

# *The Path of Truth*



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# THE PATH OF TRUTH

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## Editorial

### ***What is our Goal?***

Have we defined our purpose in life; and are we working towards it steadily? Or are we content to drift through the days with no fixed goal?

If we want to live fully, richly, and joyously we must feel that we are making some worth-while contribution to life. To reach the end of the road and realise that we had accomplished nothing of value would be sad indeed. We all have something to give. What it is, each must decide for himself, but it should be something that will benefit mankind, not only ourselves. We should all have ideals.

We should all want to make the best of life which means giving the best to it. We should desire to be givers, not takers only. We should want to work in God's service in order to help lift the burden of suffering from mankind.

Carlyle said: "It is great – and there is no other greatness – to make one corner of God's creation more fruitful, better, more worthy of God; to make some human heart a little wiser, manlier, happier – more blessed, less accursed."

## ***“I asked you to pray”***

Extracts from letters received by the School of Truth

A week after I telephoned you for my husband who was dangerously ill, I called in the doctor and asked him to examine my husband and please tell us how he was. He looked puzzled when he eventually said: “Well, the lungs have shrunk back and the heartbeat that seemed so difficult to detect is now beating strongly without any murmur.” My husband is well and back at work. May God bless you and your work.



B— has sold his farm and has a wonderful opportunity to make a good living on a big sugar farm belonging to a friend of his on the South Coast. They are all very happy. Thank you for praying for them and helping me to think and act positively.

To all our known and unknown friends – our co-workers in Truth – who so faithfully and sincerely give this work their spiritual and material support we extend our most grateful thanks and blessing.

God is indeed a living Power in our home and my husband and I are sincerely grateful to you for your prayers in our time of anxiety. E— got a first-class pass for matric and will now study at the local university. You will recollect that we had no hope of him passing his final examination. Thank you for praying for him and guiding and leading us back to God.

At last I am learning to use the Power within me! The results are quite remarkable. My faith in God has increased with every demonstration and I can indeed pray: Thy will, Father, be done unto me. There was a time when I thought I could overcome all my troubles if only I could win a sweepstake, but this understanding of His Love for me and of His Power that is working for and not against me, is worth “far more than the riches of Croesus, i.e. The King of Lydia - Ancient Greek”.



I wrote and asked for prayers for my daughter who developed nervous headaches and was unable to study properly for her matriculation examination. The headache disappeared and she could carry on with her studies. You will be happy to learn that she obtained a first-class pass.



Some six or seven months ago I wrote you about an uncle of mine who was suffering from cancer of the bladder. The doctors were able to give him relief only but could hold out no hope for him. In other words, it was just a question of time as it had been with his brother who passed away earlier in the year. It was then that I realised that I had to take the matter up positively. I contacted you and sent my aunt a copy of one of your lectures telling her that she should follow your advice and not give up hope. Well, my uncle has recovered and is beginning to think of playing tennis again. Thank you for everything.

Even before your letter arrived my son received news that he had been promoted to a higher grade in his work – he is on probation for six months and then will get an increase in salary. He has been transferred to an estate only 20 miles from M– on a tarred road. This will mean much to them as they have been living right in the heart of the country, 75 miles from M–, and not good roads. Their car which has just cost them a lot of money will now be used less frequently as he has been given a Jeep to use for his estate work. All this came as a complete surprise to him and his wife and they are both overjoyed, and so are we.



This is just a grateful “Thank you” letter for the prayers and the constant and unfailing help I receive from the School of Truth. I am usually desperately in need of the lectures in each new magazine and it is the first thing I turn to when the book comes. Always it seems just for me – the very problems I have been battling with are presented in a new light and my faults are exposed. I can only say that since I became a Truth student two years ago, all my needs are met in what finally proves to be the very best way. It seems that we must not *confuse our needs with our desires*.



As my husband is often called out at night, we had to find a flat close to the station. There was no accommodation to be had in that particular vicinity, so I telephoned you for prayers. You will be happy to learn that we have now found a suitable place at a very reasonable rent.

Lecture delivered in Johannesburg by N.C. Campbell

## *Plenteous of Good*



I frequently ask people what, if they are still unfulfilled, is the most urgent need in their lives. Some say they want health, others plump for happiness, and for seven out of ten prosperity seems to be the most important thing. “Give me money,” they say, “for with it I shall be able to buy all the things I need, plus the extra luxuries I would like to have.” I shake my head sadly because I know that any man who, even with great wealth, is lacking in health and happiness is a beggar indeed.

If you were to ask *me* what I want, I would reply, “An idea, the very clear idea of who and what I am, and of what my function here on earth is.” I see too many who are square pegs in round holes. Some having money are miserable, others are happy, but poor, and many have health unallied to happiness. That is why I would ask for a knowledge of my own identity, because I realise intuitively that with that idea firmly implanted in me, everything would have to fall into place. Like the little pieces in a jig-saw puzzle they would form a composite picture, in my case of health, happiness and security.

I know, as most of us do, that God created man, but I want something deeper than a superficial acceptance of an obvious

fact, the INNER REALISATION of the *Truth of all Being*, and in answer to my cry He replies, "Listen to My Voice and I will be your plenteous Good." Is this some being in the sky, a person to whom I must listen? As I ponder this, the realisation comes over me that my voice is His Voice, for there is but one Presence existing, and that one HIS, and MINE too, because there is no separation between the Creator and His created. Consequently, I listen to what I have to say for Good from the moment when I awaken in the morning to the time when I drop off to sleep when day is done. In the interim I have much to think about, knowing that He is talking only of that which is Perfection. Of disease He says, "That is a lie, Health is a Verity, as is Harmony, but unhappiness is an illusion." Can there be a consciousness of poverty while He is Prosperity, complete Security? In the watches of the night I talk to myself asking myself if perhaps it is He who is speaking through me. If my words are those of poverty, sickness, error, negation and lies, then it is not God who is uttering them, for they are not in tune with that which is perfection.

As the years roll by this vision of Him who is talking through me gets stronger, more authoritative. The recognition builds up in me that this Presence, which constitutes the entire universe, is unlimited in the visible and the invisible and that the more I talk about His Good to myself and others, the greater will become my consciousness of cosmic oneness. Then, looking at my hands, and yours, I can say with conviction that they, each with its small fingers, are His.



Does that seem possible to you? Can the span of a human hand contain creation? It can, *and it does*, for those seeming physical hands, if they are open, can never be empty, limited or circumscribed; only if they are closed – in fear – in an effort to “hold on” – can the Infinite Presence (as far as the individual awareness is concerned) be squeezed out of them. I can *see* whether these hands of mine are open or shut and as, deliberately, I keep them open so that the Universal Presence of God may flow freely through them, my realisation of (*not beliefin*) their inborn Abundance becomes deeper and deeper. I cannot give with my hands – which are only the vehicles of God’s bestowing and receiving – if my mind and emotions are bound in fear.

As I think along these lines, I can discern who – in spite of your conditions, problems and restrictions – you and I are, and in every talk, I have with people about their difficulties, I literally beg them to GIVE AWAY their fear. I try to convince them that they are holding on to nothingness as they shut out the Presence of Omniscience and Omnipotence which is longing to become in and through them their health, happiness and prosperity, in no niggardly measure but in unlimited amplitude to share and to spare. Because I know of this, I do not ask for qualities or things.

Many years ago, His Voice said through me, to me, “No limit has been imposed upon you (or any other human being). Whatever you want to give, you can give, so screw

your courage to the sticking point and begin distributing and releasing. Often at first you may be frightened by conditions, obstructions will loom so large that you will think they cannot be overcome but *let nothing you dismay*. Continue your giving for the measure thereof will be the gauge of the understanding you have of My Self-expressing in you, through you and AS you.”

With this in mind I did not stop, and the idea has proved itself (as it became an externalised Reality), so what you need is an IDEA, not a “thought” which is just the manifestation of an idea. A home is the idea of love, a car an idea of comfort, books an idea of reading and intelligence. You have to find the spiritual prototype of what you want and then to ask for it to manifest itself. You don’t, of course, dictate as to how it shall come about.

The other night the question was put to me, “Do you think it will be for the good of all concerned if I ask God for this idea?” and I replied that everything that comes from Him comes under grace and in a perfect way – that is, with no sorrow added. *He* does not give with one hand and take away with the other. There is no lack of God in any life, and He does not withdraw Himself into such a high rate of vibration that we cannot contact Him. We fail to demonstrate only because we are lacking in the steadfastness that does not give up. Knowledge follows upon persistency of purpose; until you have tried something out, you cannot experience it.

Think for a moment that your body has within it the unlimited wealth that is God in whatever form you need it, and that when you listen to His Voice those riches will come into being for you. In the Bible we read, “Hearken unto the Voice of Jehovah, and He will give you plenteous of good.” I put it into modern language and say, “Listen to the Voice of God and He will express His plenteous Good in you, through you and AS you.”

It is for you to begin as I did to listen to what *you* say, which – if you are in contact with God – will be the Divine Idea you need, but if you are merely babbling negatively you will not receive anything because you will have been hearkening to the voice of nothingness.

One simple idea is all you require in order to make your material fortune with the spiritual attributes of health, joy and fearlessness added, but for this to happen you must be attuned to God. If I put my hand in my pocket and find that there is nothing there, I shall – by becoming sad and dejected – transfer that emptiness to my heart, but I shall not create it, for nothingness is merely an illusion, it is not a problem or a structure. I can look at it and if I view it in terms of integration with God, I shall see His idea come forth into fulfilment as Good, but if I look at it in terms of separation from Him, this too will externalise itself as loss, poverty and insecurity.

We all listen to the Voice of God the whole day long; we never stop so doing, but we have *ourselves* to think, feel

and speak constructively if we want Good to persist in our lives. We have to watch our hands, to test these Hands of God, which are never found to be wanting. The problems and difficulties we meet come to stimulate us, to force us to seek a broader vision, and to expand our consciousness. God can work only through us, so it is we who must release ever more and more of His Substance.

Many are called but few are chosen, not because *God* does not choose them, but because when they have achieved a certain degree of understanding, or consciousness, they start to panic, fearing that Truth will not work beyond that particular point. When you set out it is not so difficult, you have a Path, you realise that you are on an adventure with God, but when you fall by the wayside and give up, you feel that you have let Him down, and it is not easy to climb back. We put our hands to the plough, but the effort is too great, we tire and give up. It is a strain to think, speak, feel and act constructively all day long, but that is what we are here for. In any case, we cannot stop this process, we can only change its direction from the positive to the negative, so let us listen to His Voice of Good, speak with It, and act with His Hands. If we do so the world and all that's in it will be ours and we, the man in the street, the members of every Church, the black, brown, white and yellow shall have access to every Spiritual Idea in whatever form we and they need It. It is the spoken word of Good which releases the Idea, building It up into consciousness, or knowledge.

The other day someone asked me what consciousness meant and I replied, “If I banged a big drum with my fist, would you hear it?” “Of course I should,” was the answer. “Well,” I said, “you would be conscious of the noise, you would experience it, *know* it. So it is with Truth. Consciousness is an inner realisation of the quality you need, so will you think about this and prove it for yourself as you listen to the Voice of God who shall be your PLENTEOUS OF GOOD.”

## HAPPINESS

*The true happiness is of a retired nature, and an enemy to pomp and noise; it arises, in the first place, from the enjoyment of one's self; and in the next, from the friendship and conversation of a few select companions; it loves shade and solitude, and naturally haunts groves and fountains, fields and meadows; in short, it feels everything it wants within itself, and receives no additions from multitudes of witnesses and spectators. On the contrary, false happiness loves to be in a crowd, and to draw the eyes of the world upon her. She does not receive satisfaction from the applause which she gives herself, but from the admiration which she raises in others. She flourishes in courts and palaces, theatres and assemblies, and has no existence but when she is looked upon. – Addison.*



Lecture delivered in Johannesburg by N.C. Campbell

## *The “Single” Eye*



The other day I was asked by a woman who had been unable to attend one of my lectures to give one specifically for her, and when I asked her on what she wanted me to speak, she replied, “I want everything.”

Like most other people she was being misled by appearances for, could she have understood the meaning of Omnipresence, she would have known that she already *had* everything.”

We all yearn for fulfilment and, while crying out for everything, we experience lack of some description; yet the Spirit of God within us is ever inviting us to partake, not just of the things we want, but of all that He is and has.

Because the same idea of negation of which the Master spoke, comes to us as He does to you, I know it is not easy to realise God’s indwelling when you are sick and unhappy or unable to pay your debts, but we all have to choose whom we will serve, or in whom or what we will put our trust.

The majority of folk imagine that it is very difficult to build up faith. They point to their neighbours who are sick, poor and unhappy, who are out of jobs, and they note that in

every sphere of life there is evidence, not of good but of its opposite, and they assume that it is the will of God that is manifesting in this way. The few people who enjoy health, peace and prosperity have attained a certain state of awareness and God's GOOD just pours out to, through and for them, but for the most part people succumb to the herd, or sheep, instinct. We believe the evidence of our senses and hold that what always has formed part of the lives of individuals will continue to do so because – obviously – it must be Reality. But throughout time we have had men – the last of whom was the MASTER – who denied the reality of conditions and drew the attention of the various races to the fact that these evils did not take their rise in THE WILL OF GOD which is that mankind have fulfilment and All-good.

The Father externalises through man as his spiritual mind, emotional nature, physical body and material affairs, so when you have Him, you have all His Fullness. He is, however, unable to release Himself and though He tries to influence men through the longing in their hearts and to draw them away from appearances and conditions that they may enter the Kingdom WITHIN THEMSELVES He neither coerces nor forces them in any way. He does not compel them to be good, or evil, moral or immoral, rich or poor, happy or miserable, sick or well; the choice is theirs and theirs alone.

If you look into your own minds you will see that you lack certain amenities, not because God is withholding them, not because they are beyond your conceiving, or you have not earned the consciousness of them, but because you are looking at things, circumstances and people from the OUTSIDE and declaring the testimony of your senses to be true, when the Master and all the other great teachers have categorically stated the contrary.

What are your reactions as Truth students to what you read in the Press? Do you feel that these daily publications are leading you into a consciousness of the Power and Presence of God, or do they give you the impression that they want unhappy events to occur and as many people as possible to read about them?

Any intelligent man with the slightest knowledge of psychology recognises the impact this sort of thing has on the masses. They read it avidly, absorb it and then come to our offices throughout the country and tell us how bad things are, how much worse they will become and warn us that we shall have to face facts instead of, like ostriches, burying our heads in the sand.

The same papers also publish – certainly in very small print – quotations from the Bible: “Wherefore do ye doubt, O ye of little faith?”, “with God all things are possible,” adding “God is an ever-present help,” “God loves you, you have nothing to fear,” and I ask myself whether this is done, tongue



in cheek, because it pleases some readers or whether there is a genuine desire behind it to draw the attention of the public away from lies, appearances, conditions and circumstances and to focus it upon the Eternal Verities.

Which would you say were true, the statements “Ask, and ye shall receive,” “Whatsoever ye pray for, believe you have received it and you shall have it,” “It is the Father’s good pleasure to give you the Kingdom,” or the bold, black lettering declaring that bad times are manifesting and will continue to do so?

I want to discover the effect such statements have on *you* – some impact there must have been – and most probably it is an unhappy one, and it is therein that the danger lies. Precisely as darkness cannot enter light, so nothing can affect Omnipotence and Omniscience UNLESS WE CONSTANTLY open our minds to it, putting on the switch of our understanding and seeing, for all and sundry, not GOOD but the bad, fear, poverty, insecurity and unemployment.

This fear-consciousness is like a camera taking photographs of nothing because nothing is something which does not exist and if the Presence of God is Omnipresence, there cannot be such a quality as nothingness *except in our awareness* where no-health, no-happiness, no-prosperity prevails.

When we develop our film and throw it upon a screen, we are amazed to find nothing being projected and ask ourselves whether there can be nothingness in our lives; yet when there

IS nothing in the consciousness of the individual the people are *without vision* and perish, for nothing has been developed.

To be constructive is to be productive. If your awareness has something in it, if you have an understanding of the Presence of God, in whom you live, move and have your being as He lives, moves and exists through you, the whole world can topple about you while you remain *untouched*, otherwise it would not be God, Who is All-power, All-presence and All-knowledge, but conditions, circumstances and personalities.

You have to become realists, and to build into your awareness the Truth that EVERYTHING THAT IS GOD, EVERYTHING THAT IS GOOD, CONSTITUTES YOU AND ME. Are you following the lies, circumstances, conditions, people, who deny the Presence of God and draw you along the path of emptiness, fear, un-fulfilment and extinction; or do you believe in the Truths of life in the Living Presence, in the spiritual fact that He is ALL POWER and above situations and events?

You simply *have* to make up your minds about this, for there are tens of thousands in this country who are doing so from the negative point of view (we meet them and receive many letters a day confirming this) and both you and I must be able to say. "I know in whom I believe," for then He will literally become our Protection and nothing and nobody will be able to interpose between us and our Good save with our permission.

If there were a maniac at your door, hammering on it with a chopper, although you might panic at the *idea* of what could happen, you would know that as long as he was unable to force it open, you would be safe; but what do we as temples of GOD do? We hear, see and feel the bombardment of lies and error from without, but instead of keeping the doors closed, we open the doors of our minds and fear rushes in. You can sense it, for the fear in the minds of all those thinking in such terms, finds an inlet into your emotions where it grips you, makes you confused and incapable of reasoned or controlled judgement, and it is by your own invitation that this destructive element, which brings unhappiness, poverty and disease with it, enters your lives.

A young Jewish lad who has been living in dread of cancer for a long time came to see me the other day. Two days ago he had a sensation of pain in his tongue, so he went to see friend of his, a specialist, who jokingly told him, "You may have a cancer" though no such condition existed. I am sure you will agree that that was a criminal thing to do, but if you think further you will realise that the boy did not *have* to believe it. No one needs to accept what is told to him, or even what his own senses maintain, for the things we see are lies of the human consciousness, denials of the fact that God IS you and IS me, not a separate entity within *you or me*, but *His very Presence in Being in us* which has not given us "a spirit of fear, but of TRUTH, power and a sound mind"

The Master who knew mankind so well, told us to keep our eyes single to the good, and to give no power to conditions, saying when the ideas of Negation come, I do not accept “these material errors”, therefore they retreat into the void from which they came.

We have to see as He saw, knowing that you cannot bring darkness into light; and seeing the seeming reality of what we hear and behold, we have to pray – as He directed – “without ceasing.” That is what I do, my mind is never empty of prayer; none of our minds *is*, but some pray negatively in terms of fear, and others constructively in terms of understanding, and when we stop thinking, feeling, and acting constructively, the lie slinks in, in the form of a condition, circumstance or personality and is then very difficult to dislodge.

If you look back into history, you will see the tremendous strides that science has made through the years. Every scientist, whether he knows it or not, is the mathematical Mind of God functioning through him, yet would you say we have kept pace spiritually with our scientific achievements?

Consider your friends, neighbours, business competitors, your fathers, mothers, children, and ask yourselves whether you do not see in them the fears, jealousies and unhappiness that have been manifested throughout the whole of the last twenty centuries, in spite of the “good tidings of great joy” that the Master brought to the world.

How far have we advanced? These things are the very opposite of God, or Truth. Was then the Master's a voice crying in the wilderness, something that comes in one ear and goes out the other or was His Message something that we have accepted as a basic way of living, by means of which we can overcome the lying conditions in our lives and in those of our fellows?

How much does it mean to you, personally? Are you as sure of it as you are of the laws of mathematics, electricity and gravitation? These we have made part of our daily lives in which we see thousands of proofs of their un-changeability yet the greatest of all Laws, that of GOD who brought us into being, we work on in a hit and miss manner for we do not pray constructively *without ceasing*. We are like the young boy I mentioned who allowed something that was not even happening to become an integral part of his mind.

Are we about to be equally stupid and to listen to the propaganda of error instead of to that of Truth? You are the temples of the living God, therefore the Kingdom of the Sum Total of GOOD is within both you and me, but *we have to set it free*. We have to stand firm! Our armour of protection, our shield, is our knowledge of the Truth that God is All-presence and consequently constitutes us and all men. He is Omniscience, so He knows exactly how to bring His Perfection into being in your hearts, minds and bodies; and because He is the one Irresistible Force there can be no

immovable condition, object, or circumstance opposed to Him.

Do you see how tremendous our responsibility is? Are we glorifying Him, or denying Him? *He* is not affected by what we do, *but we are*. Let us therefore take heed of the Master's assurance that we have nothing to fear lest we become part of the herd and are led aimlessly into nothingness, unaware – because of our own stupidity – of what lies before us.

Let us awaken to the fact that “God's in His Heaven and all's right with our world” because it is His omnipresent, omniscient, omnipotent LOVE and WILL, *this day* to be to us, and all peoples, the Kingdom of All Good here in His visible world.



*For Thou Art God within this body, life immortal that shall not perish, thou art the truth and the joy forever.*

Gita



## *Watch your words*



Most of us use words far too carelessly. How often do we say to someone; “You’re looking very tired today;” or: “Is anything the matter? You don’t look very well.” And such remarks are not at all helpful – quite the reverse. Even the perfectly fit person may start to wonder if anything is wrong with him when someone says: “You’re getting thinner by the day;” or: “You’ve put on a lot of weight, haven’t you?” when he doesn’t belong to the lean kind! The trouble with many people is that they do not realise, or they do not pause to think, what effect their words may be causing; or of the power of suggestion as well as that of words. The sooner they learn these things the better for all concerned. Even those of us who have been studying Truth for years are liable to fall from grace, for habit is hard to kill. We say: “I can’t afford it,” for example; or: “I don’t feel well,” The very fact that we utter these sentences imposes them on our unconscious minds and is liable to make an impression.

Instead of using such phrases why do we not say: “I am the child of a wealthy Father;” or: “Thank You, Father, for my health”? We are then impressing the unconscious with positive ideas instead of negative ones. All that we require has already been provided for us in the realm of Spirit, and OUR FAITH brings it into manifestation. With regard to health, in our true being we are Spirit, and Spirit is perfect, so when we thank God for health, we are making a statement of Truth.

There are people who seem to be resigned to the fact that they are unsuccessful. “I was never meant to make money,” they may say. Well, if that is the way they think and talk they can hardly be surprised if they are not prosperous, can they? They are lying down and allowing failure to overtake them, instead of facing it and overcoming it. How can anyone say that he was never meant to succeed? How could any loving father, if he were normal, not want his child to be a success? Then how much more must success be the desire of our heavenly Father for all of us.

We are constantly giving students positive affirmations to use. Emile Coué in his book, ‘My Method’ has this to say of his famous affirmation: “Leave it to the subconscious. Avoid all effort. When you recite your phrase: ‘Every day, in every way, I am getting better and better,’ you must relax all strain and tension. Do not seek to concentrate your thoughts. Concentration is very valuable and necessary when conscious reasoning is to be done, but fatal to the success of auto-suggestion. Isolate yourself from everything likely to distract your attention, however. Close your eyes if possible... Do not think you must STRUGGLE to impose your suggestion. The very fact of making it an effort will bring into play the conscious will, and that will actually raises a barrier between the subconscious and the suggestion and prevents the latter from penetrating.”



We try to be even more positive than Coué was. We would use an affirmation to this effect: “I thank You, Father, that I express Your perfection now and always.” We phrase our affirmations from the spiritual angle, not only from the mental, though man’s mind is a very limited expression of Divine Mind. We believe in claiming all our needs directly from the Supreme Being, not in material form but in its spiritual equivalent. Nevertheless the same principles prevail as Coué laid down. We should not try to use force in our thinking or speaking – we should not try to WILL things to happen. We should be relaxed.

The purpose of this article is to point out how careful we should be in our speech; and how wrong it is to make negative or destructive statements regarding ourselves or others. By our words we shall be justified and by our words we shall be condemned. Also that death and life are in the power of the tongue; and that the tongue of the wise is health. Then let us think carefully before we speak, that our words may bring only what is good to us and to all mankind.



*Turn thine eyes unto thyself, and beware thou judge not the deeds of other men. In judging of others a man laboureth in vain, often erreth, and easily sinneth; but in judging and examining himself, he always laboureth fruitfully.*

Thomas à Kempis.



## *A positive stand*



Do you have any doubts but that God desires for you all good, or that His purpose is not fulfilled? I think you must be clear on this; certainly, if you are a student of Truth the teaching you have received will have left you with no doubts in the matter.

Imagine now that you have a young family of two, a boy and a girl, what would your wishes, plans and hopes be for those children? Almost certainly for “more and better” than you have yourself experienced – more security, better health, higher achievements, a greater measure of happiness, all round success. There would be no grudging in your heart, no thought of withholding as your love (that of a parent) would be entirely unselfish and would prompt you only to give. You, too, have a Parent, one that is your Father which is in Heaven, and you have learned, on very good Authority, that He knows what things you have need of and is not only willing but able to supply them.

Are you harbouring any such erroneous idea as that your love for your offspring is greater than is God’s for His entire creation, including you? And could you, who have very little power in your hands, possibly provide more for them than God who is Omniscience and Omnipotence has made available to you?

It might conceivably prove difficult for you who are only a limited human being to bring all your plans for your young family to fruition. With God, however, accomplishment is automatic and immediate for His thoughts are the THINGS of which the cosmos is made and to which you are ever heir. In this knowledge you can banish from your mind all ideas of lack or limitation of any and every description. They cannot move into your life unless, having believed in them and welcomed them, you have made yourself receptive and responsive. It is for you to *take a positive stand* to life; to accept as an indisputable truth your portion from on High and to live your days in the conviction that “all that I have, is thine.”



*The scientific age has transformed a static universe into a fluid, vibrating one, and has utilised the energy of that fluidity in the service of mankind. It should follow, quite logically, that man may advance toward the rediscovery of prayer as strong, spiritual energy. More and more the world is recognising thought as a powerful force subject to certain fixed laws and capable of being applied and directed.*

— Richard Lynch.



## *Practical steps for truth students*

Do not retaliate if someone tries to harm you. Truth teaches “Resist not negation, agree with your adversary”. The man who tries to hurt us will reap the result of his actions, while we will receive a blessing. This is so because nothing in all the universe, except only that which we accept, can injure us or do damage to our affairs. To resist is to give power to the person or condition, because we would be conceding that we have faith in their ability to harm us, and that we are separated from God, Who is our Protection.

Forgive all of the past in yourself and others. By forgiving all debts owed to you, Love frees you from the debts you yourself have incurred. We are taught to pray: “Forgive us our debts as we forgive our debtors”. If we do not forgive others, God, Who is Law, cannot forgive us. Love is the Fulfilment of the Law. Do not tell so-called “white” lies. Remember, “I am the Way, the Truth, and the Life”. Practical religion consists in following TRUTH and living It.

Have absolute trust in God, not in individuals and objects. The Christian Bible says, “Without faith it is impossible to please God”, (or reach Him). When we work with Love – when It is actively and consciously taken into partnership by us – It becomes fulfilled through people and things. After having asked God’s guidance in any matter, do not fret and worry and try to work it out yourself, but wait quietly and confidently for His answer. “Be still and know,” He says, “that I am God.” He is NEVER LATE!

Be thankful for all things, great and small. Express your thanks to God the Giver. The Giver, the Gifts, and God are ONE, and the Father says, “In all things be grateful.” Thankfulness is Love in expression.

## *I Have Faith in God*

Moment by moment, I take the steps from self to God, from human endeavour to Christ leadership, from dependence on the intellect to absolute reliance on God's will for me. From the tiny spark of faith inherent in me there flames up in me, as I look toward the Almighty, the truth of my being, the truth that at all times, under all circumstances, in spite of conditions, there is a power within me greater than anything external to me, and that I can trust this power, completely, to bring forth that which is for my highest good. From this trust comes the understanding that "the Father abiding in me doeth his works," and that His power, which created the universe, is at my command, accessible to me at any moment, day or night.

Thus I came into a working knowledge of the truth that all that He is, all that He has, is mine also; that Omnipresence, Omnipotence, Omniscience, will use me to the full extent of my receptivity, to bring forth absolute good in my body and affairs, through a mind stayed on Him. When I come into this understanding, faith is made perfect within me, and I am the man that God made, perfected in His image and ready to express the power and the dominion that are the birth right of every child of God.

*Frances W Foulks*

## ***Meetings: July and August 2019***

### **Johannesburg**

#### **Theosophical Society**

Corner Lothbury & Streatley Avenue, Auckland Park  
**First and third Sunday of each month at 11:00 a.m.**

Lectures: Sunday 7 July: Jimmy Wilson

Sunday 21 July: Edwin Wood

Sunday 4 August: Gerd Pontow

Sunday 18 August: Johan Pavlsen

### **Durban**

Phone: 072 319 8666 – 031 201 5860

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

Sundays 14 July and 11 August

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 14 July and 11 August

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 7 July and 4 August

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:

7. We do not repeat idle gossip and negative reports which we may hear of others.
8. When an unexpected blessing or some good comes to us, we turn first to God and give thanks to Him as the Source of All Good.

**July 1****Monday**

◆ *Your Father knoweth what things ye have need of, before ye ask Him. – Matt 6:8.*

**THANK YOU, FATHER, FOR SUPPLYING MY  
EVERY NEED.**

Is there something you require urgently? And can you see no possible way in which it can come to you? Put your trust in God.

Affirm that what you need is already yours, and give thanks as a sign of faith as well as gratitude. But you must play your part in order to bring what you require into manifestation; and your part is to have faith and also to be sure that what you want will not harm another if you receive it.

The Biblical promise is that God will supply our needs if we seek first His Kingdom and righteousness. There is usually something we must do if the promises are to be fulfilled. Some people appear to succeed in the worldly sense although they are not living the Good Life, but are they happy? And of what value is success unless it brings us joy?



**July 2****Tuesday**

◆ *Be strong and of good courage; be not affrighted, neither be thou dismayed. – Josh. 1:9.*

### **GOD IS WITH ME, I HAVE NOTHING TO FEAR.**

Have you something to do today the thought of which makes you almost sick with nervousness?

Suppose you have to interview someone with a view to being employed by him. You are thinking, probably, of the many other people who will be applying for the position. Possibly you are unsure of your ability to make a success of it if you do get it. If this is the case square your shoulders and hold up your head. If you look timid and uncertain you will affect your interviewer with uncertainty. Remember that God goes with you, give thanks for His help, and leave the outcome to Him. If we want to succeed in life, we must have the will to win. We must say: "I can," instead of "I can't." Our intelligence is part of the Divine Intelligence, so let us give thanks that It expresses Itself in us and through us now and always.

**July 3****Wednesday**

◆ *Thou wilt show me the path of life. – Ps. 16:11.*

**MY CONSCIOUSNESS IS NOT ENMESHED  
IN THINGS, BUT DIRECTED TO THE GOD  
WITHIN ME.**

A great many people are under the impression that they know not only the path they desire to follow, but exactly the one they *should* take in order to bring the things they covet into their daily lives.

They want comfortable houses, large cars, lovely clothes, the wherewithal to pay efficient servants, the opportunity to travel, to buy pictures, books, souvenirs, antiques; in short what they are after is spacious and gracious living, so their one quest is MONEY. *That*, they tell themselves, is what they need, *that* will ensure their fulfilment, but does it? How many are there who have all these things – and more also – and are still frustrated, disappointed, unsatisfied? And why? Are not all these amenities good, pleasant to use and delightful to share? They are, but they are secondary considerations. No one can find the Kingdom of Heaven *outside* himself; it has to be an inner awareness which must be sought of the Spirit indwelling.

**July 4****Thursday****August 1**

◆ *Ye judge after the flesh; I judge no man. – John 8:15.*

## **I WILL TRY ALWAYS TO LOOK FOR THE GOOD IN MY FELLOWMEN.**

In ‘The Initiate’ we are told that perfect love and perfect tolerance are inseparable – that nobody can truly love a man and feel a sense of condemnation towards him at the same time; such a thing is a contradiction. For a feeling of condemnation, says the author, is nothing else than a feeling, however slight and momentary, of hatred. He also says that all sins are nothing but a searching for happiness in the wrong direction’ and all sinners are but children who will eventually grow up. Tolerance is the recognition of this fact.

When we condemn our fellowmen, then, if we can accept what this anonymous author says, we are hating them in some degree. The Christ loved all men, saints and sinners, but He did not condemn them. Surely, when we do so, we are setting ourselves up as greater authorities than He. How presumptuous we are, are we not?

**July 5****Friday****August 2**

♦ *Strengthen ye the weak hands, and confirm the feeble knees. – Isa. 35:3.*

## **GOD IN THE MIDST OF ME, IS MIGHTY TO SAVE.**

We in our human weakness would do well to call upon the One who said “My Strength is sufficient.” In the course of our daily living we are always coming up against things which confuse and upset us. Appearances shriek of fear, misery and want, and against all these negations we have to put our feeble understanding of Truth, our dim acquaintanceship with Love. Only with the help of the One shall we succeed in judging righteous judgment.

We shall never enter into our Heritage of Good on this plane of consciousness until we change our view point from a material to a spiritual one. As long as we believe the evidence of our senses rather than the testimony of the Spirit indwelling, we shall be swamped by conditions and circumstances, and to make the changeover from error to Reality we shall have to shut out the world and turn within.

We are not drowning scraps of humanity tossing compassless on seas of negation and doubt, we are Sons of God, and our Father’s Strength is ours (when we claim it) and is sufficient to pull us out of the boiling waters of destruction onto the dry land of Truth.

**July 6****Saturday****August 3**

◆ *Lo, I am with you always. – Matt.28:20.*

**THANK YOU, FATHER, THAT YOU ARE ALWAYS  
WITH ME.**

God is with you as whatsoever you need if only you will have faith in Him. He is within you to help you to rise above adverse conditions. You do not have to seek Him in some far-away heaven.

Affirm daily that the Spirit of God is within you and that you are becoming ever more conscious of the fact and give thanks for it. There may be times when you find it very difficult to accept this, but cling to it tightly. Hold on to the truth that God is with you in your joy and in your tribulation, and that you have but to turn within in faith to contact Him.

God within you is the peace which passeth understanding. Only in Him is peace – true peace – to be found in this turbulent modern world. Look to this Presence within you, not only when you need help, but at any time during the day.

**July 7****Sunday****August 4**

**MEDITATION**  
**LETTING GO...**



My Father,

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

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

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

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

**July 8****Monday****August 5**

♦ *Be patient, therefore, brethren. – James 5:7.*

**I LET PATIENCE HAVE ITS PERFECT WORK  
THROUGH ME.**

Are you becoming impatient because your efforts to live the life of Truth seem to be bringing few results? Does the thought sometimes occur to you that it is not worthwhile to go on?

Be patient with yourself. If you have spent most of your life thinking wrong thoughts, it is not easy to change them all at once. Great ideals are not achieved in a day, or a week, or a month – or perhaps even in years. But the endeavour is the thing! That is what builds character and helps us on the upward path. But we must ascend the slope step by step, slowly, but surely.

The thing is, not to become discouraged, and NEVER to consider giving up. When things are at their worst, that is the time to hang on, for it is then that they must change. Instead of being impatient, put yourself and your affairs into the hands of God, and RELAX IN HIS LOVE.

**July 9****Tuesday****August 6**

♦ *Call unto me and I will answer thee. – Jer.33:3.*

**MY CONSCIOUSNESS IS RAISED TO GOD IN  
GRATITUDE FOR HIS CARE OF ME.**

How do you call unto God? Do you tell Him, indirectly, how badly He had treated you when you complain of your lacks, your sickness and your misfortunes? If you do you cannot be communing with the Father of Lights Who is the essential part of Love, and from Whom “every good gift and every perfect gift” cometh down from Heaven. Have you not been taught that God is not merely Love but that LOVE IS GOD? What, then, can LOVE release save that which coincides with Its own Nature? Surely nothing, and if this is so whence come your miseries and discords, for which you would make It responsible? Are these not your own error thoughts coming back to you clothed in negative substance; and if they are, should not your “call” be firstly a repudiation of them, and secondly a song of praise because not they but their opposites are your portion?

We can take only what we accept in *consciousness*. Let us therefore open our hearts and minds to the TRUTH OF BEING, of our oneness with our Creator.



**July 10****Wednesday****August 7**

◆ *I will heal their backsliding. – Hosea 14:4.*

**THOUGH I STRAY FROM THE PATH OF  
RIGHTEOUSNESS I WILL NOT BE DOWNCAST,  
FOR GOD IS WITH ME.**

So often we find that we are not living up to our highest ideals. We slip back into the old way of wrong thinking. We do things we know we should not do. We have fallen away from the pathway of righteousness.

Let us not be discouraged. If we were perfect, we would not be on this plane of consciousness. We are here to learn certain lessons, amongst other things, and we learn by our mistakes if we are wise. We can, if we will, make them the stepping-stones towards more successful and righteous living.

God is not the angry and jealous God of the Old Testament – He is Love. He does not punish us, but when we set up a cause, we must expect to experience the effect. What we sow we reap, so if we wish to change the harvest, we must change the seed.

If you have fallen from grace the great thing is to pick yourself up again, determined to go onwards and upwards in spite of your backsliding.

**July 11****Thursday****August 8**

◆ *Ye ought to help the weak. – Acts 20:35.*

**I THINK POSITIVELY AND CONSTRUCTIVELY,  
THAT I MAY INFLUENCE OTHERS FOR GOOD.**

There are many ways in which we can help our fellowmen. If we can do nothing else, we can send out good thoughts for them; for we are told that the way we think can help or hinder them. Prentice Mulford says that if thought were visible to the physical eye, we should see its currents flowing to and from people. How necessary it is, then, that we should send out constructive thoughts.

Our object should be to inspire those about us. We should do our best to give them faith in themselves if they suffer from a sense of inferiority. If they are timid, we should try to give them courage. If they are filled with doubt, we should speak to them of confidence. If people appear to be poor, or sick, or unhappy, let us try never to accept these conditions as realities – which they are not. Let us think of them as children of God – one with Him and with all that He is and has. In their true being they are Spirit, and Spirit is perfect, so let us look away from appearances when these are not good.

**July 12****Friday****August 9**

◆ *Ye judge after the flesh; I judge no man. – John 8:15.*

### **RATHER THAN JUDGE I TRY TO UNDERSTAND.**

What right have we to judge our fellowmen? The psychologists tell us that we often blame in others what we dislike in ourselves, and this should make us careful of voicing our opinions. If the Master did not judge, have we any right to do so? How can we know how great was the temptation to do wrong, or what led up to it? Can we see into the minds of those about us to the extent of knowing just why they react as they do to certain circumstances? We may be able to do so in some cases, and if we can, we should be able to forgive; otherwise let us be silent.

Instead of condemning people, let us try to help them by looking for the divinity within them. Our duty is to love not to judge. We may deplore the action, but we should deal kindly with the one who has done wrong, for which one of us is perfect?

**July 13****Saturday****August 10**

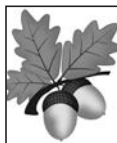
◆ *Above all these things put on love, which is the bond of perfection. – Col. 3:14.*

**I GIVE IN THE RIGHT SPIRIT, FATHER, THAT MY  
GIFT MAY BE ACCEPTABLE TO YOU.**

We all have certain duties to perform, some of which we would not neglect if we could; but on the other hand there are some which we would gladly avoid if it were possible.

What virtue is there, however, in doing things merely from a sense of duty? How often do we give a coin to a beggar not because we want to do so but because we feel we should? Yet, if we have no love in our hearts there is no merit in it. While we should never give with any thought of return, when we give in love, love comes back to us.

In 'The Initiate' we are told that the most practical of all good deeds is to give our labour and substance and ourselves combined. And in doing this we reap happiness, for to love is to feel the most pleasant of all sensations.

**July 14****Sunday****August 11****MEDITATION****THE NEW DAY**

My Father,

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

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

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

**July 15****Monday****August 12**

◆ *For as he thinketh within himself, so is he. – Pro. 23:7*

**MY MIND AND HEART ARE STAYED ON GOD AND  
HE CARES FOR ME.**

Ralph Waldo Trine says: “Within each one lies the cause of whatever comes to him. Each has it in his own hands to determine what comes. Everything in the visible, material world has its origin in the unseen, the spiritual, the thought world. This is the world of cause, the former is the world of effect. The nature of the effect is always in accordance with the nature of the cause. What one lives in his invisible, thought world, he is continually actualising in his visible, material world. If he would have any conditions different in the latter, he must make the necessary change in the former.”

Most of us are afraid of something or someone, are we not? If so, turn your thoughts to courage. Affirm powerfully that the Spirit of God is within you, and that you are one with It, and all Its qualities; and give thanks that all the courage you need is already yours.

**July 16****Tuesday****August 13**

◆ *Forbearing one another in love. – Eph. 4:2*

**LET ME ALWAYS ACT AND REACT IN A SPIRIT OF GOODWILL, TOLERANCE AND UNDERSTANDING.**

It is not so much the serious differences we have, the deep injuries we sustain, as the narrow intolerance and petty disagreements we harbour in our hearts that choke the flow of our good and render unfruitful our days.

It takes determination and a lot of self-control to meet everyone, all the time, in a spirit of courtesy, understanding and sympathetic expectation; yet if we are loath to make the effort for the sake of our neighbours, let us at least be wise enough to make it for ourselves.

It is not by kicking against obstacles that we overcome them, but by quietly going round them; so if we will overlook the superficial faults in others, ignore small irritations, meet routine difficulties and disappointments with optimism, the rough road will even out, the dark path become bright and shining for we shall have sent love ahead of us to make plain, easy and successful our ways.

**July 17****Wednesday****August 14**

♦ *Be ye kind one to another. – Eph. 4:32.*

**I SHALL BE KIND TOWARDS ALL MEN, FOR THIS  
IS THE CHRIST WAY.**

If we truly love our fellowmen we shall always be kind in word and deed. Instead of looking for their faults we shall look for the best in them.

Do you not know kindly people whom you are always delighted to meet because they have something pleasant to say about you? And do they not boost your morale – especially if you suffer from a sense of inferiority? They are not afraid to show that they like you, and you leave them feeling happier for having met them.

There is a tremendous amount of kindness in the world, but there are still people who seem to enjoy giving their neighbours little pin-pricks! Let us not be numbered amongst these, but rather try to uplift and inspire those about us.

If we truly live the life of Spirit, kindness would be as natural to us as breathing. And to live the life of Spirit we must live the life of Love.



**July 18****Thursday****August 15**

*I press on towards the goal. – Phil. 3:14.*

**I DEFINE MY PURPOSE AND WORK WITH A WILL  
TO ACHIEVE IT.**

I wonder how many people could define their goal if they were asked? Experiment with your friends and ask them what they would like to do if they had their choice. You will possibly find that quite a number of them have no fixed object in view. They are content to spend their days making a living, taking their annual leave, and building up as much security as they can for the later years.

Shouldn't life mean more than this? Ought we not all to have some fixed purpose towards which we are striving greatly? Many people will tell you that they would like to travel, but to what end? It is good to see the world, but we get from travelling just what we have within ourselves.

We are on this plane of consciousness in order to advance spiritually, and help others to do so, not merely to drift through life achieving little of value. Each of us should select that for which he is best fitted, and make some contribution to the world.

**July 19****Friday****August 16**

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

**MY MIND AND HEART ARE STAYED ON GOD  
ACTIVE IN ALL THINGS FOR GOOD.**

There would be a lot less said in anger, resentment, and even fear, if we would take more time that we do communing with our own hearts and being still. Being still and knowing that I AM GOD, for where God is there is no room for evil, disaster or despair. When we see error, give ear to lies, feel the slings and arrows, in our defenceless flesh, of outrageous fortune, we have forgotten His Omnipresence, we are ignoring everlasting Truth that where these things appear to be, Love ALONE holds sway. That *must* be the truth if God is everywhere present at the same time, and it is the Truth THAT WE KNOW which shall set us free, which shall liberate us from the tyranny of everything that is unlike itself; from sickness, poverty, unhappiness, frustration, failure, and in the last extremity, even from death.

These are not Realities, they are the illusions that ages of mistaken human thinking have conjured up, but we do not need to open up our minds and hearts to them.

**July 20****Saturday****August 17**

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

## **I TRY ALWAYS TO CULTIVATE TOLERANCE AND UNDERSTANDING.**

Let no man think he has found the only way to God. All paths lead eventually to Him.

Each of us has the form of religion suitable to his standard of spiritual development. God does not reveal Himself to only one section of mankind. There is no reason why we should not be able to pray in any church – or in no church at all. God is Omnipresence, and we can lift up our hearts to Him at any time wherever we happen to be.

Let us not be religious snobs, thinking that ours is the only true form of religion. Let us get understanding, and the wisdom to allow others to have their own views. We cannot all think alike – difference of race, of education, and of background account for that. But we can try to understand and sympathise with the point of view of another, even though we may not agree with it.

**July 21****Sunday****August 18****MEDITATION**

LOVE EVER GIVES  
AND FORGIVES . . .



My Father,

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

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

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

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

**July 22****Monday****August 19**

♦ *So then, as we have opportunity, let us work that which is good toward all men. – Gal. 6:10.*

**MAN IS BORN TO SERVE. LET ME REMEMBER  
THIS AND DO MY PART.**

There are many opportunities in the world for doing good if we would only make use of them, but sometimes we try to avoid them. It may not be convenient to do as we should, just at that moment; or it may be something we dislike doing. What we ought to do is to put self into the background and think of others.

It would be a good thing if we would make up our minds each morning to do at least one kindly action during the day. If we really want to help our fellowmen the opportunities will arise. The desire to do so comes from God and He will see to it that it is granted.

Let us not plead that we have not time to do good. We make time for the things we really want to do. And certainly we should make time to serve God. He should come before everything. We need not worry about the results, for we can safely leave these in His hands.

**July 23****Tuesday****August 20**

♦ *Not seeking mine own profit, but the profit of the many. – 1 Cor. 10:33.*

**AS I GIVE UNSELFISHLY TO MY FELLOWS, SO  
DOES GOD GIVE OF HIS FULLNESS TO ME.**

You cannot continue buying in the cheapest market and selling in the dearest if you want to establish anything permanent. The people who did that made money for the time being, and then their turnover lessened until finally it became non-existent and ruin stared them in the face and usually – because it was too late for them to change their policy – overtook them. They had never learned that they were their brothers' keepers, only that it was possible for them to be their exploiters!

Gradually, in spite of many lapses – and very grave ones at that – the human race is becoming more spiritually enlightened, and we are beginning to understand what a power – for our personal good – LOVE is.

As we seek, not to grab, but to serve; as we do unto others as we would they should do unto us, the Law of giving and receiving becomes active on our behalf, and the “profit of the many” to which we have freely contributed, becomes our own and blesses us with true prosperity to share and to spare.

**July 24****Wednesday****August 21**

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

## **TO CONTROL MY MIND – THAT IS THE FIRST LESSON OF TRUTH.**

If our minds are stayed on God, then we are thinking positively and constructively. We are thinking of good, instead of evil; love, instead of hate; of giving rather than getting, and so on. This is because our minds are fixed on things Spiritual.

‘Tis the mind that makes the body rich,’ says Shakespeare. If we want to be prosperous, we must not dwell on poverty but make a mental picture of ourselves as we would like to be and pin our thoughts to it. In the same way if we want to be well, we must think of health. As we think, so we are, and the state of our bodies depends largely on the state of our minds.

We cannot be happy if we are harbouring wrong thoughts and giving way to destructive emotions such as hatred, fear, worry, selfishness, greed, or jealousy, for they prevent us from achieving peace of mind. Then let us learn to control our thoughts and keep them fixed on goodness, truth, and beauty.

**July 25****Thursday****August 22**

◆ *Christ Jesus came into the world to save sinners. – 1 Tim. 1:15.*

**I WILL NOT CONDEMN OTHERS, BUT DO MY  
BEST TO HELP THEM.**

The Master Christian loved saint and sinner. He did not condemn them. Ralph Waldo Trine says that when we fully realise that all evil and error and sin with all their consequent sufferings come through ignorance, whenever we see a manifestation of these in whatever form, if our hearts are right we will have sympathy and compassion for the one in whom we see them.

Perhaps some of us feel superior to the so-called sinner. If we do, how wrong we are! The psychologists tell us that we blame in others what we dislike in ourselves, so in blaming them we are also blaming ourselves.

If you see someone wallowing in the mire do you hold out a hand to help him, or do you pass by on the other side? Our mission in life, as students of Truth, is to uplift and inspire our fellowmen no matter what they may have done.



**July 26****Friday****August 23**

♦ *The Lord will guide me continually. – Isa. 58:11.*

**THE LORD IS MY SHEPHERD, IN HIM WILL I PUT  
MY TRUST.**

If you were set down in the midst of a strange city, left in the gloom of a dense wood, or were adrift upon a trackless ocean, your plight would be much improved if you had a guide at your side to show you the way.

When we are quite alone, difficult situations become more threatening, the unknown holds greater terrors, dangers crowd up upon us, and fear takes possession of our hearts and minds. We long for a friendly voice to give us courage, a helping hand to which we can cling as we take our first timid steps into the blue; but there come times in the lives of all of us when such comforting human company is not available, and we stand rooted to the spot, overcome with dread of what may lie before us. We need not despair! Man's extremity was ever God's opportunity, and if we have enough faith to call upon His Omnipresence, He will surely deliver us.

You will have to go within to find Him, for He is not in some distant spot outside yourselves. He is within each and every one of you. His one desire is to help you and to sustain you to the very end.

**July 27****Saturday****August 24**

♦ *Oh how great is Thy goodness. – Ps. 31:19.*

**THANK YOU, FATHER, FOR ALL YOUR  
WONDERFUL GIFTS TO MAN.**

This world is filled with God's good gifts to man, but we take so many of them for granted. His goodness to us is beyond all telling, but do we all remember to thank Him daily for it?

Think how marvellous life would be if we used the Divine Power within us in the right way. All that we need for our well-being is ours when we know how to receive it. We are one with all the good there is. The Spirit of God within each one of us is the Spirit of Love, Joy, Peace, Health, and Prosperity. These qualities are His good gifts to man.

The beauties of the earth, the amenities that are ours today and which enable us to live more comfortably and graciously than our ancestors did, are all things for which we should show our gratitude to the One Who gave them to us – not only in words, but in deeds. We should, in return for His goodness, do all we can to make a worthwhile contribution to life.

**July 28****Sunday****August 25**

**MEDITATION**  
**NEVER ALONE**



My Father,

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

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

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

I now rest in Your promise and my mind is at peace for Your Love art with me *ALWAYS*.

**July 29****Monday****August 26**

♦ *But the fruit of the Spirit is love, joy,  
peace . . . – Gal. 5:22, 23.*

**I WILL CULTIVATE THE QUALITIES OF THE  
SPIRIT THAT I MAY HELP AND INSPIRE OTHERS.**

If a man wants to be an artist, he must develop his painting ability. If he does not, any talent he may have will lie dormant. And so, it is with the qualities listed above. They are within us, but it rests with us whether we cultivate them or not – God does not force us to do so.

Unless we develop these qualities, we cannot live the life of the Spirit, which is so much more important than physical life, because Spirit never dies.

Love is the fulfilment of the Law; to be happy is a duty which we owe to God, to mankind, and to ourselves. We all need peace of mind; we want to be able to endure when the necessity arises; we SHOULD want to be kind, good, and self-controlled. The Christ Spirit within us is ever ready to help us to acquire these qualities, but we must play our part. We cannot do nothing and expect God to do everything, so let us strive.

**July 30****Tuesday****August 27**

◆ *The blessing of Jehovah, it maketh rich. – Pro. 10:22.*

**LOVE THAT IS GOD-WITHIN-ME, IS MY ALL  
SUFFICIENCY IN ALL THINGS.**

Most of us want riches, few of us know in what they consist. They cannot be measured by the large homes we possess, the swift cars we drive, the luxury cruises upon which we embark, or the costly clothes we wear – these are but the shadows, cast by substance, which will vanish the moment the sun slips behind the smallest cloud. It is only the Reality that through storm and darkness shall endure that we must make our own. It is the gift of God, the “blessing of Jehovah,” which was ours before time slid out from behind eternity and set up its short dominion over man.

We shall find it neither in the highways nor the byways of mundane living; we shall have to go within, to commune with our own souls and hearken to the still, small Voice murmuring, “Behold! I am not far off, not separated from you by space, powers or principalities. I am LOVE INDWELLING, and you alone can set me free.” How shall we release it that its riches may be ours to use and to enjoy? This we can do only by giving of it; then, as we thus fulfil the Law that governs all mankind, true prosperity will fill our lives to overflowing.

**July 31****Wednesday****August 28**

◆ *Murmur not among yourselves. – John 6:43.*

**WITH GOD'S HELP I SPEAK AND ACT  
CONSTRUCTIVELY.**

We are so liable, when things go wrong, to discuss matters with anyone who will listen to us. And the more we talk about them the worse they will probably seem to be. If we know someone wiser than ourselves who can help us by all means let us consult him but let us not talk to all and sundry about our troubles.

And let us not be grumblers! Some people complain because they have to work hard. Instead, they should thank God that they have work to do, for so many have not. If we look around us, we shall find so many people who are worse off than many of us. "I had no shoes and I murmured, till I met the man who had no feet."

Instead of finding things to grumble about, let us count our blessings. Let us thank God daily for all the love, goodness, and beauty we find in life. And instead of looking for faults in our neighbours, let us look for their good points.

**Thursday****August 29**

◆ *Why do the nations rage? – Ps: 2:1.*

**LET ME EXPRESS LOVE AND WORK FOR JUSTICE  
TOWARDS MY FELLOWMEN.**

We cannot know an abiding peace until the peoples of the world put the things of the Spirit before material things. We need to get back to God and worship Him instead of substance.

There is little security to be found in the world today. There is trouble in so many lands, and so it will continue to be until the various peoples on earth decide to work harmoniously together, instead of wanting to seize what someone else has; and until there is justice for all regardless of colour, race, or creed.

We must look to God for help. Love is still the greatest thing in the world, and the one thing that can save it. And each of us has a responsibility to give out as much as we can, if we want to play a part in the promotion of peace on earth and goodwill towards men – ALL men. This, surely, is our duty.

**Friday****August 30**

◆ *Do all things without murmurings and questionings. – Phil. 2:14.*

**I ENTER INTO MY EVERY UNDERTAKING IN THE  
RIGHT SPIRIT.**

We all have to do things we would rather leave undone, at times, and it is good that it is so. If we could do only the things we liked doing we might become pleasure-seekers, and grow soft and deteriorate. The thing to do is to change our attitude towards these tasks that we do not like doing and do them with a smile.

Those who grumble should learn to count their blessings. They should lift their hearts up to God in gratitude for the fact that they are able to perform their tasks; and look on such work as work done for Him.

We cannot expect to be blessed if we do our duty grudgingly. It must be done in a spirit of love and gratitude. Henry Ward Beecher says: “All higher motives, ideals, conceptions, sentiments in a man are of no account if they do not come forward to strengthen him for the better discharge of the duties.”



**Saturday****August 31**

◆ *The righteous shall live by his faith. – Hab. 2:4*

**HELP ME TO BE EVER MORE CONSCIOUS OF  
YOUR SPIRIT WITHIN ME, FATHER.**

According to our faith it is done unto us, so if we are wise, we shall develop it to the utmost.

Faith helps us to rise above circumstances. Do not think that because you are walking on the path of Truth this will eliminate all sorrow and tribulation from your life. They are, indeed, a part of life. But faith will help you to rise above them.

If you believe in yourself because you know you are one with God, and that therefore you are one with His Power, then you should be able to mould your life according to your heart's desire. But be sure that what you desire would be acceptable to God, or the attaining of it may not be all that you hoped.

Do not blame circumstances or people if your environment is not what you would like it to be. Make the best of it for the time being but make up your mind that with the help of the Power within you, you will change it.

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