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THE PATH OF TRUTH

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There is no chance



I had set off, one lovely morning, for a stroll in the country and was enjoying the sights and sounds around me when my eye caught a blue dragonfly alighting on a flower and suddenly it occurred to me, Why have I no companion – not an occasional, casual one, but one of my own whose company I have the right and privilege to claim and depend upon – to turn to with the happy exclamation, “See how the colour of that insect’s wings matches exactly the petals it has settled on!”

To have shared that sight, to have been able to enthuse aloud on it would somehow have put a seal upon it, have underlined its beauty and crowned the aesthetic pleasure it had afforded me.

For a moment I felt a little sorry for myself and then, recollecting that God is OMNIPRESENCE – *ever with me* – I told myself that I was NOT alone; but a nagging discontent insisted, “God may be – certainly is – everywhere equally present at the same time, but you cannot touch His Hand, hear His Voice, or look into His Eyes.”

I considered this, and the thought came, “But you know that there IS only God; He is *all* Expression, there is nothing *but* Him to be manifest, therefore He must this day be manifest as my right companionship”. And how much further, I wondered, did that take me? Without a doubt, I was still wandering *by myself* between scented hedgerows, under a golden sun; but I refused to give up that illumined idea. It was, I realised the TRUTH, even if I could not immediately perceive any externalisation, so I began – of no set purpose – to repeat quietly to myself, “God is NOW – when emotionally I *need* it – manifest as my companionship”.

I was by then deep in meditation and my feet took me forward, the while I was not actually looking where I was headed, so that I was a little surprised when the light faded and I found myself among tall trees, in a small wood, and I was absolutely astounded when I perceived a figure, with its back to me, sitting intent on a book, in the dappled shade of an elm.

As I came abreast of it, the reader looked up and with a welcoming smile exclaimed, “Hello! What on earth are *you* doing here?” It was an old and valued friend addressing me who immediately got up and joined me, and we continued my aforesaid lonely walk together.

A small thing, you may say, a coincidence, merely a chance meeting, but IT FILLED, HAPPILY AND COMPLETELY, MY CURRENT NEED.

“I asked you to pray –”

Extracts from letters received by the School of Truth . . .

It is almost a miracle how my life has changed since I wrote to you last year. At that time I was extremely despondent and unsettled having been doing work I disliked for 13 years. But after your truly inspiring letter I changed my whole outlook and at last stopped rebelling, and handed myself over to God. Almost immediately I found temporary employment which lasted for months. Then suddenly I was offered the opportunity of becoming editress of a weekly magazine. With God's guidance and my faith in Him, I have not only made a niche for myself, but I am so very happy.

We are sincerely grateful to all our known and unknown friends for the steadfast way in which they continue to give this work of Truth their spiritual and material support, and we give thanks for our Father's blessing which rests on all.

Some time ago I asked you to pray for one of my friends who was expected to pass away at any moment. He had had an operation which proved that he had cancer, and when I wrote to you it was a matter of time only. I want to thank all concerned who prayed for my friend because I am happy to say that he has been back at work for some months now, and the specialists who attended him maintain that it was an absolute miracle.

I am writing to thank you for praying for my little daughter who had a temperature of just on 40,5 when I phoned you. The doctor thought her lungs were affected by a very severe dose of flu. Five hours after I phoned you her temperature had dropped to 37 and the next morning was quite normal. I have to thank you for leading us to God's Truth.



My husband had applied for a position with a newly established firm but they told him that they had decided to give the position to a younger man. That day we used our last money on petrol and managed to keep going for a while on hospitality and money which we managed to collect from previous clients. On a casual visit to our old address we found a telegram to say that the man who had been offered the appointment had not accepted and that they were anxious to appoint my husband. God bless you all.



About three months ago my husband's name was placed on your prayer list, as he had a fractured coccyx and was always in pain. He had to sit on an air cushion or sideways on a chair. The specialist said the coccyx had to be removed, but you sent me an affirmation. Gradually I saw that my husband was not complaining so much and when his ring perished I did not get a new one. A few months ago when some friends asked him how he was getting on he remembered that he had not had any pain for months. He had almost forgotten that he had ever had any trouble.

My daughter and son-in-law have both got employment in the Government service, the latter on the permanent staff which is most unusual since he is over the age limit. Just after your letter came saying that “all will be well”, a friend in the Government service sent for him and said he thought he could help him provided he passed a medical test. Thanks to God and your prayers he passed the test as previously he had ulcers, etc. Now he is very happy in his work.



Thank you for your prayers on behalf of my old friend who had been badly injured in an accident. Your letter showed me how wrong I had been in my approach to this problem and I am so grateful. Almost immediately after receiving your letter she started to improve and for the past week she has been walking around again. Her internal injuries have healed and this at the age of 82 is almost unheard of.



Some time ago I wrote to you telling you how I longed for a little child of my own and after being married for seven years I felt that this blessing would never come my way. After receiving your reply I began to school my thoughts along the trend you suggested. I would like to tell you that I now have a bonny baby boy of one month old. I know that it was only my approach to God's way of living through Truth that made this blessing possible. Grateful thanks and praise to you and your School.

Lecture delivered in Johannesburg by Nicol C Campbell

There is a Secret Place!



Yes, for you and me and all mankind there is a place of wonder, of magic, of beauty and all good. It is the sanctuary that every human heart is seeking, that every individual hopes to find, and having found, to know as a reality, the verity of the Presence of God, permeating and constituting His body temples.

When through faith you have discovered that God dwells within each and every one of you, you will have found the secret place wherein you all can live in the blissful consciousness of your own particular health, happiness and true prosperity.

It is a great thing for the man or woman who is sick, for some who are disheartened and others who are poverty stricken to know that in this abode of Spirit they can live in the reality of the blessings they require and desire.

I realise, when things are going badly, how difficult it is to take the mind off conditions; I understand how you feel when you are trying to deny the existence of sickness in your bodies, unhappiness in your hearts, or emptiness in your pockets, and I know – only too well – how tense you become inwardly, how full of stress and strain, too distracted to go

to God and enter into quiet communion with Him so that no matter how you try, all you succeed in producing is an ever mounting weariness and dejection.

Suppose now that, tired and defeated, you decide to give up the struggle and to seek out the secret place where you can rest a while under the Shadow of the Almighty. What do you expect to find there, what will you do or say when you have entered in? Do you mean to tell God about your troubles, to bombard Him with complaints, reproaches and petitions, to inform Omnipotence and Omniscience that the physical body *needs* health, the heart happiness, the affairs prosperity? Or should you go within to accept and give thanks for that which already exists and is yours? For myself, I get as much satisfaction during my periods of meditation, when my whole being gives assent to the spiritual realities with which God has endowed His whole creation, as I do when I see the tangible manifestation of the mystical Substance that you call money, or any other material quality I may desire. I never enter the Kingdom to beg or plead with God, to acquaint Him with my wants and wishes; I withdraw from the hustle and bustle of the daily round so that in peace and quiet I may be able to realise that I am actually a part of the spiritual creation of the spiritual quality I am seeking, and for a few minutes I *live*, not only mentally but emotionally, in the concrete, physical thing. I take my mind, or vision, off the loss or lack and in this magical garden within my soul I can see the affluence and prosperity of God and I find that within these golden precincts

I too have infinite abundance, that no limitations whatsoever are imposed upon me, but that in me and through me flows an endless stream of living Substance.

Some may call this play-acting, others escapism; it may seem fantastic – even unbalanced – to imagine that one can find inwardly the spiritual substance of a material need, but the extraordinary thing is that it is only here within, never outside, that one *can* find it; for are we not told that as a man thinketh in his heart, or as he lives in the secret place, the consciousness of the quality of good he seeks, so will this essence begin to externalise as the spiritual desire becomes crystallised into material form.

In this spiritual Kingdom of God, this Home of Love and Happiness, this Realm of Substance and Prosperity, my vision is closed to all external conditions; I cannot see poverty, unhappiness or lack, and *I ask for nothing*. I do not even wonder if any particular good is coming to me, for I am living in the NOW-CONSCIOUSNESS, where it is *already* mine.

But I have not taken myself to some castle in the air where idle musings are coming true, so do not imagine that under some shady tree or by a river's brim, *you* can drift into lazy day dreams, indolently contemplating the things you would like to have, reviewing the qualities of consciousness you would like to be, doing (in imagination) the things that would give you pleasure, and expect all this to be established

unto you, for it will not come to pass like that. Such wishful thinking produces *nothing*! There must be an identification of yourselves with the reality of God, a stirring of the emotional nature in the realisation that these things are *true*, a recognition that all creation has been brought forth by intelligence, by Thought Which is God Himself in manifestation and that, when you are picturing certain things, you are literally living in the awareness of this Divine Intelligence, so that your thought is aligned with the creative Thought of God and must – like His – also bring forth and produce.

You are living, not only mentally in the realisation of what you want; you are enthusiastic, happy and joyful inside because you have discovered that it is not you but *God*, the only Mind, Intelligence and Knowledge, who is holding the mental picture of health and plenty and that behind what has seemed to be *your* idea is all the Might and Power of Deity.

Love within you is trying to express Itself through you as the thing you want. This is present in spiritual form by reason of your desire for it, and it has taken mental shape in accordance with the pressure of your thought, which is itself a quality of Love, and is crystallising the spiritual Idea; and your heart – the enthusiasm that you are feeling – is bringing it from the mental realm into the material, your physical bodies, which are the temples of God.

Every one of you can enter the secret place where there will be no thought of applying to some individual for your

good, and no desire to deprive another that you may use what is his for your own selfish ends, for here in this inner Kingdom, you will find the awareness that all creation is God Himself bringing Himself into reality through your physical bodies and into your material affairs.

You are all capable of identifying yourselves with your own spiritual pictures, but where you fall short is that you do not actually live in the consciousness of them as accomplished *now*. You relegate them to the future, thinking wistfully, “If only I had that extra R5000, or “If I could go to such-and-such a place and fulfil a certain purpose . . .” and you sigh because it is something unattainable, and when you come out of your reverie where you have been pondering the matter, you have no feeling that it is done, so the bombardment of conditions and appearances sets in anew, as you acknowledge to yourselves that it was all just wishful thinking.

It need not be so! If you can live in the consciousness of the reality of the pictures you have conjured up there is nothing either spiritual or material in the whole world that can prevent their manifestation; when you are filled with the awareness of their *current* being; when you know, concerning that which you desire, “It is NOW mine, it *now* constitutes me, it is the living Reality of God, fulfilled *through me*.”

It is wonderful to realise that no one can deprive you of your good, to understand that you are entirely self-sufficient, that the substance you require is something that is already

established within you and that in the secret place wherein Spirit dwells (and Spirit is Itself the living Substance, the Reality of all that you are seeking) you will find all your desires fulfilled.

The outer, material things are of a temporal nature, they will cease to exist, but not so Spirit. *It* is eternal and so, in consequence, are you and I, and It is the spiritual Substance That can never be depleted, That will pour into your lives, like an ever-flowing stream, provided you can live in the Love-consciousness of Its present reality and furnish the directive force behind It.

This, many of you do unconsciously in the course of your daily lives. Somehow or other you have entered the secret place where you have had an appointment with God and have touched a hidden spring, believing that you have received and in that faith you have been healed of all kinds of conditions, mental, emotional and *physical*. Whatever you desire, provided it is unselfish and will not deprive another of his heritage or happiness, is God's desire for you; but if you should covet a suit and, breaking a shop window, proceed to steal it, you would be misinterpreting God's purpose for you. If, falling in love, you take the object of your affections away from another man, that too is perversion and has nothing to do with God. What he wants for you is *your own* and that is all that you, too, can rightly wish for – the things that bring no sorrow to others are those that Love wants for you and what It is Itself *being* within you.

Do not forget that you cannot prosper unless you are willing to share your wealth and your possessions with your fellows. Whatever you would have them do unto you, that you must do unto them, first. If they criticise you and you upbraid them, your sin is greater than theirs, and in reproving them you do yourselves more harm than comes their way for you have fallen into their original error, thus bringing more hurt upon yourselves than they suffered for their initial wrongdoing. If they have grudged you anything, in the inner Kingdom everything that God has is already yours, and you can live in this unlimited wealth within yourselves and none can deprive you of one iota of it. If you are sick you can see yourselves doing the things that you would do if you were well, and who shall say you nay? And if you are sad you can live in the consciousness of happiness, that no man can destroy, the while you abide in the secret place, for minutes or for hours, depending upon your ability to shut out the world and enter into the sanctuary of beauty and fulfilment.

You know, I am sure, the story of the little girl, the daughter of a woodcutter and his wife, who lived with her humble parents in the black Forest and played all day long at being a princess, decking herself out with garlands of leaves and wearing flowers in her hair. She lived in a kingdom of her own, one quite divorced from appearances, and when she was about twenty years old a prince came along, fell in love with her and married her, and all her make-believe came true.

She had no idea of what she was doing, no thought of building up a particular consciousness and seeing it externalise, but you can follow her example and live in a fairy kingdom of good, taking your minds for a certain period daily off conditions and appearances, no matter how pressing they may be, and dwelling in a sunlit world-of-the-wondrous where golden apples of gladness hang, ripe, on the trees for plucking.

Whether or not this little girl believed in God is unimportant, the very fact she was *living in the consciousness of the spiritual Kingdom* was what made it blossom into reality for her. We can all emulate this child; many of you are doing so now. You are those who have had wonderful demonstrations over allegedly incurable diseases, over broken homes, poverty and failure because you have had in your hearts a Love that does not censure or condemn, that sees only Itself in expression through you, and that longs with an infinite yearning to pass out Its own Substance of everlasting good through you. This is the Kingdom that Christ taught us to seek *first*, this is the secret place in which all blessings abide, and if you will live *it*, all these will manifest themselves for you in physical and material form. The Master could *see* this Realm of the Spirit. He was no vague dreamer handing out palliatives to suffering humanity to enable them for a while to forget their troubles. He could perceive the vibrations of Love, Beauty and Prosperity; for Him they were verities, so He taught that disease and poverty were but transient things and He asked us to judge righteous judgment and not to be misled by appearances.

Certainly if the negations we encounter were realities, they would exist by the will of God and we, who cannot by any means change that, would be unable to influence them at all. But His purpose is for our highest good, so listen to your hearts – do they not tell you of a longing for some spiritual quality of perfection, perhaps for companionship, for harmony and happiness in your homes, maybe for a greater awareness of success or more prosperity? Is there not an emptiness within, a sense of unfulfillment? Do you think that springs from yourselves, do you imagine it is *you* desiring to overcome it? No! the urge towards good is Love speaking from the secret place to you; it is God Himself saying, “Such-and-such is My intent, *it* is reality, and consummation of all that you could wish. Here for the taking is Substance – won’t you cease from looking at the outside and believe that you have received”?

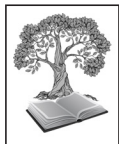
This we cannot do while we see sickness, poverty or unhappiness; we cannot judge righteous judgment until we go within, so let us make an appointment with Love, and during our sojourn in His Presence let us think on our desires, seeing the picture of their fulfilment and knowing that it is not we who are fashioning these images but God as Love, or Love as God, the Divine Intelligence Who is showing us *what Creation has already prepared for us*, His children.

We are not worms of the dust, nor is God to blame if we lack the good we crave. The fault lies with ourselves if we

are underlings; we try too hard – tensely and anxiously – to bring about something that we believe is not ours while, all the time, it is far nearer than mere possession, being actually that of which we all are made.

Your thought is God-you, your love is God-you, your desire is God-you; your acceptance is God Himself accepting His Good through you, His body temples. Each and every one of you is capable of attaining to the NOW-CONSCIOUSNESS, is able to live in the reality of the presence of what you desire; and if, when you have gone apart to commune with God, your minds begin to wander, or questions present themselves as to the how, or where, or when, do not struggle with them, push them quietly aside with the firm avowal, “I will have none of you! I will not accept you, for here where you are trying to enter in, is the temple of Love, the secret place in my own heart where the Presence of God now abides as Omnipotence, Omniscience and Substance already fulfilled unto me. WHAT I SEEK IS MINE THIS DAY IN SPITE OF ANY AND EVERY CONDITION. Love, not the externalised lies, is my health, my happiness, my prosperity, my guidance, wisdom and vision. I *have* received, and in gratitude my heart is lifted up to Love and I know that to touch but the hem of His garment is sufficient to bring Him into my mind, my heart, my body and my affairs as my Kingdom of Good, forever maintaining and sustaining me, and blessing me with all that is God, this day and to the end of time.”

Man, Know Thyself



I want to speak to you about yourself. I want to help you to find and understand yourselves. You may say, “If there is anyone I DO understand it is myself”. But are you sure of this? Do you spend any time at all in getting acquainted with yourself? If so, you must be utterly amazed at the discoveries you make! It takes a long time to get to know people, and when you think you know them, you often discover something that upsets all your preconceived ideas about them. Do you know why this is so? It is because you do not understand yourself

The trouble with most of us is that we deceive ourselves – quite unconsciously as a rule. We may, perhaps, consider ourselves to be truthful; but a careful study of the happenings of the day will often reveal instances in which either by word or deed, we have departed from the truth. Yet we despise and condemn those who tell lies!

Most of us dislike the busy-bodies of the world – those folk who are always gossiping and causing trouble. But are we always friendly, charitable and tolerant in our own conversation? We are critical of others, but are we ourselves above criticism? Often we despise people who treat us badly, and in our hearts we hope that they will suffer for it. But does it ever occur to us that by thinking in this way we are behaving as badly as they? Perhaps we condemn someone who has a secret sin – but have we never been tempted to do that same

thing? Have we never been so sorely tried that we longed for something – anything – that would bring consolation or temporary forgetfulness? Even if we have not, we have no right to judge for we seldom know the circumstances which are the cause of the action of others. If we did know them, we should forgive rather than condemn.

If we are to understand people, we must first understand ourselves. When we do this, our reactions to life will be very different. Once we understand that “we blame in others what we dislike in ourselves,” we shall be very careful in our criticisms. And we shall be too busy trying to correct our own faults – which we see reflected around us – to spare any time for the condemnation of other people. And the more Christ-like we become, the less evil we shall see; for His beauty, and the consciousness of His Presence, will bestow on us God’s good gift of understanding.

Self-knowledge brings with it a desire for improvement. We begin to realise that our minds are like a garden in which the weeds have been allowed to flourish – the weeds of hatred, resentment and unkindness. And we begin to uproot those weeds to make room for the flowers of love, tolerance and understanding. In other words, we eradicate all destructive thoughts, and cultivate only what is constructive in our minds.

Once we learn to think constructively we come into harmony with the universal Law of God, and direct the Life Force into the rights channels which lead to the Kingdom of

Heaven. Christ said that the Kingdom of Heaven was within us. Many people ask: “How am I ever going to enjoy this Kingdom? I long for peace in my family affairs – I long for health and happiness, and freedom from secret faults. I would do ANYTHING to bring this about!” A very powerful statement to make! I WOULD DO ANYTHING TO BRING THIS ABOUT – but would they? They COULD by the power of God within them, but have they the determination and the love to fulfil that statement? Are they prepared to clear their minds of the weeds of destructive thought, and plant new seeds which blossom into peace and harmony? For only what we put into life, can we get out of it. Perhaps sometimes you think to yourself, “If this thing, or that person, were removed from my life I should have peace and happiness”; or, “If only I could have a little more money I could face life more easily”; or, “If only I had perfect health I would be happy.” But it isn’t much credit to us to be happy when all goes well, is it? If these things were removed there would be other difficulties. It takes courage and confidence to scale obstacles, and in surmounting them we develop character.

A man is not a soldier because he wears a uniform. He is a real soldier when he is on active service. We may call ourselves Christians because we believe in the teachings of Christ, but that doesn’t make us Christians. A Christian is a follower of Christ, who carries out the teaching of Him Who told us to let our light so shine before men that they should see our good works and glorify God. He said, “Ye are the

light of the world. A city that is set on a hill cannot be hid; neither do men light a candle and put it under a bushel, but on a candlestick, and then it giveth light unto all that are in the house. So must the light of our souls shine in our faces.” We must be PRACTICAL Christians, carrying out moment by moment all that we have learnt. At any rate it is worth trying, is it not? – just to see how it works! I have never accepted anything I have read or heard without first testing it. It would not be fair to turn anything down as “no good” until one had proved it. THIS is seeking the Kingdom of Heaven. “Seek ye first the Kingdom of God . . . and all these things shall be added unto you.” And when we have found this Kingdom we have found everything that is worthwhile. But don’t think of heaven as a place beyond the sky, for it lies within us. It is a state of consciousness – a state of mind – a way thinking. Let us search and find ourselves and try to discover why some of us have never found this wonderful Kingdom.

We are all seeking happiness, in a right or a wrong way – consciously or unconsciously. We have glimpses of it – we find fleeting happiness in transient pleasures. But what we really want is PERMANENT happiness and peace of mind, is it not? We want to know why poverty, ill-health and unhappiness continue to dog our footsteps. Hundreds of men and women are asking this question every day – and finding no answer. They hope the answer will come from outside. It cannot! The answer can come only from within their own souls.

Now let us quietly analyse ourselves. First of all, are we obeying the great rule of life: Thou shalt love the Lord thy God with all thy heart, with all thy soul, with all thy strength, with all thy mind, (meaning our thoughts) and thy neighbour (meaning all people) as thyself? We cannot hurry past this first rule of life, for it is useless to proceed further, because love is the key which unlocks the door to the Kingdom of Heaven. Perhaps you do love God very much, and desire to serve Him with all your strength – but what about serving Him with all your mind? That is a different thing, isn't it? This is the big test. Maybe you wonder how your thoughts can be all of love when you have so much to endure at the office; and when you receive so many rebuffs. But, if you will, you can make a habit of changing your thoughts into love thoughts. If you are irritated by certain people, just try to realise that they have no power over you, unless you allow it. Let me explain this. Thoughts are dynamic things. We send them out into the ether, forgetting that we are creating, and that those thoughts are taking form and eventually must materialise for us. We see definite proof of this in the world today – for the present chaos is the result of man's powerful, destructive thoughts in manifestation – thoughts of hatred, greed, possession. Yet, knowing this, men STILL continue to send out destructive thoughts. When shall we learn that love is the most powerful weapon in the universe?

People often say, "Oh, I know that all you are telling me is true, but I can't control my thoughts". Do you know why

that is? It is because they try to do it themselves instead of letting God do it for them. Jesus said, “Of myself I can do nothing”, - and neither can we. We must be constantly talking with God: we must draw aside from the rush and bustle of daily life and have quiet communion with Him. Thinking of Him as a wonderful, calm and restful employer, to whom you can go for advice, and who is only too willing to assist you to promotion.

Think of God as a loving father and mother who are working unceasingly for your good. Think of Him as a delightful companion and lover, who is always showering you with surprises because He loves you so. I like to think of Him sometimes as an Architect with whom I am working. He makes perfect and wonderful plans, but because He is training ME to become a perfect architect I have to draw plans also. Then I take them to the Head Office and show them to Him. Sometimes He is indulgent, because He sees how pleased I am with the work I have done and how sure that it is correct. And He allows the plan to be carried out just to show me my mistakes. How humble I become, as I see the result of my own planning! Then I decide that never again will I be positive that my plans are perfect – that I shall take them all to Him to be corrected and changed. And if He tells me the plans are no good at all, I gladly accept His decisions, for I know He cannot make a mistake – and that so much time would be lost if I were allowed to carry out every imperfect plan I make.

Thinking of God in this way makes Him a delightful, invisible companion. And He is so close at hand always that in a moment – in the turning of a thought – He can be with us. This is the only way in which we can contact Him – for by our conscious thought our spirit communes with His Spirit, and we become one. This is what Jesus meant when He said, “I and my Father are One.”

The trouble with most of us is that we try to manage everything ourselves, and so get tense and panicky. This hinders us because our thoughts immediately become negative. We think in this way: “Oh, I can’t manage it! What shall I do? If only someone were here to help me.” Instead of this, if we would relax for a second and say, “By the power that is within me I can do anything,” – and affirm it positively, we should regain our poise and become calm. The brain would become clear, and helpful suggestions would flash into our minds. Do try this and see how it works! By changing our thoughts we can deal with every situation that presents itself.

Have you ever stayed in a home where the atmosphere is always restful? Just imagine that a drink is accidentally spilt over the dinner table. The hosts clean it up in a good spirit without any fuss, avoiding any embarrassment to all the diners, all the while continuing with the topic of discussion.

When you leave that house you feel refreshed, for the time spent there was all constructive; since the minds of your hosts were in tune with love and peace, and all their thoughts had that quality.

It was easy for you to feel happy in that home because the atmosphere was charged with beautiful vibrations caused by right thinking. But how about an environment that is not so charged? In that case, you must, by your own thoughts, create a different atmosphere. If there is a tenseness – a feeling of antagonism in the air – start a cheerful conversation, and tactfully try to get the people interested in what you are saying. Be humorous in a constructive way. It requires a greater effort to visit a house like this, than the one mentioned above; but in this case YOU can be constructive and create a restful atmosphere. Perhaps you don't care for the people – maybe in some way or another they don't blend with you. Never mind! This is a chance to develop yourself, for if you wish to be happy you must think happy thoughts.

To remain in the Kingdom of Heaven, it is necessary to sweep out of the mind all unkind and vindictive thought – for only by correction of the human self can lasting happiness be found. When an individual becomes determined enough to serve only the constructive plan of life, he disciplines perfectly his human self, no matter how unpleasant the task.

Now there are many who have begun to know themselves, and have definitely begun to realise their oneness with all life. Hence they are trying to keep their feet firmly placed on the path to attainment. Many are finding it a hard and difficult road, beset with all kinds of tests and oppositions. Yet, having their feet firmly set, they are determined to go

on. When anyone starts earnestly and sincerely to tread this path, the Master always gives His instructions. If these are followed, then all goes well. But if they are not followed, then it would be better that we had never begun to tread the path. As one writer says, “To look at food and say that it is good will not satisfy a starving man – he must put forth his hand and eat.” So, to hear the Master’s word is not enough – we must do as He says, attending to every word, and taking every hint, for only thus shall our lives become joyous.

We take this path because we have learnt that on it alone can be found those things worth having. Men who do not know, work to gain wealth, position or power; but such things are for this earthly life only, and, therefore, they are unreal. But there are greater things that are real and lasting. When we have seen and realised these things we no longer desire the others. It doesn’t matter what a man’s religion is, or to what race he belongs. The only important thing is for him to know God’s plan for man. When we fully realise that God’s plan is the evolution of man’s soul to perfection, we cannot help working for it, and making ourselves one with it.

When a man enters this path it doesn’t matter in the least if he be black, yellow or white – rich or poor. Nor does it matter what religion he favours. He is working side by side with all who desire to uplift and enlighten their fellowmen. The average man makes the mistake of thinking that the way he chooses is more pleasant; and so he invents for himself a road,

not understanding that ALL MEN ARE ONE, WITH ONE Father – that all are part of ONE LIFE, and only as all work under the same principle can absolute harmony be attained. AND THAT PRINCIPLE IS LOVE. By travelling their own selfish way, such people are following the unreal, instead of the real, and they are not on the side of Truth, nor are they assisting to bring out the Kingdom of Heaven in man on earth.

However much we may know, or seem to be doing, we have so much more to learn. And what we know is but kindergarten knowledge in comparison with what we SHALL know if we humbly admit our lack of knowledge to God, and our willingness to learn the most difficult lessons. It is our willingness to learn that brings about our eternal good.

When we become students of Truth we must test out the truth of our thoughts by laying them beside His – for as pupils we should be ONE with our Master; and, by contacting Him continually, we shall know what His thoughts are.

It is a wonderful way of keeping a well-balanced outlook towards life and people. We must be true in speech, and accurate without exaggeration. It is wiser always to refrain from repeating the ugly things we hear. They may not be true – and even if they are, it is so much more Christ-like to say nothing. We can help others, through the one thing at least that we have in common – which is the Divine Life. And WE must learn to arouse that Divine Life in them by setting the example of Christ-living. So shall we help, and not hinder

each other in our climb towards perfection. We are all at different stages, and we all need the assistance of each other. Therefore, be silent always, unless what you are going to say is true, kind, helpful.

Most of all cultivate Love, for Love contains all the qualities of the Spirit. Love is tolerant; and in Love we control our thoughts and speech. So let us get to know ourselves as soon as possible, and begin our transformation by the renewal of our minds. Then life will become all joy and happiness; for we shall have entered the Kingdom of Heaven.

MANNERS

Virtue itself offends, when coupled with forbidding manners.
– Bishop Middleton.



Good manners is the art of making those people easy with whom we converse. – Swift.



Few are qualified to shine in company; but it is in most men's power to be agreeable. – Swift.



Manners are the shadows of virtues, the momentary display of those qualities which our fellow-creatures love and respect. – Rev. Sydney Smith.

The Spiritual Force

Of yourselves you cannot bring healing to your bodies, you cannot re-build worn out tissues or recreate new nervous systems to take the place of those you have destroyed. However, the spiritual force that is in you, that is the sum total of all power and knowledge in the universe, that is the very presence and substance of Life in you – the Kingdom of God which is closer to you than breathing, nearer than hands and feet – is saying to you, “Come unto Me and I will be your salvation.”

“I will change all your negative conditions into positive, constructive ones. I will fill your lives full of happiness, full of abundance to share and to spare if you will but come to Me. All you have to do is to take the first practical steps in faith, I will do the rest.”



Prayer for South Africa

I give thanks for GOD'S PEACE,
HARMONY, LAW, ORDER, JUSTICE,
SECURITY AND PROSPERITY now
established and fulfilled for all in South
Africa this day and from this day forth.

Pray and affirm this from today

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

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

*A suggested prayer may be:
The Light of God surrounds me
The Love of God enfolds me
The Power of God protects me
The Peace of God is over me
Wherever I am, God is.*

This prayer may be used at any time.



Meetings: ***November/December 2022***

Due to the COVID pandemic all meetings
are cancelled until further notice.

Contact your local representative.

*Make yourselves nests of pleasant thoughts – houses built
without hands for your souls to live in.*

John Ruskin



*My words fly up, my thoughts remain below!
Words without thoughts never to heaven go.*

WM Shakespeare



*I place myself and all my concerns lovingly in the hands of
the Father with a childlike trust.*

November 1 Tuesday

◆ *Be strong, and let thy heart take courage. – Ps. 27:14.*

**I GIVE THANKS FOR THE STRENGTH OF GOD
WITHIN ME WHICH IS MY MASTERY OVER
CIRCUMSTANCE.**

“Give me the strength lightly to bear my joys and sorrows.

“Give me the strength to make my love fruitful in service.

“Give me the strength never to disown the poor or bend my knees before insolent might.

“Give me the strength to raise my mind above daily trifles.

“And give me the strength to surrender my strength to Thy will with love.”

This quotation is from the writing of the Indian poet Rabindranath Tagore, and it tells us all that is needed in order to live a full life. If we could say these words from our hearts with utter sincerity, and live up to them, we should be well forward on the pathway to perfection.

To some, it may seem strange that the poet prays that he shall have strength to bear both joy and sorrow lightly; but though we all want happiness we should not make it the main goal of life – experience is more important.

November 2**Wednesday**

◆ *Beloved, now are we the children of God. – I John 3:2.*

**DAILY DO I RECOGNISE MY FATHER “WHICH IS
IN HEAVEN” WITHIN ME AND PRAISE HIM FOR
ALL HIS BENEFITS.**

Now, this moment, this day, *that* is the vital part of his message! Too many of us put off our good from today to some tomorrow that is as vague as the Spanish “mañana”. We do not dare to claim our sonship right now; we see ourselves as poor, diseased, unsuccessful or unhappy and, believing these things of ourselves, we cannot believe also that we are sons of God, heirs to all His Good. Of course we cannot, but we can certainly choose *which* we will believe, either that we are full of negation or that we are His temples in which, at this very present, He is dwelling! Which are we going to serve – Truth or appearances? We have the Master’s word for it that we are “gods” and the evidence of our own eyes that we are worms of the dust; which do you think is more reliable? Cannot we bestir ourselves and begin to judge righteous judgement? We have been told again and again by our teacher that the testimony of the senses is not to be trusted and that if we will but accept the Truth of our oneness with the Father, This will set us free.

November 3**Thursday****December 1**

♦ *He that is of a greedy spirit stirreth up
strife. – Pro. 28:25.*

**LET ME ALWAYS BE WILLING TO SHARE WITH
MY FELLOWMEN OF WHAT I AM AND HAVE .**

There are different kinds of greed. Some people are greedy for money; some for power; some for fame; some for property, and some for friendship or love. There is the miser who wants money simply to hoard it up; the man who wants power in order to make others do his will; the one who desires fame that he may be raised above his fellows in the opinion of the world; the person who is land-hungry and buys up vast acres for pride of ownership; and there is he – or she – who is so greedy of the affection of loved ones that he wants it all for himself.

Greed is usually at the root of all wars. One country wants that which another possesses; or one man wants to dictate to the world, and the result is suffering, and bloodshed, and heart-break. In spite of our so-called civilisation greed can reduce men to the state of savages.

Let us not covet what others have, for “he that is greedy of gain troubleth his own house”. And, as Jesus said: “A man’s life consisteth not in the abundance of the things he possesseth”.

November 4**Friday****December 2**

◆ *Be not children in mind. – 1 Cor. 14:20.*

**MY FATHER SHALL GIVE HIS ANGELS CHARGE
OVER ME TO KEEP ME IN ALL MY WAYS.**

If the words in the above text seem to conflict with those of the Master when He said, “Unless ye become as little children, ye shall in no wise enter the Kingdom of Heaven” it is not so, for He was alluding to the emotional faith, and unquestioning trust that the very young invest in everyone and everything. But as we develop mentally and spiritually in addition to these we have to use the other faculties with which we have been endowed and must, by turning within, uncover Truth for ourselves. No one can go through life on leading strings unless these be those of his own indwelling Christ, to which he will be able to entrust himself only after much mental and emotional dedication and communion with God.

Once we do arrive at the point where we can in complete abandonment turn all our burdens over to Him and consciously go free, knowing that He will bring our salvation to pass, we shall have found the Pearl of Great Price, and there will be nothing in all the world for us to fear because we shall be dwelling in the “secret place of the Most High” and abiding under the shadow of LOVE.

November 5**Saturday****December 3**

◆ *Follow after righteousness, godliness, faith, love, patience, meekness. – 1 Tim. 6:11.*

**I DO MY BEST TO CO-OPERATE WITH THOSE
ABOUT ME THAT I MAY LIVE HARMONIOUSLY.**

To be good is to be happy; to have faith is to be courageous; to love is to fulfil the law; and patience and meekness are virtues we should cultivate. If we want to live in harmony with those about us we shall obey today's text.

There are people who are constantly finding fault with those around them. They are looking for the worst instead of the best in those with whom they come into contact; and this causes discord. What the world sadly needs today is co-operation amongst individuals and nations. It needs love, which makes people desire to give rather than to get all they can – to share rather than to grab.

And let us learn to be patient. Often this requires great self-control, but this, too, can be developed. And never forget that the Master said, "Blessed are the meek: for they shall inherit the earth". There is no need to regard meekness as weakness. Then let us try, as far as in us lies, to follow Him in all things.

November 6**Sunday****December 4**

Meditation



My Father

I let go of every hard thought. As I release my intellect entirely into Your all-resolving Mind, my furrowed brow relaxes, my brain becomes quiet, my little knowledge dissolves in Omniscience.

The world demands mental application and objectivity – You give me trust and intuition. The case that is too hard for me I bring to You and You provide the answer. With You comes the true knowledge which is understanding: I know, and know that I know. No longer do I “work out” or “discover”. Instead I recognise what always was. I come to share the perfect ideas that constitute Your kingdom.

Thank you dear Father that All-knowledge is mine, and all You ask is that I claim it.

November 7**Monday****December 5**

♦ *They shall prosper that love thee. – Ps. 122:6.*

**HELP ME SO TO LIVE THAT I MAY BE WORTHY
OF YOUR BLESSING, FATHER.**

There is no lack in God's kingdom, and He has provided all we need for our well-being in the realm of Spirit. As His children we can claim His bounty, IF WE ARE FULFILLING THE LAW. There is always something we must do if God's promises are to be implemented. We cannot expect to be blessed if we are not trying to live the Good Life – if we give way to hatred, or greed, or jealousy, or any other destructive emotion. We must clear our hearts and our minds of all that is not in accordance with God's will if His promises are to be fulfilled. Having done this let us affirm that God is our Father, and that we are heirs to His riches; and give thanks that they are ours.

Do not feel that you are being untruthful in doing this, for in your true being you are Spirit, and Spirit cannot experience lack; and by giving thanks in advance you are showing your faith.

November 8**Tuesday****December 6**

◆ *Already you are filled!*
Already you have become rich. –1 Cor. 4:8.

I GIVE THANKS THAT IT IS ALREADY DONE.

God is, and because nothing exists that is external to Him, God is *complete*. As children of God the same applies to us. Our task is never to acquire but ever to *express*. It is the Creator's good pleasure to give you the kingdom. No begging, no "good" behaviour, no hard work that does not coincide with acceptance, brings any real reward.

Praying to acquire something affirms inadequacy in God. Is that what you intend? Boasting that you have something affirms that you, and therefore God, did not have it before. Is that what you intend? Regardless of all appearances and experience, the follower of Truth simply gives thanks that it is already done and then, in thoughts, feelings, words and deeds, makes space for God's completion to express outwardly.

With great simplicity the Master declares: "You must be perfect, as your heavenly Father is perfect."

November 9**Wednesday****December 7**

♦ *He that is slow to anger is of great understanding. –
Pro. 14:29.*

**CONSTANTLY I STRIVE TO ATTAIN COMMAND OF
MY EMOTIONS THAT I MAY BE AN INSPIRATION
TO OTHERS.**

Some people are naturally placid, and it takes great provocation to stir them up to anger; but others are quick-tempered and have to exercise great self-control if they are to live harmoniously with those about them.

A bad-tempered person at the breakfast table may upset a whole family for the rest of the day, and they, in turn, upset others, so that one does not know how far reaching the results may be. Surely, then, it is the duty of each one of us to learn to control ourself, not only for our own sake but for the sake of others. Loss of such control can break up homes and friendships, and cause much suffering.

We should learn to keep calm when others give way to temper, for otherwise we shall aggravate the situation. When we are angry we so often say things we would give much to recall later. Then let us at such times turn to God and ask Him to restore harmony within us, that we may remain serene.

November 10**Thursday****December 8**

◆ *Be strong . . . saith the Lord, and work, for I am with you. – Hag. 2:4.*

**IN MY EVERY THOUGHT, WORD AND ACTION
I WILL STRIVE TO EXPRESS THE GOOD
WHICH IS GOD.**

There are a good many people who prefer talking to working! How often do not friends offer to perform a small service and then forget all about it, and how much more ready are *we* to point out the way than to walk in it.

We are not here to act as ornaments only; life has been given to us that we may put something into it, thereby enriching it for ourselves and, what is more important, for everyone else. “Service” should be our watchword; it enables us to live productively, to help those who are weaker, or less well endowed than we are, and above all it makes it possible for us to pay back in a *very small and modest measure* the good we have received from God.

The Christ, Who lived the perfect life here on earth, said, “My Father worketh hitherto, and I work”. Can we do better than to follow His example? We all know what idleness can produce; let us not through thoughtlessness, indolence, or stupidity neglect the opportunities we have of expanding our minds and hearts by failing to enrol, voluntarily, in the peaceful battalions of LOVE.

November 11**Friday****December 9**

◆ *Fear not, neither be dismayed. – Deut. 1:21.*

**WITH MY LOVE FOR GOD AND MY TRUST IN HIM
STEADFAST I KNOW THAT I AM PROTECTED.**

If you are confronted with a problem today, remember the words of the above text. You are not alone, for God is with you at all times to help you in time of need. No problem is too difficult for Him to solve, and no obstacle too high for Him to surmount. He will guide you at all times if only you will trust Him to do so.

Let us have as much faith in our heavenly Father as a child has in its loving parents; and just as the child knows he can go to them and they will understand his need and help him, so let us go to the Father of all.

There are times when it is difficult not to surrender to panic, but when once we realise the presence of God we shall not give away to fear. At times of crisis let us say to ourselves: “I stand still and see the salvation of God”. Then let us give thanks to Him for His aid. Remember the words of Psalmist: “He will not suffer thy foot to be moved: he that keepeth thee will not slumber.”

November 12**Saturday****December 10**

◆ *Every good gift and every perfect gift is from above. – James 1:17.*

**LOVE IS MY SHEPHERD SO I SHALL NEVER
WANT FOR ANY OF GOD'S BLESSING WHICH
ALWAYS WORKS FOR MY HIGHEST GOOD.**

Anyone who is capable of reasoning, must see the truth of this at once, for God's being All-in-All nothing can come from anywhere but from Him. I wonder if we realise how fortunate this is? One often sees the infinite harm that gifts wrongly bestowed bring with them. A fortune left to the unstable frequently leaves the recipient a prey to evil company or the victim of drink and gambling so that, instead of his windfall enriching him, it drives him into the gutter. Doting parents sometimes endanger the very lives of their children by giving them things – powerful cars, firearms, etc. – that they are not responsible enough to use; or ruin them morally and physically by giving them allowances that far exceed their simple needs. But the gifts of LOVE bring no sorrow in their train. An all-wise Father knows the things we have need of and these are unstintingly supplied. If we ever lack any good at all it is because we do not realise that our every desire is already abundantly fulfilled, so let us from this day forth recognise that God is HIMSELF our sole supply.

November 13**Sunday****December 11**

Meditation



My Father

I let go entirely of my spiritual quest, of all religious endeavour, of all conscious striving to commune with You. I become as a naked infant before You, Your pure expression, untouched by knowledge of good and evil.

In this my natural state is no fear of heaven or earth, no anxiety over my spiritual and material destiny. You alone are, and because You are, I am. Lost in the infinite depths of Being, I am loved and protected, and filled with true and radiant joy. My most earnest thoughts and most passionate feelings add nothing whatsoever to what You have given me, for in You is everything complete from the beginning.

Thank you dear Father that the only thing you ask of me is to accept You.

November 14**Monday****December 12**

♦ *Peace be multiplied unto you. – Dan. 4:1.*

**IF I CAN GIVE PEACE TO BUT ONE TROUBLED
HEART, I SHALL STAND BEFORE LOVE –
JUSTIFIED!**

It is, I think, only when peace departs that we realise how much it has meant in our lives. “Peace” does not sound glamorous; it has not the appeal of other attributes of God, such as riches, beauty and power. These are qualities everyone desires intensely, but peace, that, we think, is all very well for the aged and infirm but is out of place in the lives of those who have a healthy lust for living. What a mistaken theory! Peace is akin to LOVE, and without it these lesser things lose all their value. They cannot bring us fulfilment for they cannot satisfy the empty heart and are unable to minister to a mind that, cluttered up with material values, is unable in times of stress and trouble to fall back upon these.

It is only when we are at peace with ourselves, our fellows and with God that we can enjoy His many other benefits, that is why the Christ valued it so highly that, at the close of His sojourn among His disciples, He said, “Peace I give unto you, My PEACE, not as the world giveth, give I unto you”.

November 15**Tuesday****December 13**

◆ *And my God shall supply every need of yours. – Phil. 4:19.*

**GOD SATISFIES MY EVERY NEED FOR MY VISION
IS ACTIVELY STAYED ON HIM.**

Are you out of work? And if so are you yourself possibly to blame? If you can honestly reply in the negative, try to find the reason, for there is no lack of anything in God's kingdom; and He has made provision for each one of us. We must, however, be prepared to play our part by putting our best efforts into whatever task we may have to do.

Never allow yourself to be upset by economic conditions, or by thoughts of age. Think of yourself as being employed by God Who merely uses man as His agent. You know that God is not influenced by conditions, or by your age, and so put yourself and your affairs into his hands in perfect faith. Affirm that your perfect work is already waiting for you, and give thanks that you are being led to it.

Once you regard yourself as working for God no necessary task should seem undignified, however humble it may be. Somewhere there is a place for you to fill in the world, and with God's help you will find it. Seek Him first, and all things will be added unto you.

November 16**Wednesday****December 14**

The Lord is with thee. – Luke 1:28.

**LET ME LEARN, BY GIVING THANKS, TO
ACCEPT THE GOOD THAT MY FATHER HAS SO
BOUNTIFULLY SUPPLIED.**

Oh! to know that God is with us at all times and in all circumstances, no matter how menacing or desperate these may seem to be! Of course we *could* know it during every waking moment if we but had the requisite trust, just as we could know that “I and my Father are one” and that “I will never leave thee, nor forsake thee” and a hundred other marvellous promises which, if we would accept them, *and depend wholly upon them*, would take all the uncertainty out of our lives and establish them on a veritable ROCK of security.

It is all too good to be true, isn't it? Yet the Master could not understand that attitude of mind and cried, “WHY do you doubt, oh ye of little faith?” adding “It is the Father's good *pleasure* to give you the Kingdom”; not a duty, not something that, as a Father, God feels – grudgingly – that He must do for us. It is His PLEASURE, that which He is longing to do for each and every one of us. Can we not this day cast out all our doubts, hesitations, timidity, and with both hands take unto ourselves the salvation of the Lord, so transforming our lives into full and glorious LIVING.

November 17**Thursday****December 15**

◆ *This is the day which Jehovah hath made; we will rejoice and be glad with it. – Ps. 118 : 24.*

**I GIVE THANKS FOR TODAY AND EVERY DAY,
FOR IN THEM LIE THE OPPORTUNITIES TO
EXPERIENCE GOD'S LOVE, WISDOM AND POWER.**

How often the Bible tells us to rejoice! And how often we let some triviality prevent us from being happy.

The busy people are usually happy because they have little time to think about themselves. And the less we think about ourselves and the more we concentrate on doing good work, and giving good service to God and man, the better it is for us.

Some people may feel that they have little to rejoice about. Possibly they do not look forward to the day with any degree of pleasure. But provided they are well; that they have a roof over their heads, and food to eat; and that they are not in debt, they have much to be grateful for. If their work is not congenial let them do it to the best of their ability without grumbling, at the same time looking forward to better things.

Happiness is a state of mind, and it can be cultivated. It is ours when we love life, and our neighbours, and look for the best in everything.

November 18**Friday****December 16**

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

**I WILL FEAR NO EVIL, FOR LOVE IS WITH ME,
AS MY ALL-SUFFICIENCY IN ALL THINGS.**

One cannot love without having confidence in the beloved, and where there is faith there is no room for fear, yet there are those who live in dread of the “wrath of God” and who feel, when things go wrong, that it is the Father visiting His anger upon them. The Truth student, however, knows better than that for he has been taught of LOVE. He has learned that GOD IS LOVE, and all-in-all, so he knows that Love governs him, maintains and sustains him, and shall keep him in all his ways. All he is asked to do is to know the Truth of his at-one-ment with It. That *should* be easy for him to comprehend for, if there is nothing else but Love, then what can man be but part of Its Divine Being? We are God come forth into manifestation on this plane of consciousness AS US, so there is nothing apart from Him that could constitute us, enter into us, or attach itself to us; consequently there is nothing whatsoever for us to fear. Let us, then, lose no time in accepting our Sonship and entering into our heritage of All-good.

November 19**Saturday****December 17**

◆ *Let us not become vainglorious . . . envying one another. – Gal. 5:26.*

ALL MEN ARE MY BROTHERS AND I ENVY NO ONE, BUT RATHER REJOICE IN THEIR GOOD.

Vanity is a most displeasing trait; and to have an inflated opinion of oneself is always unwarranted. Those who are constantly thinking and talking of themselves are seldom popular. Anyone who is above the average in looks, or intelligence, or position or what you will, should be humbly grateful to God, but never vain; for it is only by the grace of God that he is what he is.

And envy is another most unattractive quality. Why should we want what someone else has, when we have the ability to be what we desire to be, and have what we desire to have within the Law? To be envious is the sign of an immature mind, for why should we want to be like anyone else, when we can develop our own gifts and our own personality?

No matter to what heights we may rise; no matter how great our possessions, unless we cultivate the things of the Spirit we are wasting our time. The truly great are always humble, realising how much they have to learn. And certainly they are never jealous, having put away childish things.

November 20**Sunday****December 18**

Meditation



My Father

As I enter this communion with You, I feel the weight of unfulfilled expectations, of my omissions and commissions. Some of these have been incurred by me and some have been placed on me by others. How I long to fulfil them but I cannot.

As now I dwell with You I accept my feelings, for guilt would put me at variance with myself, divide me into wrongdoer and judge. You are Oneness, so I am Oneness. My feelings do not attach me but would draw me ever inward, towards the one Answer to every negation.

What is impossible with men is possible with God. Gently I let my guilt and hopelessness transform into trust. As I cross the threshold of Your house I feel myself leaving a hostile and lonely world and entering forgiveness and restoration.

November 21**Monday****December 19**

◆ *Let the words of my mouth and the meditation of my heart
be acceptable in thy sight. – Ps. 19:14.*

**HELP ME TO CULTIVATE IN MY MIND ONLY
THOSE THOUGHTS WHICH ARE PLEASING
TO YOU, FATHER.**

Even those of us who understand the power there is in words, continue to use them negatively. How often do we say “I’m afraid;” or, “I’m not feeling well;” or, “I can’t afford it”? To talk in this way is to attract such conditions.

The difficulty with many of us is that we were not taught to be positive in thought and word in our early, impressionable days, and have acquired wrong habits. But we must make every effort to overcome them. We must learn to think constructively for thought is creative, and we want to create only what is good for ourselves and others.

If we want to live beautiful lives we must think beautiful thoughts and refuse to allow anything that is evil or ugly to enter our minds; or, at any rate, to remain there. We must raise our thoughts to higher things – to goodness, truth, justice, purity, unselfishness, and service, if our meditations are to be acceptable to God.

November 22**Tuesday****December 20**

◆ *Condemn not, and ye shall not be
condemned. – Luke 6:37.*

**MY DAILY PRAYER SHALL BE, “LET THE WORDS
OF MY MOUTH AND THE MEDITATIONS OF MY
HEART, BE ACCEPTABLE IN LOVE’S SIGHT”.**

I wonder if we realise how frequently we do condemn, often quite unconsciously. We speak deprecatingly of a politician, repeat a little scandal about a film star, question the honesty of some public figure, and we do all this unconcernedly in the course of ordinary light conversation without giving a thought to the possibly slanderous nature of our utterances.

“Life and death”, it is said, “lie in the power of the tongue” and even if we think this an exaggeration – and oftentimes it is not, for a word can kill a friendship and another give hope and faith to the dying – our care in everything we say should be for kindness, even before truth, because sometimes that can be wounding.

I think no one stops to consider the real, solid good he can do with the smallest of efforts by speaking only constructively. When we make this our rule, we help not only others but ourselves as well for, since it is that which is inside – not without – that defiles a man, if we keep our thoughts on a higher, more uplifted plane, we shall guarantee that our lives will be happy.

November 23**Wednesday****December 21**

◆ *If we ask anything according to his will,
he heareth us. – 1 John. 5:14.*

**GOD'S LAW IS GOD'S WILL AND AS I HAVE KEPT
IN TUNE SO SHALL I BE BLESSED.**

Are you receiving no answer to your prayers? If so, do examine them to find out if you have asked aright.

We should be sure that it would be acceptable to God to grant our requests. We should be sure that it would be good for us to receive what we want. And we must be sure that we have not asked for anything which will bring harm to another.

How can we be certain that what we desire would be for our greatest good? Have you never looked back and realised that, if what you so urgently wished for at one time had happened, it would have resulted in trouble? We are limited by our human minds and cannot always judge wisely.

If we have a problem to solve; a difficulty to be overcome; or a need to be satisfied, let us put the matter into God's hands and leave it to Him to decide what is best for us. Instead of praying that certain things should happen, let us trust Him – let us be still and see His salvation, giving thanks at all times.

November 24**Thursday****December 22**

◆ *Abound in hope, in the power of the
Holy Spirit. – Rom. 15:13.*

**I, TOO, WILL SEE TO IT THAT I “BRING FORTH
FRUIT”, AS THE CHRIST COMMANDED, NOT OF
MYSELF ALONE BUT BY THE POWER OF GOD
THAT IS WITHIN ME.**

“Hope springs eternal in the human breast”, and rightly so, for no matter what our situation, how fraught with danger, sorrow or despair, there *is* a Power upon Which we can always count, even the Omnipotence of LOVE. From Love we can never be divided, nothing we have ever done – no sins of omission or commission – can separate us from the Father’s love or set us apart from His Being, for we are not aliens on this plane on which we find ourselves, not flotsam and jetsam cast up by time upon the shores of this world; we are temples of the *living* God in which *He* lives, and moves, and has His Being as we live, and move, and exist in Him. We are Deity come forth into expression, and are all that He is and has, and when we know the Truth of our oneness with Him, we shall recognise that His Power abides in us, and can be used by us when we have developed spiritually to the point where we realise that It can never be used for selfish ends or to bring about anything that is at variance with His Nature, but that, when It is brought to bear, all things work together for good.

November 25**Friday****December 23**

♦ *Why art thou cast down, O my soul? – Ps. 42:5.*

I GIVE THANKS TO GOD WHO RENEWS A SPIRIT OF TRUST WITHIN ME.

Many things depress us if we allow them to do so. Sickness, bereavement, poverty, inharmony – any or all can cast us into the depths if we give them sufficient power. Sorrow comes to us all, for it is a part of life, but the spiritually-minded do not permit it to overwhelm them.

Let us learn to lift our eyes to God Who is stronger than any negative condition – than disease, or sorrow, or poverty, or unhappiness. Instead of sitting with bowed heads, let us straighten up, square our shoulders, lift our chins, and smile. If we will trust Him God will raise us out of depression into the sunshine of His love. His Spirit is within us and if we will yield all to Him, He will take possession of us completely, and then no adverse circumstance can come near us.

Look up, and not down. If you are discouraged because of past mistakes, determine to do better in future. Throw off your depression, and put your faith in God within you. You can do all things through Christ Who strengthens you if you will but trust Him.

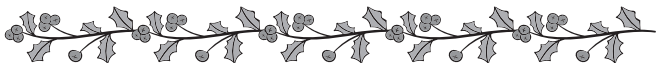
November 26**Saturday****December 24**

◆ *To them that love God all things work together
for good. – Rom. 8:28.*

**I WILL KEEP MY EVERY THOUGHT AND DEED
IN TUNE WITH LOVE SO THAT I SHARE IN ALL
ITS BENEFITS.**

God's universe is not made up of separate components, it is a homogeneous whole, in which everything is inter-related. No individual part functions entirely on its own, all are governed by the one Law of LOVE Which regulates the complete concept, ourselves included; and in order to live in tune with it, we have to learn to love God and our neighbour as we do ourselves.

The next man's good must be as important to us as our own; what we wish for ourselves we must desire as fervently for our enemies; what we possess we must share with absolute unselfishness with all men, for only so shall we fulfil the Law. To God we owe "greater love" than this, for all that we are and have derives from Him, Who is our very being come forth into manifestation as ourselves, and all other creatures and phenomena. God, Love, is the cosmos, *and its parts*, in which everything acts, interacts and reacts for good. We have but to put ourselves into harmony with this Divine activity in order to participate in what it is continuously bringing forth here on earth and on all other planes.



Sunday

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 27**Sunday****December 25**

Meditation

The Endearing Name...



My Father

Of all the many and profound Names by which You are known, the name ‘Father’ is the One which brings You closest to my heart and mind, and presents me with a glimpse of Your Love and Compassion. Omniscience, Omnipresence and Omnipotence I find so abstract, so infinite and impersonal. ‘King of King’s sounds wonderful and majestic, but somehow it places You beyond my reach.

Perhaps it is because I am a father myself that I find such comfort and warmth in the thought of You as my Father, for I know that no matter how wayward I may be or how far I fall short of being a good son, Your Love encompasses me and Your Wisdom is ever available to guide my vagrant footsteps. Besides, I am strengthened in the knowledge that, as a Father, Your Will for me is that I should enjoy the Life You have given me: that if I follow Your Way, obey Your Laws I shall live consciously in Your Eternal Presence so that all fear and anxiety shall leave me and I shall know the peace of mind and security which Your Love alone can give me.

November 28**Monday****December 26**

◆ *I will fear no evil for thou art with me. – Ps. 23:4.*

**AS I KEEP MY EYES SINGLE TO THE GOOD, I
SHALL BEGIN TO KNOW THAT IT ALONE IS TRUE.**

One of the first things we learned when we started out in geometry was that two things cannot occupy the same space at the same time; so, if God Who is All-good is with us, encompassing us, evil must be absent from us, and we can have nothing to fear. We can go further than this and realise that since God is Omnipresence, there can be no place at all for His opposite to occupy, consequently evil IS NOT, never was, and never can be. All that ever seemed to menace us was our belief in an illusion, devoid alike of Substance and Permanence.

This is, perhaps, the most completely liberating thought that anyone could maintain, for it means that we are forever free from all discord, negation and fear, and are indeed, as the Master said, “gods”. Let us not make the mistake of admitting this, just academically, but without one moment’s delay let us accept it spiritually, mentally, emotionally and physically, claiming it as the one basic Truth upon which our very beings are founded. Then as we know it, the God-qualities within us, constituting us, will be enabled to express through us and to us, here in His visible world.

November 29**Tuesday****December 27**

◆ *Let not the sun go down upon your wrath. – Eph. 4:26.*

**ONLY AS I FORGIVE OTHERS THEIR TRESPASSES
CAN I HOPE TO BE FORGIVEN.**

Never go to bed harbouring a grudge against anyone. Forgive those who have shown any ill will towards you, or who have angered you, as you yourself are forgiven by God.

Maybe you have been unkind, or have criticised and condemned someone. If so quietly ask for forgiveness and send our blessings to him. And if you have quarrelled with anyone and can put things right, do so before you go to sleep. It is bad spiritually, mentally and physically to give way to anger.

We are not perfect and we often fail to live up to our philosophy. We act in disobedience to the law of love. But there is no reason why we should continue to do so, and every reason for us to try to make amends. When we fall from grace we should not stay down, but rise quickly and continue on our way determined to do better in the future.

Send out thoughts of love and goodwill to everyone daily; and cleanse your heart and mind of all destructive emotions before you go to rest at night. Be at peace with all men.

November 30**Wednesday****December 28**

◆ *Ye shall be free indeed. – John 8:36.*

**I DO NOT BELIEVE IN, NOR DO I FEAR ANY KIND
OF EVIL, FOR GOD ALONE FILLS TIME AND
SPACE AND HE IS LOVE.**

We are not bondservants but children of the Most High who were “called for freedom.” For what kind of freedom were we called? Not just for political liberty, or immunity from disease, unhappiness and want; we are **THIS DAY** free from bondage to every kind of error, discord and negation, for we are “gods”. We are one with the Father of Lights. There is nothing in us, our lives, minds, bodies, environment or affairs that is unlike God; for His **LOVE**, which is everywhere evenly present throughout the entire cosmos, fills us and whatever concerns us to the exclusion of all else.

How is it, then, that so many human beings appear to lack most of the good things they so fervently desire? It is due to one thing only – their ignorance of the Truth of Being. Most of us have not yet grasped the Spiritual Verity that God is **GOOD**, and All-in-All, and that consequently there is no such thing as evil.

Whatever discord is manifesting through us, or for us, is a man-made lie that we have accepted, but which we can now reject, so compelling it to fade away into the nothingness whence it came.

Thursday**December 29**

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

**IN MY FATHERS HOUSE ARE MANY MANSIONS
AND MANY PATHS LEAD TO GOD-REALISATION.**

We are all at various stages on the road which leads to divine mastery. Some go by one path, and some by another, and the mistake many of us make is in thinking that everyone else should choose the path we are treading. Since we all have different lessons to learn, we are confronted with different obstacles, but each one encounters those most necessary for his spiritual growth.

Dreadful crimes have been perpetrated in the name of religion by those who have wanted to make others conform to their ideas. They have wanted, and many still want, to dictate to the world the way in which they should worship God and how they should think of Him. But God reveals Himself to us in different ways according to our need. You may require the pomp and circumstance of some great cathedral in order to feel His presence, whereas I may be aware of Him more easily beneath the stars.

All paths lead to God so let us not criticise others for the one they take. Let us allow them the freedom we desire for ourselves.

Friday**December 30**

◆ *Take delight in the Lord and He will give you the desires of your heart. – Ps. 37:4.*

**MY FULFILMENT IS THE SEAL OF GOD'S
PRESENCE.**

“What is that to you?” says the Master “Follow Me.” Look away from negative appearances and behold the radiance of God’s presence everywhere.

Yes, we live in an apparently material world and must take cognisance of what happens to us and about us. Yet it is the spiritual Mainspring within us that we must express in all that we think, and feel, and say, and do. Apart from everything else this life is too short to live in a knee-jerk fashion, where action begets reaction, where dog eats dog. Before we know it the sun has set.

Starting now, today, make of your life a living prayer: “I am upheld by God my Father. In everything I do His works. Regardless of all appearances I find my highest good and greatest fulfilment, for these are the very seal of His presence. In You alone, dear Father, do I put my hope and my trust.”

Saturday**December 31**

◆ *In everything God works for good with those who love Him, who are called according to His purpose. – Rom 8:28.*

I JOYFULLY FULFIL GOD'S PURPOSE IN ME.

We cannot have it both ways – wilfully to pursue our own goals *and* to enjoy God's guidance and assurance. No-one is good but God alone. Whatever good we *do* achieve, even if we do not acknowledge it, is because we never entirely leave our Father. If we could and did leave Him entirely, we would cease to exist.

But is it not much better to *attune* ourselves to That Which is the true Source of all that is good? In assuming we know what is best for ourselves we cut ourselves off from our highest good, from true fulfilment. God's house is not divided against itself, like a child who miserably does a chore for a parent. When I ally myself to God *all things* work for good, my God-given talents are exercised, I experience my highest fulfilment and joy.

You have everything to gain and nothing to lose in joyfully fulfilling God's purpose in you.

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