

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



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# THE PATH OF TRUTH

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Editorial

## *The Divine Grace*

“The Father abiding in me doeth His works.” So said the Christ, giving God the credit for what He accomplished. And that is what we should do also.

Do we not sometimes feel rather proud of ourselves when we have been successful in some sphere? Are we not inclined to be a little smug and complacent, as if to say, “Look what I’VE done!” Yet we should not even be alive if it were not for God; and without Him we should not have the power to accomplish anything.

Whatever we are, and whatever we can do, we are and we do through the grace of God. Any gifts we have – any talents – come from Him. Instead of being proud of ourselves when we are successful, or receive some worldly honour for what we have done, let us be humbly grateful.

The Christ set us an example. He did not take the credit for Himself for His great works, but gave it to His Father. Then let us do the same.

## *“I asked you to pray –”*

Extracts from letters received by the School of Truth

Some months ago I wrote asking you to pray for my niece who was desperately ill with leukemia and had been given three months to live. I am delighted to inform you that she is completely well again, and we thank God and you for all the loving prayers. I also asked you to pray for my nephew who became completely paralysed from a type of polio virus. For months he was in hospital undergoing treatment and doctors said he would never walk again. We never gave up hope and I am glad to say that although he is on crutches, he is at home and can at least get about, but still needs your continued prayers to be able to dispense with the crutches.

**To those – our known and unknown co-workers in Truth – who so steadfastly provide the spiritual and material support to the School of Truth, we send our most sincere thanks and blessings, recognising them as God’s instruments in His service.**

About a year ago I asked you to pray for me as I was suffering terrible pain in the right side of my neck and no treatment seemed to bring relief. However, after you prayed for me the pain began to disappear and has now left me altogether. I am very grateful to God for this healing and want to thank you also. May He bless you for the work you are doing.

It is with great joy in my heart that I am writing to thank you for your prayers and to tell you that they have been answered. I told you that I was pregnant and had to give up my work, but was worried about having to manage only on my husband's salary. I asked you to pray that he might get the foreman's job that he had applied for. Well, he did not get it, but has just been given a wonderful promotion to the post of lecturer to the apprentices of the company. God surely works in wondrous ways.



I want to thank you for putting my son's name on the prayer list as he was drinking too much. I want to tell you with a grateful heart that God has answered your prayers on his behalf. I showed him your letter and he thereupon agreed to call on his doctor for guidance as he felt he could not cope with the problem on his own. As a result he has given up drinking and has not tasted any liquor for the past three weeks. He also decided not to give up his work.



I wrote asking you to pray that I would be successful in winning a bursary to help me with my studies. God has once again answered our prayers and I have been awarded a bursary for this year. My faith was strengthened by your letters of assurance and affirmation, and I can now go forward with my studies with confidence, knowing that God is guiding my every step. Once more my sincere thanks to you for your kind help and for praying with us.

Thank you for your daily prayers for my daughter. I wrote to you saying that she had been informed that she had not been accepted for the medical course on which she had set her heart. Since then she has been told by the selection committee that one of the candidates has withdrawn and the vacancy has been offered to her. I know that this turn of events is due to prayer and want to thank you very much for your help.



I asked you to pray for two things: that my brother-in-law would recover from cancer in the mouth and throat, and that I would sell my farm in Zimbabwe. I am very grateful to God for granting both these requests and to you for your prayers.



I write joyfully to tell you that our united prayers have been answered in a truly miraculous manner. After writing to tell you that my husband had been to a small-town specialist who literally pronounced him to be an incurable invalid, I had a vivid and compelling inspiration to take him to see a specialist of whom I had heard wondrous praise. By some wonderful coincidences I managed to secure an appointment with God's servant who has, with God's help and our prayers, given my husband a new lease of life and an entirely new concept of his heart condition. His present health and vitality are nothing short of a modern miracle and friends and relations are astounded at the improvement.

Thank you for praying for my grandson who was writing the matric examination. He obtained a first-class pass with distinction in Latin.



Thank you for your loving prayers for my sister-in-law who was to have had her breast removed. When the doctor was to operate he found that the operation was unnecessary. I know that this was due to your prayers and ours and thank our loving Father daily for all the goodness in our lives.



I humbly wish to thank you for your kind prayers on behalf of my son and daughter who both passed their examinations. I had asked you to pray for them and once more you have stood by us and God has answered our prayers. I offer my thanks to God and to you for guiding us to His altar of grace.



We phoned you some months back about our brother-in-law who was to undergo a very serious kidney operation. Just before the operation the specialists were astounded to find that it was no longer necessary to operate. We know that it was largely due to your intercession on his behalf that he was cured. Just lately I 'phoned about a friend who was to undergo an operation and cancer of the bowel was suspected. When during the operation no cancer was found they said it must have been a miracle. She is now home and very much on the mend.

Lecture delivered in Johannesburg by N C Campbell

## *The Christmas Message*



What is it that gives forth on Christmas Day save only LOVE? Love that forgives to all and sundry; expresses the joy of fulfilment as It paints upon every face Its own blessed image.

As I lay awake in the early hours of this new day, I experienced a surge of spiritual upliftment for was not Love – despite the many appearances to the contrary – always pouring out Its Goodness upon all mankind?

It is not merely because I believe in God and His goodness that my heart sings, it is because I realise that the Love in the minds of humanity is not simply a sentimental emotion, but is the great catalyst that at this Christmas season releases through mankind as a whole, not just reminders of power, but the vast cosmic force that is Omnipotence.

I have watched incurable diseases, broken hearts, shattered homes all healed by a Divine Power that limited man can neither define nor understand. It opens every locked door, restores the stricken, frees people from the bondage of hatred and fear, replacing these negations with a conviction of security and strength.

At first my friends laughed when I spoke to them, not of God being Love but of LOVE being GOD; subsequently,



however, they all became members of the School of Truth, and some of them are our best financial supporters today. They have come to realise that Power derives not from the flesh but from Omnipotence in action.

I know, from watching the experiences of those who give God only lip-service, how they interpret the not-good that comes into their lives as being His will, but I deny this unconditionally as I insist that it is only the individual's own ignorance, lack of faith, courage and understanding, not God, that have brought negation into his affairs. I take my stand, not upon the words of Paul or the prophets, but upon what the Master taught, namely that the whole Kingdom of God is within you, constituting you as All-power and All-knowledge, whatever your creed or colour; the perfect, unblemished image of the Father, uncontaminated by outer negations, is within you, the very Self of each one of you. This is what the School of Truth believes, acts upon and demonstrates in spite of all opposition. We have never permitted antagonism or contradiction to enter our consciousness or to affect us in any way, because we refuse to invest any man or group of people with the Power that God alone wields. If He could be dispossessed in any way what would be the object of worshipping Him?

Modern man thinks he can bend all power to his own ends, but students of Truth know better. They have ceased to bow down to idols and personalities, to fear them, or to pander to them. They have a straight white line to follow from

which they dare not deviate. They can no more influence God to “take their part” than they can induce electricity or gravitation to do so.

Many people are still following practices that are two thousand years behind the times without realising that the world they live in is the Christ-world in which millions are worshipping God with understanding hearts as they recognise that in Him alone do all things and all Power consist. Even a little knowledge can change the whole. It can eradicate hatred from a man’s awareness, eliminate his fear of repression in every phase of his life, and give him the freedom to come and to go, to do and to be that which all creation craves. We of the School of Truth are like little lights that no darkness can extinguish or dim; we hold that God, Love, is all Presence and that there is no influence apart from Him to pit itself against His Omnipotence any more than there is such to divert the sun from its course or to prevent the earth from turning on its axis. This is the changeless Law constituting man that enables us to speak with authority, not following upon what we listen to, or read about, but upon demonstrations that take place in the course of our work and in individual lives.

For, and of, myself I can say that I am not like St. Paul or John the Baptist, frustrated because of man’s inability to accept Truth. After what God has been to and through us, I am convinced that He alone IS, and that on no plane of consciousness can He be eliminated or obstructed, though we ourselves can erect barriers between the Christ-presence

indwelling us and the whole of the physical-spiritual world in which we live and in which we are able to bring forth seeming negation.

If you look around you, you will find people worshipping, not God, but other powers, and because of their fear of these, disease, poverty, unhappiness and lack move in upon them. We of the School of Truth do not split up Power; we believe that unity of the soul and Spirit, of thought and feeling is strength.

If you could have followed us along the Path of Truth through the years, and entered with us into our Inner Chamber where we keep watch upon the forces trying to destroy us, you would realise why we put all our faith in the Father and invest only Him with Power because it is He alone who removes all obstacles that would hinder us, opens all doors that are closed against us, and changes even our worst enemies into loving friends. We have no other message to give you except to tell you, as did the Master, that God abides *in* you AS you, and we declare that all things shall indeed be possible unto you if, giving Him your whole hearts and minds, you worship Him in Spirit and in Truth.

When people ask who it is that has the temerity to speak from a public platform that runs contrary to all they believe and are experiencing, we say that we tell only of what we demonstrate daily, and for which DAILY we give thanks to our Father God.

I do not believe in miracles (they conflict with law) but I use the word continuously in the School of Truth for I have never yet been able to accustom myself to the marvellous way in which God works for us and brings to pass in our lives.

On this Christmas day all Christian minds are focused on a personality that symbolises the Protection of Love, of God manifest who has overcome the world and is the God-in-me, (not the personality crucified by me) who has overcome all disease, poverty, unhappiness and death and has said, "What I have done ye shall do also, and even greater things." This Presence that constitutes us, constitutes you also, and is the Power of which I shall continue to teach until I am proved wrong, telling you of the tidings of great joy of which the Master spoke two thousand years ago.

God works through man as man permits Him so to do, but if he applies the spiritual law destructively, God, even though He is functioning as the Presence of Life, Love and Knowledge, cannot save him from the effects thereof. We are, without exceptions, His temples and when we acknowledge Him in all our ways He will work through us, removing all hindrances, opening all doors, bringing life and health into our bodies, peace into our minds, happiness into our hearts, plus security and prosperity into our affairs. This is His message, not mine. I am only the voice passing on what His Son, two thousand years ago, gave to all mankind when He taught of the Love which faileth never.

The law of Harmony that the musician follows, the quality of Beauty that the artist expresses, the mechanics of Demonstration that the Truth student applies are all aspects of the one underlying Divine Principle. Truth is no hit and miss affair; It is the way of living, of demonstrating the Divine Presence that the Master, when asked what should be done for one to inherit the Kingdom, said, “Seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you. *LOVE* the Lord with all thy heart, all thy soul, all thy strength and thy neighbour as thyself, for hereon hangeth the whole law and the teachings of the prophets.”

Love and Love alone is the fulfilment of the law. As a man thinketh and feeleth in his heart so is he, but it is our BECOMING the qualities of good, not talking about them *that is the essence*. That is why December the twenty-fifth is such a wondrous day; one of victory, of achievement, of proving – not just believing in – the Truths that are for you, me, and all people. Let me therefore wish you a Christmas of rejoicing, of the acceptance that the highest expression of Love was vouchsafed YOU when the Master taught all who came to hear Him that your LOVING fulfils the Law and your happiness sets your good forever free.



## *“My yoke is easy”*

### **An Interpretation**



While reading a book relating to Truth I came upon a quotation from the eleventh chapter of St. Matthew's Gospel which had never greatly appealed to me, although I was unaware of how much I had misunderstood it. But something in it now arrested my attention and its inner meaning suddenly burst upon me like a flood of light. I found myself convinced that Jesus had in this, as in many other instances, made use of something He and His disciples had seen recently in the course of their travels through the country.

As I knew nothing of the details of farming that appeared to me to have been referred to, I took the first opportunity of asking a farmer if my ideas were feasible. He assured me that my reconstruction was strictly according to what one would expect, I have never heard a sermon preached upon the subject of what now impresses me and one of the sweetest and most poetic invitations in the Bible.

As Christ and His disciples journeyed along a country road, they passed the estate of a rich farmer; that is to say, rich enough to own several oxen. Close to the road, two were driven in yoke side by side, if one might term it so – for one of them was a “raw” ox and was pulling at cross-purposes with the other, making his own task doubly hard and showing every

symptom of fright and distress. He foamed at the mouth and when called to a halt, stood trembling and gasping for breath.

But the husbandman, loosing the ox, led him to where his best ox stood waiting for a yoke-fellow. This ox was a very strong one, but submissive and gentle, willing and affectionate. As the frightened creature approached him, he lowed softly and gently nuzzled the newcomer, whose fright there and then began to subside. The yoke was adjusted and the good ox began to pull the whole weight of the load, leaving the new one with nothing to do but follow, to keep close by his side until he had learned how to work. And whenever they rested, the good ox seemed to do all he could to reassure the other. Their friendship was good to behold.

It was with this incident fresh in their minds that the disciples heard Christ say, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me, for I am meek and lowly of heart, and ye shall find rest unto your soul. For my yoke is easy, and my burden is light."

The disciples were used to scriptural references to the yoke as a symbol of oppression, but the Master gave it a new meaning, which was later used in many places in the New Testament. In effect, He offered to be the yoke-fellow of each disciple, leading the way and carrying the weight of the burden, while reassuring and giving a feeling of rest that would reach the very soul itself.

And what we have to do today, is to keep close by the side of our indwelling Christ and learn of Him. The yoke, instead of restricting, becomes a protection, keeping one from straying out of one's place beside Him. It is the link that preserves the closeness of our companionship with Him.



*A true education – what is it? It is awakening a love for truth; giving a just sense of duty; opening the eyes of the soul to the great purpose and end of life. It is not so much giving words, as thoughts; or mere maxims as living principles. It is not teaching to be honest, because “honesty is the best policy,” but because it is right. It is teaching the individual to love the good, for the sake of the good; to be virtuous in action, because so in heart; to love and serve God supremely, not from fear, but from delight in His perfect character.*

– H.L. Wayland.



***Prayer*** – We speak to God  
***Meditation*** – God speaks to us





## *The Three Gifts*



Man today has so progressed in his investigation of material things that he is on the brink of disaster. He has learned to control his doings upon the land; to burrow into the bowels of the earth, and take its wealth, and learn its secrets; to navigate the seas on the surface, and in the depths; to fly like the birds. He has gained so much control that he is in danger of having faith only in himself; and of considering that there are few tasks that he is incapable of doing by constructing some machine. And he runs the risk of forgetting that this world in which he has gained so much domination is no more than a part of the thought of God – that it all exists only in and through the first great Cause. He is in danger of losing his faith in and his knowledge of the Eternal, through his worship of the materialism of this age in which he lives.

But even with this domination he lives in fear. He dreads the activities of his fellows; fears that his work may be wantonly destroyed in war. He fears the loss of his strength whereby he earns the right to live in his own society. He fears sickness – the loss of possessions – and the loss of the affection of his friends. He looks not only with dread but often with hatred at his fellowmen; not believing in words of good fellowship – not feeling secure – not regarding man as his brother, but only as his enemy over whom he must triumph.

Man is therefore in danger of losing faith, understanding and love – the three things necessary to his wellbeing – the causeless Cause of all things, which is difficult for him to conceive – for it is the abstract principle of Right and Love, the Cause that has neither beginning, nor end, nor forms, yet is the all-encompassing and all-including Power of the whole Universe of Universes.

The individual attitude to this great conception must be produced and developed for man to progress. He must learn that right is right, and that he goes forward not because some disaster will befall him if he does not, nor because some great reward will be his if he does, but because it is the Law of Evolution, and he is of the Law; that progress is eternal and he must go on. He must, therefore, learn to rule himself.

For his model, man has the Christ, Who gave us a pattern of the perfect life. Man, in his maturity, must begin to see perfection in theory and apply it in practice to his own being. For he is reaching the stage where he should do right because it is right; and know that if he does wrong he will meet with conditions which will bring him suffering.

This being so, each of us who wishes to be a disciple of the Christ must realise that he will meet many of his fellows who are still clinging to the old ways and old ideas. And from these he will meet with opposition, hatred, and condemnation when he sets forth any new aspect of Truth. In spite of this he must continue with the task which eventually must be

accomplished. That is his duty, because he has sought and is seeking, has received and is still receiving glimpses of the eternal and unutterable wisdom that is his inheritance from the first Cause. He must tell of his faith to his fellowmen, and show in his life that he knows that God is; that we all are in God; and that God is the only Law-giver and Controller. And that whatever wisdom and ability come to man is His gift.

Those who have the gift of healing, of teaching, or of inspirational knowledge should cultivate and use those gifts for the benefit of others. People may come to them looking for the secret of their peace and contentment. Then they should explain that while they, of themselves, can do nothing, by the grace of the eternal Power they can preserve for themselves, and help others to attain, an atmosphere of peace and happiness. They will show – these teachers, and healers – their lack of fear; that there is no fate that can upset them; that they meet misfortune and triumph in the same way because they have the eternal knowledge and the eternal hope that progression and knowledge are a birthright which none can take away. They will show, too, the power and content that loving can bring when every brother and every circumstance is met in love. For we may deplore the deed but still love the doer; reject the thought, but still love the thinker; ignore the word, but still love the speaker. For the doer, the thinker, the speaker are, as we are, links in a great and endless chain – drops in the eternal wave – parts of the primary Thought that there is still for all of us the three gifts of Faith, Understanding and Love.



*Thinking leads man to knowledge. He may see and hear, and read and learn whatever he pleases, and as much as he pleases; he will never know anything of it, except that which he has thought over, that which by thinking he has made the property of his own mind. Is it then saying too much if I say that man, by thinking only, becomes truly man? Take away thought from man's life, and what remains?*

– Pestalozzi.



*It is thought that has aroused my intellect from its slumbers, and which has given lustre to virtue, and dignity to truth; and it is by those examples which have inflamed my soul with the love of goodness, and not by means of sculptured marble, that I hold communion with Shakespeare and Milton, with Johnson and Burke, with Howard and Wilberforce.*

– F. Wayland.



*For those who aspire*

## ***World Citizens***



Today little thought is given by the man in the street to the inescapable fact that all people are citizens of ONE world on a figuratively shrinking planet. Preoccupied with his own wants and desires, and his highly-developed instinct for self-preservation, what little vision he has is turned inwards. For him the good of the part is superior to that of the whole, and this is his basic philosophy of life. The truth, as expressed by the philosopher Johan Donne centuries ago, that no man is an island, is something too vague in the abstract realms of philosophic thought to have any concrete meaning for him. Harassed as he is by the pressures of daily life, his consciousness has become crystallised and his immediate concern for survival is paramount in his emotions.

And who can blame him? It is easier to observe the mote in our brother's eye than to perceive the beam in our own.

Fortunately for mankind, however, there have been throughout the age, and are at his present time, men well ahead of their fellow-beings in intellectual and spiritual growth. With their depth and breadth of vision they have been able to see and understand the unity underlying all things, and in their various spheres they are constantly working to stimulate and cultivate this realisation in the minds and

hearts of their younger brothers in evolution. Judging by appearances around us today, it would seem that theirs is a thankless task, but when the history of the human race with its many branches is understood, unmistakable evidence of their efforts can be discerned everywhere.

Those of us who recognise and respond to the foregoing truth, and who are striving with our own imperfections to raise ourselves above the average spiritual level of humanity, let us remember that we have an added responsibility to our fellowmen. No longer may we think of ourselves merely as citizens of one country, individuals belonging to a particular race, or adherents of some specific religious sect. *Our spiritual consciousness is being expanded from out of the particular into the universal.* We belong to humanity – the manifestation in form of the ONE God. The good of others must in time become more important to us than our own, for only thus can we evolve from selfishness to selflessness, and the dynamic powers of our Higher Self shine forth as a blessing and enlightenment to the spiritually blind.

And to what higher example may we look than the Christ?

With Him in mind, then, let us examine ourselves impersonally and objectively to discover whether, inspired by His life and teaching, we are throwing our full weight on the side of the spiritual forces of evolution. In the phase of turmoil through which the world is now passing, it is not difficult for us to take sides and, with the best intentions,

to condemn those who we feel are acting unwisely and not according to the moral and ethical standards we have set for ourselves. A great Jewish thinker, Rabbi Hillel, once said: "Never judge another man until you have stood in his shoes." Think about this. If we wish to add to this planet's reservoir of spiritual good we shall use the creative power of our thought, spoken word and action in living the life of Truth as an example to others, for then shall we become the clear instruments through which the omnipotent power of Spirit may be channelled as an upliftment to all men everywhere. This demands unremitting effort on our part, for at our present level of spiritual growth our emotions will seek to govern us, and the critical faculties of our intellect will try to tear down those of our fellow-beings whose behaviour does not conform to our particular pattern.

Let those of us who aspire to stand in the front of the human race have no illusions. It requires the most exacting application, for our spiritual diet of milk and water has been changed to strong meat. The inner and outer impacts of experience appear incessant because our character is being built more quickly, and our spiritual faculties, which were slowly developing in the average way, are being awakened into powers.

How, therefore, shall we endeavour to imitate the Christ in these times of division, strife and upheaval which are the necessary prelude to the crisis mankind must pass before the

evolutionary forces, working on the inner side of the planet, can manifest themselves visibly? To begin with, simply in this way: By our example in thought, word and action, *and in the consciousness of the Power whose instruments we are*, to radiate outwardly our inner spiritual forces. To help forward the younger, weaker ones in spiritual development wherever they may be. Where they display intolerance, let our force go out to the world (including them) in understanding; for their bigotry let us show the developed mind; in return for their prejudice our tolerance; and for their hatred, goodwill. Hardest of all perhaps, for their lack of spiritual wisdom – patience with humility, knowing that “time brings all things.” Thus, in due time, shall we lift them up out of their ignorance into knowledge and serve the cause of humanity.

The Christ, our Exemplar, has unequivocally shown the way. Love and selflessness were the keynote of His ministry for He knew that in them lay the essence of true spiritual power against which the temporal forces could never prevail. In our courageous efforts to follow the Path we shall contribute to the advancement of mankind in its upward urge to universal harmony and peace. We shall be *conscious* vehicles, co-operating with the ONE God and Father of all in the fulfilment of His plan – which means UNITY.



*In men this blunder still you find, all think their little set mankind.*

– H. More.



## *The Importance of Attitude*



There is nothing like self-pity for dissipating a man; and yet it is difficult when everything appears to be going against us not to feel sorry for ourselves; but that is the moment for taking stock.

Truth students do not believe in chance; they know that things don't just "happen" but are the effects brought about by causes they have (usually unconsciously) set in motion. So instead of commiserating with themselves they check on their thinking, feeling, speaking and acting to see what these could be expected to bring forth.

If all has been positive and constructive they realise that good alone could result; but if they find that doubt, fear or some other form of error has slipped in they know that it is *they* who will have to change before their circumstances can follow suit.

It is our mental and emotional attitudes to life that colour our experience, and it is inevitably as a man thinketh in his heart that it is done unto him. Because we accept that God is Love we can always know that He works in and through all our experiences for our ultimate highest good.



## *What do you most desire?*



Ask yourself this question and answer it with perfect truth. If a fairy godmother came along and offered to grant you just one wish, what would you choose?

Many people, when asked this question, reply that they don't know – they haven't thought much about it. Which infers that they haven't any particular aim in life, surely?

Now, the poor man would probably ask for riches; the sick man would want health; and the man who had been a failure all his life would probably desire success. But what is the reason they want any or all these things? Do they wish for them for themselves, or because they think they would bring the happiness for which all are seeking? If the latter, it would be well to realise that while all the things mentioned may contribute to happiness, in themselves they do not necessarily contain it. William Moulton Marston has given a good definition of it when he says that happiness is an eager, active, aliveness, a complete and harmonious activity of mind, emotions, and body. Those of us who are followers of Truth would have put Spirit before the other words, would we not?

A man's greatest ambition in life may be to amass money; and if he makes all else secondary to this, and bends all his

efforts towards that end, he will probably succeed. But he will not find any lasting satisfaction in his achievement. When all our thoughts, time and energy are used for one purpose to the neglect of others, we are not living a complete and balanced life, so how can it be satisfying? The results will be no more happy than those obtained by a man who might give up all his time to sport, neglecting the things of the spirit and the mind.

Henry Drummond says that love is the greatest thing in the world – and St. Paul said it before him. Can you imagine what a barren, joyless place the world would be without it? We need not only the personal love which we give to and receive from those near and dear to us, but universal love. We need to love God, and all that He has created; and we need to love life, if it is to be full and rich. And to love is to desire to serve. We are ready to deny ourselves for the sake of the loved ones, and the denial is not a sacrifice but a joy.

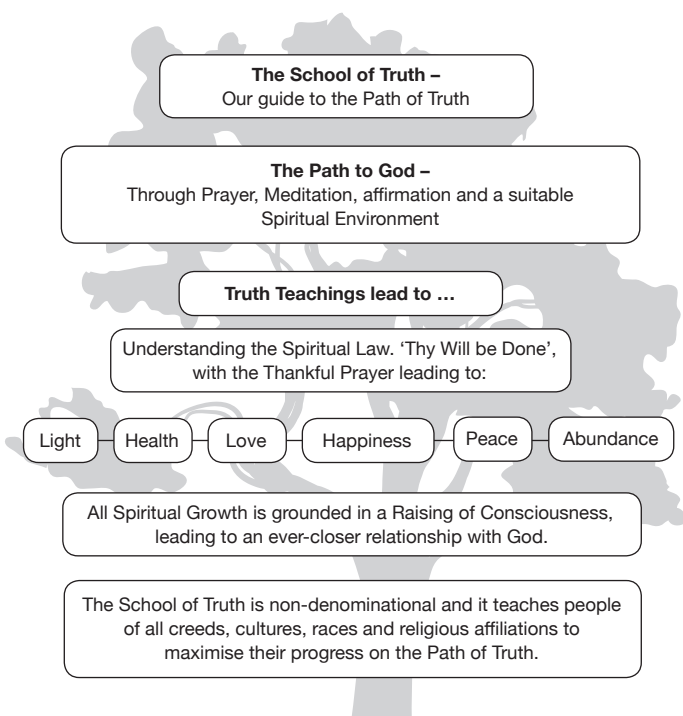
Then, don't we all desire to do the work we like? To be aiming for some worthwhile goal which will benefit others as well as oneself is wonderfully stimulating. It makes one feel that one's life has value. We do best the things we like best to do; and these are usually the things we were meant to do, and for which we have talent. There may, of course, be parts of your chosen work which do not appeal to you, but it would be foolish to let any part of it spoil your pleasure in the whole. So learn to like ALL of it. If there are difficulties, take pleasure in overcoming them – make a game of it. Difficulties prevent

life from becoming monotonous, and should be welcomed for that, if for no other reason. But they also help to build character, so do not resent them.

If our greatest wish is to live a full, useful, and happy life, which can be done only by living in accordance with the law of love, let us not forget the blessing of a sense of humour. It is one of God's gifts to man. Laughter is another of the ingredients of happiness, and will carry us over many a bad patch in the pathway of life. To be able to laugh heartily, not only at obstacles but also at ourselves, is a tremendous asset. You know how it helps to be able to smile at disappointments, and all the other contingencies which threaten our joy in living!

Have you discovered what you most desire? If not, waste no more time, but decide what it is NOW. A correct sense of values will enable you to realise that success, wealth, or fame are not the most important things in life, and will not bring lasting joy. Love, goodness, truth and beauty are the things which matter most, since they are the things of the Spirit. Let us cultivate them, for they are the things we shall take with us when we pass on – the eternal things – the blessed things – the joyous things.





**The School of Truth –**  
Our guide to the Path of Truth

**The Path to God –**  
Through Prayer, Meditation, affirmation and a suitable  
Spiritual Environment

**Truth Teachings lead to ...**

Understanding the Spiritual Law. 'Thy Will be Done',  
with the Thankful Prayer leading to:

Light

Health

Love

Happiness

Peace

Abundance

All Spiritual Growth is grounded in a Raising of Consciousness,  
leading to an ever-closer relationship with God.

The School of Truth is non-denominational and it teaches people  
of all creeds, cultures, races and religious affiliations to  
maximise their progress on the Path of Truth.

At your request.

Dear Jean and Heather, with reference to your query. We forgive people for our own sakes not for theirs. When we forgive others, we prevent resentment from building up in the subconscious mind, and we become free, remember to err is human to forgive divine. When resentment builds up in the mind it controls the mind, and we become bitter people, mentally detach, no one can hurt you, unless you give them the power. Rather silently bless those expressing negation towards you, ie for the spirit of God that is within you I bless you. Disharmony creates illness by putting atoms, cells, glands, organs out of resonance with the infinite.

Love and Blessings,  
School of Truth counsellor.



## **The Gate of the Year**

“I said to the man who stood at the gate of the year”

“Give me a light that I may tread safely into the unknown.”

And he replied “Go out into the darkness and put your hand into the hand of God”. That shall be to you better than light and safer than a known way”

*Louise Haskins*

## ***Meetings: November and December 2019***

### **Johannesburg**

#### **Theosophical Society**

Corner Lothbury & Streatley Avenue, Auckland Park

**First and third Sunday of each month at 11:00 a.m.**

Lectures: Sunday 3 November: Jimmy Wilson

17 November: Dorian Thomas

Sunday 1 December: Gerd Pontow

Sunday 15 December: Edwin Wood

### **Durban**

Phone: 072 319 8666 – 031 201 5860

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

Sundays 10 November and 8 December

Lecturer: Diane Evelyn

### **Pretoria**

#### **Theosophical Society Lodge**

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

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

Sundays 10 November and 8 December

Lecturer: Dorian Thomas or Edwin Wood

### **Hoedspruit**

Venue: Drakensig Sports Centre, Conference Room

Contact: Mark Tomlinson

Home: 015 793 0100 – Cell: 079 369 4604

**Cape Town, Erin Hall**

Erin Hall, 8 Erin Road, Rondebosch

**First Sunday of every month at 10:00 a.m.**

Sundays 3 November and 1 December

Lecturers: David Grant, Nicky Swartz and Penny Gottlieb  
(alternating)

**School of Truth Zimbabwe**

Harare (00263) 488 5186: Mary Jane Williams

Bulawayo (00263) 288 679: Geoff & Gwen Calvert

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

Telephones: +27 (11) 482 5622/5856

Fax: (011) 482 4857

**Member's Guide**

We believe that students of Truth should make their daily life reflect their beliefs and faith. One way of doing this is to choose an idea or affirmation that can be thought of during the waking hours, perhaps the affirmation offered in the daily thoughts. "THE PATH" provides a number of guidelines, some of which may help one to focus in spare moment of time:

In taking practical steps to work out our problems, we must feel, and know, that we have done our share and therefore we are justified in confidently expecting God to supply our need.

We do not indulge in open or mental criticism of a destructive nature regarding our fellowmen.



**November 1****Friday**

◆ *Your Father knoweth what things ye have need of and it is His good pleasure to give you the Kingdom. – Jesus Christ.*

**I GIVE THANKS THAT GOD, MY FATHER,  
FULFILS MY EVERY NEED.**

Every expression of Life extracts from Nature all that it specifically needs. No cat would consent to live on chips of wood but the termite does so quite cheerfully. The badger builds his watery home with sticks, but the fox burrows into dry land. All living creatures – with the exception of man – find whatever they need in lavish supply without having to ask for it, so should not man fare as well as his lesser brethren?

What instinct does for the animal world, awareness will do for man. Once he realises – as did the Christ – that God is his all-sufficiency in all things he will recognise, whenever he becomes conscious of any need, that “I AM it at this present; it does not have to come to me or be created for me for it is an integral part of my being needing only my realisation of this truth to come forth, flooding my life, and filling it with the All-good of God’s Providing.”

**November 2****Saturday**

◆ *For ye have need of patience, that, having done the will of God, ye may receive the promise. – Hebr. 10:36.*

**I AWAIT GOD'S WILL IN FAITH AND PATIENCE.**

We must realise at all times that God works in a mysterious way His wonders to perform.

People come to us and tell us that they have done all the right things and yet their prayers are not answered. But they do not always know what is best for them, so why do they not leave everything to God? They may have been trying to sell a property for years without success, only to find in the long run that they were glad it had not been sold.

Are we always sure what the will of God is? And if we are, do we always conform to it? We have our part to play if the promises of God are to be fulfilled. We are to seek first His Kingdom and His righteousness if all things are to be added to us. We must cleanse our hearts and minds of all error if we expect to receive His blessings.

Let us be patient and allow God to work in His own perfect way.

**November 3****Sunday****December 1****MEDITATION***“I IN THEE”*

My Father,

Wandering lonely one day and feeling the temporary lack of human companionship, my thoughts turned to You, and I remembered that no man is ever alone for none can be separated from Your Presence.

As I began to meditate on what this meant to me I realised that: I am always encompassed within a LOVE that, quite beyond mortal comprehension, is infinite, tender and everlasting. I am protected from all harm because You have given Your angels charge over me lest, by any chance, I dash my foot against a stone. I am supplied with all I can ever need for You are my all-sufficiency in all things. I am sustained in all the changes of human living for You watch over me, and I am maintained in health, happiness and prosperity because these are Your attributes invested in me at my beginnings and IN ALL THE WORLD I HAVE NOTHING TO FEAR.

**November 4****Monday****December 2**

◆ *Thou hast blessed the work of his hands. – Job. 1:10.*

**I PERFORM MY TASKS AS WELL AS I AM ABLE, IN  
THE SPIRIT OF LOVE AND GRATITUDE TO GOD.**

How do you regard your work – simply as a means of earning a living? If this is so, then obviously you are not doing the work you like. Perhaps your surroundings are not pleasant or you may not be in tune with your fellow-workers. You may be a square peg in a round hole. You will, naturally, find other work when you can, but in the meantime make the best of it. Give thanks to God that you are in employment when so many are not.

If you do not like what you are doing, and have to do it for the time being, change your attitude towards it. Realise that you are giving service to man, and through him to God. You are in your present position for some good purpose. Try to find out what it is. Maybe you can help someone, or maybe you have a lesson to learn. Possibly you have to prove yourself just where you are before being moved on to something better.

**November 5****Tuesday****December 3**

◆ *Commit thy way unto the Lord. – Ps. 37:5.*

**IN HIM, MY FATHER-GOD, ALONE WILL I PUT  
MY TRUST.**

You do not have to reach out to some distant Deity or to cast around for a Power separated from you: all you have to do is to be still and know that He is here and now, nearer than hands and feet, closer than breathing.

This Lord is the very Life living in and through you; your concerns are His concerns, your righteous desires are the longings, in consummated form, of His loving heart. You can confide everything to Him – your hopes and fears, your failures and successes, your weariness and pain. All these He will take from you and give back to you healed and glorified. He is All-power, All-knowledge, All-love; cast your every burden upon Him and go free, for you were born to freedom as the sparks fly upwards because God said – and none may gainsay Him – “This is my beloved child in whom I am well pleased”.

**November 6****Wednesday****December 4**

♦ *Whatsoever things are true, whatsoever things are honourable, whatsoever things are just, think on these things. – Phil. 4:8.*

**I WILL WEED THE GARDEN OF MY MIND THAT  
ONLY FLOWERS MAY BLOSSOM THERE.**

If we would fill our minds with only the good, the true and the beautiful, we should lead much better lives and be much happier people.

Everything we do begins as a thought in the mind and therefore it is essential that we should think aright. Mary Baker Eddy said: “Keep your minds so filled with Truth and Love that sin, disease, and death cannot enter them. It is plain that nothing can be added to the mind already full. There is no door through which evil can enter, and no space for evil to fill in a mind filled with goodness. Good thoughts are an impenetrable armour; clad therewith you are completely shielded from the attacks of error of every sort.”

Let us be careful to remove every negative or destructive thought that raises its ugly head, and replace it with a positive or constructive one.

**November 7****Thursday****December 5**

◆ *Wherefore, my beloved, flee from idolatry. – 1 Cor. 10:14.*

**I WILL SERVE NO OTHER GODS BUT YOU,  
FATHER.**

If we were told that we were idolaters we should probably be amazed. But are we not worshipping idols when we put earthly things before the things of the Spirit?

Take, for instance, the people who put the making of money before everything else – are they not worshippers of mammon? And what about those who put man before God – are they not idolaters? So you see we do not need to kneel before graven images in order to worship idols. Anything that we put before God – Good – can be regarded as an idol.

Let us see to it that God comes before all else in our lives. He created us in His own spiritual image and likeness and He loves us with a love greater than any human love. He is the only God, and it is He alone we should worship. “Thou shalt have no other gods before Me.” These are words we should remember when we are inclined to put goodness into the background; and when we are inclined to put self before service.

**November 8****Friday****December 6**

♦ *Love one another even as I have loved you. – John 15:12.*

**LOVE ALWAYS WORKS FOR ME  
AS I RELEASE IT.**

Few, if any, human beings have ever attained to the Christ-love, which was, and is, all-encompassing. What we have to try to do is to imitate Him to the best of our ability. It does not seem natural to us to love everybody. Surely, we think, we could be mildly indifferent to those who are not close to us and appear to have no call upon us; also we find it out of all reason to love those who have only hatred for us, but again “Love your enemies, them that hurt you and despitefully use you” for “What is that to thee? Follow thou Me.” So even the more enlightened among us, those who have been taught, even if they have not wholly accepted that “I and My Father” who is all GOOD “are one,” find themselves faced with a very stiff task. Have we, we wonder, any chance of fulfilling it? We may have *if* we remember that God’s Love was implanted in us at our beginnings, for us to call upon, and furthermore that He first loved us, and that the only way in which we can pay Him back is to pass on that Divine Love to all mankind.



**November 9****Saturday****December 7**

◆ *Let the husband render unto the wife her due; and likewise also the wife unto the husband. – 1 Cor. 7:3.*

**I STRIVE FOR HARMONY IN ALL MY  
HUMAN RELATIONSHIPS, AND WITH GOD'S  
HELP I ACHIEVE IT.**

What is due to a wife from her husband, and to a husband from his wife? Surely love, tenderness, understanding, consideration and courtesy. If these are missing, how can a marriage be happy? The “first, fine careless rapture” may depart, but in its place should come a lasting affection that is of more value.

Marriage should be an institution by which two people agree to share each other's lives for the enrichment of both. But each should realise that the other is a separate individual, with personal likes and dislikes, ideas and ideals. These should be respected, and they will be if there is complete understanding between the two people concerned. Mutual consideration and courtesy are also necessary if there is to be harmony in the home. And each partner should be ready to make sacrifices where these are required.

**November 10****Sunday****December 8****MEDITATION***SPIRITUAL BLUEPRINTS*

My Father,

As I reflect on the various things that in this day and age human beings have come to look upon as necessities, and of the many people who lack most, if not all of them I want to give thanks to You for the teaching of Truth which lays great stress upon the Master's assurance that "I and My Father are one." It would – it seems to me – be impossible that You should be divided from Your IDEAS, and if this is so they must be omnipresent (as You are) and be part and parcel of every individual alive.

All manifestation is the outpicturing of concepts held in Mind (this is illustrated in our experience as we remember that before ships, cars, trains and houses came forth as concrete entities they were blueprints in the minds of their designers) and because there is but one Mind, in which we participate, what that Mind contains must be the Spiritual Blueprints that we, by aligning ourselves with them, shall permit to express in, through and for us in our visible world.

**November 11****Monday****December 9**

◆ *Man doth not live by bread only. – Deut. 8:3.*

**I SHALL MAKE THE MOST OF LIFE AND  
PUT MY BEST INTO IT.**

We want more than the material things such as food, clothing and homes if we are to live richly and fully. Our minds and our spirits need food also. We need knowledge for our own use and for the use of others. And we need the things of the Spirit – love, goodness, truth, beauty, justice, purity and all the other God-like qualities.

Those who live only for pleasure must feel sad, surely, when they reach the end of the road and find they have done little to cultivate their minds; and that they have made no worthwhile contribution to the world. We can store up in our minds wealth that will serve us when riches no longer are sufficient to meet our needs.

There is all we want to live a full, rich life, and we find it in service given with love in our hearts. When we give in this way we feel that our lives have value, and this brings us the happiness we all are seeking.

**November 12****Tuesday****December 10**

♦ *Though he fall he shall not be utterly cast down. – Ps. 37:24.*

**LET ME BE NOT WEARY IN WELL DOING  
WHETHER I BE UNDER SUPERVISION OR NOT.**

Life seems to be made up of tumbles and recoveries; we go down before conditions, situations and circumstances, then arise in consciousness and overcome them. If we never had to pit ourselves against obstacles we should make no progress in the art of living and, apart from that, our days would be unendurably dull. We often think, very mistakenly, that we are hard done by when everything is difficult, when troubles come not as single spies but in battalions; yet, if we had but to navigate endlessly in calm and tranquil waters, we should never have the joy of effort and its ensuing victory.

Muscles were given us to use, our resources to exercise to the utmost, and it is only as we do this to the best of our ability, in faith and honest endeavour, that we shall truly live.

**November 13****Wednesday****December 11**

◆ *Whatsoever thy hand findeth to do, do it  
with might. – Ecc. 9:10.*

**I DO WHAT I CAN FOR OTHERS, AND DO IT  
IN LOVE.**

Never despise the small service, for how do you know how great may be the result? And how do you know what is big and what is small in the eyes of God? If you wait for something great to do you may wait too long, whereas there are little services to be rendered so often.

We cannot all make some great contribution to science, art, music, or literature, or what you will. We cannot all be great preachers. But we can all do something. We can send out constructive and loving thoughts to all men. We can do any little kindly action that presents itself, and help in any way we can.

It is not enough to study Truth. We must put it into practice in our daily lives. We must work for the good of our fellowmen, for what we do for them we do for God. The only way we can serve Him is by serving His children here on earth.

**November 14****Thursday****December 12**

◆ *Through Thy precepts I get understanding. – Ps. 119:104.*

**I APPLY MY HEART TO UNDERSTANDING  
AND MY MIND TO WISDOM.**

Through God's commandments we get understanding, which is an urgent need if we are to be of use to others. And if we expect to understand our neighbours we must first understand ourselves. This means we must be completely honest with ourselves, and not make excuses for our shortcomings but face them and so be able to cure them. "Know thyself" is a good affirmation.

The teachings of the Christ give us the knowledge we require in order to live the Good Life. When we live the Good Life we live the life of love, and with love comes understanding. Without it, and without knowledge of ourselves, we are liable to judge our fellowmen, and judge them harshly, in face of the fact that we have been told to judge not lest we be judged.

Those who understand know that in criticising others they are criticising themselves. Let us judge ourselves first and then, probably, we shall not judge those about us.

**November 15****Friday****December 13**

♦ *I believe: help Thou mine unbelief. – Mark 9:24.*

**I WILL CULTIVATE MY FAITH IN GOD THAT I  
MAY PROGRESS ALONG THE SPIRITUAL PATH.**

Many people must worry because they feel that they are lacking in faith. Maybe they find it difficult to believe in God because He cannot be seen or heard; but they CAN believe in goodness, truth and beauty and, above all, love. He is all these things. They are His attributes. If people find it easier to regard Him as a loving Father, by all means let them do so, for is He not everything we can possibly need?

We should believe in ourselves, too, since His Spirit is within us; and since what He is we potentially are. If we have no faith in ourselves, and our ability to achieve our aims, we cannot expect others to believe in us.

Believe in your work, too. It may not be what you would like to do, but be grateful for it; put your best into it; and prove yourself where you are. This may be exactly the lesson you have to learn in order to be given the work you would like to do.

**November 16****Saturday****December 14**

◆ *For I, Jehovah, love justice. – Isa. 61:8.*

**DIVINE JUSTICE IS FULFILLED IN ME AND  
THROUGH ME THIS DAY AND ALWAYS,  
FOR WHICH I GIVE THANKS.**

There must be many who feel, at times, that they do not deserve the experiences that come to them. Someone who appears to be less worthy may have been given a position they wanted; or someone less able may have been promoted above their heads.

Those with understanding say: “None of these things move me” They know that there is a purpose behind everything that happens to them; and that they are feeling the effects of some cause they have set up. On the other hand, it may be that they are being kept back for something better in the future. In any case, they are content to leave matters in God’s hands, knowing that He loves them and wants only what will be best for them in the long run.

The experiences that come to us are the result of our own thoughts, words and actions. There can be no injustice in God’s Kingdom.



**November 17****Sunday****December 15****MEDITATION***MY EVERY NEED*

My Father,

I accept Your promise that before I call You have answered. You know best how my need should be met as I do my share in not letting appearances lessen my faith.

Now, I let all sense of worry fall from me for I know that unless I eliminate worry and fear from my consciousness I am not doing my part. I trust Your Love and Power working for me and realise that the switch is in my hands and unless I keep it turned on the Light of Understanding cannot illumine my consciousness. Help me to gain the realisation of Your ever-present desire to guide and help my every effort to attain the good I need.

All the Good, the Supply, the Health, the Peace I need exists in Your Kingdom in overflowing measure awaiting my enlightened consciousness.

Father, in quiet faith, I accept Your promise and meditate upon the Truth that lifts me above all selfish desire. SO BE IT, SO IT IS.

**November 18****Monday****December 16**

♦ *Whatsoever a man soweth, that shall he also reap. – Gal. 6:7.*

**I CONTROL MY THOUGHTS THAT I MAY CREATE  
ONLY WHAT IS GOOD.**

What are you cultivating in the garden of your mind? It is important to sow and cultivate the right thoughts, for as we think, so we are. How can we expect good to materialise if we think evil? Everything we do begins as a thought in the mind, so it behoves us to control our thoughts. We must fill our minds with love, removing any hatred which may be there. We must consider the welfare of others instead of concentrating entirely on ourselves.

If we have wronged someone, we can expect someone to wrong us, otherwise there would be no justice in the world. Perhaps we can right the wrong, but if we cannot, we can do good to someone else and thus try to make amends. Any ill that comes into our lives is of our own making – we have set up the cause of which we are suffering the effects.

Let us not develop sickness, misery, and poverty by cultivating them in our minds.

**November 19****Tuesday****December 17**

♦ *Be still, and know that I am God. – Ps. 46:10.*

**I REMAIN POISED FOR MY FAITH IN GOD  
IS STEADFAST.**

Instead of losing our poise in a crisis we should lift up our hearts to God for help. We should relax in mind and body and hand things over to Him, doing whatever needs to be done in the meantime. We need an inner stillness though the crisis may require immediate action on our part.

To know that God IS, and to realise our unity with Him, will help to keep us calm in times of trouble. We must, therefore, cultivate our faith. He is all Love, all Power, and all Knowledge, and these are at our disposal when we claim them in faith.

How often, having handed a matter over to God, we continue to worry about it, because we do not quite trust Him? How often do we go to Him for help feeling that it will do no harm to ask, but not expecting Him to reply? That is no way in which to approach the Deity, we must ask, **BELIEVING THAT WE RECEIVE.**

**November 20****Wednesday****December 18**

♦ *Walk by the Spirit. – Gal. 5:16.*

**MY MIND AND HEART ARE STAYED ON GOD,  
AND MY TRUST IS IN HIM.**

There are many people who are not interested in the way of the Spirit. The material world and its pleasures are their only concern until, perhaps, they come up against some adversity – sickness, or poverty, or unhappiness – something from which they can see no way out, and then, maybe, they turn to God for help.

The world offers us many pleasures which we were meant to enjoy, but it cannot offer us the things which money cannot buy. When we allow the Spirit to guide us in all our undertakings we know joy and peace of mind. We walk the path of Love which is the path of goodness, truth, and beauty. Love is the fulfilment of the Law, and only by obeying the Law can we expect to experience any sense of security in these chaotic days.

We all wander from the path at times, but the great thing is to get back to the way of Truth as soon as may be.

**November 21****Thursday****December 19**

◆ *Yield yourselves unto Jehovah. – 2 Chr. 30:8.*

**I GIVE THANKS THAT WITHIN ME ARE THE  
PEACE AND HARMONY I SEEK.**

Dana Gatlin in ‘God is the Answer’ says: “When you are harassed or uncertain, just surrender. Clear a space in the buzzing turmoil of your mortal thoughts. Make room for God. Do not even worry about what you ought to think. God will take care of that if you turn to Him in faith, trusting. He will tell you what to think. The right thoughts will of themselves flow into your mind if you will clear a space for them – God’s thoughts; and you will think His thoughts after Him. Try Him, prove Him.”

We are constantly telling our students to let go and let God take charge of them and their affairs. We should surrender to the Spirit within us, and then stop worrying. Unfortunately this is what so many find it difficult to do. They think they have let go, but the very fact that they continue to be anxious and to struggle in their own strength proves that they have done nothing of the sort.

**November 22****Friday****December 20**

♦ *Forgetting the things which are behind.* – Phil. 3:13.

**THIS IS THE DAY THAT GOD HAS MADE.  
I WILL DO MY BEST IN IT.**

Some people are always looking over their shoulders. They keep remembering the mistakes made in the past – particularly other people's mistakes. And that is wrong. We should do our best to help them to forget the errors of the past and not remind them of them constantly. We all make mistakes, and we learn from them, so why should we blame others? It is useless to say. "You should have done" this or that, for the fact remains that it was not done, so forget it – look forward, not back.

It is NOW that is important, for on what we do today much of what happens tomorrow will depend. If we have sufficient faith to grasp the opportunities which present themselves we shall go onward and upward.

Let us live in the present, not in the past. The past is over – let it go! Let us make the most of today and every day that we may live fully and richly.

**November 23****Saturday****December 21**

◆ *Bless the Lord, O my soul . . . who healeth all thy diseases. – Ps. 103:2-3.*

**I CAN DO ALL THINGS IN GOD WHO  
STRENGTHENS ME.**

When we utter the words of the above text we are not speaking of some outside Divinity, separated from us, who out of His infinite compassion is curing various sicknesses that are tormenting us; it is our own indwelling God-awareness that is doing the work, *and which alone can do it.*

In order to live healthy, harmonious lives we need to know exactly who and what we are, namely, God's Self-expressions who are made up wholly of His attributes which He maintains and sustains in their essential equilibrium, because if He did not do so there would be a facet of His Being that would be imperfect.

When God looks at you or me He sees only Himself as you and I, gazing into a mirror, see each his own reflection which is in truth the image and likeness of our Creator. To it we can say, "You are perfection, all-good, ageless, diseaseless, deathless," and if in our hearts *we do not doubt*, it shall be so.

**November 24****Sunday****December 22****MEDITATION***DIVINE REFLECTIONS*

My Father,

When the other day I read in a book the words, “I wonder when they’ll see that religion can never be part of anybody’s life and that God isn’t very much interested in religion, only in love,” they gave me a feeling of great upliftment.

It seemed to me that we, Your children – of any number of denominations – do not have to worry about our differing dogmas, tenets, ceremonies; all we have to do to enter into complete at-one-ment with You is TO LOVE.

To think well of our fellowmen, to see their virtues instead of concentrating on their faults (of which all of us have plenty) to serve them willingly, putting their interest before our own, and then, in all our ways, to remember You, my Father, who because You are Love Divine see no shadows in individual lives but only the reflection of Your own infinite Goodness and Perfection. And when we understand this, all questioning, doubts and hesitations fade away as we worship You – and You alone – “in Spirit and in Truth.”



**November 25****Monday****December 23**

♦ *Be thou faithful unto death, and I will give thee the crown of life. – Rev. 2:10.*

**I TRY TO BE STEADFAST IN MY VISION OF THE  
OMNIPRESENCE OF GOD, AND TO ACT IN THIS  
AWARENESS.**

We are admonished to “be not weary in well doing” and it is very meet that this should be brought to our attention for all too many of us start out well, travelling along the Path of Truth, only to faint by the way when we encounter stony stretches, and unless we are “faithful” to our purpose, we shall never reach the goal we have set ourselves.

Enthusiasm is an excellent quality, but in order to accomplish anything worthwhile it has to be allied to steadfastness. We have to keep our eyes one-pointed to the GOOD. We are here to express our Maker in all that we think, feel, say and do, and to succeed in this demands constant vigilance, for the moment we lose sight of “Thou only” error rushes in, a sense of separation divides us from God, and we wander off into the wilderness, whence we can return only as spiritual enlightenment once more awakens us to the TRUTH OF BEING.

**November 26****Tuesday****December 24**

♦ *He hath put a new song in my mouth. – Ps. 40:3.*

**TODAY I REJOICE THAT I AM A NEW CREATURE;  
THE OLD THINGS HAVE PASSED AWAY.**

Today is a day that the Lord hath made and I rejoice and am glad in it. His love and power within me have made all things new and I see all things and all people in a new light. I discard all the old ideas that have hampered and limited me in the past and I centre my thoughts upon those things that are good and true. This is the Christ way.

The world no longer appears ugly and distorted, but full of the beauty and wonder that it held for me when I looked at it with the eyes of a child. Men and women now show themselves to me as the children of God; not as miserable creatures whose principal aim in life was to accomplish something harmful to me. Whereas before I was blind, now I see, but I see all things through the eyes of God and not through the eyes of the senses. And I give grateful thanks for the Christ Who is my unfailing Example.

**November 27****Wednesday**

♦ *In all these things we are more than conquerors through Him that loved us. – Rom. 8:37.*

### **I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME.**

We have been told that what the Christ did we, too, could do and more also, but we have not yet reached that stage of spiritual development.

Most of us feel gratified when we have faced some adverse situation with courage and overcome it, do we not? But our sense of satisfaction should be expressed in thankfulness to God for enabling us to surmount the difficulty. And each victory over circumstances should make the next one just so much easier.

The Power and Wisdom of God are within us to help us in time of stress. He is the Source of all good, and if we could realise our complete unity with Him all would be well with us. Unfortunately through lack of faith and various other forms of negativity we set up barriers between ourselves and Him which prevent His Goodness from flowing freely to us.

If we ever feel that circumstances are becoming too much for us let us think of today's text and realise our unity with the Power that is in us.



**Wednesday      December 25**

*To all Truth Students  
we extend Sincere Greetings  
for a Happy  
and Peaceful Christmas*

*May the Spirit of Truth within  
each one of us radiate its Love and  
Joy through us to the world, and  
may we be the channels of its  
Peace and Goodwill to all.*



**November 28****Thursday****December 26**

◆ *Other sheep I have which are not of this fold. – John 10:16.*

**I WILL MAKE MY RELIGION AN EXAMPLE OF  
LOVE AND HAPPINESS TO OTHERS.**

We do not all take the same pathway to God. You may be taking an entirely different one from that which I am following, but that is no reason why we should be intolerant towards each other. We both have the same goal. Yet what crimes have been committed in the name of religion!

What right have we to try to force others to accept our views! Each of us has the form of religion necessary to his standard of growth. Each of us needs certain experiences if we are to progress spiritually, but we do not all need the same experiences. This being so, let us not interfere with the beliefs of others.

We might possibly destroy what faith they have and be unable to replace it with anything which appeals to them, and this might cause great harm.

There are probably people in this world who profess to follow no religion and yet who lead better lives than many who call themselves Christians. As long as we live the life of love does it really matter to what denomination we belong? Then let us not criticise other people's form of worship.

**November 29****Friday****December 27**

◆ *The blessing of Jehovah, it maketh rich; and He addeth no sorrow therewith. – Pro. 10:22.*

**THANK YOU, FATHER, FOR ALL THE BLESSINGS  
OF MY DAILY LIFE.**

God is always blessings us. Those whose idea of Him is that of a stern being sitting on a throne in some mystical heaven, taking note of the sins of erring humanity, should get rid of the notion quickly. They should also expel from their minds any idea that He is a god of wrath who punishes His children and condemns them to the fires of hell. He is Love, and Love does not do these things. We punish ourselves when we do wrong, for we have to bear the consequences of our own actions.

God blesses us, but He leaves it to us to decide whether we will accept His blessings. He does not force them upon us. If we believe in Him, and do His Will, then His blessings make us rich indeed. If we give of what we are and have to Him, He will open the windows of heaven and pour us out a blessing that there shall not be room enough to receive it.

**November 30****Saturday****December 28**

◆ *The word has gone forth from my mouth in righteousness. – Isa. 45:23.*

**I USE THE POWER OF MY SPOKEN WORD TO  
BLESS AND UPLIFT.**

I wonder how many of us keep count of the words we utter – idle words, angry words, words of love, encouragement and praise.

Thoughtless words many of us speak aplenty, they have perhaps little meaning and do little harm, but angry words hurt most him from whom they escape (not easily to be recalled) for only when accepted can they sting.

It is the words of praise, encouragement and love, which “bless both him that gives and him that takes,” of which we are miserly; for in some illogical way we feel that when we praise another we are, by comparison, rather detracting from ourselves. Encouragement we reckon we need as much as, probably more than, the next man so often we withhold it, and when it comes to love we have not as yet learned to love our neighbours as ourselves, so an unproductive silence reigns.

**Sunday****December 29****MEDITATION***MY TRUE BEING...*

My Father,

I now concentrate on my being – on my awareness. I quietly enter the deep recess of my Soul to a place of peace and rest. Here I realise my unity with You. I know that the ego is but a changing thing of time and circumstance, whereas the real immortal Self is birthless, deathless, changeless.

I am patient, for I am one with All-Time. I am wise, for I am one with All-Knowledge. In this awareness I am beyond pain for I see beyond pain's sense limitation to the Truth within me.

I am rich, for there is no limit to the abundance which is my divine inheritance. I am successful, for my mind at one with Your Mind ensures achievement beyond human imagination. Vanity and ego depart from my consciousness as, more and more, I understand what the Master meant when He said, "I and the Father are one."



**Monday****December 30**

♦ *Answerest thou nothing? Behold how many things they witness against thee. – Mark 15:4.*

**I CAN OVERCOME ALL THINGS IN GOD WHO  
STRENGTHENS ME.**

Silence is often more convincing than a spate of words. Hardly anyone goes through life without being, at some time or other, wrongfully accused. When this happens protestations avail us little, but if we can “be still and *know* that I am God” truth will eventually triumph over error and we shall be vindicated far more thoroughly and completely than we could have been if we had tried to defend ourselves.

Is is not easy to take this course. We have to fight all our natural instincts to do so! But if we would quieten our emotions enough to take a sane and considered view of the matter, we should realise that we, with God, were a majority against which nothing unlike Him could hold. Then, putting our whole trust in Him, we should be able to go forward undismayed by human criticism, condemnation and slander, in the absolute conviction that at the end of our journey we should find the Father waiting for us at the Gate of His Kingdom of All-good.

**Tuesday****December 31**

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

**I RELY SOLELY ON GOD TO SUPPLY ALL MY  
NEEDS AND I THANK HIM.**

Every good and every perfect gift is a gift from God. This is something we should remember when we receive gifts from our fellowmen, for they are the channels which He uses, but He is the donor.

God is the Source of all that is good, pure, and lovely. He is the Source of our health, of our happiness, and of our prosperity, if we love Him as we should. The Bible tells us that if we seek Him first, and His Kingdom, all else shall be added unto us. Once we appreciate this, we shall not rely on man for our needs but on Him.

When we love God and obey His laws we can claim His benefits in humble gratitude. We are heirs to all that He is and has, and He knows what we require even before we tell Him. So let us trust Him fully, knowing that it is not His desire that His children should lack the good things of life.

SCHOOL OF TRUTH - NICOL C. CAMPBELL

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*Nicol Campbell*

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