

CHAPTER IX

YOU AND YOUR MIND.

THE most important things in your life are you and your mind. Everything related to your conscious expression of life depends upon these two. You are unaffected, ever free Spirit, and you and your mind constitute your self-conscious life. In order to control your self-conscious life, or more specifically, your race subconscious nature, you must occupy a commanding position. That commanding position is the understanding that you are ever free Spirit—the master of your mind. Self-control and self-mastery are synonymous terms. By self-control we mean the control of our conscious thinking mind as well as of our subconscious nature.

Now, we will say that something is disturbing you. How are you going to meet the situation? You know by this time that it is not your Spirit, but your self-conscious mental life that is disturbed. The moment something occurs that disturbs your mind or is about to disturb it, either take a position as an ever free Spirit, or identify yourself with the universal animated presence of God. Then orally or silently practice the following drill:

You—"My mind, you cannot function without me."

Mind—"I cannot function without you."

You—"I am never disturbed by any condition of the

world. Then why should you be disturbed?"

Mind—"I should not be disturbed."

You—"My mind, all negative conditions and provocations are temporary."

Mind—"I am aware of that fact."

You—"My mind, you occupy a commanding position with me and with the ever protecting God. You can remain as unmoved as I am."

Mind—"With you I will remain unmoved."

You—"Now you are master of the situation and command greater power than the negative mentality of the provoker."

Mind—"I realize that I command a superior position."

You—"Now conquer by your power and poise."

Mind—"I am conquering the situation by my power and poise."

As Spirit, always keep watch over your mind and dictate to it that it do or say that which you wish. In other words, have absolute control over your mind. **YOU CAN CONTROL NO SITUATION UNLESS YOU HAVE SELF-CONTROL.** All the things and conditions of this world are sooner or later adjusted, if you can preserve your patience and poise. The old Oriental saying, "The earth is enjoyed by the brave and the heroic," is very true. **REAL HEROISM CONSISTS IN THE ABILITY TO CONTROL ONE'S MIND.** Contrary to popular belief it is the easiest thing to control the mind, once we have the understanding of Truth and a knowledge of the simple technique given through the modern revelation of Christ.

Just get together with your mind and have a quiet chat with it, and you will have the whole situation in hand.

You know how it is—your subconscious nature is wont to rebel at the slightest provocation, telling you that if you do not strike back or retaliate you will be regarded as a weakling, or, to use the vernacular, a common sap. But when you obey its prompting, what happens? Your whole system is stirred up by a negative emotion and deed. The more you think of the situation, the more upset you become. The energy thus liberated and expanded in an unworthy way leaves you bankrupt of your working capital as well as of your reserve. If you are sensitive, you feel remorse, and if you are callous to the higher impulses, you continue to harbor a negative thought and to find justification in it.

It is very difficult to control the mind by sheer force of will, but the understanding of Truth and its application can give you the power and strength to do it. Now by conversing with your mind for a few minutes from your commanding position as Spirit, you can easily and in no time control your mind and its negative emotions. A negative thought that arises from your old subconscious habit is positively bad. But you can check it in the shortest possible time. Here is a wonderful drill for that:

You—"My mind, I am your power to think, and I am your master."

Mind—"I acknowledge your claim."

You—"All things are made of positive thought substance."

Mind—"Yes, I understand that."

You—"If you want the things your heart desires, then think positive thoughts."

Mind—"I will think positive thoughts."

You—"Your positive thoughts will give you strength, power, and happiness."

Mind—"I will think positive thoughts."

What you think you vision, and what you vision you think. Thought and vision are reciprocal. Therefore when you think a dark, negative thought, you cannot see very far, and if you act in accordance with that limited vision you are sure to make mistakes and to be involved. A certain mental confusion is sure to arise. You will find yourself doing things that no man with a saner perspective would ever think of doing. In your negative, selfish, and self-seeking thoughts lie all of your mental confusions. The outer apparent cause of these confusions is merely incidental. So first and last, you must control all your negative thoughts.

Your mind is very amenable when you know how to handle it. The way to handle your mind without difficulty is to relate it to your Spirit. Another important thing to remember is that your mental endurance either for work or for resistance is just as important in your creative work as your mental brilliancy. It is a matter of common observation that some people, though brilliant, have not the mental endurance for work. They cannot stand sustained labor or a steady grind, and consequently their work is mere drudgery to them. They expect something great from life, but it never materializes.

This lack of endurance is due to a subconscious rebellion against all forms of concentrated effort and restraint. This shortcoming can be easily overcome by an understanding conversation with the mind. Carry on the following

simple dialogue with your mind and see what an astonishing result you achieve.

You—"My mind, I am Spirit; I never tire."

Mind—"I know that you never tire."

You—"You are surrounded by the cosmic creative energy. You can draw upon it and be vitalized."

Mind—"I am body-bound; I have neither patience nor endurance."

You—"Let the body go and follow me."

Mind—"Who will take care of the body?"

You—"You follow me with the body."

Mind—"I am willing."

You—"Keep yourself constantly in touch with me, and watch me helping you."

Mind—"I am willing to work under your direction."

You—"I never lose patience, nor do I hurry or worry."

Mind—"I will follow you."

Some people are too philosophical or too visionary to adopt any sort of practical means for achieving results. Consequently in spite of their high-flown notion of Truth, they cannot demonstrate its power and force. Then there are those who are ever ready to give a physical reason as to why you should not work your mind hard. They say that if you drive your mind too hard it will collapse. Such a view is intensely illogical and irrational. If it were true, the human race could not advance along the path of progress very far. Our mental endurance today is ten thousand times greater than that of our primitive ancestors. With the forward march of our civilization it is increasing by leaps and bounds. This simply proves that there are no definite boundary lines to our mental endurance. Never-

theless we should not strain the mind. We should let it work consistently while we at the same time maintain the realization of our untiring Spirit. As long as our mind is vital, it has endurance, and we can safely keep it busy at work. Under no circumstances should the force of personal will be exercised. The better way is to coax the mind along into grasping the fundamental truth of our being, and then to let it work in the light of its own realization. If we follow this simple rule, it will soon adjust itself to the nature of our Spirit and spiritual inspiration. Of course, different people may use different methods to achieve the same result. The foregoing drill has been adopted as making an appeal to the more rational mind of the modern age.

Some people complain about having a poor memory. This defect also can be easily remedied by the understanding application of Truth. A good memory is most necessary in our complex civilization. Below are set forth first a rational method, and then a devotional method for improving the memory.

You—"My mind, I never have any lack of memory—I am Spirit."

Mind—"Yes, you are Spirit."

You—"I am the power back of you."

Mind—"Yes, you are the power back of me."

You—"I, the Spirit, command you to take an impression of that which you want to remember and you will not forget."

Mind—"I am taking an impression of it, and I will not forget."

You—"Always turn to me and tell me what you want to remember, and I will help you."

Mind—"I agree to turn to you, and I know you will help me."

You—"Keep yourself in close touch with me. Always watch me, and I will watch you."

Mind—"I promise I will."

When you try to remember something, always stand back of your mind and tell it to take an impression of the thing. Memory is the function of your mind, so when you are convinced that your mind has taken an impression or a picture of that which you wish to remember, the work is done.

Try to realize yourself as detached from your mind and body. It will give you a tremendous sense of power and freedom of action.

The following is the devotional method for improving one's memory. In this case your indwelling, personified God is speaking to your mind:

God—"Mind, I am your Lord God, Creator of all beings and things."

Mind—"Yes, you are the Creator of all beings and things."

God—"I have also created you."

Mind—"Yes, Lord, You are my Creator."

God—"I am the Memory; I have endowed you with memory, in order that you might remember."

Mind—"Yes, Lord, that is true."

God—"I have given you memory, that you might not forget."

Mind—"Yes, Lord, I acknowledge that."

God—"Entrust to My care anything that you desire to remember, and I will help you."

Mind—"I will entrust it to You, Lord."

Again, whenever you want to remember something, you may turn to the indwelling God and ask Him to remind you of this thing you desire to remember. When the occasion arrives for remembering it, turn to the Lord again and ask Him to deliver it to you. **GOD HAS ENDOWED HIS CREATION WITH HIS OWN QUALITIES.**

When you are in a tight place and do not know what to say, turn to your Spirit. Do not hurry or get excited. If you feel somewhat baffled, you can close your eyes for a moment and ask your Spirit—the animating principle back of your mind and body—to give you the proper thought and words to say for the occasion. You will at once find comfort and assurance. After that, whatever you feel the urge to say will be the right thing, provided you maintain perfect peace of mind and are free from rancor and all negative emotions. The dialogue below is an illustration of how you may proceed.

Mind—"Master, what shall I say?"

Spirit—"Say the thing that first comes to you or whatever you feel the urge to say—but say it with peace."

Mind—"Thank you, Master, I am very comforted and encouraged."

If, even in your ordinary conversation, you keep your eye on your Spirit, you will find yourself saying things that are constructive rather than those that are useless and negative.

Here is another vista for your creative genius. As an ever free Spirit, you can look into an afflicted part of your

body with your mind and take charge of its functions. Do this and see what happens. **THE MOMENT YOU REALIZE YOUR OWN POWER AS SPIRIT, YOUR BODY RESPONDS TO YOUR WISHES.** Learn to take a daring and direct step to rectify a wrong physical condition, if you can. It will give you perfect control over your body. The average person admits his weakness too easily and thus becomes vacillating in his purpose. This is because he has learned to give too much power to his body. Of course, controlling the body is really controlling the mind by indirect methods. Since your mind functions through the power of your Spirit and your body functions under the subconscious control of your mind, in commanding your body to manifest a positive condition, you are really commanding your mind, which is intimately bound up with your body. In order to arrive at that realization, practice the following drill:

You—"Body, I am Spirit; you cannot exist without me."

Body—"No, I cannot exist without you."

You—"You are my mind in disguise."

Body—"You have discovered me through my disguise."

You—"Then obey me; I command you as your master in the name of the omnipresent God."

Body—"I will obey you if you, as my master, keep me in your vision."

You—"I am now visioning you and molding you in accordance with my wish."

Body—"I am pliable, and my ethereal substance is responding to your wish."

While practicing the above drill, do not forget to face your body as an ever free Spirit and to see the changes that are taking place before your mental vision. The power to mold your body or to rectify a false condition is equal to your realization of your own power and ability as a master builder. Through practice, as you rise higher and higher in your realization, your work on your body becomes direct and instantaneous. The time will come when these drills will not be necessary. Your own vision, together with an understanding realization, will perform so-called miracles.

All these different drills have been conceived with the purpose of meeting different states of consciousness. As we go more deeply into metaphysical truth, our understanding becomes clearer. The trouble with most of us is that the moment we receive a result or a benefit from a certain method, we become dogmatic about it. We fail to realize that all metaphysical truth can be summed up in these few words: **GOD IS ALL LIFE, AND WE ARE ONE WITH THAT LIFE, AND WE CAN WORK LIKE HIM WHEN WE BREAK DOWN THE BARRIER OF SEPARATION.** As that realization becomes clear, we begin to drop one by one all means and methods, and to act in our own right. **ALL OUR ESSENTIAL QUALITIES MUST BE PART OF THAT FROM WHICH WE HAVE COME.** A tree can bear fruits only after its own kind.

Now we will descend a few steps to meet many of our struggling brothers and sisters. Even the angels of God come down to meet us. In our self-conscious life we are all marching as an unbroken chain of pilgrims, ever onward and upward to the very throne of the Almighty.

We must each hold the hand of the other in the ever ascending climb to the mountain height of Christ consciousness. Not only is the idea of our own self constantly growing in our mind, but our idea of others as well. It is therefore better to entertain the thought that everybody is our friend and well-wisher than to think the opposite.

I have never been worldly-wise in all my life. In fact I have always felt rather stupid in the company of the wise men of the world. Yet I believe I have one advantage over all of them, and that is that I always like to stand by the law of God, whether I am right or wrong. Christ said, "Therefore all things whatsoever ye would that men should do to you do ye even so to them: for this is the law and the prophets." Therefore I meet people with the spirit of generosity. Being generous with all, I have received kindnesses and generosity a thousand-fold more. What I have given freely is insignificant compared with what I have received. I am realizing more and more that God's law operates with the minutest exactness, regardless of country, clime, race, color, or creed. This is the knowledge we do not usually gain until the bottom falls out of everything—until every prop of the world is taken away from us.

I have read and I also believe that the biological evolution is not a continuous one. Suddenly through the operation of radio-active forces a certain change takes place, and a new species springs up. When a new species comes out of an old one, there must be some sort of violent action. The old inherited tracings in a germ plasm must break down, so that a new form can evolve through a certain cosmic urge. It seems as though a germ cell were going

through the house of pain in order to have a new birth. This sudden mutation is symbolic of our sudden soul evolution. We go through a tremendous amount of eruptive convulsion and pain. A cosmic cataclysm strikes our soul with terrific force as we go through the travail of a new birth. This sudden transformation of soul is really a new birth, because it means a new beginning.

Of course when you leave it to the natural course of events to bring about a sudden change in your subconscious nature, you are almost impelled to go through the house of pain. But when you voluntarily bring the cosmic creative energy into play in your soul, the change is almost imperceptible and at the same time is very effective. Only in your consciousness do you realize this change throughout your thought and action. In this vast cosmos everything that is proceeding from the Creator is gradually being transmuted. Nothing new is taking place in the absolute sense, and yet relatively speaking everything is in perpetual motion. It is as though iron ore were running through a smelter and coming out in a liquid stream, and the liquid stream were vaporizing into a nebula, and the nebula were condensing back into the iron ore.

This continuous cyclic motion gives us the illusion of an ever changing universe. However, no one seems to know how and why a biological evolution takes place, and why, after a certain sudden break, new species begin to march through an untrodden path. The radio-active forces may be responsible for these changes in the biological plane, but the question that remains unanswered is, What is back of these radio-active forces to make them behave at a certain time in a certain manner? Unless we postulate

a first universal principle, we cannot account for many astonishing and wonderful phenomena of this universe. Our mind, in desiring to grasp this principle, is compelled to personify it. Therein lies the supremacy of the human race. Its creative imagination is always suggesting the existence of the Creator. You with your mind are realizing this Ultimate Reality. This privilege is yours. What can be more wonderful than this sublime sense of self-conscious existence?

Your mind has tremendous drawing power. **YOU CAN DRAW ANYTHING THAT YOU DESIRE AND HOLD IT AS YOUR OWN AS LONG AS YOU DESIRE.** This power of drawing and holding increases as you realize that you are an ever detached Spirit standing back of your mind, and also that you are the centralized expression of God. Christ said, "Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven; and whatsoever ye shall loose on earth shall be loosed in heaven." You have the same prerogative; you can use your mind to bind anything that you desire and to loose anything that is undesirable.

The more detached and free you are in your cosmic play of life, the more power you manifest. **WHAT YOU CAN GRASP WITH YOUR MIND, YOU CAN DEMONSTRATE.** When you imagine and believe that you are actually drawing a thing, you draw it. The same thing is true when you let go of a thing. The more you ponder over this gift of God, the more wonderful it appears to be. What a romance could be woven around this power! Of course, drawing a thing for a selfish purpose will cause you pain. But drawing it for self-express-

sion will bring you joy and a thrill. When you imagine and believe that you have got hold with your mind of a positive thing, condition, or person, and are drawing it to you, you actually are drawing it (or him) to you. In the cosmic play of life you can demonstrate a thing either by realizing it in God and claiming it as your own, or by drawing it out of God and claiming it in accordance with your need.

You must not draw a thing that already belongs to some one, nor must you draw any person without his consent, but you can draw an ideal person or thing out of God, claiming him or it as your own. When such a person comes to the objective expression of your life, you can hold him as long as you wish, with freedom of consciousness. The thing, condition, or person that you imagine as coming, comes; that you imagine as going, goes. In this manner you can not only draw good luck, but you can also drive away bad luck.

Once I was eating at a small stand where a poor woman was selling sandwiches, cakes, coffee, and the like. I asked her how business was, and she told me that because of keen competition she was not doing well. I said, "You need not worry about competition; in fact, you should wish all your rivals success. They are getting what they are drawing, but you can draw your own, too." "How?" she inquired. "It is very simple," I replied. "Just vision in your imagination that the people are pouring into your place from God. See them coming through the vista of a sun-bathed mountain pass. But at the same time do not forget to invite them mentally by saying, "Come, come, come to my place and patronize me; you are sent from heaven and

you are my people." Then I added, "If you keep up this practice during the business hours, you'll be surprised to see how rapidly your customers will increase." She said that she would try. When I dropped into her place again a month later she was doing a thriving business.

You can demonstrate a position for yourself in like manner if you are worthy of it. You can imagine and vision that you are calling for an ideal employer, and that he is coming to you from God and offering you a position. In practicing you may follow this sample drill:

You—"My heavenly-appointed employer, I am calling you."

Employer—"I am coming."

You—"Come to me from God, and offer me my position."

Employer—"You are welcome; your position is waiting for you."

You—"I know that you will treat me fairly as a child of God."

Employer—"I will treat you fairly; have no fear."

If you can mentally accept the position and vision yourself working in it, in the shortest possible time the objective manifestation will take place, provided you can maintain perfect peace of mind, and trust in the law of supply and demand. Through either your mental impression or through some other means or agency, you will contact your heavenly-appointed employer. You can also ask your indwelling God to give you the inspiration and direction through impressions as to where to find your position. After asking God in perfect trust and faith, if you watch your mind, a direction is sure to come, either through a mental impres-

sion or in a distinct articulate voice. The more you realize these wonderful mysteries of life, the more freedom, joy, and peace you will get out of life. **THERE IS NOT A THING THAT YOU CANNOT RECEIVE AND CANNOT DO WITH YOUR MIND.**

In this cosmic play of life some certain big idea often plays an important part. Once a man told me he had a violent temper which he tried to control by every means, but with no success. One day the thought came to him that if he wanted to be a great business man he could not afford to display such a temper. After that, whenever he was about to explode he would say to himself, "No, you cannot afford to do that; you are going to be a big business man some day." This big idea enabled him to control his temper. Such a story teaches us that when we measure everything with our great ideal we find we cannot afford to encourage a lesser thing. Therefore we maintain that inspiration and an ideal vision are not only desirable but are indispensable to a happy, normal expression of life.

If you wish to receive a message from God or an answer to your question, practice the following drill. Meanwhile either vision the ever-active God in you, or realize space as being the conscious presence of God.

You—"God, are You the allknowing power?"

God—"I am."

You—"Do you know the innermost secret of my heart?"

God—"I do."

You—"Make me conscious of Your presence, Lord."

God—"Know that I am the all-pervading animating life."

You—"Will You please give me the answer to my question?"

God—"Be still and watch your mind; I will answer your question through it."

You—"I am watching my mind. I thank You, Lord."

When your mind is sufficiently vitalized, you should relax and ask God to answer your question, whatever it may be. Then wait and see what answer comes to your mind. It may come in the nature of an impression, or it may come in a soundless voice. Do not complicate the matter by dwelling upon any speculative theories as to why and how God can answer our questions. Always remember, the less you demonstrate Truth, the more complicated the excuses you invent. When you build your philosophy upon these excuses, you simply invite your own defeat. The practice of the above drill will gradually clarify your mind and will enable you to receive a message or an answer to your question very distinctly and definitely.

ADDENDA

Any excuse that your mind accepts will produce a certain result. Whether it be using holy water, or carrying a sacred relic, or chanting a magic word—any of these when accepted by your mind will produce a certain result. But you cannot always rely upon such excuse-methods. Some day your subconscious may go on a spree or refuse to agree with your proposition, and you may then fail to obtain the desired result. The thing to do is consciously

to bring your subconscious into an agreement with your positive proposition; then you will have obtained the mastery over it.

Only from your commanding position as an ever free Spirit can you attain to that mastery. You can then say to your mind, "I am the power back of you. My command is the law, and you will obey it;" and your mind will respond to you, saying, "You are the power back of me. Your command is the law, and I will obey it." If your mental life is worried or afraid, you can say to it, "I am an ever free Spirit; I am keeping watch over you. Be not afraid, nothing harmful will ever touch you." Imagine that your mental life is looking at you and obeying you. As long as you can make your mind obey you, and as long as it continues to weave ideal fancies and romantic dreams, it will live with your animation; even beyond the sunset horizon through the infinite vista of time, it will live. Your mind dies when it fails to create. After commanding your mind to obey you, if you rest in the thought, believing that it has already obeyed you, you will obtain a phenomenal result.

Make your mental life thankful to the universal creative life for its every pleasant experience and joyous moment, and it will be happy. Impress it with the idea that it lives only at the present and that today is the only reality and eternity. Set it free with the idea that every pleasant sight that it sees and every melody that thrills it, every kind deed that it performs, and the joy and happiness that it gives to another soul without the taint of selfishness—that all these are divine. All the joyous happy moments that your mental life has spent in giving and re-

ceiving, no matter how and when, have served the cosmic purpose, since God is eternal joy.

You should not let your mental life waste this present moment. Let it always imagine and vision happiness. After all, it is your mental picture that affects your mental life. What your mental life visions this instant determines its happiness and unhappiness. Therefore when anyone brings to you a negative picture of inharmony, you should say to him, "My friend, that is your picture, and I have nothing to do with it." Your happiness does not exist in the future. It always exists in the present. The existence and the expression of your entire mental life are bound up with your present. Now you can read and ponder what Jesus meant when He said, "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

When your mental life is body-bound it is subject to anger, passion, jealousy, inharmony, dissension, and other distorted negative concepts. When it is Spirit-bound it becomes free from all such negative feelings and emotions. It then reflects all the qualities of the Spirit. If you can fully realize that you are an ever free Spirit, you can easily order your mental life, or rather your mental self, from your commanding position, and make it do your bidding as though it were a puppet. You can imagine yourself as being the prime mover of your mental self; as if by pulling the wire with your master hand you were regulating its destiny. Then you become both performer and spectator, and yet you are never involved in your own play. That is the secret of liberation in the midst of the active world.

When you arrive at that state of consciousness, you can also play with other mental selves from your detached and free commanding position. You pull them with love, harmony, and peace, and they come. You keep them and they stay, and when you let them go, they go. **NO ONE CAN GO OUT OF THE SPHERE OF YOUR LIFE UNLESS YOU LET HIM GO.** You do not accept his challenge of inharmony, dissension, or other negative ideas, because you are above them. You want him to play a positive part with you, and he plays. Thus from within, you can draw and keep as many mental selves as you may desire to draw and keep. This wonderful mystery of the Spirit Self is revealed to those who have reached that illumined field of consciousness, and to none others.