

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



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# **SCHOOL OF TRUTH (NPC)**

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# **THE PATH OF TRUTH**

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## **A THOUGHT FOR THE MONTH**

### **God is blessing me now and I strive to be a blessing to others**

Even in the midst of the blessings which we may be receiving from God, it is still possible for us to be so concerned with ourselves, that we fail to be a blessing to others. It is possible to be so wrapped up in our own happiness at the manifestations of good which are coming to us, that we do not give a thought to the matter of sharing with others.

Perhaps a very ordinary and natural state of affairs but one which, as followers of truth, we must not allow to continue. A blessing shared is a blessing doubled and if everybody could only see and understand this what a vast difference it would make in the life of humanity. To share with others the material blessings which are ours is good, but it is not the most important way in which we can be a blessing to them. To share with them the spiritual knowledge we have is a better way in which to bless them, and other ways are through the channels of the friendly smile, the encouraging word, the understanding thought and the positive prayer.

## *“I asked you to pray –”*

Extracts from letters to the School of Truth

Some time ago I telephoned you and asked if you would pray for my brother as he had a suspected tumour on the brain. I am more than grateful for your prayers as he was tested for a tumour and no trace of one could be found. He is now back at work again, fit and healthy.



It seems but a short while ago that I was paralysed and nearly dead. It was your little books that helped me. I was unable to write but I am writing this letter. Please always send me your little book, I have kept them all and I treasure them greatly.

**We thank our known and unknown friends for their spiritual and material support, which sustains and expands the work that we do for God and our fellow men.**

Some months ago I wrote asking that you would pray that the right employment be offered my husband. Just when things appeared at their darkest and we were actually packing, preparing to leave the country, the post he now occupies was offered. Please do not discontinue your prayers for us because I know through this we are blessed.

I thank God all day long for His many blessings, especially my good health. It is now ten years since the doctor told me I must not even walk in the garden as my heart was so bad. I wrote to you and you sent me the little books and two courses of lessons. Within eighteen months I was normal and able to carry on my usual household duties. I have not seen a doctor since and have enjoyed lovely holidays at the coast, bathing, walking, etc.



It is so difficult even to express my gratitude to God and your teachings. You have shown me the way which I could not find in my darkness. For five years I was so desperately ill, now life holds all that is good. I feel well, and in my new-found health I thank your wonderful little books for guiding me and showing me that God is truly wonderful. This sounds so utterly inadequate, but you will understand.



This is just to thank you for your prayers. The chief is much friendlier towards my husband and we have not heard anything about any shortage again since you prayed for us. God's blessing be with you.



This letter brings to you my heartfelt thanks for your prayers about our house. We have sold it just at the right time, for the right price, and I am sure to the right people. We are so grateful to God for His help.

I cannot thank you enough for what the School has done for me and my family. My home was almost broken up and my three children were most unhappy. From the time I visited the School it was like a ray of sunshine in my life. My husband is a changed man and interested in our home and children once more. I must thank you for your prayers and am most grateful to God.



My heartfelt thanks for your prayers for my husband who was drinking heavily. He has now given it up completely. God has been wonderfully good and I am so grateful. Many thanks for my copy of *The Path of Truth* which has been a constant source of inspiration to me. May you be richly blessed in your good work.



I wrote asking for your help for my husband who wanted to better his position. Your letter strengthened our faith and we were helped in a way that seemed like a miracle. Thank you very much.



I asked you to pray for a friend of mine. I went to see her a few days ago and the first thing she said was: "What do you think? I had the doctor in and after he examined me he told me my heart was quite all right." She is very grateful to you for your prayers and to God for His blessing.

I asked you to pray for a friend of mine as he was suffering from suspected cancer of the throat. Today I joyfully want to add that, thanks to God and the prayers of the School of Truth, he is now completely well.



I wrote to you telling you just how I felt about losing my job at my age. You replied with a letter of loving help which I read and read until now it is just about worn to pieces. I want you to know that you, in that letter, gave me a new life. I obtained another job and have been pushed along by the works foreman to an office job with very little work and good pay. Truth has proved itself again and the love of my heavenly Father has taken away my fear.

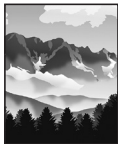


Our baby daughter was suspected of having polio, therefore I telephoned asking for your prayers. Later I telephoned and said she had lost the use of her legs. Well, today she is quite fit again and shows no effects whatsoever of what she went through. So now I want to say thank you to the School for your prayers and to say how much they helped us to come through this experience.



Lecture delivered in Johannesburg by Nicol C Campbell

## ***Building God-consciousness***



To those who are seeking the consciousness of God, I would suggest that they ask themselves the following questions: “Is there a God?” If you can answer this in the affirmative, proceed to question two: “What is He? Hatred? Sickness? Poverty? Unhappiness? Death? Or is He the divine attributes of health, happiness, protection, prosperity, vision, and all other qualities of good?” If the latter you can go on to your third question, the most important one. “Where is He?” If you have accepted Omnipresence as a Reality this will mean that He is all the qualities of Good there are, and all the Presence there is, so that there can be nothing apart from Him; in which case, *who are you?* Can you be outside of All-presence? If not, is it that you are, yourselves, GOD-PRESENCE. Think about it for a moment! The Power everywhere evenly present at the same time, plus all the Good there is, IS YOU. If this is so – and it must be – there can be no room in your lives for His opposite, sickness, poverty, unhappiness, or lack of any kind. This is the logical inference following upon your answers, but are you convinced that they are correct?

I was lying awake the other night and thinking, as I always do, about the Omnipresence of God and its tremendous import, when there stole over me a wonderful



sense of nearness, the understanding that all things are not only possible but certain with man because of his being God-constituted. The only thing that prevents manifestation is the fact that man is ignorant of his true nature, and unaware of himself written with a capital “M”. He is living in a state of hypnosis, in a fool’s paradise of separation, sickness, misery and failure, and all that is required to transmute these negative conditions into positive ones is a knowledge of the Truth of Being, the recognition and there is not God AND self, but that when the individual says “I am” he is declaring his veritable God-or-Good-nature, which consists of health, happiness and prosperity to share and to spare.

We who are dwelling in a fool’s paradise, in the consciousness of separation, bereft of all authority and command, need to be awakened from our dream. We beg, plead, meditate, visualise and pray, we do everything we possibly can to produce qualities of Good in ourselves, but they remain external to us. What authority do you possess? What does your consciousness of dominion amount to? If I say to a member of my staff, please do this or that there is no question in my mind but that he will fulfil his function and carry out my wishes. One does not have to shout, affirm or visualise, one merely says do this or that knowing that it will be done, *because one is possessed of the requisite authority*. A lot of us imagine when we approach God that it will be by means of affirmations and proclamations, accompanied by much shouting that we shall produce in our affairs the

qualities of Good we are seeking, but it does not work like that at all.

We decided that GOD IS, and when we asked ourselves *what* He is, we recognised that He is LOVE, so Love must exist, not as a personality, but as a *Reality*. It is both Creator and creation, a Divine Intelligence of Harmony and Order expressing Itself outwardly in myriads of forms. It is First Cause, omnipresent joy, health, happiness, protection, prosperity and all else we require and desire. We cannot have Love everywhere evenly present except we fit into It, but we imagine that we are made of negative qualities and that, though all around us, above us and beneath us is the Presence of God, It is not in and through *us*. We think we can destroy His Omnipresence with our dissent and that we are bad apples which contaminate the whole and ruin it. If this is possible, does it make sense? Of course not!

You are trying to discover what the Master asked you to *accept*. You are the temples of the living Presence of Love. Which is NOW your happiness and all that you crave, but you have to take It unto yourselves: “Concerning the works of My Hands, command ye Me.” That is specific, but how are we to do it? God is not a person whom we can order about, and even if He were, He is the macrocosm, we but the microcosms, and we cannot command that which is infinitely greater than ourselves, any more than we could constrain the President as an individual, to do our chores for us. It is *His*

will, not ours, that is decisive, but we are not dealing with a personality; we are treating with Omnipresence as Love, and we command It *by attuning our hearts to It*. When we do this we *become* Omnipotence, Omniscience, and Omnipresence, the very Voice of God, of Power and Authority, so that we can say, “Let this condition in my consciousness disappear, or this flaw in my life fade out into the nothingness whence it came.” Of sickness we know that it is a lie of separation and no part of God, but rather an error of our way of thinking, our own lovelessness come forth into manifestation. A lot of noise, affirmations, or the old type of prayer we were taught to pray, will not bring our good into our lives, neither will the fact that we are students attached to the School of Truth cause everything to gravitate towards us. We can be Roman Catholics, Salvation Armyists, or Bush Baptists; our religion, nationality, social position or financial status, will not affect the outcome, only the universal Power of Love, *Which is us, YOU AND ME*, can bring to pass for us.

Nevertheless, while we regard ourselves as God-creations instead of as Omnipresence-in-expression the hands necessary for our welfare will not open for us. This will happen only as we recognise that we are the Presence of LOVE, *then* it will be done unto us accordingly as we release It.

At times there will be, or will appear to be, tremendous physical, mental, emotional or material opposition, but this will be a lie, necessary at the particular juncture where it

occurs, for the extension or expansion of our knowledge. If we sit down quietly and in the light of Omnipresence, consider the man, woman, condition or circumstance that appears to be obstructing us, we shall see that our antagonist is ourselves, for we, individually, are that presence. There is nothing outside of us; we look into the mirrors of our minds, but once we have discovered Love, It will see through us with Eyes that are too pure to behold iniquity. We are so steeped in our error-awareness that we are always expressing negation; even before we have had time to think, we automatically give way to criticism and condemnation but omnipresent Love neither censures, punishes, nor holds up our good. *We* do that. We build up some colossal error whose size hypnotises us until we tap ourselves on the shoulder and remind ourselves that it is not of God. Omnipresence means “Allness” so how can evil exist in Good, or darkness dwell in light?

If Love is Allness then I and all with whom I come into contact must be Allness too, therefore whatever is at the root of my distress, cannot be other than myself.

If a man comes to see me because his wife or child has caused him unhappiness, I am not concerned with them, *but with him*, and so it is with your troubles; *they* do not need to be overcome, *they* exist only in your personal consciousness, so it is you who have to undergo a change of heart. If instead of the husband, the wife or child comes to me, the problem is hers, or its, for whoever suffers from anything does so

because it is part of his awareness, and before God's loving Presence can come through, he will have to eliminate the so-called reality of the condition from his mind.

Once you realise that I – God am self-sufficient, you will have no enemies, nothing to hurt you, nothing to oppose you, or deprive you of your Good. There will be no person or appearances to interpose between you and your God-awareness; you will be the fullness of your own happiness, prosperity and health, achieved not by talking *but by knowing*.

It will be hard when things are going against you and you yearn for some human sympathy and companionship to have to admit that no individual can supply these, but only your own state of consciousness. It is not easy to believe that God is your prosperity when you reach the retiring age and find that you have not saved enough to pay your way, and all channels are closed to you. When sickness has invaded your bodies and there is no one to help you, a feeling of complete emptiness comes over you. But let us take the long view and admit that, if these experiences compel you to turn to Truth and engender within you a consciousness of the Power Which brought you into being as a self-sufficient entity, dependent not on individuals, but only upon GOD for your Good, they will have been well worthwhile.

If I look back on my life, I remember that the problems that were presented to me alarmed me so, that I made such a noise telling myself of God's All-presence that I could

not hear myself thinking about the condition. I had no faith and no awareness but I could not imagine the Master or any other developed soul raising a terrific clamour hoping by that means to reach the ears of God; such a one would be poised, peaceful and relaxed, knowing that Love was omnipresent health, happiness and prosperity. The empty vessel makes the most sound, and the person who lacks the consciousness of God usually tells everyone how well he knows Him, while the man who has acquainted himself with but the outer edges of the Power of Love, lives It in himself and people, seeing and recognising It, flock to him in search of the knowledge he possesses. It is not talking that impresses but the good that has been made manifest in the life of another through his confidence and conviction, proves that All-power in heaven and earth has been vested in him. Can you now believe that all the Power necessary to change yourselves mentally, emotionally, physically and materially is yours, or rather YOU? Do you accept the Truth that, at this moment, the Power of Love is permeating you with Its own qualities from the inner to the outer, from the centre to the circumference? Or are you still striving from outside of yourselves to get an answer to prayer. The Kingdom of God, Love, and His Substance is within you as well as outside of you, and you can choose the road you will take to It, certain that He will assist you in any manner you desire; but if you impose limitations upon Him these will clutter up your way. As long as you have not discovered Him you will not have

come into your inheritance, and though He will not withhold His aid, you will not have the inner conviction that God IS and because He is I (you) AM.

There are not two presences but only ONE, spiritual, emotional, mental and physical, Which is God, AND INCLUDES YOU, to whom He has said: “I have given you dominion over all things, so, concerning the works of My Hands, command ye Me. All you see around of Good – health, happiness protection or prosperity – if you bring your hearts and actions into tune with Me – is yours. You will slip on the path and tarry by the wayside; many times you will feel a sense of frustration and impotence, but always deep in your hearts you will know that in spite of the *evidence* of evil. *I could not have created it.*”

There is only one Creator, Love, Which can fulfil Itself only according to Its own nature of Light, Understanding and Beauty. Do you want to discover this Presence for yourselves, do you want to come close to It, or do you still hanker after a crutch, some person or guarantor to act as a standby? How much do you desire God. What is the measure of your development, your consciousness of His Power? Are you content with the crumbs from the table, satisfied not to live but to exist, to have built yourselves a certain pinnacle of security which can be swept away at any time, leaving you to start all over again? Personally I would rather be dead than live from moment to moment in insecurity. There are many things I do

not know, and many I fain would understand, but I am sure of this, that if any man seeks God without compromising, he shall indeed find Him.

I am no different from the boy who leaves school for the university only to find that he must gather a great deal of information if he would solve the problems that are being presented to him there. He can grow only as the result of experience and at times it appears that adversity is the only adequate teacher; nevertheless I have often cried. “Why is the road that shall give us the awareness of our Power and drive out our sense of separation so difficult?” We fall down because we are impatient and uncontrolled, avid for things we do not deserve (since we have not yet built up the awareness of them) but we have achieved a mental treasure in the discovery that we are not able to create, but must attune ourselves to God – Love, Joy, Beauty – and allow Him to be fulfilled through us.

The conditions that pile up at times are but lies and when we bestir ourselves and put His Verities in their place, they will disappear into the void whence they came, for they have no power and no real existence. There is only God, Omnipresence, Which is Love and occupies all time and space; It is in *us* in manifestation, and when we recognise this, we shall be able to say in trust and expectation, “Let it be done. Let the Truth enter my awareness and let the lie that is now facing me be eliminated from my consciousness.” There is only God sustaining us every moment unto eternity



and waiting patiently for us to recognise Him. Let us rejoice and be glad in the knowledge – not the belief – the Master unfolded to us that we are all temples of the living God, having access to His spiritual qualities, which when we release them, flow from within outwards like a quickening stream that bubbles up and brings refreshment to our hearts, minds, bodies and affairs.

When, like batteries that have run down, we become depleted, if we will turn to Him, trusting in the promise “Come seek Me with all your hearts and love, and ye shall surely find Me.” We shall be recharged with His Vitality and Strength. He will ask for no return except that as we open our hearts to the Power flowing in from the inner to the outer, we begin to live It and distribute It.

You will all eventually discover that this Omnipotence is within you and that “concerning My works, mental, emotional, physical and material you shall command Me. Then will I restore unto you the years that the locusts have eaten, and you shall remember only the Good so that the dead past shall bury the dead forevermore.

“This is the Path of Truth, the way of peace and happiness and effortless success that leads to a prosperity-consciousness that will astound you as it comes into being in you, not as the result of your works, but because of My Love Which sets you free.”

“Give Me all your problems, your conditions of darkness and I will flood them with My Light, and My Voice of Love shall encourage you and uplift you, My rod shall sustain and support you, and My Truth, Which is the only Truth, shall set you forever free.”



## *A Life Renewed*

OVER a period of two years I have been receiving The Path of Truth and in all that time I have imagined that I was unable to tithe.

As far as possible I have tried, though, to follow your teachings and now that I practise your method of meditation and prayer, I find your promises have brought me success as health. As regard the law of abundance and prosperity, I am not conscious of any lack. How much more can I hope for when I carry out tithing?

I wonder if other students have been led back to the church through the School of Truth. I find it strange that you should have first shown me how to be grateful and to use affirmations with such success when all you have said

was there all the time, had I only had the consciousness to accept it – right there in the church’s teachings. It is a constant source of delight to me to find the church in The Path of Truth and vice versa.

From a timid creature without any beliefs at all I have become a searcher whose faith is becoming stronger every day.

The atmosphere of our home is changed and this has gradually come about through trying to change myself, not the other.

Each day is an opportunity to try to carry out God’s work – joy is an attitude of mind and gratitude is constantly in my heart. My life has been completely renewed. I have my failures occasionally, but they come less often. I am seldom angry and in fact starting each morning your way, makes the day go well.

Many thanks. I do give thanks for your interpretation of God’s teaching.

I like to feel myself a channel, too, through which His work is done.

May you and your helpers be constantly renewed in spirit.

– *A Student*

## *Room of Joy*

Some people say that we are living in an age of anxiety but for some, every age has been an age of anxiety. We persist with our fear and worry even though we are so often told how detrimental it is to our wellbeing, and knowing that we bring forth that to which we direct our energies. Those who are sensitive to their own condition feel the lowering of their state of mind and their vision of life.

Is this perennial condition of anxiety something mankind should simply accept? Is it just human nature or is there something we can do to rise above it? Perhaps more importantly, must those who are not afflicted simply learn to cope with the effect that the behaviour of others has upon them?

This negation *can* be overcome if we are prepared to direct our will and the life-giving Force within us consistently and consciously towards the positive, even if at first it may be an almost artificial optimism, acting the part. Also, we can learn to relax our bodies and minds. It has been proven that relaxation blocks the entry of negative influences into our lives. Devoting time to relaxation, as we introduce to you at The School of Truth, is far better than giving time to your fears. Only a few minutes spent each day is enough to establish the habit. We all live by habits, so we should try to make them good ones.

During our relaxations we invite Divine serenity into our lives. We do it by consciously accepting only that which is good, true, beautiful, sweet, peaceful and blissful. The Master exhorts us to “go into your room and shut the door and pray to your Father.” The homes of his society did not have the luxury of personal rooms, so clearly he means that we should retreat to an inner part of our mind, away from the clamour of the world and away from our worldly reactions to that clamour. With practice we can all learn to do this – to establish a quiet room in the mind and to fill it with sights and sounds that bring us joy, with images perhaps of a sunset, a river, a mountain, a private garden. In our special room we find it easy to contemplate the most beautiful aspects of life.

To this special Room of Joy we should retire in the morning before we rise and the evening before we retire, and as often as we can even for a few moments during our busy day. We can take with us into our Room an affirmation of God’s presence. Psalm 91 has several wonderful affirmations, for example “He who dwells in the secret place of the Most High will say to the Lord ‘My refuge and my fortress’,” At first it may require discipline but soon it becomes second nature. We do not become dreamers, detached from normal life, but become more vital, more alert in consciousness.

There is a story of a man who wanted a genie. One popped up and said to him “I will be your genie and you can have anything you desire, but there is one condition – you must

keep me busy all day long. I never stop working.” So the man agreed, and asked the genie to plough his fields. In a short while all the fields were ploughed. Then the man asked that a wall be built all around the fields. Again in no time the task was completed. The man asked that all his farm sheds be rebuilt and the genie started work. At this point the man realised that he had a problem. How was he going to keep the genie busy all the time? He pondered and pondered his difficulty, but to no avail. So he went to see a wise man and explained his problem. The wise man thought for a while and then said “Ask the genie to dig a big hole in the ground and in it to erect a pole. Now when he is not doing something for you ask him to slide up and down the pole. That will keep him busy at all times, and out of mischief.” So that is what the man did.

Now the genie is like your mind, which is a tool that never sleeps. When it is not busy with a task let it rest in the Infinite. Direct it there before you go to sleep so that it does not disturb you but fulfils itself. Even during your relaxations you may direct it there so that there is a part of you that is always attuned to ultimate Reality, to God.

There is a humorous advertisement on television which shows how the housewife, unlike her husband, is able to do several chores at once. She is like the African mother who is able to carry an object on her head while holding a conversation, directing her small children, and doing other minor tasks. All the time there is a part her mind making sure

the object stays on her head. This is how we should be with God. We practice regularly to retreat into our quiet room and then to return to life's threshold.

Negation, like everything else, is built up by constant practice. It becomes a deeply entrenched habit. How often do you meet people whose entire reality seems to rest on anxiety. They seem to be happy only when they are worrying. The best way to destroy a bad habit is to replace with a good one.

The opposite of fear is faith. We can make a habit of faith – to believe in God and constantly to practice our belief. This is not just an intellectual assent to the existence of God but living *as though* he exists, greeting each new day with love in our hearts, expecting each day to bring forth our highest good.

Each day we use our creative imagination, knowing that our consciousness creates our reality, our environment, and that our consciousness depends upon the thoughts and feelings that habitually occupy us. We need to soar above the mundane affairs of life. “Let your light so shine before men, and they may see your good works and give glory to your Father who is in heaven.”

We seek to perfect ourselves that we may be an inspiration and a blessing to all whom we meet. This is indeed the day the Lord has made. Let us be happy and rejoice in it.

(Ref EW040211)



## *I behold the Christ in you*

I behold the Christ in you  
Here the life of God I see  
I can see a great peace too  
I can see you whole and free

I behold the Christ in you  
I can see this as you walk  
I see this in all you do  
I can see this as you talk

I behold the Christ in you  
I can see that perfect one  
Led by God in all you do  
I can see God's work is done

*Frank B Whitney*





## *Lo, I am with you Always*

Because I have proved my Lord's promise, "Lo, I am with you always," I have climbed from a deep valley to glorious heights, heights that I never before had conceived. In the darkest and dreariest place in the "valley of the shadow," where fear and doubt would have overwhelmed me had I remained alone, I reached out and felt for His hand, and it clasped mine, held me steady. When every appearance spoke boldly of failure, limitation, I listened not, but gave ear to Him, and His whispered words of confidence and cheer gave me courage, boldness. In the darkness, when not one step before me could I see, I lifted my vision to the Highest, and immediately I sensed a radiant presence. My eyes were opened to an illumined path, and He was there, beckoning me to follow. Thus companioned by the Way-Shower, I was filled with courage to go forward. Power came, strength rose in me, and I walked triumphantly out of the valley towards the glorious heights.

*Frances. W Foulks*

## MEDITATION

### Living in Love

FATHER, I have frequently spent time meditating upon my relationship to You, trying to know of the essential unity between You, me, and all of Your creation and have ended up my period of contemplation with the oft-repeated affirmation (which I have sincerely *believed*, not understood), “I am one with God and am Himself in manifestation” and have thought that this Truth should have made Itself felt in my daily life and personal affairs, and been disappointed and discouraged that this has not been so.

One day thinking this over I decided it was not enough to make this declaration and leave it at that. “Supposing,” I asked myself, “that a certain Mrs. Smith, who envied and desired to resemble a millionairess (a Mrs. Jones) who was famous not only for her riches, but for her beauty, popularity, vitality, generosity and sunny disposition, sought to achieve this by vehemently affirming ‘I am one with Mrs Jones and all that she is and has’ and then continuously complained of her aches and pains, always refused any appeal for money with the excuse that she had none to spare and invariably met her fellow creatures with ill will and discourtesy. “do you.” I asked myself, “imagine that her affirmation, even if reiterated the whole day through, would change her or the conditions amid which she lived?”

Now maybe *I*, Father, have not fallen quite so short as this example I quoted to myself, but I have not watched my every word and reaction as I should have done.

Many times I have repeated, not maliciously but carelessly, idle and unsubstantiated gossip about some public figure, remarking “Oh, it is common knowledge that he drinks!” Or about a well known actress. “She is *quite* a notorious character.” Often I have allowed my feelings to be “hurt”, have resented people, conditions and situations, and have reacted negatively in many instances *without ever realising* that all of this was diametrically opposed to You and Your Nature.

Now, having taken myself to task, I see that if I would claim my oneness with Your Perfection I must think Your thoughts after You, utter only such words as the Master would have spoken, fill my heart with love and goodwill, and act solely from the standpoint of love, and for this, my Father, I need Your constant help.

I would have You remind me of Your Presence when I forget about It, jog my elbow when thoughtlessly I start to repeat or acquiesce in some unfounded tittle tattle, infuse Your LOVE into my heart and guide my every action. I will be as alert, Father, as I can be, to perceive Your leadings; and as, bit by bit, I conform MY LIVING to Your Grace I shall, I know, begin to experience my oneness with You and to see the manifestations thereof in myself and all of my affairs.

## *The Eternal Question*

“I and My Father are one.” Once again I am come up against that challenging statement upon which I have spent so much time in an earnest endeavour to make it my own.

Logically I accept it. If there *is* only God – and I admit this – there cannot be two of us, and as I certainly exist I must be included in Him as an integral part of His Being. I believe with all my intelligence that there is no separation between me and my Maker, and that consequently “all that I have is thine.” But there are certain things I lack: Health for instance, others that I would have changed, my environment and associates, and still others I would wish to see increased, prosperity, success, power, so once more I reaffirm that what God is, I am; and what He has is mine also, yet where the material expressions are concerned I still find myself making no headway.

As I strive after enlightenment, this is what comes into my mind. Supposing there is a father, “A”, and his son “B”. They are of one flesh and the son participates in all that his father possesses.

The father is handsome, healthy, rich and successful. The son, too, is well favoured, has an excellent constitution, shares in his father’s wealth, and enjoys greater stature because of his parent’s prestige. Unfortunately he is personally unkempt and dirty, so that his good looks are hidden by his slovenly

appearance; he lives grossly, drinking and roistering to excess so his native robustness is undermined by his intemperate habits; he wastes and loses his money on gambling and racing so despite his affluence he is always hard up and frequently flat broke, and though his father's eminence casts its mantle over him, he is such an obvious waster that he has no social position at all. Nevertheless he *is* his father's son, and what his father *has* is his if he could receive it, but he is so abysmally divided from him as to render this impossible.

*I, too am my Father's son*, and in this conviction I claim the health I feel is lacking, a more desirable environment, more compatible associates, greater prosperity, increased success, and added power, but am *I*, while declaring my atonement with Him, falling – not into the same blatant mistakes as “B” – but into others that, like his, are so opposed to all that God is that they *do* cut me off completely *in awareness* from Him so that I also am precluded from entering the Kingdom for as long as I continue in my separation-consciousness.

I declare daily that, because of my unity with Him. His GOOD is mine, but I do not demonstrate, so I start to search still deeper in my heart. I find that I am very intolerant of the weaknesses I, all too readily, pick out in my fellowmen. I realise that I am often cuttingly critical, usually quick to anger and slow to give, and that I am inclined to denigrate those who displease me. In short *I am anything but charitable*, so am I not as much at variance with the LOVE THAT IS GOD as was “B” out of character with his parent?

He undoubtedly *was* his father's heir, but he could not, because of his own nature, of the faults with which he had *overlaid* his sonship, enter into his heritage. Am I not likewise depriving myself of "all that I have" because I, too, am making myself, through the failings I have superimposed on God's image and likeness, incapable of receiving my ALL-GOOD?

If this so – and I do not for a moment doubt it – my course is plain. I must, for the present, cast aside my hard-won intellectual realisation of man's at-one-ment with his Maker, and it is that cold, reasoned conviction which I have been trying to make "work" for me, and must start out from the beginning with my heart instead of my head.

As I contemplate the illimitable GOODNESS of this Father of mine, the urge must spring up within me to repay, in some slight measure, His Bounty – and with what? *Just with my LOVE.*

I must take a much broader view of the unity I have been claiming, and extend it to encompass not only those near and dear to me, but all mankind. I must think God's thoughts after Him, seeing, hearing and speaking no evil, and must act only to the glory of His Name, forgiving and helping all men and, putting them before myself. I must do unto them as I would they should do unto me. Then when, at last, I can see His likeness in every passing face *and LOVE it*, I shall be ready to declare from both my heart *and head* that, because He and

I are one, all that He has is mine and to see it come forth into manifestation in, through, and to me.



*God consciousness should form the canvas upon  
which all life is painted. It should stand as the  
accompaniment to the song, as the sky to the moon  
and stars, as the verdure to the landscape.*

– Bishop Charles Brent.



*There will come a time when it shall be light, and  
when man should awaken from his lofty dreams,  
and find his dreams still there, and that nothing  
has gone save his sleep.*

– Jean Paul.



## **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.





## ***Meetings: September/October 2022***

Due to lockdown some meetings  
are cancelled until further notice.

Contact your local representative.



### **Faith & Inner Calm**

Let nothing disturb thee.

Let nothing affright thee.

All things are passing.

God never changes.

Patience gains all things.

Who has God wants nothing.

God alone suffices.

*St. Teresa of Avila*



## September 1      Thursday

◆ *I will give thanks unto Jehovah with my whole heart. – Ps. 111:1.*

Are there times when you feel you have little to be grateful for? Have you suffered some great disappointment – do you feel you are a failure – is your environment not what you desire? If so, do not blame God. Do not think that it is His wish that things are so. Anything that is wrong in your life is the result of your own thoughts and actions, and has nothing to do with Him.

If you would change conditions begin now to give thanks for what you have. How can you expect anything better if you are ungrateful? Remember that no matter what your circumstances are, they are what you have earned. You are where you are in order to develop spiritually.

We can rise above disappointments and failures if we have the will to win. We can change our circumstances through the power of God which is ours; but we must learn to be thankful for God's goodness and to appreciate all His gifts, or we cannot expect to be happy.

And lip service is not enough – we must make ourselves receptive to the good through active love and trust.

**MY LOVE AND TRUST ARE THE CHANNELS  
THROUGH WHICH GOD'S GOOD FLOWS. I WILL  
KEEP THEM CLEAR.**

**September 2****Friday**

◆ *Commit thy ways unto the Lord and thy purpose shall be established. – Prov. 16:3.*

It is a very good thing for us to ask ourselves if we really have any purpose in life, or if we are just living from day to day, without knowing why – plodding along because we do not know what else to do. There are far too many people like that; people whose purposes are not likely to be established because they are not conscious of having any purpose.

They are the ones who feel life is very humdrum, to be borne as best it can. It does not matter in the least in what kind of work we may be engaged, there is only one real reason why it should be done and that is to give service to God and man. If we understand this, and work accordingly, we shall be committing our ways unto the Lord, and since the ideal of service is really an expression of love, and since love fulfils the Divine Law, it must necessarily follow that all that we do will be successful and productive of good.

**MY PURPOSE IS TO SERVE GOD IN ALL I DO AND  
ONLY GOOD CAN FOLLOW FOR MYSELF AND  
FOR OTHERS.**

**September 3****Saturday****October 1**

◆ *They shall prosper that love Thee. – Ps. 122:6.*

This is a very self-evident statement as will be clearly seen when it is written. “They shall prosper that love their prosperity.”

What does “Thee” stand for? Only for Love, the alpha and omega of all Good. “Where a man’s love is, there shall his treasure be also.” So where he loves Love, and follows after It. (“he who loves Me keeps My commandments”) he must be at-one with his complete welfare and affluence.

Why is it that so many of us suffer lack, are riddled with disease, saddled with unhappiness and oppressed by poverty? Is it not that we do not love Love, do not realise that we are indivisibly one with It, and that Its dearest wish is to manifest through us if we will furnish It with the channels of Its self-expression?

This we can do only as we free them from all obstructions by radiating Love to all and sundry, for as we think, speak, feel, and act It, there will remain nothing unlike It in us to hinder Its perfect manifestation in, through and for us as our true and complete Prosperity.

**AS I SPEND MY DAYS IN LOVING, I FULFIL THE  
LAW AND EARN MY GOOD.**

September 4

Sunday

October 2

## MEDITATION



My Father

My days rush by, each filled with sights and smells, with thoughts and passions, with activities and rest. Yet within this headlong train of life is You, Who are with me timelessly. In You is my every thought *one* thought, every feeling one feeling every act *one* act. In *everything* I lay up Your treasures.

You unfold Eternity for me as time. You create Day for me that I may do Your works, You bring Night for me that I may rest in Your unconscious depths. Endeavour and reflection, wakefulness and sleep, life and death, heaven and earth, are shining facets of Your undivided Reality.

You decree that I cherish this moment, for then may I know You. You decree that I love this place, for there may I find You.

**September 5****Monday****October 3**

◆ *Blessed is the man whose strength is in Thee. – Ps. 84:5.*

We can with perfect truth turn that text inside out and say, “Blessed is the man in whom is God’s strength.” That form is more in line with our normal mode of speech. We are indeed blessed if we have taught ourselves to turn to Him and open ourselves to the inflow of His life. Not only does this process fill us with calmness and peace, it also fills us with physical health, vitality and strength. It quickens our minds and enables us to use to the fullest every capability which we may have.

To produce this condition is within the power of every one of us, it is not something which is reserved for the favoured few. Everybody can find a few minutes of time every day to relax the body and turn the mind towards the conscious acceptance of God’s strength and power within.

Practice in this, as in most other things, is the only way towards perfection, so if we desire to be blessed, such practice must regularly be undertaken. We do not begin to learn to swim after we have fallen into deep water.

**DAILY MY STRENGTH IS RENEWED FOR  
I CONSCIOUSLY RELEASE GOD’S POWER  
THROUGH ME.**

**September 6****Tuesday****October 4**

◆ *Blessed is he that considereth the poor – Ps. 41:1.*

There are many that are poor while possessing an abundance of this world's riches, and they are usually more difficult to help than those who lack only mundane affluence, for while it is easy to pass on material substance it is much harder to give spiritual help to one whose mind and heart are not yet acquainted with such values.

We read in the Bible that it is easier for a camel to pass through the eye of a needle than it is for the rich man to enter the Kingdom Heaven, and from that it might appear as though the mere ownership of wealth were, of itself, a handicap. This of course is not so, it is the love of money, for itself, the reliance on it to make good all faults of character, manner and bearing, and the corrupt use of it, that is evil; but *not* the actual abundance, which is one of God's perfect attributes and is bestowed solely by HIM.

The only cause of any man's lack is his negative thinking and if we can lift him above his poverty consciousness and convince him that he is endowed with all the good that is God, his thought will become positive and constructive and plenty will take the place of penury, not for a moment, but for all his days.

**KNOWING THAT LOVE IS MY ALL-SUFFICIENCY  
IN ALL THINGS, I CAN LACK NO GOOD OF ANY  
KIND.**

**September 7****Wednesday****October 5**

♦ *Thy faith hath made thee whole. – Matt. 9:22.*

There are people who, when sickness or troubles come, put them down to the law of Karma, which is the law of cause and effect, and they are right. If we suffer, it is for something we have brought on ourselves by our wrong thoughts and actions. But how much better it would be if, instead of talking so much of Karma, such people would stress the need for faith and constructive thoughts.

Jesus healed by using His own faith, and that of the one to be healed. “Thy faith hath made thee whole,” He said. A Truth teacher was once asked for his ideas on the law of Karma, and his reply was that if people were completely conscious of the God within them, and their unity with Him, they would not have to worry about Karma; and even those who talk so much about it will agree that it can be overcome by a spiritual uplift.

Let us strive for greater faith in God, and in His love and power and desire for our welfare. Let us try every day to become more aware that we can overcome all things through Him.

**I ACKNOWLEDGE THAT GOD AND I ARE ONE AND  
CONSCIOUSLY EXPRESS MY DIVINE MASTERY.**



**September 8****Thursday****October 6**

♦ *Commune with your own heart upon your bed and be still. – Ps. 4:4.*

It is not of any particular consequence just where you are or what your bodily posture may be, when you give yourself up to meditation. THE important thing is to be able to forget the body and everything else, and become absorbed in the awareness of your communion with God.

To commune with your own heart is a way of saying “Commune with God,” since the heart has always been recognised as the centre of God’s life within us. To “be still” is something which has to be perfected by practice; it cannot be attained all at once, any more than proficiency in performing on a musical instrument can be achieved by just deciding to play it.

Communing with God in the stillness and the silence is the way to obey the injunction of the Master, “Seek ye first the Kingdom God.” It is the royal road to the enjoyment of all the desired blessings of earthly life. By it we become one with those blessings and they are manifested in and through us.

Do not ever lose sight of the fact that the Kingdom of God is within YOU.

**MY SPIRITUAL UNITY WITH GOD MANIFESTS  
AS PERFECTION OF ALL GOOD IN ME, FOR I  
CONSCIOUSLY RECOGNISE OUR ONENESS.**

**September 9****Friday****October 7**

◆ *And thine ears shall hear a word behind thee saying,  
“This is the way, walk ye in it.” – Isa. 30:21.*

How often do we not find ourselves at the crossroads, puzzled as to which way to take and with no friendly voice near us to point out the path we should follow? Perhaps it is that having ears, we hear not, for the promise stands that we *shall* hear a word behind saying. “**THIS** is the way, walk ye in it.”

Of course, no one can pick up a frequency to which he is not attuned, and if we are not in harmony with the vibration of Love we shall not hear Its Voice when It seeks to guide, protect and guard us.

There are many rates of pulsation, some too slow and others too rapid to make sound impressions upon the human ear, but all our *spiritual* faculties are always completely synchronised with the whole of God; nevertheless for us to be able to use these, our hearts and minds must be cleansed of all error and negation and be filled instead with the radiance of Love. When we practise Love and shed it around we are at one with God; then, if we listen for His Voice we shall surely hear Its message and shall be able to go forward boldly, safe and secure in the knowledge that we are divinely led.

**AS I LISTEN TO THE VOICE OF LOVE, I TREAD IN  
THE FOOTSTEPS OF THE MASTER, AND ALL MY  
GOING IS GOOD.**

**September 10****Saturday****October 8**

◆ *Let all things be done decently and in order. – 1 Cor. 14:40.*

If there is to be peace, harmony and progress there must be order in the life of man.

It is necessary to be orderly in our work, for otherwise there is loss of time and efficiency. There must be order in our homes if they are to be places of beauty and comfort. There must be order in our affairs if they are to run smoothly and cause us no worry.

To have order we must have discipline, and perhaps nowhere is it more important than in our minds. We need to be able to concentrate, and that means that we must be in control of our thoughts. If we are not, they are liable to wander back to the negative condition which we wish so much to overcome; or to stray from the point we wish to consider. An uncontrolled mind means uncontrolled actions which may lead to chaos.

Then let us set our minds in order that we may concentrate on the good, the pure, and the beautiful. Let us set our homes in order that we may live in peace. Let us set our affairs in order that we may not fear.

**MY MIND AND HEART ARE STEADFASTLY  
STAYED ON GOD AND MY LIFE REFLECTS  
DIVINE ORDER.**

**September 11****Sunday****October 9**

## MEDITATION



My Father

As I traverse the hills and valleys of the landscape of experience, I find my thoughts and feelings also rise and fall – courage and enthusiasm give way to hesitancy, certainty of You gives way to loneliness, direction gives way to aimlessness.

But I have come to know that Power must pulsate. I know Good because I also know not-good. Life's meaning is made of ons and offs. No longer am I crushed by apparent adversities – they are the inevitable nights between days. Never do You abandon me, but cause me to reflect upon Your presence. Ever would You have me thinking new thoughts, feeling new emotions.

Without adversity I cannot feel Courage, without uncertainty I cannot find Knowledge, without confusion I cannot discern Guidance.

**September 12****Monday****October 10**

◆ *Let not your heart be troubled. – John 14:1.*

When everything has gone wrong and disaster threatens, are we to put up a front of false bravado and await calamity with stolid indifference? Is that attitude one of faith in God and mastery over human fear, or is it merely self-deception?

We do not succeed in “taking no thought for the morrow” just by bluffing ourselves, but if we go deep enough we can gain an understanding of the Truth that will free us from all anxiety.

The man who is able to know that there is only God, the sole Creator and Governor of the Cosmos, and his own small self too, has nothing to worry about where conditions, circumstances or appearances are concerned. As he holds to the Truth of Being, his indissoluble unity with his Father, he can look upon all earthly confusion, human strife and world chaos and say, thankfully and sincerely, “None of this moves me,” knowing that his trust is established in Him Who cannot fail.

“I will never leave thee, nor forsake thee” says God, “I (your all-inclusive good) will be with you as your protection, guidance, health, happiness and supply throughout the length of your days, even unto the end of the world.”

**AS I WALK HAND IN HAND WITH LOVE MY  
HEART, EMPTIED OF FEAR, SINGS A SONG OF  
THANKS AND GLADNESS**

**September 13****Tuesday****October 11**

◆ *This day is a day of good tidings. – 2 Kings 7:9.*

Before you begin each day's work, tell yourself that it is going to be a good day – a day in which you will put the best of yourself into your tasks; give help to those who need it; and be kind and courteous to all you meet. Lift up your heart to God in love and gratitude for all He has done and is doing for you, and thus make your preparation for a happy and successful day.

Was yesterday unsatisfactory, with work badly done, or left unfinished? And if so, did you forget to ask God to be with you in all your undertakings? Determine that today you will do better. Perhaps you failed to grasp opportunities yesterday? Make up your mind not to miss any today. Put all thoughts of failure behind you and start afresh.

Before you go about your business, whatever it is, give a little time to meditation that you may become aware of God. Spend a few minutes in asking Him to bless you in all that you want to do; and in expressing your love and your gratitude to Him. It is the best way to start the day.

**THIS DAY IS THE ACCEPTED TIME FOR ME TO  
GLORIFY GOD. LET ME DO SO CONSCIOUSLY.**

**September 14****Wednesday****October 12**

◆ *But your reproof, what doth it reprove? – Job. 6:25.*

Can you point to one single person of your acquaintance and say, “There is one who welcomes all my criticisms and fault-findings and really enjoys being told how much better I could manage his life, than he does himself”?

If you are perfectly honest you will reply, “No, I certainly do not know any such person,” and the reason why you would have to reply in those terms is simply that you are not one of those people yourself.

You may think that the people to whom you are offering your reproof of what they are, and your idea of what they should be, ought to be grateful for your interest in them, and glad to take your advice, but, perhaps to your hurt surprise, they are not. When we realise this we are able to say to ourselves, “My reproof, what does it reprove”?

All our attempts at “making other people over” stem from the very common error that we have a proprietary right to do so. We forget that every human being is the free-born child of God, busy, in his own way, working out his own path of life, just as we ourselves are doing.

**I ALLOW ALL MEN THE FREEDOM WHICH I  
DESIRE THEM TO GRANT TO ME.**

**September 15****Thursday****October 13**

◆ *Casting all your care upon Him; for He careth for you. – 1 Peter 5:7.*

How true it is that we can cast all our care upon Him for He careth for us, and how seldom are we willing to do this with anything like complete abandonment?

Perhaps for some of us it seems to present too easy – and too unreliable – a way out of our difficulties, but has not Love said, “Come unto Me and ye that labour and are heavy laden with I WILL give you rest”? If that were the offer of a human friend, could we ask for a better one, and should we not immediately take advantage of it? What is it, then, that keeps us from doing as much where God is concerned?

Too many of us still look upon the Father as some far-off entity that is separated from us by a great gulf (of our own making) that yawns between us, a huge barrier of human frailties and negations, but is it not written that He is of too pure eyes to behold iniquity and cannot therefore know anything of our weaknesses and shortcomings?

Let us this day, in love and trust, lay our burdens at His feet, and go on our way rejoicing, blessing and praising Him, and radiating love to our fellowmen.

**BECAUSE I KNOW THAT LOVE IS MY EVER-  
PRESENT HELP IN TROUBLE, I PRESS ONWARD  
FEARLESSLY TOWARD THE MARK.**



**September 16****Friday****October 14**

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

There are people who whine and grumble at the slightest thing that goes wrong; there are others who might be likened to a keg of gunpowder to which a match has been held; and there are those who can be trusted to keep their poise under most trying circumstances. The last named are the reliable ones to whom others turn in time of stress.

If you are easily upset determine that from today you will be different. Learn to relax and to face difficult situations calmly. If you find yourself giving way to anger or panic, turn to God for a moment and shed all your tenseness. Know that no situation presents any difficulty to Him, and put the matter in His hands, knowing that He will resolve the discord. Say: "I stand still this day and see the salvation of God."

Remember that it is difficult for us to receive help or inspiration when we are in a state of tension. What is needed is that we should open all our channels of awareness and allow God's peace to take possession of us, body, mind and soul.

**I CLAIM YOUR SERENITY, FATHER, AND GIVE  
THANKS THAT IT IS NOW MINE.**

**September 17****Saturday****October 15**

♦ *Why art thou cast down, O my soul, hope thou  
in God. – Ps. 42:11.*

IT is the common experience of people who have set their feet upon the path of spiritual growth, to find themselves in a state of dissatisfaction and depression, because they feel that they are not progressing fast enough. The question of how far they have progressed is necessarily answered (in their estimation) by going back into the past to form a basis of comparison, and that is the great mistake.

There are very few people who are able to view the mistakes of the past from detached standpoint and so the first thing that happens is that they once again associate themselves with those mistakes and become very much cast down. It is for this very reason that we so strongly advocate the leaving of the past alone.

Our faith must be in God and in the present, and any kind of comparison between the past and what WE might think of ourselves now and for the future is a depressing waste of time.

We do not know how far we have progressed; the knowledge would be quite useless to us, even if we could gain it.

**FORGETTING THE THINGS THAT ARE PAST I  
LIVE HAPPILY AND PRODUCTIVELY IN THE EVER  
PRESENT NOW.**

**September 18****Sunday****October 16**

## MEDITATION



My Father

I press intellect to aching limit, later to release my dilemmas to Mind where I sense the answer resides. I summon passions to declare the way, later allowing feelings to dissolve into the quietness of Soul where I sense wisdom lies.

Like the shining iceberg tip, consciousness rides massive depths of wisdom, all enfolded in the boundless ocean of One-ness. Ceaselessly are Love and Wisdom available to me, sustaining and fulfilling me.

Dear Father, I am in You and You in me. You uphold and guide me that I may complete Your purpose in the world. Joyously I know I have nothing to fear.

**September 19****Monday****October 17**

◆ *Let us . . . offer service well-pleasing to God with reverence. – Heb. 12:28.*

There is too little reverence for God, and for all He represents, in the world today. We constantly hear people taking His name in vain, and is it any excuse to say that they don't mean to be irreverent? Many of them would find it embarrassing to mention Him in any other way!

If we would reverence God we must reverence all that He is. We must respect love, truth, goodness, beauty, justice, purity, and tolerance. What passes for humour today proves how little some people reverence purity and decency; and these impure thoughts and words go out into the ether and draw similar thoughts and words to them.

Our service can be well-pleasing to God only when we value the things of the Spirit. How can we work for Him if our thoughts are not pure and there is no deference in us? How can we love Him if we do not reverence Him? How can we become one with Him unless we cultivate all our virtues and try to live the principle of Truth?

Let us see to it that only beauty is allowed to take root in our minds.

**I WILL KEEP MY THOUGHTS AND WORDS  
ALWAYS PLEASING IN THE LIGHT OF TRUTH.**

**September 20****Tuesday****October 18**

♦ *Whoso trusteth in God, happy is he. – Prov. 16:20.*

It is not always understood that what we are trusting in God for is not for Him to take action in our affairs, but to inspire us with ideas which enable us to handle them correctly ourselves.

If we believe in the universal Mind we must believe that our minds are contained in that Universality, therefore EVERY idea which comes to man can be said to have its origin in that Universal Mind.

A study of mankind and all that pertains to it will show that, whereas God – Universal Mind – supplies the raw material and the ideas for its use, it is left to man to accept the ideas and bring the material into the form in which he needs it.

Every invention of man comes under this heading and, in reality, there is no difference between the acceptance of an idea which results in something being made, and acceptance of the idea which produces health, happiness, success or prosperity. It is all a matter of trusting God's guidance and acting upon it. We would not expect anybody who did this to be any other than happy.

**DIVINE MIND GUIDES ME AND I ACT UPON  
THE WISDOM THUS GIVEN ME AND ALL IS  
VERY WELL.**

**September 21****Wednesday****October 19**

◆ *The eternal God is thy dwelling place and underneath are the everlasting arms. – Deut. 33:27.*

How many of us believe this to the extent that we are ready to put it to the test? We are all familiar with the words “in Him we live, and move, and have our being.” And if we would pause for a moment, *and think*, we should see that they must be TRUE.

All students of Truth have been taught that God is His universe, that nothing outside of Him has any existence at all, so where else but in Him could our dwelling place be situated; and since He is Love, would He not support us in His Arms? Every earthly mother holds her child safe in that way; could the Father of all the cosmos do less?

Every child, while having no spiritual or intellectual concept of unity, feels that it “belongs” to its mother. She is its refuge, comforter, complete protection, and the wellspring of the love which alone causes it to thrive. We who are more spiritually and intellectually advanced than a child, should grasp the Truth of our unity with God and so know the child’s perfect trust and freedom from anxiety.

**DAILY I REMIND MYSELF THAT I DWELL IN THE  
SECRET PLACE OF THE ALMIGHTY AND HAVE  
NO CAUSE TO FEAR.**

**September 22****Thursday****October 20**

◆ *Godly sorrow worketh . . . a repentance which bringeth no regret. – 2 Cor. 7:10.*

Are you sorry for your past mistakes? Have you repented for past wrongdoing? If there is nothing you can do to repair the errors, put them out of your mind. To dwell on them will do no good and will prevent you from concentrating on the work you should be doing in the present.

The best way to repent is not to be weighed down by conscience but to make something worthwhile of our lives – to give love and service to mankind. To waste our time vainly regretting something we cannot alter is the height of foolishness. Let us be up and doing. There is so much work waiting for those who are ready to undertake it – work for God. Forget your own woes by helping others to forget theirs. Stop groaning about your short-comings, for that is negative, and do something constructive.

God wants you to regard your mistakes as stepping-stones to further achievement, not as weights around your neck chaining you to misery. Remember the past only as you find joy in the memory, otherwise forget it. God forgives you, so forgive yourself.

**I DO NOT WASTE MY SPIRITUAL POWER IN  
VAIN REGRETS, BUT ACTIVELY WORK WITH  
GOD THIS DAY.**

**September 23****Friday****October 21**

♦ *A man's gift maketh room for him. – Prov. 18:16.*

Are you feeling that you are a misfit in life; a square peg in a round hole, and that nothing you attempt seems to work out right for you? If so, there is no necessity for you to remain in that condition. It arises from the fact that you have probably been relying upon your own intellect to decide what you should do and the decisions have been wrong.

It does not matter who you are, or what may be your age or condition, there is a right and proper place wherein your particular abilities can be used for your own benefit and for the benefit of humanity as a whole. It is in the finding of that right and proper place that people go astray, and so long as they persist in trying to locate it themselves, instead of seeking the guidance of God, they will continue to go astray.

To be always aware that one is living in the wrong environment, associated with people with whom one has little in common and doing the work in which one has no real interest, is to merely exist – not live.

**I AM THE CHILD OF GOD AND HE HAS A PLACE  
FOR ME WHEREIN I CAN BEST SERVE HIM.  
I GIVE THANKS THAT HE NOW GUIDES ME.**



**September 24****Saturday****October 22**

◆ *I will bring the blind by a way that they  
know not. – Isa. 42:16*

That is a promise which is made to you and me; let us not forget it when the road is dark and we feel all alone, for it is as true today as it was when it was recorded.

Most of us have eyes and see not because, though our physical organs of sight take in much – but not nearly all – of what is spread around us, our inner perception is very, very dim.

We cannot see God because He is Spirit, consequently we do not develop the quality of faith in Him that would permit us to turn ourselves and our problems over to Him that He might lead us by a way we know not, a far better one than we have ever travelled before!

If we would turn within and set free our Spiritual Vision It would reveal the Father to us and we should learn that He is Love, and that we are His vehicles of Self-expression. Then we should realise that He *knows* where He is going in and through us and that it must be His pleasure to lead and guide us if we will but surrender ourselves to Him and walk with Him along the sunlit way that leads to the Kingdom of our Good.

**I HAVE NO FEAR ON MY JOURNEY THROUGH  
LIFE BECAUSE I KNOW THAT I AM DIVINELY  
LED AND PROTECTED.**

**September 25****Sunday****October 23**

## MEDITATION



My Father

You have made me unique, special. Things that others seem to comprehend and achieve easily cause me to stumble and strain. Things that are obvious to me appear strange to others – often they seem puzzled by me and I sense their curiosity, sometimes their withdrawal.

But I know now that You moulded my temperament and talents for your purpose. Your Child cannot be expressed through one personality, but only through infinitely many. I accept what I am. You created me wonderful and perfect, that I should glorify you in the way that only I can.

Now dear Father, in this quiet moment, I commit all that I am, all that I would be, to You. You never intended me to walk alone. Without You I am incomplete. You guide and sustain me in the work You would have me do.

**September 26****Monday****October 24**

♦ *I have given thee a wise and understanding heart.  
1 Kings 3:12.*

Our constant endeavour should be to acquire wisdom and understanding, for without them we shall always be making mistakes. We CAN acquire these qualities, and we have two avenues upon which the teaching of them can come to us. One is by means of meditation and prayer, which opens us to the receipt of inspiration, and the other is our daily contact with men, women and events.

Neither of these ways is of any use to us unless we are really desirous of learning from them. It is not difficult for us to recognise that all the people we meet and all the events of life, do not help us to attain to wisdom and understanding, unless we are wide awake to the possibility of learning from them.

Whichever way we learn (and of course the best is for us to learn from both sources), we shall be called upon to use what we have gained in our contacts with life in all its phases, and the more we use it the more of it we shall acquire.

**I GIVE THANKS DAILY THAT MY MIND AND  
HEART ARE ILLUMINED BY DIVINE WISDOM  
AND UNDERSTANDING.**

**September 27****Tuesday****October 25**

♦ *There is no fear in love, but perfect love casteth out fear. – 1 John 4:18.*

Love is the most positive quality there is and fear the most negative; Love is Truth, fear is a lie. Consequently it is ever overcome of Love.

In this busy world of struggle, competition and strife, we give too little thought to Love. Many of us think of It as being a sentimental quality, the province of women and children, and few recognise the fact that It is the greatest Force. The most powerful factor in all the universe.

Love is Substance, the spiritual commodity out of which all *things* are made. It is the Power that rules and regulates the cosmos. It is the Fulfilment of the Law, the smile on the lips of a babe and the light in the eyes of a child. Nothing exists outside of it, we live, and move, and have our being within It. And when we recognise that we are one with It, we are more than conquerors for It is supreme.

Let us this day, of our own right, enter into our heritage. *We ARE Love*, and as we claim this, and act accordingly, all Good will be ours in a measure to share and to spare.

**I AM THE EXPRESSION OF DIVINE LOVE AND MY  
FAITH IN IT IS STEADFAST.**

**September 28****Wednesday****October 26**

♦ *Not as I will, but as thou wilt. – Matt. 26:39.*

So many are afraid to yield the personal will to the divine. They fear that in doing so they will have to give up some of their pleasures. Yet only by becoming one with Perfect Love can we hope to know true and everlasting joy.

Rabindranath Tagore said: “Let only that little be left of me whereby I may name thee my all.

“Let only that little be left of my will whereby I may feel thee on every side, and come to thee in everything, and offer to thee my love every moment.

“Let only that little of my fetters be left whereby I am bound with thy will, and thy purpose is carried out in my life – and that is the fetter of thy love.”

In God’s will is all we require for our peace of mind and perfect happiness. All that He has is ours, and we need only hold out our cup in faith to have it filled to overflowing with good things from a store that is never depleted.

**IN SINCERE GRATITUDE I ACCEPT GOD’S WILL  
OF GOOD THIS DAY BEING DONE IN MY LIFE.**

**September 29****Thursday****October 27**

◆ *Whither shall I go from thy spirit, or whither shall I flee from thy presence? – Ps. 139:7.*

Today, every earnest student of Truth who reads this, is asked to consider whether or not they understand the meaning of OMNIPRESENCE, and further, whether or not they believe in the truth of the Biblical statement “IN Him we live and move and have our being”? Much depends upon the honest answer to these questions, because if the real meaning of Omnipresence is understood, there cannot be any retention of the idea that God and the Universe are separate entities.

The statement that God is “I AM”; that there is nothing else in existence, becomes clear and palpable truth. From that it must logically follow that everything lives and moves and has its being IN Him, since nothing other than He has any existence. Well might the Psalmist ask. “Whither shall I flee from thy presence?” And then proceed to answer his own question by saying how impossible it was to find a place where God is not.

How well the Master knew this when He taught that the Kingdom of God is within us and urged the awakening of consciousness of that Truth.

**I REALISE AND GIVE THANKS THAT I LIVE IN  
GOD AND THAT I SHARE IN ALL THAT HE IS AND  
ALL THAT HE HAS.**

**September 30****Friday****October 28**

◆ *Ye shall go out with joy. – Isa. 55:12.*

How many of us have as our very first thought when we awaken in the morning. “This is the day of the Lord. I *shall* rejoice and be glad in it”? Most of us, I think, review the things we feel we shall be called upon to cope with, and then start worrying about them instead of lumping them all together and turning them over to God, in the sure knowledge that He is ever the solution of our problems, and brings His good to pass in all things, if we but put our trust in Him.

We are one with Him, so whatever is unlike Him – doubt, distress and fear – has no abiding place in us; but joy, happiness, and gladness are His attributes, and if we claim *them* our days will be days of brightness for they will be illumined by the Radiance that is Love.

All that God created He saw was “very good”; it is we who make this world a vale of tears, because we do not consciously enter into our heritage of perfection. We are God’s temples, He dwells within us for the purpose of expressing Himself and His Joy through us, but He can do this only by way of the channel of *our love and trust*.

**BECAUSE I KNOW THAT I AM ONE WITH LOVE,  
NO CONDITION OR CIRCUMSTANCE CAN  
SEPARATE ME FROM THE JOY THAT  
IS MY HERITAGE.**

**Saturday****October 29**

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

So sang David of old, and so truth teaches us today. If we look upon God as our source of supply, knowing that all good things come from him, and that it is not his wish to withhold them from us; and if we obey his laws, and put him before all else, then certainly we shall not want. When we are in absolute accord with the indwelling spirit all that is his is ours also – all the riches of his Kingdom – all that he is.

If there is something you need, give thanks to God that it is already yours – as it is in the realm of spirit, since everything has been provided for you, and is waiting for you when you know how to claim it. By giving thanks before you see results you will be showing your faith as well as your gratitude, and it is your faith which will bring what you require from the spiritual into the material Kingdom.

Provided you are playing your part, and not sitting idle, you need not worry as to how your needs will be met. You can leave that to God.

**I GIVE THANKS THAT MY SUPPLY COMES FROM  
GOD, AND THAT IT NOW COMES FORTH INTO  
MANIFESTATION THROUGH ME.**



**Sunday****October 30****MEDITATION**

My father

I look at my outstretched hand, and then at the reflection of myself in the mirror. I look around my room and out the window to the wall beyond. By day I gaze into the cloud laced sky made bright by the sun. At night I look past pinpoint stars into the inky Infinity of the heavens. Wherever I look I see your natural, spiritual world, and it is very good.

Thy Kingdom come, thy will be done, on earth as it is in heaven. The world of my senses, intellect and body is also the world of spirit, for You are Oneness. Some would look for You in secret corners but You are everywhere, in every temperament, along every path. All You ask of your children is humility and sincerity.

I love You with all my heart, with all my soul, with all my mind and with all the strength of my body. Heaven is Your throne and earth Your footstool.

**Monday****October 31**

◆ *The righteous dealeth graciously. – Ps. 37:21.*

Do you always, when you are asked to do something for another, perform this service graciously? Or do you grumble to yourself, if not aloud, because you have been requested to forget your own affairs for a while in order to help someone else?

The way in which we serve is so important. It is not enough to do things for others from a sense of duty – we should be happy to help. Some service is given with such a bad grace that the recipient is embarrassed and would refuse it if it were possible.

Possibly this is particularly so within the confines of the family. Parents may need help in something they are doing, or it may be in something they cannot do; and in coming to their assistance children grumble. In the same way parents sometimes, while giving their children all the advantages possible, give them with a bad grace. Why not do what we have to do and give what we have to give with love and courtesy in our hearts, instead of grudgingly? Why make people feel under an obligation, instead of being able to receive joyously?

**I SERVE WITH GRATITUDE TO GOD FOR GIVING  
ME THE PRIVILEGE OF DOING SO.**

SCHOOL OF TRUTH - NICOL C. CAMPBELL

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