

## CHAPTER IX

### THE COSMIC VISTA

#### *Lesson Six*

**T**HAT which you want to know and see, you will somehow manage to know and see. Similarly, that which you do not want to know or see, you will not and cannot know and see. You will invent dozens of excuses in support of your view. This is one of the tricks of human nature. An artist may rave over the beauty of the spring blossoms, and you may only stare at them and wonder what the artist sees that you do not see. The difference between you and the artist lies in the fact that you try to see a thing merely in its objective form, with your physical eye, while an artist tries to see it with his mental eye. The secret of his seeing is in his mind. You can see very little of an object by your staring at it—perhaps no more than its form and color. But the artist sees the soul in it, which is the reflection of his own soul.

Again, you think you are unhappy or in trouble. You stare at your unhappy situation, taking it for granted. You do not know that what you see is merely a phantom picture of your bedarkened mind. Then when you look at this picture from a positive

angle, you see it in another perspective and significance. Naturally, you wish that the dark picture could be removed. If you have not the strength to remove it yourself, you have the prerogative of asking God to do it, while you, at the same time, vision that it is being removed. The reason you do not ordinarily exercise this prerogative is that you do not want to exercise it. Your race habit and early training have taught you to love your misery; and besides, you derive a sort of morbid pleasure from it, although this you do not know or realize. What you do not want to do, see, or know, no one can make you. You get nothing out of life by staring at the world about you and expecting something to happen. You find only that which you look for. Once you wanted electric lights, automotive transportation, the telephone, the radio, and so forth, and today you have all these things. How did you get them? By vacantly staring at the world about you, or by thinking, believing, visioning, working, and seeing beyond? That which you want to see, you can see. *The real beauty of a thing that you wish to see lies not in the thing, but in your mind.* Since it is mind which contacts, knows, and recognizes a thing, when your mind accepts a thing in a certain significance, the thing becomes real or true. What can be wrong with that acceptance if through it you and I obtain certain results and benefits?

Here am I, alone and lonely. I feel someone standing just outside my mental curtain of darkness. Why may I not invite him to come in and keep me company? Why may I not have a pleasant conversation with him? You will say: "In the first place, there is no one standing outside your mental curtain. In the second place, by wanting to feel the presence of someone, you have conjured up the existence of that someone. When you converse with a phantom such as that and enjoy his company, you give your imagination too much rein, and if you do not watch out, you will lose your mental balance."

Now, suppose I know how to keep my mental balance, how to rationalize every bit of my conversation with this phantom; what then? Surely you would not tell me that holding a thoroughly rational conversation with someone, whether of this world of reality or of the phantom world, makes a man irrational. We all know how we sometimes talk to ourselves when we are deeply absorbed in solving a problem. Such a conversation we know to be quite rational. It often serves to open the trap door of nature and reveal the solution of the problem. This sort of conversation has never thrown anyone off his mental balance. If I decide to speak with my phantom companion on the subject of practical truth, and in return receive some kind of practical and demonstrable knowledge, why shouldn't I

have such a conference? And if I prefer that that phantom person be of a higher order of being, that kind of choice also is my prerogative. I wish my phantom to appear to me as a being of a higher order, and he appears thus. You may possibly ask, "But what test have you for determining whether he is of a higher order or not?" In my opinion, if he is of a higher order than myself, his knowledge will be superior to mine. My phantom personality gives me something better and higher than I myself could conceive of—then why shouldn't I accept it, and why shouldn't I treat him as a superior person, a person that is very real? When I ask for practical knowledge, I receive it; but it would not be possible for me to receive it if I were not willing to receive it, or if I did not decide to receive it. Therein is the secret of receiving anything that you like. Mere vacant staring and hit-or-miss imagining lead us nowhere, and give us nothing.

When I imagine myself contacting Christ in the Omniscient Presence of God, I believe that I actually contact the real Christ. *In the All-Knowing Power there can be no mistake.* When in that Presence you imagine that you are contacting a certain person, you contact the right person, whether or not you have known him before or have any idea what his physical appearance may be. Now, if I do not receive a new inspiration or a practical idea after

my contact with Christ, I know there has been a misconnection somewhere. According to Christ's own statement, He had much to give to the world, but the world was not ready for it. Surely twenty centuries later He can tell us at least a part of all that He wanted to give to the world, or there is a mistake somewhere. But when He fulfills my expectations and gives me new spiritual knowledge, vision, and realization, I can no longer doubt that I have made the right contact. If I am vitalized by His Presence, and my dull mind is quickened into action for the receiving of practical and demonstrable knowledge, who is going to tell me that I have not contacted the real Christ?

It is true that I cannot receive any message that I am not capable of receiving, but what I receive is sufficient for my present need. I do not wish to relinquish my present expression of life, nor does the Master wish me to do so. This life must be lived at every step, fulfilling the divine purpose. I do not pray to be a Christ, a saint, or a seer; I want only to be myself—another glorious expression of God. Since I enjoy being myself, believing and living in the light of Christ, why should I entertain an abnormal desire to be something that is not natural for me? I should rather be a twig of a tree than the whole tree, if being a twig brings me more enjoyment. And if it does, why not? This abnormal

struggle to attain to some transcendental plane against our own nature and disposition is causing all the trouble in our religious life. We cannot adjust ourselves to that far-off goal or ideal, and so we live a life of sham and pretense. We dare not face our God and, opening our hearts in childlike simplicity, ask for guidance at every step of our journey. Very few seem to want to be normal, healthy, and natural, that they might thereby express their divine life.

Jesus the Christ set an example as to how Christ should live and act in any particular situation. Since we are not Christ in our realization, does it not stand to reason that we should live and act as behooves us in the light of the Sermon on the Mount? Christ's message is for our benefit and corresponds to our needs. It is not for the benefit of Christ himself. *Christ is the perfect, illumined state of consciousness*, which is forever personified in the highest order of being. As the sun does not need any light for itself, so Christ does not need any message for Himself; yet it is His eternal nature to give a message of hope, courage, inspiration, and aspiration to those who need it and who can receive it. Christ said, "Be ye therefore perfect, even as your Father which is in heaven is perfect." If you are a child, be perfect as a child. If you are an adult, be perfect as an adult. No matter what station of life or position you

may occupy, always be a perfect example of what that position demands. This perfection really means the perfection of your normal and natural expression.

Now, we shall see what comes next! Here is a man who has been dead for several years. In other words, he has left his earthly body. Why did he come to me, you ask? The answer is very simple—I wanted him to come. I did not know him intimately in his earthly embodiment, but that did not prevent me from meeting him in my spaceless consciousness. The reason for our meeting is that some one requested me to have a visit with him. On the cosmic highway we do not move from place to place. We travel in consciousness. In other words, the moment we are conscious of being in a place, we are in that place. The moment we are conscious of having a person near us, he is near us. In the plane of consciousness, or awareness, there is no space. You do not suppose that your imagination of a beautiful lake, mountain, or valley, takes up any space in your consciousness. And yet, the space that is occupied by any of these phenomena is seen in your consciousness. Therefore, when you see an object mentally, you see it in its exact proportions. It does not require much study to understand this simple metaphysical truth. *As much as you can see*

*Without, that much you can take Within.* That which you take *Within* does not occupy any space.

So the moment I wanted to see this so-called dead person in my dimensionless consciousness, I imagined his presence in God, knowing that in God there cannot be any mistake. Soon he became a reality to me, and I held an imaginary conversation with him. As the reality of him grew more vivid to my consciousness, I stopped my imaginary conversation and waited for him to talk of his own accord. Did he talk? Yes he did, because I expected him to do so. That is the secret of such a demonstration. We must expect the thing that we desire to prove. The proof comes later in the evidence. When this man began to talk, he told many things that I had not thought, heard, nor imagined before. You will say that this is not conclusive proof that the man was real—that he was not a phantom picture. Very well, let us take another case. It is that of a man who disappeared suddenly several years ago. No one knows where he is at present. Now, in a case like this, we want to learn from the man himself the knowledge of his whereabouts. We adopt means similar to those used in the other case. We see him in God in our imagination, and then hold an imaginary conversation with him, in order to make a perfect contact. The moment his presence becomes a vivid reality to our consciousness, we ask him a



question and wait for his answer. We should not imagine any answer, nor should we anticipate his answer. If we receive one, we can verify it later by an investigation into its correctness. We may not get any definite answer, or any answer at all if our contact is not perfect. In that event, we should continue trying until a perfect contact has been established.

That is the way we develop our spiritual discernment, or rather our spiritual sense. By functioning in God, who is the All-Knowing Power, we develop our spiritual sense. A spiritual vision is different from an ordinary psychic vision. In a spiritual vision we see a thing in God—the All-Knowing Power, whereas in a psychic vision we see a thing with our mind, without lifting the latter to the Superconscious plane. The contact of one mind with another mind in the flesh concept of life may be called a psychic contact. There are two disadvantages in such a contact. One is that you may contact a person other than the right person, due to your present vibratory correspondence. The other is that, even though you contact the right person, you may not be able to raise the mind of that person to the higher spiritual plane. Many people are gifted with so-called psychic power, but this does not give them spiritual dominion over their body and mind. Through contact with other disorganized minds, their minds are likely to

become likewise disorganized. Nevertheless, a natural born psychic can be easily trained to become a spiritual seer. A psychic has a wonderful gift of imagination, the most valuable asset a man can have. That which we imagine and believe, becomes real to us. By changing the psychic's base of action from the human mentality to God—and this is the only true base—you can make him a great power for spiritual good in the community in which he lives.

I have achieved some wonderful results through the exercise of my spiritual power. I have always been very impulsive and inclined to speak out my mind in regard to anybody or anything. Although my intention has been good, the result has often been negative, because the method of correcting a person by pointing out his fault is a negative method. The method of encouraging him through constant praise does not always yield a positive result, either. Not only is it likely to make him dependent upon praise as a stimulation to action, but it is also likely to weaken his power of resistance to a negative criticism. The most positive method that I know for helping some one is the spiritual method. By talking silently to a person in his presence and seeing him in God, we can often obtain phenomenal results. So, by checking my propensity to express my mind impulsively, I have been able to make certain experiments, and with successful results. I have car-

ried out these experiments with persons intimately associated with me. Naturally, they have been more or less susceptible and receptive to my spiritual treatment. It has opened new possibilities for me in treating the people that I contact in my own field of labor. We should all keep a close watch over our mind to see that we do not imagine or anticipate a negative attitude from those with whom we come in contact. It is a common human weakness always to look forward to something that is negative; so we should be careful that we do not plant a seed of discord in another's mind by our thoughts, suggestions, or actions.

*Mind has the power of projection.* It can be used like a searchlight to investigate things and conditions which are far away from our objective vision. By constantly projecting our mind, we can develop the psychic power to penetrate the depths of oceans or the bowels of the earth. This exercise, however, is too great a strain on a person who is physically minded. In the course of time it will completely disorganize his physical and mental system. The same result can be better obtained by visioning a place with our mind and seeing it in God. Then we can ask the Universal Knower to give us the right information, believing that that information is coming. Through our mental impression we can easily determine whether or not we have received the right

information. The more closely our mind comes in tune with the Superconscious, the more clearly we receive the desired information through impression or through the Inner Voice.

Like radio-active forces, the spiritual forces are all about us. We do not ordinarily feel them because our mental vibrations are low. These forces are embodied, that is, they are represented, by individuals. As you and I represent certain vibratory forces in accordance with our present states of consciousness, so do the celestial beings represent certain higher vibratory forces. Our consciousness changes with our vibration. Sometimes this change is temporary, and sometimes permanent. In a temporary change of vibration, we temporarily contact certain beings, in accordance with the nature of their vibration. For instance, if you are upset or angry, you will come in contact with forces of a like nature. Then your whole system will begin to vibrate like a sounding gong. The quickest way to counteract this vibration is to call upon a being of a higher order in the All-Per-vading Presence of God, and to feel that he is helping you. This contact will raise your vibration quickly.

In our personal plane of consciousness, a personal entity of a higher order can quickly help us in overcoming a low vibration. Here we must remember that sometimes the vibration we think of as low may

not be low at all. Because of our early training we often accept one thing as good, and another thing as bad, without any special reason for so doing. *As long as we give happiness and receive it in turn, we function in the positive sphere of life.* For instance, no form of entertainment, such as a game, is bad if played just for the sake of enjoyment. As long as our motive is good and wholesome, our mental vibration is of a high order. It is when our mind becomes involved in personal gain at the cost of the happiness of others, that its vibration becomes low. However, to return to the thought at the beginning of this paragraph—it is very easy to contact celestial beings in your dimensionless consciousness. First you should realize the All-Pervading Conscious Presence of God, and then you should see these celestial beings with your mind and hold an imaginary conversation with them. This imaginary conversation will vitalize your mind and give you a positive conviction and realization. You will soon see that independently of your own efforts these beings will commune with you and give you the desired knowledge of the sphere to which they belong. If they belong to the sphere of art or of music, they will impart to you the knowledge of these spheres. Of course, it is understood that you must be interested in such subjects before you can receive knowledge of this sort.

All throughout creation there are millions and

millions of habitable globes. Millions and millions of beings are constantly taking embodiments on these globes in accordance with their state of consciousness. Their minds may be free or bound. Those who have free minds can easily communicate with the free souls of other planets. This inter-stellar communication does not take place through space, but in consciousness. The spaceless distance exists only in your mind. With your mind you can see far-off places. This distance that you observe in your mind does not really exist in space; it exists as your mental picture. When you see a distant star, you do not know how far it is from you, nor can you form an exact conception of the space between you and the star. But you can form a mental picture of this space; although this mental picture does not approximate truth, nevertheless, it serves its purpose. It satisfies your practical need.

With your mental eye you can see a star at as near a point as you wish, and it will be that near to you. It will not occupy any space in your consciousness. So if you desire to send a mental message to a person who is embodied on a distant star, you need not send it through space. You can imagine him as right before you, and you can have a television communication with him. Of course, the word television does not exactly suit in this case. You are really having a direct communication between yourself and the per-

son. This communication is as real as the communication between any two persons who may meet.

*We must deify, or rather spiritualize, any sentiment that is natural and true. Every human sentiment is God's precious gift, but it must be accepted in its positive aspect. When a sentiment is spiritualized, it is also intensified. By taking every sentiment as God's sentiment, we spiritualize it.* The dramatic tempo of Jesus the Christ was always spiritual. He always associated His thought and action with that of His Heavenly Father. That made His every action spiritual. His every deed was actuated by a holy motive. Therefore, our communion with celestial beings must not be devoid of spiritualized sentiment. If you treat them as your brothers and sisters, you will come closer to them than if you treat them as strangers, or as beings of whom you stand in awe. Even Christ Jesus toward the end of his ministry abolished the distant relationship between Himself and His disciples. To quote Jesus the Christ:

"Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you."

Not only did Christ spiritualize all human emotions and sentiments, but He also inspired and vitalized all those who were intimately associated with Him.

Sometimes when my consciousness is low and I crave for the association of the celestial beings, I give them a direct call, saying, "Come! come! O brothers and sisters of the celestial sphere, I want you!" At the same time I picture them before me. This direct call vitalizes my mind and I enjoy their company in a wide-awake state. Christ Jesus believed in such communion with angels, or celestial beings. He knew that the human expression would not be complete without such a contact and association. When you are ill you send for a doctor. Has it ever occurred to you that much better healers are near at hand? You never seem to feel the urge to call upon those who possess superior knowledge in the art of healing. You never once vision angels or celestial beings sitting at your bedside. Now, tell me why? It must be because your mind is filled with the world's thought and the world's people. You are always looking for distant help.

Yes, God's help comes also through human agencies. These agencies are not too far to reach. They are within calling distance. Why don't you give a direct call, imagining and believing that certain people, who are your spiritual friends, are waiting to help you? God has given you these comrade souls for your mutual help. Why don't you call them to come, and vision that they are coming, or that they are before you? Then tell them what it is you want,



and believe that they are helping you. You can speak to them in this manner: "My comrade souls, the Giver of all gifts wants you to assist me to help myself. Please give me this assistance." Then imagine this kind of answer coming in affirmation: "Yes, we are helping you. We want you to believe in God and to believe in us."

In the human drama of life all these things are necessary. When children need bread, Providence provides it in the way that the children can receive it. This direct method of contacting those who can help you takes a lot of worry from your mind. Since you are children in the spiritual sense, Providence has given you this method to meet your daily need.

Once a salesman complained to me that he was not getting along very well. I asked him whether or not the products he was selling were any good, and whether or not they were meeting human needs. He replied that they were. Then I said: "You need have no fear. Give a direct call to your friend-buyers and sell them your goods in your mental world. In the practical application and operation of this truth, move in the direction in which you feel impressed to move and visit the places you feel the urge to visit. When you meet your prospective buyer, first see what kind of mental reaction you get. If the reaction is one of harmony and fellow-feeling, you have made the right contact. Do not try to deceive

your prospective buyers. Always be honest and frank with them. You will be surprised to see how your sales will increase." By applying this simple method, this man began doing a tremendous business in a very short time. You cannot fail to achieve success when you follow the law of God, exercising His Divine Wisdom.

You can obtain results similar to those above by adopting a somewhat higher method. You may call upon Christ or some high celestial being to guide you to the right place and to the people with whom you desire to do business. Then believe that you are being led. Follow your impression or inner urge. You will be surprised to see the way in which you will be led to the right people. Do not always judge a result by the material gain involved. Judge it by what you leave with the person whom you have met through the celestial being. When you meet a person in this way, that is, under the guidance of a being of a higher order, ask what you can do for him and tell him that you have been directed to him by a Master Spirit. Remain with him if he accepts you; leave him with your blessing if he does not. If he is in distress, you should help him by your counsel, and also by inspiring his faith in the guiding power of the higher order of beings. If someone is ill in the family, you can invoke the Spirit of Christ and treat him by visioning that Christ is healing him.

This unselfish service will build up a big business for you. I once knew an old man who actually succeeded in establishing a prosperous business by rendering unselfish service such as this to his fellow men.

Of course, if you are advanced in the understanding of Truth and have reached your spiritual maturity, you can do everything through the contact of the Superconscious. *The Superconscious can direct you in every venture of your life.* Do not worry because you do not seem to know your rightful place or right mission in life. Follow the guidance of Christ or of some high spiritual entity. In the performing of your daily task under this guidance, you will discover your mission in life. You may also conceive of a guardian angel for a particular kind of work in your practical adventure in life, and be guided by him. To do so may give you something definite to depend upon. But you should treat your guardian angel as an agency of the Universal God. No matter in what plight you find yourself, always speak to yourself back and forth, saying, "This too shall pass away. My guardian angel is helping me at this very moment." Generally speaking, adopt any spiritual method that is easy for you to believe in. However, there is one thing you should always remember, and that is that the higher beings, who are willing to help you in your every right venture in

life, will not help you in anything that requires the sacrifice of anyone's happiness or of his right and liberty.

When you develop within yourself a higher sense of positive fatalism, you will not struggle against your suppressed emotions and desires, nor will you encourage envy, greed, and sensuality. You will then receive that which is your own, and that which you expect to receive. Your subjective vision is real, but your objective expression is not less real. In reality, your objective expression is, in the last analysis, subjective. In other words, every bit of that expression is mental. Even all your motivated physical actions are mental. Without a mental recognition, a physical action cannot have any meaning. Then why not sublimate your physical action and glorify God? *In reality, there is no line of demarcation between the objective and the subjective worlds. You draw that line only in your mind when you fail to understand the divine scheme of life.*

As long as you remain a conscious being, you will be functioning with your consciousness. Only by conceiving and visioning the right kind of world Within, do you widen your mental horizon, and thus become able to see more and to realize and enjoy more. *The inner things are always outer things, and the outer things are always inner.* By the word "thing," I mean the form of a thing. I always call

this form an object, no matter in what density it is found. When we see it in the mental density, we call it a mental thing, but its objective density remains intact. Now, suppose I imagine an object in its atomic density and realize it as ever-vibrant; that realization does not disturb its outer density, unless I adopt a definite means of disturbing it. Hence, every time we create a mental picture of an object, we see it in our mental density, and it does not affect the object at all. It is as real an object as an object can be. *By creating a mental vision, we simply push back the curtain and see the reality.* Everything is made up of mental stuff. Since everything we conceive exists somewhere in God (or else we could not conceive it), every time that we conceive and vision a thing, we see a real object, but in its subtler density. Since the foundation of an object is energy, we do not receive a thing any the less because we receive it in that significance. This philosophical view need not bother anyone. It is sufficient for us to know that *whatever we need in life is known to our Heavenly Father, and that provision has been made for our acceptance of it.* Consequently, He has already prepared that thing for us. We cannot feel the need of a thing unless we are conscious of its existence in some form.

Do not despair of anything in life. The help you need is very near, if you will believe it is near. Do

not feel discouraged if there are people who hurl unkind criticisms at you in your striving for a definite goal in life. Be thankful for the fact that you have something unusual that attracts their attention. No one knows enough to be your prophet and prophesy your future destiny. As long as you claim to be an offspring of God, you should have no fear. God, through His angels, will direct you toward the consummation of your desire. You are your own prophet, as long as you believe in God. *Your success in life will be determined by your Inner Vision and your positive action.* Never imagine for a moment that your road is being blocked by anyone. So do not feel discouraged if someone thinks that your efforts are fruitless, and that you are worthless. If you have ambition and vision, together with an ability to act positively, you are destined to succeed. The reason some people see you as a failure when you are forging ahead toward an ideal goal, is that they are visioning their own failure and defeat. How little value you can attach to the criticism of such people! You should laugh rather than resent their derogatory remarks. The criticism of a successful man is constructive, whereas the criticism of a failure is destructive.

Most of the great figures of the world were very ordinary in their talents at the beginning. They did not at first hold any great promise of the phenome-

nal success that was to be theirs in the future, but they had something the others did not have; they had constancy, vision, ambition, and belief. When they talked about their ambitions and aspirations, people of little vision usually laughed and jeered at them. Yet, like true men of destiny they did not stop to listen, but marched on until they reached their goal. Then the poor prophets of yesterday would always come to share in the glory and to pay belated tribute. Such is the history of all great men. They pay no attention to the destructive criticism of men of little vision, because they know that such always see their own defeat and failure in others.

As long as you act in accordance with your vision and do not compare yourself with anyone else, you do not become an egotist by talking about your ambition and aspiration. You simply glorify your ideal and impress your mind with the great purpose that you intend to fulfill. *The more you talk about your goal and mission and success in life, the greater the conviction you establish in your mind as to your ability to reach your destiny.* Jesus the Christ is regarded by some as being a colossal egotist, for He claimed Himself to be the Messiah. He constantly reminded the people of His heavenly mission. He brooked no interference from anyone. He dared call the scribes and Pharisees hypocrites because they were not living in accordance with their own pre-

cepts and were trying to interfere with His mission. His most daring act was His march upon Jerusalem—the Holy City—where He proclaimed that he was the Savior of all men. All these acts of Christ Jesus were not marks of egotism, but, were glorifications of His Heavenly Father, who had sent Him to fulfill a specific mission.

If you are ashamed to tell people of your many heavenly gifts and your divinely appointed mission in life, you must be the most ungrateful person on earth. The more you glorify God in yourself through your action and utterance, the more you will be glorified by your Heavenly Father. I am not at all ashamed to acknowledge the untold number of blessings that I have received from the living Christ. I do not think that I am an egotist when I claim before the world that I have come to fulfill a certain mission, and that that mission is to deliver the message of Christ. My lack of education, worldly possessions, name, and fame have not yet prevented my giving this wonderful message. I feel exalted and glorified to think that the Lord has chosen this imperfect instrument to give such a perfect message. If I can do this much through my acceptance of the living Christ, how much more should you do with all the accomplishments and advantages that you have in this world! Can you imagine your limitless



possibilities? If you can, you are blest. Then march on; stop at nothing until the goal is reached.

Before closing this book, I shall tell you some of the mysteries of sleep and sleepland. It is a subject that people are becoming increasingly interested in, and rightly so, for the sleep-activities of our mind are of vast importance to us. How you have lived during the day will determine how you will sleep during the night. The legions of your own thoughts, actions, reactions, and impressions are standing at the gate of your sleepland, determined to follow you. They represent certain vibrations. *All vibrations, or rather vibratory forces, are personified through certain beings.* Thus the companions that you unwittingly choose during the day follow you through your sleeping hours. *Nothing comes to you unbidden.* Even a burglar cannot enter your room while you are asleep unless you have established a subconscious vibratory correspondence with him. When you rob another of his reputation through gossip or through planning to deceive someone for your personal gain, you are not far removed from the vibration of a burglar. You may also establish a vibratory correspondence with a thief through fear, attracting him to rob you at a fateful hour.

After retiring, and before falling asleep, turn your mind upon yourself and see how many of the thoughts and impressions that you have carried

throughout the day are lingering on. Are they happy or are they unhappy? Is anything disturbing you, or are you enjoying perfect peace? If your thoughts are wholesome, your mind peaceful, and your heart overflowing with love and blessings, you need have no fear. Then you will journey with the celestial hosts in your sleepland, and your soul and body will be nourished. But if you have not peace of mind, and an unknown anxiety is storming the citadel of your Inner Kingdom, you must pause and restore perfect peace in your consciousness before falling asleep. When you are unhappy and worried, and when you encourage meaningless, uncreative, negative thoughts, you are not in touch with God and His Eternal Kingdom. You have done something to violate the Eternal Law of God and to alienate yourself from His Kingdom. Before you go to sleep, you must regain your lost contact with the Immortal World. Excuses and justifications for certain of your thoughts and actions will not restore your peace of mind. Peace is an attribute of the Universal, All-Pervading God. When you please God by your positive thoughts and actions, you find without any personal effort the peace that passeth all understanding.

When you are lying in bed, does the vision of some one come to disturb your mind? Then, looking him in the face, pronounce peace upon him, tell him to depart in the name of the Lord, and he will depart.

What a tremendous power the word *peace* commands! It means your health, happiness, joy, and plenty. It means your ability to cast out devils and to restore health and sanity in yourself and others. *Peace* is just a little word, but when you utter it with the understanding of its magic charm, it soothes the aching heart of humanity and brings a benediction from heaven upon the weary world.

*Peace! Peace! Peace!* It rings like a sweet sonorous temple bell, inviting the worshippers to vesper service. After the day is done, and all strife and struggle cease, *peace* is the best sunset salute that we can exchange with one another. Whether it is the sunset of your day or of your life, always chant *peace*. If you are weary and heavy laden, and have traveled the long, long desert trail, and your feet are tired and bleeding, and you need rest at the twilight of your life, then chant *peace*, and you will be comforted. If anything disturbs your mind, or if you feel an unnecessary anxiety over anything, then say, "Peace, be still."

When the storm was raging on the sea of Galilee, Master Jesus was awakened from His slumber by His frightened disciples. They were afraid that their little craft might sink. Although they were accustomed to weather severe storms on the turbulent sea, their courage was nevertheless shaken in that black, inky night. The Master arose and stood poised. His

face was shining across the water in divine radiance, and His curly locks were blown by the tempestuous gale. He rebuked the wind, and said, "Peace, be still." The wind ceased immediately and the angry sea became peaceful. The disciples found comfort and peace. Even the gentle rebuke from the Master for their lack of faith could not disturb the peace of their grateful hearts. Such is the power of the peace that is born of sublime realization in the Protecting Power of the Ever-Present God.

Your mastery and power lie in your mental peace, and not in your uncontrolled negative emotions. When you are torn by tempestuous outbursts of negative emotions and cannot control your mind and body, speak aloud, saying, "Peace, be still. The Lord God commands you to be still." If your mind is restless after your day's work is done, chant *peace* and send peace and your blessing to all beings and things. You can say to them in your world of mind, "I wish you all well. I wish you all health, happiness, and prosperity. I salute you all in the name of the Lord." Always remember that you are a child of God. Do not take an inferior position and thereby insult your Heavenly Father. Do not say that you cannot do this or that work of God because you are not advanced in Truth and strong in faith. The angels of God are forever supporting you. Therefore, even in your weakness, you are strong. That

which you think and believe to be difficult, always becomes difficult to you. *If you can but believe, God will do more things for you in one moment than you can do for yourself through the efforts of a lifetime.* Simply prepare your mind to accept the divine gift—that is all you need do—and that gift will come from God. Once a man, by trusting and believing that Christ was speaking through him, became an eloquent speaker overnight. The reason he succeeded was that he put his belief to work. The Bible says, "Faith without works is dead," and this is very true. If you believe in a thing, you must put your belief to work immediately.

If envy and jealousy disturb your mind and eat out your heart, you should give everybody a prosperity treatment. You should see all in the radiant light of God and speak to them, saying, "I wish you prosperity. I see you prosperous. The good things of God are all about you. I see that you are receiving them." Then imagine that they are all responding in a chorus: "Yes, we are receiving our portions of the divine gifts in the fullest measure. We wish you to receive your own." Then speak back, saying, "Yes, I am receiving my own. I bless you all." This will cure your envy and jealousy and induce a sublime peace in your mind.

If you need to confess your sin in order to establish this peace in your mind, then confess it to God,

who is All-Knowing and Omnipresent. *It is always better to confess your sin to God than to any mere person.* Few people are strong enough to pull you upward and to treat you with a positive truth when they become conscious of your weakness.

There is another thing that is a great sleep disturber; it is the habit of gossiping. You should avoid gossip as you would poison. When you gossip about anyone, you contact the gossip vibration. Through vibratory correspondence you attract those who gossip, and thus you get more poison in your system. *Nothing destroys one's peace of mind so much as gossip.* It disorganizes one's mind. Then again, when two persons agree upon a negative idea regarding a third person, it becomes as much of a treatment as when they agree upon a positive idea regarding him. Then why not treat a person positively by speaking well of him? To treat people negatively is to violate the fundamental law of God. Most of our diseases can be traced to negative treatments that we have administered to one another. As long as you are mentally ill, you cannot have peace of mind. *Unless you can establish perfect peace, you can never be free from the diseases of the flesh.* People may try to drag you to their own level when you look upward into the face of God and desire to follow in the footsteps of Christ, but do not allow yourself to be dragged down. Anything that has no

alliance with God is darkness. Why do you invite darkness unnecessarily and lose the peace which Christ came to establish in the world? Every time a morbid desire to gossip comes over you, say to it: "Get thee behind me, Satan—thou emissary of darkness. You cannot deprive me of my spiritual heritage—my strength and power and faith in God. I command you to depart!" Then see that it is departing. If you put yourself in the other man's place, or judge yourself by the same standard that you judge others, you will never have time to gossip or to entertain a negative attitude toward any of your fellow men. *The principle that you yourself fail to live up to, you must not expect others to follow.* This simple reasoning and analysis will make you broad and charitable toward all men. In this connection it is good to read Jesus' Sermon on the Mount. It will set you free from the world's mentality and give you power and dominion over all negative conditions.

*Peace of mind is absolutely necessary for receiving any benefit in sleepland.* Sleep does not always mean rest. Many people sleep long and late, and yet wake up tired. In sleep, not only can you receive physical rest, but also you can educate yourself in any branch of art or useful science. After establishing perfect peace, imagine near you the presence in God of a celestial being who possesses a certain super-knowl-

edge, and you will actually contact a real being of that quality. You can address this celestial being, saying: "O Master, take me up to your vibratory plane and during my sleep impart to me the knowledge that I seek." Then imagine that He is responding to your plea, and feel that you are under his care. Next, try to sleep, allowing only one thought to remain in your mind—that you are not alone in your room, a celestial being is there with you. When you ask knowledge from a celestial being in this way, you must have a definite subject in mind.

In conclusion, I feel the urge to quote the following from one of my earlier lessons:

#### EDUCATION IN SLEEP LAND

*Sleep is not an utter oblivion, nor is it a cessation of all activities. It is full of meaning and purpose. Its mystery, once unveiled, affords man vast opportunities for educating himself. The moment you enter into sleep land, your objective action ceases, and your subjective action begins.*

The state in which you enter its portals determines your subjective activity in sleep land. Your day's worry and care follow you if you do not leave them behind before entering its inner sanctuary. Your last, lingering thought guides you through its winding trail until you return to this objective realm of consciousness.



In your conscious activity in the wakeful state of mind, you do not hearken unto the voices of those who are interested in your welfare, and who are ever trying to impart to you the deeper knowledge of life, which will set you free.

Before the earth was born, other souls sang the morning hymns in praise of the *One Creative Life*. In their on-going, they have reached that angelic flight of realization *where the objective and subjective blend into one*. They are today Angels of the Spheres to the earth-traveling souls. They are ever trying to resurrect us from our self-created darkness that enshrouds our life in constant worry, care, and fear.

Music, art, inventions, and poetry are all coming from these divinely inspired souls and are being received by those who are in tune with them. Throughout the vast sweep of creation this radio-active transmission is going on. Every constructive message that you receive is a message from God, only coming through a process according to the unvarying divine plan. The objective expression of your subjective knowledge is hampered by your objective limitation—the limitation which you yourself have created by being bound down by your flesh concept of life. Because of your objective limitation you may not always be able to receive a message clearly. But your subjective training in sleep-land will enable you

not only to receive a message clearly, but also to express it as you desire to express it.

Your worry and fear insulate your consciousness from subjective receiving. Hence, you should develop trust and faith in the ever-protecting Providence and in Its angels who are trying to help you. Artists, poets, and inventors involuntarily take their thoughts to sleepland, and thus they attune themselves to their respective spheres of knowledge. This enables them to bring their knowledge into objective expression in the wakeful state. You can go into sleepland with your voluntary thought and enter into a sphere where you can receive your much-coveted knowledge. If on the earth plane you need the aid of teachers and counsellors in acquiring earthly knowledge, is it unreasonable to desire higher knowledge, inspiration, and aid from the highly evolved souls who are ever willing to help you in your onward march? You should not forget that One Life is acting the various parts, and that the knowledge that you receive from an individual expression of life is really from One Infinite Source.

*Every night after retiring, ask the Superconscious to contact Christ or an illumined soul for you; then, imagine the presence of that celestial entity near-by, and ask him to lead you into sleepland and to impart to you the desired knowledge. Rest your mind from all worry, anxiety, doubt, and fear. Upon awakening*

*you will enjoy a sense of contentment, assurance, and of the peace that passeth all understanding.*

*Peace be unto you!*

Lord, this is my unfinished symphony. I am but playing on a broken reed. This is the best I can do. How well Your perfect message has come through this imperfect medium, I do not know; but I feel grateful and thankful for this wonderful privilege of being Your humble messenger. You are the only One Who can deliver Your perfect message perfectly; there is none other. Whether this is the beginning or the end of this little voyage, I do not know. Lord, stand by me; my little barge is sailing along on the shoreless Eternity. I need Your spirit, courage, and inspiration. I am ever forging ahead toward the sunrise horizon. Backward I cannot go—I cannot turn back. Lord, stand by me—stand by me. AMEN.