the true meaning of it all.

No longer am I a struggling, protesting mortal caught up in the toils of frustration and disappointment. Now, because I have learnt to trust You wholly, I step aside from the conflict and watch the Power of Your Divine Love at work for the perfect plan that You have for me.

In this meditation hour I open the windows of my soul and let in the light of Your Love as I send out a blessing to every living creature in the Universe. Love is fulfilled in and through me and in blessing others I receive Your Blessing of peace and happiness.

September 21**Monday****October 19**

✧ *He that is of a cheerful heart has a continual feast*
(Proverbs 15:15)

**As I practise the Presence of God, so do I become
cheerful of heart**

No one comes by a cheerful heart by chance, we all have to work for this. Perhaps you think the wealthy, successful, and famous have happiness thrust upon them; if you do, you are mistaken. Opulence of itself does not bring happiness in its train, nor success or fame; it springs from an inner sense of wellbeing which takes its rise in spiritual consciousness.

The man who knows that God is All-in-all and that he, himself, lives, moves, and has his being in Him, is not plagued by doubts and fears, not torn by conflicting emotions, not fretted by seemingly unattainable longings. He never thinks of himself as a lone entity pitting himself against a hostile world, but is ever aware of his at-one-ment with his Maker, and knows that God is always with him, guiding, supporting and protecting him. He recognises that all things are working together for good. He takes his practical steps in any project in which he is engaged, but he leaves the outcome to God in the cheerful conviction that it is HIS responsibility.

September 22**Tuesday****October 20**

✧ *Make me hear joy and gladness*

(Psalm 51:8)

**I will keep my ears attuned to the happy things
at all times**

There are people in this world who dwell on the morbid side of life. Their talk is of sickness, poverty, and misery. When we have to listen to these folks for the sake of politeness let us silently affirm health and abundance and joy for those who are not manifesting them at the moment.

It is always such a pleasure to meet cheerful people – and it can be most depressing to come into contact with the pessimists – IF WE ALLOW THEM TO INFLUENCE US. If we are sufficiently strong-minded we shall not be swayed by them. We shall rely on the God within us, knowing that He desires our happiness.

There are those who would discourage us – let us take no notice, but do what we think to be right and what we consider will be beneficial in face of dissuasion. Let us know that with God on our side all will be well.

September 23**Wednesday****October 21**

✧ *Seed time and harvest, and cold and heat, and summer and winter...shall not cease.*

(Genesis 8:22)

God's In his heaven, all's right with the world

There are some people who are philosophical about the weather, but how many are there? Don't most of us grumble when it is very hot, or very cold, or very windy, or very dry or very wet? And of what use is our grumbling since the weather is not under our control?

Summer's heat and Winter's cold; the wind; the dry season; and the rain are all necessary to seed-time and harvest. Without the sun nothing would grow and man would die. Why then do we grumble so much? Certainly extremes of any kind can be uncomfortable, but since we can do nothing about them we should surely accept them with a good grace, realising that they are necessary to our well-being. Indeed we should give thanks for them.

God created the world, and He made no mistakes, therefore let us not complain. ¬ The more we do so, the more uncomfortable we are liable to be. All the moaning we can do will not alter the weather, so let us take it as it comes, and remain tranquil.

September 24**Thursday****October 22**

✧ *God is Spirit and they that worship Him must worship in spirit and in truth*

(John 4:24)

**As I strive for greater love, wisdom and understanding,
so do I worship God**

To “worship” God is to commune with Him. If we wish to commune with another human being we must first be able to speak his language and then our thinking must be attuned, in some degree at least, to his thoughts, so in order to worship God we must consciously conform our thinking and speaking to His nature.

He knows no evil, so if we start telling Him of lack and limitation, as He is aware of Himself specifically as our All-sufficiency in all things, we shall be talking of something (an illusion) of which He knows nothing whatever. If we beg Him to give us this and to alter that, we shall be asking the Changeless and Eternal to change Himself for we are THAT SELF IN MANIFESTATION, all that He IS and HAS in visible expression.

The only way in which we can worship Him is with praise – that is, with acclamations of gratitude for His Bounty and with a show of rejoicing in our heritage.

September 25**Friday****October 23**

✧ *The God of love and peace shall be with you*
(II Corinthians 13:11)

**I am relaxed and at peace, for my mind and heart are
stayed on God**

Have you an important interview before you, and are you feeling nervous in anticipation of it? If so, think of today's text. God is with you at all times, and He wants only what is for your greatest good.

Are you worried about the behaviour of a dear one? Hand him over to the Father – to the God of love – and relax. You only do harm by worrying. You cannot lead another's life for him and he must learn his own lessons, so leave him alone with God, giving thanks that all is well. Stand still this day and see His salvation and feel His peace flowing into you and through you to all with whom you come into contact so that they, too, may benefit.

Stop being afraid and trust yourself entirely to the Father's loving care. Fear shows lack of faith – and if you know that God is with you at all times you will lose your nervousness. You will let Him guide you in all you say and do and know that, whatever the result, it will be good.

September 26**Saturday****October 24**

✧ *Awake, you who are asleep*
(Ephesians 5:14)

**I cultivate an alert mind for my own sake and
the sake of others**

So many people go about only half alive to what is going on around them, and they miss a great deal. People who are alert get so much more out of life and can, if they will, put so much more into it. They can put the best into their work and get the most out of their recreation. They really LIVE.

But there are others who seem to be devoid of any enthusiasm. They are the pessimists who look for the worst to happen instead of hoping for and expecting the good, and thus inviting it to come to them.

Let us all wake up and live. There is always something to strive for which will make existence worthwhile. Aim for the highest – hitch your wagon to a star – for then you will be doing what you can to make your contribution to the world. Be enthusiastic; work; and even if you do not attain your goal remember that success does not always lie in achievement. Those who pave the way for those that follow are also playing a noble part.

September 27**Sunday****October 25****MEDITATION***Never alone...*

My Father,

I seek calm, certainty and strong confidence. Where shall I go but to seek Your Kingdom within my own consciousness? Who but You can give me the understanding and companionship to satisfy my urgent need?

So often I have needed guidance when it seemed that life's difficulties were too big for me to surmount, and when I turned to You I have always found You waiting. Once I reached the realisation of Your loving Presence, my fears disappeared and the shadows gave way in the light of Your love.

Divine Love fulfils my every need and I am grateful for the many blessings I have received whenever I turned to You.

I now rest in Your promise and my mind is at peace, for You, Love, are with me ALWAYS.

September 28**Monday****October 26**

✧ *He brings out those who are bound with chains*
(Psalm 68:6)

Through Christ in me I am master of my thought and emotion

Are you in the grip of any destructive emotion? Fear, for instance? The way to cure it is to oust every fearful thought as it enters your mind and replace it with one of courage. We develop courage when we cultivate faith, for faith casts out fear.

Perhaps you are bearing a grudge against someone? If so you are bound not by chains but by your feelings. And the sooner you rid yourself of destructive emotions the better it will be for you. When we harbour ill-will towards another we are harming ourselves, and the longer we retain a grudge the worse it will probably appear to be. It will help us if we remember that the Spirit of Christ is within him just as it is within us, and that therefore we are brothers in Him.

Do not be bound by any destructive emotion, but learn to control your mind instead of letting it control you.

September 29**Tuesday****October 27**✧ *Just and right is He*

(Deuteronomy 32:4)

I give thanks that justice reigns supreme throughout the world

We cannot have faith in God unless we believe absolutely that He is just. If we feel that we or others are being unfairly treated, then we do not believe in Him, for how could a God of love behave unjustly to His children?

When we look around us we may imagine that some people are suffering for no good reason. As far as we can see they are leading exemplary lives, but we do not know what their past has been, or whether they are thinking constructively. If their thoughts are concentrated on sickness, they can expect to be sick; if on poverty, they can expect to be poor. We must think in terms of health, prosperity, and happiness if we expect these conditions to be made manifest in our lives; for as we think, so we are, since we attract those conditions which are constantly in our minds.

If we are to know any peace of mind we must believe that God is a God of Absolute Justice, and that He favours no one against any other.

September 30**Wednesday****October 28**

✧ *The righteous shall come out of trouble*
(Proverbs 12:13)

With the help of my Father, I rise above circumstance

Since none of us have lived perfect lives in the past we shall encounter trouble in the present. And let us not think that because we are doing God's work we should be exonerated. Troubles teach us the stuff of which we are made – they show us how strong or how weak we are.

We all make mistakes – if we did not we should not be on this plane of consciousness – and we learn from them if we are wise. The great thing is to try not to make the same mistake twice, and to use our errors as stepping-stones to achievement.

There are people who turn to God only as a last resort. While everything is going well for them they do not think much about him, but when all earthly aid proves useless then they look to Him – and if they continue to do so, what seemed like a disaster may turn into a blessing. According to their faith it will be done unto them; for God does not fail those who put their trust in him.

Thursday**October 29**

✧ *The heart of the wise teaches his mouth*
(Proverbs 16:23)

**I make the words of my mouth and the meditations of
my heart acceptable to God, my Father**

The trouble is that we are not by any means all wise, and we get into a great deal of unnecessary trouble through the hasty words that our mouths utter. In the Bible it is written: “Life and death lie in the power of the tongue” and many a friendship has been killed by unkind, untrue words spoken in anger and not, later on recalled, explained and reversed.

If you and I want to make sure of the content of our words (for the “most unruly member is the tongue”) we should let GOD speak through us. This we do by communing with Him and consciously inviting His Presence to fill our days. He has promised never to leave us nor to forsake us, saying: “I am with you always, even unto the end of the world”. So, if in faith and gratitude we put ourselves into His Hands, He will surely take over and direct us and everything that concerns us.

Friday**October 30**

✧ *For he satisfies the longing soul, and fills the hungry soul with goodness*

(Psalm 107:9)

I will keep my mind and heart stayed on you, Father

If we would take as much care over nourishing our souls as we do over feeding our bodies we should lead much better lives. How much time do the majority of us spend daily in thinking of the things of the Spirit?

A padre, writing in one of the newspapers during the war under the initials J.A.H.W., said: "Never neglect your mind; never neglect your spirit. They need their daily maintenance as much as your truck...Read the Bible and let its truth lift your mind above earth's dust into the rare atmosphere of God's presence. Above all, enter into that presence by private prayer and public worship. Then will be given to you life's richest gifts, of which no mortal change can rob you; courage, patience, purity, charity, faith; the peace which no man can give or take away."

The riches of the mind will be of value when worldly wealth has lost its allure. They are beyond all telling.

Saturday**October 31**✧ *Be of good courage*

(Psalm 27:14)

God within me is my courage. Thank You, Father

John Quincy Adams says: “Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.”

It is good to have physical courage, but it is even better to have moral courage – the kind of courage that allows a man to say what he thinks though the whole world may laugh, and live up to his highest ideals though others may call him a fool.

We need courage to resist temptation at times, for it may come clothed in glamour. Often we need it in order to do our duty. And it sometimes takes courage to put our full trust in God and to stop worrying about things once we have handed matter over to Him.

Lack of courage is caused by fear, and how many of us can say truthfully that we fear nothing and no one? To develop courage, then, we must overcome fear, which we do through cultivating our faith in God and through our own efforts. We can start by overcoming the small fears and then pass on to the bigger ones.

GOOD NEWS ABOUT THE DISTRIBUTION OF THE PATH OF TRUTH!

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

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

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

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

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

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



Wise Words from the Hopi People – Arizona, June 8, 2000
(from John Homewood's "The Shift Experience")

You have been telling people that this is the Eleventh Hour.
Now you must go back and tell the people that this is the Hour.

This could be a good time!

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know that the river has a destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word "struggle" from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for!

Ahoy!