

The Path of Truth *and* *Practical Philosophy*



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THE PATH OF TRUTH

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Editorial

Our Goal

If we cannot rectify the mistakes we have made in the past, let us put them behind us and remember what has gone only as the memory brings us joy.

To waste precious time in vain regrets is foolish and futile. Let us do our work well in the present and so make up, to some extent, for the errors of the past. If we are fully employed we shall not have much time for looking over our shoulders, shall we?

There can be few people who have not done things which they regret, but we learn through our mistakes if we react to them in the right way. We should learn the lessons they have to teach and determine not to make the same mistake again. We should not be on this plane of consciousness at all if we were perfect.

Our goal should be to love greatly, aspire greatly, serve greatly, and try to become more conscious of our unity with the Father. These are the things we should be striving for, and in the attainment of which we shall find joy and a sense of fulfilment.

“I asked you to pray . . .”

Extracts from letters received by the School of Truth

I wish to thank the School of Truth for prayers on behalf of both my husband and myself regarding the eye operations we had to undergo during the past year. The operations were wonderfully successful. The healing power of the Lord and the power of prayer never cease to amaze me.

The spiritual and material support so constantly given to this work we do in God's service by our known and unknown friends, is a source of great inspiration and help to us, and to them all we render our most sincere gratitude.

Since writing to you the most wonderful peace and calmness have come over me in answer to your prayers. All the remorse and terrible unhappiness from which I was suffering have gone, and I cannot tell you how free I feel. I have now been a member of the School for many years and you have helped me unbelievably. The family have prospered far beyond expectations, my elder son who was blind in one eye is now flying, my marriage which was on the rocks for years has been saved, my health is now improving daily, and my hearing has been restored to 100% with aids. For all this I thank you and God.

I asked you to pray for my son who had been involved in a motor accident. I am pleased to be able to let you know that he has recovered in a wonderful way. The nerve in the leg and foot, which was dead, has grown again. The doctors are amazed. I also asked you to pray that we might get our two pieces of land sold. We were fortunate enough to sell one piece and consequently were able to buy the car we needed so badly.



I wish to thank you for your prayers which have led to our son being re-united with his wife and his two little girls. After having been divorced for 18 months they were recently re-married. You don't know how happy my husband and I are, and we thank God with all our hearts for hearing our prayers.



As I hasten to thank you for your letter and all your prayers, I also wish you to share with us the good news the surgeon has given my husband, that the histology report has shown that no cancerous threads from the tumour have penetrated the surrounding muscle tissue. This means that the operation was completely successful.



I wrote to you a few weeks ago to pray for my husband as he was out of work. I would like to let you know that, with the help of God and your wonderful prayers, he has now found a job.

I would like to thank you all at the School for the wonderful comfort you have given me through your booklet “The Path.” I have just lost my job as the company I was working for has gone into liquidation. I was also in financial difficulty. However, the sunshine came through very soon – after I left my old job last Friday, I walked into a new one on Monday. I have also sold my property at a handsome profit. This is only due to having applied what I learnt through “The Path.”



I asked you to pray for my brother-in-law of whom the specialists said that he has leukemia and cancer of the glands. I give thanks to God that he was in the nursing home for only two weeks. The specialists said that he was now 100% but, to satisfy themselves, they want him to report back once a month to have his blood tested. Thanks to your prayers, I am convinced God touched this man and he is now cured.



Some months ago I wrote asking for help and guidance in finding a new home back in my home county in the South of England. I had tried every available means during four years to get a reasonable place to live – all without success, but in March my husband and I succeeded in being appointed custodians of this stately home (our new address as above) where we have a lovely flat, extremely comfortable and with beautiful views. We are now among our friends again after sixteen years away in Norfolk.

Thank you for your prayers for my son. He was one of 17 out of 89 to pass his examinations outright at the first attempt. I know that your prayers and the faith which you have given me, have helped him in his studies and exams.



I am thrilled to write to you again thanking you for your prayers which enabled me to give up the smoking habit which I used to think I enjoyed so much at the time. Yesterday I celebrated my fourteenth week as an ex-smoker, and the craving for cigarettes has been rapidly diminishing in the past six weeks. I give thanks to God for releasing me from a habit which in this day and age has taken an unbelievably powerful hold on society.



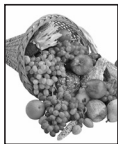
A few months ago I wrote asking you to pray for my aunt who was going to have a major operation to her hip. When she was operated on, one leg was 12 inches shorter than the other. When I heard from her a week ago she was as fit as a fiddle and can walk without any discomfort or limp. The surgeon was amazed at her recovery as she is 71 years of age.



Just a short note to give grateful thanks for your prayers. I asked you to pray for my husband who had an ulcer on his leg which would not heal. A short time after receiving your letter we noticed a change for the better and I can now tell you that the ulcer has completely healed. We are deeply grateful to God and to you for your prayers.

Lecture delivered in Johannesburg

The Grateful Heart



We are all striving to attain the Christ's consciousness in spiritual matters and if the average person were asked about his faith he would reply, confidently, that he believed in God and trusted Him; and though outer conditions, such as circumstances, personalities, pain, worry and unhappiness, did affect him, they did not shake his faith in his Creator.

For me a person who is trusting in someone or something is poised, peaceful and happy about the situation facing him, unconcerned about what appears to be very real indeed. He knows, although he may not have had a great deal of experience of the working of spiritual Law, that his problem will surely be solved for him.

The barometer of our consciousness of trust is the solar plexus. If you want to investigate the quality of your faith, just turn your mind to the pit of your stomach to find out whether there is an emptiness there, worry, or any anxious fluttering. If there is, or if you are watching the clock, counting the days, then without a shadow of doubt *you are not trusting*; you have not yet achieved the Master's consciousness.

I see the problems in the lives of the people who come to consult me – their unhappiness, mental suffering, the

deterioration in their physical bodies – but I recognise these symptoms as being expressions of the awareness of the individual concerned, who is not trusting in God, but in the conditions and dilemmas with which his personality is involved.

As you progress in Truth you will observe that, irrespective of the type of difficulty that presents itself to you, you will recognise that it is not a reality, has no power over God, and will eventually fade out of your experience. It will not be able to breach your emotional consciousness; you will look right through it into the Good, Love, Protection, Happiness, Health or Vision which, because of God's Omnipresence, lie behind it. You will perceive these Verities and will realise that all external negations are nothing but your own nightmares which, when you wake up, will pass away because they are not endowed with the power of persistence.

Let me tell you the story of a young man who felt that he had a great deal of trust in God. He attended church regularly, read the Bible night and morning, and God was a Reality, not just a name to him. Then, out of the blue, he was struck down by a very serious, chronic ailment. The specialist he visited asked him if he had already seen a doctor, and when he replied that he had not because it had only just made its appearance in his body, he said that, had he consulted him eighteen months earlier, he would have been able to help him but at that late date there was nothing he could do.

The young man went away greatly saddened, not so much at the doctor's diagnosis, but because he felt he had *really* believed in God and it was a great shock to find that, in spite of his prayerfulness and attendance at church, the Father of whom the Master had taught, and called "Love," could have let him down.

He was stricken with something intangible, for which there was no known remedy, and as he said to me, his faith was shattered and all his *belief* and trust were gone. I replied that his belief might have been destroyed by non-demonstration, that he might feel his trust to have been betrayed, but that *faith*, being KNOWLEDGE, was irrevocable. If anyone had had the *experience* of a demonstration, of whatever nature, the *knowledge* thereof would be a permanent conviction that could never be taken from him.

He was up against a challenge. No one could help him and it was a matter between himself and the Unseen Presence of God which was certainly not responsible for what had happened to him. *That* was a lie, as is the opposite of that which is GOOD. The Master called it "the Prince of this World" and it was that prince which was testing him, acting like the wind which would enable him to fly the kite of his consciousness into higher realms of awareness if he *would use it to that end*. He could remain as he was and allow deterioration to run its course, or he could rise above it. He was confronted with a lesson he had to learn so that he could grow as the result of mastering it. He asked me how he should pray and I told him

about his stomach being the barometer of his trustfulness and asked him whether his trust was centred on his solar plexus or in his heart, the abode of the Presence of God. He admitted that he was all knotted up inside. He was afraid, did not want to die, but he felt himself to be shut up in a cage from which he did not know how to escape. The doctor's verdict had been so final. If only he had said he would try to see what could be done instead of giving him a death sentence, but as it was there was nothing left for him to strive for.

All of us would, I think, have reacted as he did. We, too, would have felt that we had lost touch with the Presence we had believed in and would have cried out, "My God, my God, why hast Thou forsaken me?" This man knew very little about Spiritual Law; he did not understand the Omnipresence of God, or realise that He can work for man only *through* him. He prayed to a Father who was up above him, in Heaven, separated from him. Then, like everyone else, he turned this way and that seeking the answer to his problem and in due course came to the School of Truth.

It did not take me long to sum up this young man and his nature; fortunately his mind was flexible – open – and I told him, "I want you to do an extraordinary thing, to stop reading your Bible, and praying as you have been accustomed to do, and instead to spend every waking moment in praising God."

"For what," he asked, and in explanation I continued, "*God* does not need your praise or gratitude; your soul, mind and body-temple belong to Him for there is nothing apart

from Him, but you – at the moment – are cut off from Him. This problem has moved in upon you as they move in upon all of us; as we go through the school of life we ourselves select our experiences which are often very tough. What I am asking you to do, as you start praising God, is to change the tempo of your emotional nature as, by your continued thanks, gratitude wells up from your stomach into your mind and heart and becomes a Reality within you, thus uniting you with His Presence of Love.”

Then I wrote out the following for him: “I praise the Lord (he believed in the Lord as a person) for His mercy endureth for ever. I praise the Lord, who is my deliverance.” And as I handed him the paper I said. “Here is your prayer, there is nothing else.”

“Shall I not,” he asked, “read my Bible?”

I replied, “I do not advise you to do so *just at present*. I want your whole mind to be focused within. One reads a good deal that is negative in the Bible and you might get the impression that your trouble is the cross you have to carry, that it is your punishment for sins you have committed, and it will certainly not help to have your own negative thoughts confirmed in what you would call the Holy Scriptures. So go away now and tomorrow morning wake up with this song of thanksgiving on your lips: Praise the Lord for His mercy endureth forever; praise Him for He is my deliverance. Don’t stop, because I want this to beat away in your mind and heart to the exclusion of every other thought, for you are facing either life or death.

He came to see me week after week and the condition remained. There was even, he thought, some deterioration and he asked me how I felt about it since I had made him change his whole mode of prayer and it was plain that nothing constructive was happening. I immediately came back with the question. "How do you know nothing is happening? I have noticed, in my dealings with people, that the condition always seems to reach the eleventh hour before it changes. It gets worse and worse until the point of crisis arrives when the patient either dies, or the problem is removed and he lives."

I have watched doctors sitting by their patients, taking their pulses, and have heard them say that they were waiting to see what state the spirit, or will, of the sufferer was in when, at eleven or twelve o'clock, the crisis broke, for that was all they could do. And very often after the hour had struck they would get up saying to those waiting with them. "You can relax now, the crisis is passed and the patient will recover."

Conditions always deteriorate before they improve. Even in the Bible we read of how matters got worse and worse until the so-called evil spirit (the ignorance in the mind of the individual who is ill) has been eliminated and the cure established as the Health that is God has taken the place of the prevailing sickness.

My own experience over the last thirty years has taught me never to give up because though it appears to be the last moment, if you have the courage to hang on, you will get what you are seeking, the rehabilitation that comes about

under grace and in a perfect way – that is, with no sorrow added.

As this man continued praising the Lord and thanking Him that His mercy endured forever, his prayer started to become an inner conviction for him. There was no room left in his mind for the lie because his entire body was filled with Light. It was two years before an improvement took place. Do you think what he got out of that experience was worth those months of waiting? I think it was. If you ask him about it he will tell you. “I am no longer frightened for I no longer merely believe or trust, I KNOW that God works for me. That one experience has given me the consciousness of His indwelling which can never be taken from me. No more do I pray in the accepted fashion. I have discovered that my church is within me, that I am God’s temple and that it is a fundamental, immutable Truth that God is fulfilled AS MAN. Every single cell of the physical body – whether it be in a state of health or sickness, light or darkness –is permeated with HIS LIGHT for nothing can dislodge His changeless Omnipresence.”

No doctor can explain such a cure, but the patient knows that it was the Truth which, when It moved into his awareness, allowed the freedom of the Light of God to come forth into physical expression.

From his rehabilitation that man went from strength to strength. When problems presented themselves to him there was no question of his not overcoming them. He knew that

God was his deliverance so he praised Him and thanked Him that His mercy endured forever. That prayer of gratitude is his ONLY prayer today so, if you find you have a difficulty which appears to be too hard for you to tackle, a burden that is too heavy for you to carry, *there is a way out for you too*. We do not all have to follow the same path, as I have told you before. There are as many roads to God as there are human beings treading them. Each one finds his particular route and a grateful heart always produces a demonstration.

The reaction I most often encounter is, “What have I to be grateful for? If I had anything for which to be thankful I would not have come to see you, for I should not be unhappy, sick or poor.”

Naturally people go to a doctor only when they are unwell, but they *do* take his medicine or therapeutic treatment because these help to stimulate the Life Force within them and so set them free from the lie, or ailment, which is so real them.

All of us need one another. As far as my experience goes I find that gratitude is a wonderful thing because there is no room for anything else in the heart that is filled with it – for pessimism, disappointment or fear. If, therefore, you are faced with a proposition or are in need of more understanding, try to feel a deep sense of thankfulness. You do not even have to put it into words; you have only to recognise that GOD, who is the one and only Presence, works through you, abides *in* you and is fulfilled AS you, as all that is GOOD.

Meditation

Experience – The Teacher



Father, in love and gratitude I now enter consciously into Your presence that I may give thanks to You for Your care of me and mine in the past. I have come through many experiences in striving to attain a greater understanding of the Truth, and there were times when in my heart I doubted You; when I feared that the obstacles confronting me would not be overcome and that much I held dear would be lost. Yet now, as I look back, I can see how true is the promise: “All things work together for good to those who love God.”

What I had thought were stumbling blocks in my path, were in reality stepping stones to my good, and it was only my lack of trust in You that caused me ignorantly to regard them as barriers of adversity. But although my awareness of You was weak and I thought that I was alone and forsaken, You were ever with me; and in Your love for me Your strength was made perfect in my weakness. And now I realise how all that I have come through has contributed to my strength of character, my understanding and my faith. Within me I feel greater wisdom and love unfolding and I rejoice in the knowledge that, in spite of all appearances which would make me believe that there is no God, You can never leave

me nor forsake me no matter to what depths I may descend in consciousness.

I know that I have much to learn of Your love, wisdom, and power, Father, always active my life and affairs, and I acknowledge that, because of my imperfect understanding. I have often questioned You and wilfully denied Your presence. But this has all been necessary to my spiritual growth, for I now realise that it is not possible to appreciate the heavenly state of consciousness without having known that of hell.

Thus, for the truths I have gleaned from the past, I give grateful thanks. I have gained wisdom through experience, stability through self-inflicted suffering. Now I use in the present the good that has come to me, and in so doing I shape the future.

Without fear, Father, I go forward knowing that whatever comes to me, as I in all sincerity and steadfastness attune myself to You, it shall always be for my upliftment and blessing. By my life I shall be known as a blessed instrument of God, and through me Your bounteous good shall flow into the lives of all my fellow-creatures.

So be it.



Prize not thyself by what thou hast, but by what thou art; he that values a jewel by its golden frame, or a book by its silver clasps, or a man by his vast estate, errs –

Quarles.

The Will of God

“God saw everything that He had made, and behold, it was very good.” Everything that God had made – not just some of the things, but everything – was very good. Why should we be so prone to blame God for evil, or believe that He would will us to suffer evil? We sometimes hear the question. “Why does God permit war, with all its horror?” Why do we blame God for the actions of human beings? Why accuse Him of “allowing” us to be selfish, grasping, ambitious, intolerant and merciless when we make war upon each other? These things are not the will of God, they are the distorted futile and stupid will of human beings. People have come to believe it to be the will of God, but that is the remnant of that deadly fear of God impressed into the human mind by the fanatics of long ago, who sought to dominate mankind by creating this God of wrath – this ghastly caricature of the True God, Who is Love.

“I the Lord thy God am a jealous God.” “These and other similar expressions are held by some to prove that God does punish, that He does judge us and “visit the sins of the fathers on the children . . .”

God is a jealous God, in the sense that He requires your whole love and trust. But He requires that of you only so that you may reap the benefits of His Law. He doesn't punish you for failing to love Him. You punish yourself by depriving

yourself of the consciousness of His love for you, which love includes within itself all the good you can ever wish for, and much more. If you suffer at the hands of another, if you are deprived or wronged by another, you have no need to seek revenge. The Law of Cause and Effect reacts on the one who has wronged you, and he reaps what he has sown. The words “jealous” and “vengeance” were used by the early recorders because they best expressed for the untutored people of that time the eternal Truth of divine justice.

But as we have been told, God has not given us a spirit of fear, but of love and power and a sound mind. Jesus claimed always to do the will of His Father, and what did Jesus do? He gave to all who would take: health, peace, forgiveness, joy, knowledge, wisdom, power and love. In giving these things, was He acting contrary to His Father’s will? He certainly was not. If He had not been doing the will of His Father. He could never have done the things that He did.

So we know that the will of God for all His children is GOOD. It could not be otherwise, for mankind is one of God’s channels for expressing Himself. You are an expression of Divine Love. You may not believe it, you may not be acting like it just now, but that does not alter the fact. An apple is no less an apple because it is green and uneatable, because we know that the green apple eventually ripens and is good food. You, too, will eventually ripen in spiritual knowledge and express more and more of the life that is in you. That is

inevitable; it is as sure as the sunrise. It is what you came here to do. It is your destiny, and although you cannot help coming ultimately to realise your destiny, you can hasten the dawn of this glorious day for yourself, by trying consciously to live in accordance with the Divine Will.

Never forget that you are an expression of Divine Love, a channel through which God expresses Himself in your world. Never be afraid to say, with all your heart, “Thy will be done.” Go further and say, “Father, I thank You with all my heart and mind and soul because YOUR WILL is being done in me now.”

It is true that Jesus prayed that His cup of bitterness might be taken from Him (on the eve of His crucifixion), but He added. “Nevertheless, not my will but Thine be done.” From that it would seem to have been God’s will that Jesus should suffer on the cross. But Jesus had a mission to perform that was unique in history. He went through His experience so that countless millions of people would know the Truth in following generations. You and I are not called upon to perform so divine a task, a work of such magnitude. But we may sometimes seem to suffer setbacks, reverses, loss of material things, and even friendships and love, in our ongoing. But if we do seem to lose along certain lines, it is only that we may make so much greater gains along others. The tree sheds its old leaves in the winter only that it may have a gloriously new growth in the spring, and we may

sometimes have to let go of the old, only in order that we may make room for the new and better. Jesus let go of one life, but He rose again to a glorious new one, by which He created the greatest monument of all time. Had He failed to go through the experience, millions of people might never have known God.

You might possibly pass through difficult experiences, although not necessarily. If you will try to realise that God is Infinite Knowledge and Infinite Wisdom, that He knows what will bring you most surely and quickly to lasting victory, and realising that, sincerely pray that His will be done in you and all your affairs, the results can only be eternal good, joy, happiness, peace.

What if, in this process, you should seem to lose some material things? Try to understand that you never possess anything material. You may only use material things for a time – but you can never possess them, because they pass away in time. But you can possess the eternal things – love, health, joy, peace, happiness, power, knowledge, wisdom and abundance of all good, and your possession of these eternal truths, built into your very being by the will of God, is the means by which you can command the use of all the material things you can ever need or desire. Dwell on that great Truth as much as you can. Meditate upon it until you realise that when you have, by the conscious acceptance of the Will of God in your life, become possessed of the eternal, unseen

things, then you command whatever you need in the material world.

Jesus never bothered with money or houses or “possessions,” but He never lacked anything that He needed at any time. You can have whatever you need, whenever you need it, if you understand that material blessings come from and through your spiritual self, and that your spiritual self is an expression of the will and life of God in you.

So be for ever free from the error that the will of God is suffering and deprivation and evil. Know that His will for you is eternal joy – those things that nobody can ever take from you. “Lay up for yourself treasures in heaven, where neither moth nor rust doth corrupt,” and you will find that you never lack earthly treasures when you need them. Your mortal will may lead you into endless trouble and suffering. God’s will, done in you, will lead you to health, happiness, prosperity, and that greatest of all blessings, peace of mind.



If a man can write a better book, preach a better sermon, or make a better basket than his neighbour, though he build his house in the woods, the world will make a beaten path to his door – Emerson.



Depression



It is not an uncommon thing for us to hear from students that they suffer from “fits of depression,” and they appeal for help in overcoming this particularly unpleasant manifestation of negative thought.

One such sufferer has even asked us to publish the cure for this complaint in this magazine, with a view to helping others, and in response to that request we are giving this short exposition of the matter.

Depression is a state of mind which reacts on the emotions and produces a feeling of misery and gloom; but frequently there appears to be no immediate cause for the attack, although obviously there is a reason for this as for everything else.

Somewhere in the mental make-up of the sufferer lies a complex of some sort, most probably started in childhood by repression of over-bearing interference from elders which has turned the mind into a state of almost constant self-pity.

To such a person everything that happens is almost instantly related to self. With this type of person it will be found that, whether they are aware of it or not, their mental response to outside impact is always one that might be summed up in the words. “How does this, or how will this, affect ME?”

These are the people with whom one has to be so careful to pick and choose one's words, because they invariably look for a possible hidden meaning in everything – however simple – that is said to them. The hidden meaning is, of course, never by any chance likely to be a good one. To them it is certain to be derogatory and an attempt to “get at them” under cover of a seemingly innocent remark.

Even the weather is something that is being deliberately manipulated by some power or other just to cause them the maximum disappointment or irritation.

To put the whole matter very bluntly and apparently brutally, depression the result of a particularly aggravated form of selfishness. Now we do not want those of you who suffer from this distressing dis-ease to read thus far and then throw the book angrily aside, because the foregoing sentence – although perfectly true – does not carry in it anything of the nature of censure or blame. It is just a plain statement of the cause of the disease that the sufferer is anxious to be rid of.

People suffer from depression or fits of the “blues,” as they call it, because things are not going too well with them – not going the way they want them to go.

Sometimes they get the effect through concern about the affairs of others, but always those others have a close connection with themselves. You rarely find them getting depressed about the state of affairs in Europe or experiencing a very dark blue day over the winter shortage of food in China.

The only royal road to the removal of fits of depression is the road of the removal of self, and that is the road of Love.

If one's attention is fixed upon others instead of self there will be little call for the morbid type of emotion, and fits of depression will be crowded out.

If sufferers would only sit down and think it out quietly they would see that what is stated above is correct. If they would only ask themselves, "What am I feeling so blue for – what caused this fit of depression to attack me?" they would find that it is due either to the "complex" aforementioned, or else due to the fact that something or other is not going right for THEM now, or appears to be likely to go all wrong for THEM in the near future. They are really revelling in an orgy of self-pity with one part of themselves, and desperately disliking the effect of it with the other part. They are at war with themselves, and the solution is a definite determination honestly to dissect their own mental processes – to see themselves as they are, and to realise that the cure is LOVE – unselfish desire to sink their personal troubles in efforts to help others.



Do not wait for extraordinary circumstances to do good; try to use ordinary situations – Richter.



I do not think much of a man who is not wiser today than yesterday – Abraham Lincoln.

Stay Young in Mind



Our bodies eventually grow old, but we do not need to grow old in mind.

It all depends on how we feel and how we look at things. Do you, for instance, wake in the morning thanking God for a new day and expecting that it will be a good day filled with pleasant happenings? Do you say to yourself: “This is the day which the Lord hath made; I will rejoice and be glad in it”? Do you give thanks for the blessings which He bestows upon you? Or do you wonder how you will spend the hours – in other words, do you expect to be bored? No one who has all his faculties and is well has any right to be bored in this fascinating world.

No matter how old we may be we can take an interest in what is going on in our district, our country, and the world in general. We should not be so wrapped up in our own homes and our own little circles that we have no time to spare to push back our horizons. If you love humanity you will make an effort to meet new people and make new friends which will give you a new interest in life.

It is a good thing to have something which we must do each day. Charles Kingsley said that we should thank God every morning when we get up that we have something to do that day which must be done whether we like it or not. He said that being forced to work, and forced to do our best,

would breed in us temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues which the idle never know. Never let yourself get to the stage where you wonder what you can do to pass the time. Time is too precious to waste.

We should all prepare for the later years when we are still young, so that we have something to do when the time of retirement comes. What are you most interested in? What can you do best? Let your talent or talents guide you. If you are fortunate, your talent is your life work, but if it is not, begin to cultivate it before you are old so that you have something absorbing to occupy you in the later years. Don't be one of those people who figuratively die at sixty and are buried at eighty!

If you want to keep young in mind move with the times. Don't be continually saying: "We didn't do THAT in my young days." Maybe you didn't, but life cannot remain static – it must move on. So don't live in the past however glorious it may have been. Live in the present making the most of each day as it comes.

We can still be useful even though we are in the sunset time of life. We can do something to enrich the lives of others, and in doing it we shall enrich our own. What we shall do each must decide for himself. We can share our knowledge for one thing. Experience must have taught us many things, and we can let those around us walk in the gardens of our minds and pluck any flowers they find growing there. But there are all

sorts of things we can do to make ourselves useful and to help us to feel that we are still of some value in the world. As long as we are helping our fellowmen we are working for God, since what we do for His children we do for Him. AND what is more rewarding than that?

If you want to prolong your life – and most of us do – then don't worry. Whenever a worrying thought enters your mind turn to God for help, relying on His Love and His Power, and knowing that they are yours to claim whenever you go to Him in faith. Read a book; do some gardening, go to the cinema – do anything that will take your mind off your anxiety and thus do what you can do help yourself.

Many people, when they are young, are so busy enjoying life that they give little time to cultivating the things of the spirit. What a mistake it is to turn to God only in our old age! It has been said that the real comfort of faith only comes faintly to those who have neglected it. By all means let young and old have their pleasures. But let them also have their serious times when they contemplate the most important things – the things that are of eternal value and which no man can take from them.

Love is very invigorating both in its giving and receiving, so let the love of God, which flows into you in the measure in which you are ready to receive it, flow out from you in like measure to those about you. Mix as much as you can with the young in heart. If you love your fellowmen and love life as you should you can be old in years and yet young in mind.

Meetings: March/April 2021

Due to lockdown some meetings
are cancelled until further notice.

Contact your local representative.

New version of the 23 Psalm.

The Lord my Shepherd rules my life.

He gives me all I need.

He leads me by refreshing streams.

In pastures green I feed.

Thy goodness and Thy Gracious Love
persues me all my days.

Thy house O Lord shall be my home.

Thy Name my endless praise.



Crossing the Bar

Sunset and evening star,
And one clear call for me!
And may there be no moaning of the bar,
When I put out to sea,

But such a tide as moving seems asleep,
Too full for sound and foam,
When that which drew from out the boundless deep
Turns again home.

Twilight and evening bell,
And after that the dark!
And may there be no sadness of farewell,
When I embark;

For though from out our bourne of Time and Place
The flood may bear me far,
I hope to see my Pilot face to face
When I have crossed the bar.

TENNYSON



The School of Truth has prayers at 11:00 a.m.

Students are encouraged to join us in prayer at that time.
Prayers are indeed very powerful.

*A suggested prayer may be:
The light of God surrounds me
The Love of God enfolds 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.





*An Inspiring Thought for
Each New Day*

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

— TENNYSON

May 1**Saturday**

♦ *My peace I leave with you. – John 14:27.*

**I AM SERENE OF SPIRIT FOR MY FAITH IN
GOD IS STEADFAST.**

If we have no peace within us, we are unlikely to find it in the world. No longer do we live in the leisurely days when life moved at the pace of the ox. We live in the age of the jet plane amidst noise and bustle, war and rumours of wars, and it is often difficult to keep our poise.

But the Christ came to bring us peace amongst other things – not the peace which is merely the absence of war – but inner peace, peace of mind. And who amongst us does not want this? To have it is to have one of God's most priceless gifts.

To be at peace, however, does not mean to be lethargic. We can be intensely energetic and yet remain poised. In fact, the more poised we are the better should be our work, since then we are not disturbed by outer conditions. Stevenson said: "Quiet minds can not be confused or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm."

May 2**Sunday****MEDITATION**
UNDERSTANDING

My Father,

I open my heart and mind to a deeper understanding of Your Laws. Today, as I reach out for a closer communication with You, I realise the need for a higher obedience in following the path You have set before me, I do not shirk the common daily activities for I know that the enthusiasm and love I put into the smallest task reflect my willingness to co-operate with You on all levels of consciousness. However, having fulfilled my day-to-day obligations. I keep ever before me the truth that my spiritual growth is important, for spiritual unfoldment is the true purpose of my existence.

My willingness to do my share is expressed through my wholehearted working with Your Law of Love and I see reflected in and around me Your Peace and Harmony according to my inner conviction and trust.

Now, resting in Your Wisdom, I give thanks for this Understanding which is Your Gift of Love to me.

May 3**Monday**

◆ *Unto you that hear shall more be given. – Mark 4:24.*

**I WILL BE A DOER OF THE WORD AND NOT A
HEARER ONLY.**

It always surprises me with what *freshness* the lecturers in Truth week after week, year after year, give their joyful message to those that come to listen to them; but all too many of whom – as they know from the numerous interviews they give – merely harken but do not hear. It would, I suppose, be very disheartening if they had not the example of the Master who never tired of telling the multitude (that came often only out of curiosity) of their at-one-ment with their Maker, and in consequence with all their fellowmen as well. That is the rub! We are all inclined to be self-seeking, to perceive only our own point of view, to act only for our own advancement and to lose the Pearl of Great Price in reaching out to some worthless bauble.

“Give,” say all religious teachers, “if ye would receive; return good for evil if ye would prosper; love all men if ye would gain entry into the Kingdom that God has prepared for you, in which LOVE alone fulfils the Law.”

May 4**Tuesday****June 1**

◆ *By this shall all men know that ye are my disciples, if ye have love one to another. – John 13:35.*

**MY LOVE IS PART OF DIVINE LOVE, AND I SHARE
IT WITH MY FELLOWMEN.**

It may be thought that Truth teachers talk too much about love, but it IS the most important thing in the world. “But now abideth faith, hope, love, these three: and the greatest of these is love,” we read in Corinthians.

We fail in love so often. We fail every time we are angry with those about us, or even when we lose patience. Love is never angry or impatient, therefore we should control our emotions. We fail in love every time we see a neighbour in distress and do nothing to help him; or if we do it only from a sense of duty. We fail every time we harbour an unkindly or revengeful thought.

Let us examine our motives when we are giving help to those about us, and see if they are free from any desire for praise or some other reward. We should help for the sake of helping not for any recompense that may come our way.

May 5**Wednesday****June 2**

♦ *Behold, I send an angel before thee. – Ex. 23:20.*

**I GIVE THANKS FOR YOUR PROTECTION,
FATHER, WHICH IS MINE AT ALL TIMES.**

Have you an important interview to undergo, and are you feeling nervous about it? Say to yourself: “God goes before me to prepare the way, and only what is for my greatest good will occur. Thank You, Father.” Accept this to be so and thus prove your faith, then whatever happens, know that all is for the best since all things work together for good to those who love God.

In any dangerous situation claim His help, knowing that His Spirit is within you ready to aid you in any time of need. Cultivate a consciousness of His presence and relax in His love. Tension shows lack of trust.

Put yourself, your dear ones, and all men under God’s protection every morning before you leave home, giving thanks. If any distressing experience comes to you during the day, remember that He is with you, and lift up your heart. Do not shrink from it, but know that with God’s help you can overcome it.

May 6**Thursday****June 3**

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

**MY FATHER AND I ARE ONE. I HAVE NOTHING
TO FEAR.**

Apart from the fact that the above words were uttered by the Christ, what else disposes us to believe them? One would suppose it to be the individual's own logical faculty.

To know the truth about anything is to know the thing itself, through and through, so if we do know the truth about any conditions or circumstances, they cannot deceive us. The truth about God is that He is All-presence, All-knowledge, All-power and Infinite Love. The truth about us is that we are His Self-expressions, being what He is, having what is His also. This guarantees that All-good fills us and everything that concerns us, our lives, minds, bodies and affairs, and at the same time it rules out all negation connected with us or our interests.

Actively to know this is to be assured that we have everything in the world to be grateful for and nothing in all the universe to fear.

May 7**Friday****June 4**

◆ *But now abideth faith, hope, love, these three: and the greatest of these is love. – I Cor. 13:13.*

**I CULTIVATE LOVE THAT I MAY OBEY YOUR
LAW, FATHER.**

“Without distinction, without calculation, without procrastination, love. Lavish it upon the poor, where it is very easy, especially upon the rich, who often need it most; most of all upon our equals, where it is very difficult, and for whom perhaps we do least of all.” So says Henry Drummond.

There is no virtue in loving those who love us, so we should love, even though it is not returned. And our love – a cosmic love, that is, not necessarily an emotional love – should be given to all men and all God’s creation. We should love the birds of the air and the beasts of the field for they are God’s expressions as we are; the trees and the flowers; the sea and the sky; the hills and the plains; and the sun which keeps us alive, for He created them all.

Love is the most important thing in life; and to love is the fulfilment of the Law. If there is someone you dislike, be kind to him in every way possible, and see if it will not help you to change your feelings towards him. It should.

May 8**Saturday****June 5**

◆ *Love . . . envieth not. 1 Cor. 13:4.*

**MY HEART IS FILLED WITH LOVE AND THERE IS
NO ROOM FOR JEALOUSY.**

Are you envious of anyone; and if so, why? We are not jealous of people we love, so obviously if you feel this way about anyone it is because you are lacking in this most precious quality.

If we realised that we were all members of the great human family with one Father, instead of envying others we should rejoice and share in their success even though we might be competing against them. Admittedly it takes a great soul to be able to do this.

There is no reason to be jealous of anyone. Each of us has his own work to do in this world. We have been given minds and intelligence, but it is left to us to develop them. God gives us the wherewithal to succeed but He does not do the work for us, so if we are lazy we cannot expect to get very far up the ladder of life. Then let us not envy our neighbours but do our best in the particular sphere in which we are gifted.

May 9**Sunday****June 6****MEDITATION****I BELIEVE . . .**

My Father,

As I believe in my heart so is it done unto me. This I know to be the Truth. This is the Law of Life and of living. My heart and mind, in tune with Your Good, make all things possible to me. I place my future in Your Divine Hands and confidently follow Your guidance as it fulfils itself as my highest good under grace.

Even now Love seeks to answer my every need, I see about me the thoughts of all mankind, for these thoughts have become things. Whatever is good among these “thoughts become things” I accept. Anything unlike Your Good I ignore.

I am concerned only with the good and the beautiful and I use everything that is presented to me to build up a greater awareness and understanding of Your Love.

Today, and every day, I open my heart and mind to Your Infinite Blessing and gratefully accept all the good which is Your desire to bestow upon me.

May 10**Monday****June 7**

♦ *The Lord is my helper. – Heb. 13:6.*

**I STRIVE ALWAYS TO EARN MY FATHERS
“WELL DONE!”**

We were brought to this plane of consciousness to bear witness to God and to that end we were fully equipped. We are constituted of His attributes alone, all of which are flawless, so if anyone should imagine himself to be lacking in any good whatever, he has but in faith, to lift up his eyes unto the hills whence cometh his help to receive the divine assurance, “You are my beloved son in whom I am well pleased,” and thereafter to remember that when God looked upon all that He had made “Behold! It was very good.”

This very goodness is the truth about all things, is his to claim and to enter into being nothing other than his heritage. When he knows this it will take the place of all negation, expressing itself as good in him and all of his affairs.

May 11**Tuesday****June 8**

◆ *Whoso putteth his trust in Jehovah shall
be safe. – Pro.29:25.*

**MY MIND AND HEART ARE STAYED ON GOD,
THEREFORE I HAVE NOTHING TO FEAR.**

It is because we do not trust in God sufficiently that so many are afraid to face life confidently. Some people dread the idea of change; others are afraid of illness, or loss, or death; yet others fear life itself, and so it is not the great adventure it should be to them. Instead of going out to meet it they shrink away from it. They try to find some safe harbour rather than sail the seas, and so they miss the joy of pushing back their horizons. If we wish to make the most of it we must say “yes” to life with faith and confidence.

If we are timid we should start at once to cultivate courage. We should look boldly in the face the things we fear instead of turning our backs on them. We should begin with the little things and gradually work up to the bigger ones, remembering that each victory over fear makes the next one just so much easier.

Put your trust in God, and He will give His angels charge over thee, to keep thee in all thy ways.

May 12**Wednesday****June 9**

Thou wilt keep him in perfect peace, whose mind is stayed on Thee. – Isa. 26.3.

I USE MY SPIRITUAL WILL TO CONTROL MY THOUGHTS AND EMOTIONS.

Our thoughts are of tremendous importance, therefore we should guard our minds with the greatest care.

Yet, as a student of Truth, you must have noticed how many people speak negatively. Some can spend a whole afternoon discussing sickness, or lack, or some other unfortunate condition. How much wiser and better it would be to talk of health, and abundance, and happiness, and so on. There are times when we cannot, without appearing rude, turn the conversation from the negative to the positive, but in such cases let us close our minds against the conditions under discussion. Let us refuse to be influenced by what we hear.

Let us try to become increasingly conscious that we are one with God Who is all Good. Let us realise that in our true being we are Spirit and Spirit is perfect. Whenever a negative thought enters our minds, let us oust it quickly.

May 13**Thursday****June 10**

◆ *He giveth power to the faint. – Isa. 40:29.*

**IN ALL THAT I AM AND FOR ALL THAT I NEED I
TRUST IMPLICITLY IN GOD, MY FATHER.**

No one who knows who and what he is ever could be ‘faint’. Students of Truth, particularly, have learned that there is no separation of any kind between man and his Maker. This means that the poorest, weakest, most insignificant individual can claim his Godness, his close at-one-ment with Omniscience, Omnipresence, Omnipotence and for good measure with All-love also. Each one of us can walk abroad in the knowledge that God is walking through us; can come and go, do and be, certain that we are living, moving and having our being in Him alone, and that in consequence we can look all men in the face having nothing in the entire universe of which to be afraid.

Fearing nothing accepting no negation, rejoicing, not in some, but in All-good man bestrides the world like a Colossus knowing that in all circumstances and situations “My Strength is sufficient.”

May 14**Friday****June 11**

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

**I AM NOT AFRAID FOR MY FAITH IN GOD
IS STEADFAST.**

How often someone will say, “Oh, I’m not really worried,” and the next moment disprove the statement absolutely though possibly unconsciously. And indeed, it would take a superman not to be anxious at times – when a loved one is not manifesting health, for example, or a beloved child is straying from the path of virtue perhaps. These are certainly times to test our faith, for anxiety is a form of fear, and fear is lack of faith.

So many of the things we worry about never happen, but worrying makes us less efficient than we might be – it prevents us from making the most of life in the present. How can we enjoy today if we live in dread of tomorrow? How can we get the best out of life, and put our best into it if we are filled with fear?

Conquer your fear through faith – control it by substituting courageous thoughts for fearful ones. You have all the power of God within you to help you.

May 15**Saturday****June 12**

♦ *Keep thyself pure. – I Tim. 5:22.*

**I SHALL SO LIVE THAT I MAY BE USED AS A
CLEAR INSTRUMENT IN GOD'S SERVICE.**

If we want to be channels through which God's goodness flows to others we must be pure in heart and mind, for then we shall be pure in speech and action.

When we are filled with hatred, or jealousy, or any other destructive emotion we can no longer be used as God's instruments. And certainly we cannot be so employed if we are impure in thought, word, or deed.

God needs us as we need Him, and our task is to make ourselves as worthy as we can to be His servants here on earth. We are not perfect, and if we wait until we feel we are fit to serve Him we shall possibly never do anything at all. But we must avoid impurity and any looseness of morals. As students of Truth we should do our best to influence others only for good – we should set an example to those with whom we come into contact.

Then let us do our best to live pure lives and to obey God's laws, that we may earn His: "Well done, good and faithful servant."

May 16**Sunday****June 13****MEDITATION**
FINDING PEACE

My Father,

In this quiet period which I have set aside to be with You in meditation, I withdraw deep within the recesses of my being to a place of utter calm and all the clamour and strife of the world recedes from my consciousness.

Thoughts parade before me and I observe them and let them pass on to wing their way to their appointed purpose. I realise that, I, the observer, am not the thought. I realise that I am in some way connected with these thoughts and I observe them as they are presented to me. I examine each one carefully. I reject or accept them according to their spiritual meaning for me.

I ask myself, “Who observes?” and I hear Your answer: “Thou that art, always have been and always will be – thou observest.”

Then the thought arises: “Surely it is You, my Father, who are the Observer – for am I not in You and You in me?”

Thus I accept my Oneness with You, and Your Peace enfolds me as I let go to You in love and trust.

May 17**Monday****June 14**

◆ *O Lord, how wonderful are thy works, the earth is full of thy riches. – Psa. 104:24.*

MY FELLOWMEN AND I ARE ONE IN GOD LET ME REMEMBER THIS.

I read in a book by W.L. Garrison, “Our country is the world, our countrymen are all mankind and my religion is to do good,” and wondered how, in relation to these words, the average man measures up today.

Week by week our globe is shrinking, all peoples are being brought closer together, but where is the love that should unite them? Each nation seems to hold his neighbour in suspicion as he fears for his own boundaries, and the wealth lying under the soil. No one seems still to believe that what blesses one blesses all.

Long ago the Christ left His message with us: “Give and it shall be given unto you.” The world would be happier and much securer if men would begin to give and themselves GO WITH THE GIFT.

May 18**Tuesday****June 15**

◆ *Whosoever would be first among you, shall be servant of all. – Mark 10:44.*

**ANYTHING I CAN DO, I DO BY THE GRACE OF
GOD, FOR WHICH I GIVE THANKS.**

Since man is human as well as divine he is liable to give way to pride – that ‘never-failing vice of fools.’ Can we say truthfully that it gives us no satisfaction whatsoever to have a little more money than our neighbours, or be in a better position than they? Should we rather count our blessings.

But there are so many kinds of pride. There is pride of race; pride of ancestry; pride of appearance; and the pride which gives you a feeling of superiority, to name but a few forms. Now there is no reason why we should not be pleased to be English, or French, or Afrikaans, or what you will, but the fact of belonging to any particular nation or race should not make us arrogant. NOTHING should make us arrogant or conceited.

Then there is the pride which will not allow us to admit when we are in the wrong – or to apologise for some hurtful thing we have done. What unhappiness it can cause.

Let us oust pride. And cultivate humility and gratitude.

May 19**Wednesday****June 16**

◆ *And many of the Jews had come to Martha and Mary, to console them. – John 11:19.*

**LET ME BE AN INSPIRATION TO THOSE WHO
GRIEVE, FATHER.**

What do you do when people are in need of consolation? Do you weep with those who mourn and groan with those who are depressed? Or do you try to help them to rise above their misery?

We all have to endure sorrow for it is part of life, but if we find others in great distress it is useless for us to be gloomy with them. Our task is to discover a way to help them – to try to uplift them and give them courage. One day the sun will shine again for them, and the sooner they come out of the shadows the better it will be for them and those with whom they come into contact. No one should cling to grief. It is a good thing for those who mourn to take up the threads of life again as soon as possible. Foolish people may criticise them, but those with knowledge will understand and applaud; and it does not matter what others think. The Days have passed when it was correct to shut oneself away with one's sorrow. Let us be constructive even in our sympathy.

May 20**Thursday****June 17**

◆ *Seek ye first the kingdom of God and his righteousness. – Matt. 6:33.*

**IN MY LIFE I STRIVE FOR SPIRITUAL GROWTH
AND BUILDING OF CHARACTER.**

The world has, over the centuries, become very materialistically-minded, and if you asked the average citizen of today what his concept of a good life was, he would probably answer, “Large cars, foreign travel, lovely homes, expensive clothes, exotic food, etc.” He would not realise that we live amid the marvels and beauties of nature, have a wonderful animal kingdom, all members of which, given the opportunity, respond to our love. He would not notice that the healing sun shines on the just and the unjust, the refreshing rain falls on good and bad alike.

There is something wrong with our sense of values. We no longer put first things first when we hold money, position and prestige to be the keys of the Kingdom, LOVE alone is the fulfilment of the Law and until we begin to love our neighbours as ourselves we shall not find entry into the Kingdom.

May 21**Friday****June 18**

♦ *Be . . . steadfast in your faith. – I Peter 5:8,9.*

**I SHALL STAND FIRM IN FAITH AND
UNWAVERING IN MY SEARCH FOR TRUTH.**

There are people who have faith in God in some things and not in others. One may believe in Him as the Source of love but not of supply; while another may trust Him to provide for all his needs except health, and so on. Yet it is exactly the same power which is the Source of all these things.

It is easy enough to trust God when all is going well, but some of us may waver when we are ill, unhappy, or poverty-stricken. Of what use is faith such as this? It is when things go wrong that it is needed; and it is in times of stress that it becomes our anchor.

Let us realise the necessity of being steadfast in our work also. And let us have some worth-while goal towards which we are striving with the best that is in us. Some people fritter their lives away never having defined their goal. How do they feel when they reach the sunset time knowing they have accomplished so little that is of value to the world?

May 22**Saturday****June 19**

◆ *For we are God's fellow-workers. – I Cor.3:9.*

**THANK YOU FOR MY WORK, FATHER, FOR
WHICH I AM TRULY GRATEFUL.**

If all men thought of work as done for God there might be fewer grumblers. It is a bad thing to complain about our tasks, for most people must work to eat and keep a roof over their heads and clothe themselves. They should be grateful that they have work to do, and do it in love.

Kahlil Gibran says: “Always you have been told that work is a curse and labour a misfortune. But I say to you that when you work you fulfil part of earth’s furthest dream, assigned to you when that dream was born, and in keeping yourself with labour you are in truth loving life, and to love life through labour is to be intimate with life’s inmost secret.”

“All work is empty,” says the same poet, “save when there is love; and when you work with love you bind yourself to yourself, and to one another, and to God.”

Do you work with joy? If not, try to remember that you are God’s fellow-worker, and this should change your attitude to what you are doing.

May 23**Sunday****June 20****MEDITATION****COMFORT . . .**

My Father,

How often have I come to You in time of distress and sought Your comfort and enlightenment. Always, when I have remained still and waited upon You in faith, the answer has overcome my doubts and fears and Your light has penetrated the darkness of my ignorance. Truth has revealed to me that though pain and suffering appear to have Your sanction they are not of Your Kingdom.

It has been in my extremity that I have drawn closer to You, and the very obstructions that seemed to block my path become eventually, through Your guidance, the means to greater understanding and fulfilment.

Thus it is today I can rejoice in spite of the difficulties I encounter, for Truth has enabled me to view the glorious purpose of life and know it to be eternally GOOD.

Because I have been given a new vision, I find a greater comfort and peace in beautiful thoughts as I do my part to help others to understand the wonderful sense of peace when we let go and trust You completely to restore and heal.

May 24**Monday****June 21**

◆ *When thou doest alms, let not thy left hand know what thy right hand doeth. – Matt. 6:3.*

**I DO GOOD FOR ITS OWN SAKE, NOT FOR
ANY REWARD.**

Most of us expect gratitude from people whom we help, and this is a natural human reaction, but one which should not be encouraged. Whenever possible we should do good in secret. The Master demanded no return for the help He gave and neither should we. We should regard it as a privilege to be used as a medium through which God gives to His children.

That is what we can be if we will, channels through which His love – which flows to us in the measure in which we can receive it – pours out to others. But the more secretly it is done the better. If we do it for the sake of getting praise and admiration from others it loses any value it may have.

Kahlil Gibran says: “There are those who give little of the much they have – and they give it for recognition and their hidden desire makes their gifts unwholesome. And there are those who have little and give it all. These are the believers in life and the bounty of life, and their coffer is never empty.”

May 25**Tuesday****June 22**

◆ *I thank thee that I am not as other men are. – Luke 18:11.*

LET ME NEVER BE SELF-RIGHTEOUS.

It is because what, of negation, we see in others we do not associate with ourselves, that most of us are ready to behold the mote in our brethren's eyes while completely ignoring the beam that is in our own. We forget that the next man is our own *alter ego* and that the errors we see in him may be the very ones that we possess, perhaps in an aggravated form.

Where, on the Path of Truth, the stranger within our gates is standing today, there we were but yesterday; as we have advanced so will he too take his steps forward and upward, for God is guiding him just as He is leading us, so we have no reason either to look down upon him or to take pride in our own progress for of our own selves we have done nothing.

May 26**Wednesday****June 23**

◆ *Love therefore is the fulfilment of the law. – Rom. 13:10.*

**LET YOUR LOVE FLOW INTO AND THROUGH ME
TO ALL YOU HAVE CREATED, FATHER.**

This love is not necessarily a thing of the emotions. It consists of sending out good thoughts to all mankind, irrespective of race, colour, or creed. When we love in the cosmic manner – which is the type of love under discussion – we are kind and patient to all with whom we come into contact. Nothing of dislike or envy or selfishness enters into our relationships. We rejoice in the successes of those around us.

And it is not only man whom we must love, but all that God has created. We must be kind to His dumb animals, for example, and treat them with loving care. We must love Nature, too, in which His beauty comes into expression. And we must love life itself in its various stages – youth, maturity, and age – and be grateful for it, expressing our gratitude not only in words but in deeds.

To fulfil the law is good and wise.

May 27**Thursday****June 24**

◆ *Hide me under the shadow of thy wings. – Ps. 17:8.*

**THE LORD IS MY SHEPHERD, I SHALL
NOT WANT.**

We name this the ‘science’ age and are in danger of allowing science alone to rule us. Absolute Science is Ultimate Truth which is now – and probably always will be – beyond mortal understanding. All we can arrive at is an approximation to REALITY and when we recognise this we shall be willing to place our lives in God’s Hands, to do our best, to take what practical steps we can and then to put our entire trust in Him as we pray, “Thy will be done.”

We shall have no cause to fear for we are never totally on our own. It is God, not we ourselves, who is ultimately responsible for us. All we have to do is first to love Him and secondly our fellows; then as by so doing we fulfil the Law governing all life on all planes of experience we shall abide forever in the Kingdom He has prepared for us.

May 28**Friday****June 25**

◆ *Behold, how good and how pleasant it is for brethren to dwell together in unity. – Ps. 133:1.*

**I DO MY BEST TO SET A GOOD EXAMPLE
TO OTHERS, BY LIVING IN UNITY WITH MY
FELLOWMEN.**

So many people fail to realise the importance of living in harmony in their own homes. Yet it is there that the child should learn to co-operate with others – to be kind, considerate, and loving. It is in his own home that he should learn to adjust himself to people and conditions and so receive his first lessons in good citizenship. Unfortunately there is so often friction between the parents, which many make no attempt to hide from their offspring, and so the home is not the place of joy it should be.

We are told that the foundations of a child's character are laid during the early years, so how necessary it is for adults to set a good example in courtesy, loyalty, kindness. and the other virtues.

Let us all allow the spirit of love to reign in our homes that they may be places of peace and harmony and joy; and that they may be models which our children will wish to copy when they have homes of their own.

May 29**Saturday****June 26**

◆ *Stir up the gift of God, which is in thee. – 2 Tim. 1:6.*

**WITH GOD'S HELP I MAKE GOOD USE OF THE
TALENTS HE HAS BESTOWED UPON ME.**

God has not endowed us all in the same way, and it is our task to find out in which direction our talents lie. There is a certain thing, or there are certain things, which we can do better than others, and surely these must be the things we were meant to do? Then let us cultivate these talents to the best of our ability that the world may be enriched by our efforts. We should never allow a talent to lie dormant. for to do so is to waste a gift of God.

There are people who are channels for His healing power and yet fail to allow themselves to be used. We could all be such channels if we would realise fully that we were one with God's power, and that all we had to do was to claim it in faith for another's benefit.

So many people are square pegs in round holes because they have not considered sufficiently in what way they are gifted; or perhaps because they have been persuaded to take up some work against their better judgment. We should be guided by our talents.

May 30**Sunday****June 27****MEDITATION****BLESSINGS ARE
EVERYWHERE. . .**

My Father,

All around me I see the manifestation of Your love and Goodness. I delight in the colour and beauty of the flowers, the loveliness of the country, the charm of well cared for homes, and the amazing expressions I see in Nature. My heart gives praise for these bountiful blessings around me.

Much that I had previously taken for granted I now recognise as of real value in promoting my spiritual growth. I behold Divine Love working in and through all, and in beholding the Truth I am blessed.

All sense of doubt has been eliminated from my consciousness, for my understanding has grown with each experience. I know that you have set Your Love upon me and my perfect abiding place is in the quiet acceptance of Your guidance at all times.

I accept the multifold blessings that You have given me and I do my part in blessing all whom I contact.

May 31**Monday****June 28**

◆ *Better is a dry morsel, and quietness therewith, than an house full of sacrifices with strife. – Pro. 17:1.*

**I DO MY BEST TO MAKE MY HOME A PLACE
WHERE LOVE REIGNS SUPREME.**

Many a home is made unhappy by one person in it who is constantly complaining. A woman may be of the nagging kind – or she may be a self-made martyr, telling everyone how hard her lot is and expecting others to commiserate with her.

On the other hand it may be the man of the house who is the culprit. He may be constantly looking for the things that are wrong and never giving any praise for those that are right. Perhaps the children are always quarrelling amongst themselves, or with their parents, or otherwise causing trouble.

Let us try to make our homes pleasant and joyous places. Let us make God the Head of the house. Let us be kind and considerate towards one another. When we enter our homes we should be able to shut out the turmoil of the world and dwell in peace together.

It is better to live in a cottage where love is, than in a palace where it is not, for it is love which makes a house into a home.

Tuesday**June 29**

♦ *It shall be told thee what thou must do. – Acts 9:6.*

**I WILL NOT FEAR FOR I AM DIVINELY INSPIRED,
LED AND PROTECTED.**

Are you, perhaps, faced with some weighty problem which you have done your best to solve without success? Wherever you look can you see no solution?

Surely you know what to do? Take the matter to God and claim His aid. There is no problem which He cannot solve, no difficulty which He cannot overcome, so stop struggling and let Him help you. Affirm: THIS PROBLEM, TOO DIFFICULT FOR ME TO SOLVE, IS NO LONGER MINE BUT YOURS, FATHER, AND YOU AS LOVE SHOW ME THE PATH I MUST TAKE.

Having made this affirmation relax and be at peace. You have handed the matter over to God – be satisfied to leave it in His hands in faith. He knows all things and what is an unsolvable problem to you is no problem at all to Him.

Unfortunately some of us continue in anxiety about things even after having handed them over. This is an indication of lack of faith and according to our faith it is done unto us.

Wednesday**June 30**

◆ *We must work the works of Him that sent me,
while it is day: the night comes, when no man
can work. – John 9:4.*

**I SHALL NOT BE HEARER THAT FORGETS,
BUT A DOER THAT WORKS.**

What are you doing for your fellowmen? Are you concentrating on your family, thinking that that is enough?

There are so many fine people in the world who devote a great deal of time to helping their neighbours, and they do a tremendous amount of good. But there are probably others who do not bother. Maybe they think that what they have is not worth giving, but we all have something to share with those around us. There is some service each of us is capable of performing, and we should let nothing stand in our way.

The results of our work may not be perfect, but as long as we do this as well as we can, we shall be making our contribution to life. Let us start now in case we leave it too late. God's vineyard is large and the workers are few, so let us play our part.

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