
WISDOM

& OTHER ADVICE

by VARENYCUIZ

Throughout the ages, men and women have searched for an Aladdin's lamp; a modus operandi that would guarantee a consistently high level of success, in everything they wanted to do. A method that would ensure personal happiness; a simple way to make all hopes and dreams come true...

Would you bring into your life more power?
Get the power consciousness.

More health?
Get the health consciousness.

More happiness?
Get the happiness consciousness.

Live the spirit of these things until they become yours. You need not acquire this power, you already have it.

That much gathers more is true on every plane of existence, and that loss leads to greater loss is equally true.

Mind is creative, and conditions, environment and all experiences in life are the result of our habitual or predominant mental attitude.

The attitude of the mind necessarily depends upon what we think. Therefore, the secret of all achievement and all possession depends upon our method of thinking.

This is true because we must *'be'* before we can *'do'*, and we can *'do'* only to the extent that we *'are'*, and what we *'are'* depends upon what we *'think'*.

The World Without is a reflection of the World Within. The World Without reflects the circumstances and conditions of the consciousness within.

What comes to us in the World Without is what we already possess in the World Within.

All possession is based on consciousness.

Harmony in the World Within means the ability to control our thoughts, and to determine for ourselves how any experience is to affect us.

We are related to the World Without by the Objective Mind. The brain is the organ of this Mind.

We are related to the World Within by the Subconscious Mind.

This system of nerves presides over all subjective sensations, such as joy, fear, love, emotion, and imagination. It is through the Subconscious that we are connected with the Universal Mind and that we are brought into relation with the Infinite constructive forces of the Universe.

It is the coordination of these two centers of our being (*Conscious and Subconscious*), and the understanding of their functions, which is the great secret of life. With this knowledge we can bring the Objective and Subjective Minds into conscious cooperation and thus coordinate the finite and the Infinite.

Our future is entirely within our own control.

All agree that there is but one principle or consciousness pervading the entire Universe, occupying all space, and being essentially the same in kind at every point of its presence.

It is all-powerful, all-wisdom and always present. It is all in all.

As there is only one consciousness in the Universe that is able to think, it necessarily follows that your consciousness is identical with the Universal consciousness, or, in other words, all Mind is one Mind.

The consciousness that focuses in your brain cells is the same consciousness which focuses in the brain cells of every other individual. Each individual is but the individualization of the Universal.

The Universal Mind is potential energy.

The ability of the individual to think is their ability to act on the Universal and bring it into manifestation. Human consciousness consists only in our ability to think.

Every thought is therefore a cause, and every condition and effect; for this reason it is absolutely essential that you control your thoughts so as to bring forth only desirable conditions.

The Universal Mind is the life principle of every atom which is in existence; all are intelligent.

The World Within is the cause, the World Without the effect; to change the effect you must change the cause.

Most people attempt to change effects by working with effects. They fail to see that this is simply changing one form of distress for another.

To remove discord, we must remove the cause.

Remember that it is in the practical application alone that the value consists, and that a practical understanding will substitute abundance for poverty, wisdom for ignorance, harmony for discord and freedom for tyranny, and certainly there can be no greater blessing than these from a material standpoint.

Your conclusions & personal notes:

The operations of the mind are produced by two parallel modes of activity. The one Conscious, and the other Subconscious.

Of these two powers, the outward has been termed the 'Conscious Mind', perceiving and operating through the five physical senses. The interior power is called the 'Subconscious Mind' and besides its work on the mental plane it controls the ruler functions which make physical life possible.

Ease and perfection depend entirely upon the degree to which we cease to depend upon the Conscious Mind.

The value of the Subconscious is enormous; it inspires us; it warns us; it furnishes us with names, facts and scenes from the storehouse of memory. It accomplishes tasks so intricate that no Conscious Mind has the capacity for them.

The Conscious Mind can direct the Subconscious Mind. It is this high function which can completely control the conditions in your life.

Conscious Mind is reasoning will. Subconscious Mind is instinctive desire.

The Subconscious Mind does not engage in the process of proving, it relies upon the Conscious Mind.

The Subconscious Mind perceives by intuition. Hence its processes are rapid.

The Subconscious Mind never sleeps; never rests. It has been found that by plainly stating to the Subconscious Mind certain specific things to be accomplished, forces are set in operation that lead to the result desired.

Those who learn to trust their Subconscious Mind find that they have infinite resources at their command.

The Subconscious Mind cannot argue controversially. Hence, if it has accepted wrong suggestions, the sure method of overcoming them is by the use of a strong counter-suggestion, frequently repeated; the Subconscious being creative and one with our Divine Source will at once create the freedom suggested.

To sum up: The normal functions of the Subconscious on the physical side have to do with the regular and vital processes; the restoration of health; an instinctive desire to improve conditions generally.

On the mental side, it is the storehouse of memory.

On the spiritual side, it is the source of the imagination, and is the channel through which we recognize our Divine Source, and as we recognize this Divinity, we come into an understanding of the source of power.

Someone may ask: 'How can the Subconscious change conditions?'

The reply is, because the Subconscious is a part of the Universal Mind and a part must be the same in kind and quality as the whole; the only difference is one of degree. The whole, as we know, is creative; consequently that mind is creative.

Thinking and directing our thought consciously, we set in operation the mightiest force in existence, the creative power of the Universal Mind. This, like everything else, is governed by Natural Law, and this law is the 'Law of Attraction', which is that Mind is creative, and will automatically correlate with its object and bring it into manifestation.

Your conclusions & personal notes:

You have found that the individual may act on the Universal, and that the result is cause and effect.

Thought is the cause, and the experiences in life are the effect.

Every thought is received by the brain; it is here subjected to our power of reasoning. When the Captain has been satisfied that the thought is true, it is sent to the Crew to be brought into the world as a reality. The Subconscious Mind cannot argue, it only acts. It accepts the conclusions of the Captain as final.

This center of energy is Omnipotent because it is the point of contact with all life and all intelligence, where the finite becomes infinite, the Universal becomes individualized. It can therefore accomplish whatever it is directed to accomplish, and herein lies the power of the Conscious Mind; the Subconscious can and will carry out such plans and ideas as may be suggested to it by the Captain.

It is our attitude towards life which determines the experiences with which we are to meet. If we expect nothing we shall have nothing. If we demand much we shall receive the greater portion.

What then is the most natural way of making the desired impression? Mentally concentrate on the object of your desire. When you are concentrating you are impressing the Subconscious.

The Subconscious Mind is a part of the Universal Mind. The Universal is the creative principle of the Universe; a part must be the same in kind and quality as the whole. This means that this creative power is absolutely unlimited.

The subconscious Mind is responsive to our Conscious will, which means that the unlimited creative power of the Universal Mind is within the control of the Conscious Mind of the individual.

NOTE: When making a practical application of this principle, it is well to remember that it is not necessary to outline the method by which the Subconscious will produce the results you desire. The finite cannot inform the Infinite. You are simply to say what you desire, not how you are to obtain it.

Your conclusions & personal notes:

This part will show you why what you think, or do, or feel, is an indication of what you are.

Thought is energy, and energy is power.

The 'I' of you is not the physical body; that is simply an instrument which the 'I' uses to carry out its purposes. The 'I' cannot be the Mind, for the Mind is simply another instrument which the 'I' uses with which to think, reason and plan.

The 'I' must be something which controls and directs both the body and the mind; some thing which determines what they shall do and how they shall act.

When you say 'I *think*', the 'I' tells the mind what it shall think; when you say 'I *go*', the 'I' tells the physical body where it shall go; the real nature of the 'I' is spiritual, and is the source of the real power which come to men and women when they come into a realization of their true nature.

The greatest and most marvellous power which this 'I' has been given is the power to think.

One of the strongest affirmations which you can use for the purpose of strengthening the will and realizing your power to accomplish is, 'I *can be what I will to be*'.

Every time you repeat it realize who and what this 'I' is and come into a thorough understanding of the true nature of the 'I'.

When you have learned to control yourself, you will have found the World Within which controls the World Without.

The World Within is controlled by the 'I' and that this 'I' is a part of or one with the Infinite 'I' which is the Universal Energy or Spirit, usually called God.

This is not a mere statement for the purpose of confirming or establishing an idea, but it is a fact which has been accepted by the best religious thought as well as the best scientific thought.

Herbert Spencer says: '*Amid all the mysteries nothing is more certain than that we are ever in the presence of an Infinite and Eternal Energy from which all things proceed.*'

Lyman Abbott, in an address delivered before the Alumni of Bangor Theological Seminary, said: '*We are coming to think of God as dwelling in man rather than operating on men from without.*'

But this is by no means a new discovery, the Bible says exactly the same thing, and the language is just as plain and convincing: '*Know ye not that ye are the temple of the living God?*'

Here then is the secret of the wonderful creative power of the World Within.

Here is the secret to power. To overcome does not mean to go without things. Self-denial is not success.

The Infinite is not a bankrupt and we who are representatives of Infinite power should not be bankrupts either, but to get it we must give; we must be of service.

Thought is a mode of motion and is carried by the Law of Vibration. It is given vitality by the emotions through the Law of Love; it takes form by the Law of Growth; it is a product of the spiritual 'I'; hence its Divine, spiritual and creative nature.

From this it is evident that in order to express power, abundance or any other constructive purpose, the emotions must be called upon to give feeling to the thought so that it will take form.

How may this purpose be accomplished? How may we develop the faith, the courage, the feeling, which will result in accomplishment?

The reply is, by exercise; mental strength is secured in exactly the same way that physical strength is secured, by exercise.

Your conclusions & personal notes:

Mind in action is thought, and thought is creative.

Matter is powerless, passive, inert.

Mind is force, energy, power.

Mind shapes and controls matter.

Every form which matter takes is but the expression of some pre-existing thought.

But thought works no magic transformations; it obeys Natural Laws; it sets in motion Natural Forces; it releases Natural Energies; it manifests in your conduct and actions, and eventually upon the whole of your environment.

You can originate thought, and since thoughts are creative, you can create for yourselves the things you desire.

At least 90 percent of our mental life is subconscious, so that those who fail to make use of this power live within very narrow limits.

The Subconscious can and will solve any problem for us, if we know how to direct it. The Subconscious processes are always at work; the only question is, are we to be simply passive recipients of this activity, or are we to direct the work consciously?

We are today the result of our past thinking, and we shall be what we are thinking today; the Law of Attraction is bringing to us, not the things we should like, but it brings to us '*our own*', the things which we have created by our thought processes, whether consciously or unconsciously.

Application: Mentally select a place which has pleasant associations. Make a complete picture of it; see the buildings, the grounds, the trees, friends, everything complete.

Your conclusions & personal notes:

Thought is a product of Mind, and Mind is creative.
Your body is the *'Temple of the living God'* and the individual 'I'.

Your conclusions & personal notes:

This part tells of a method by which you may construct the mold or model from which your future will emerge; it explains that you are not limited as to cost or material, that no one can place limitation on it but yourself. Tells why some who are apparently faithfully endeavouring to realize their ideals seem to fail. It is sometimes just as important to know what not to do as what to do.

Through all the ages man has believed in an invisible power.

We may personalize this power, and call it God, or we may think of it as the essence or spirit which permeates all things, but in either case the effect is the same.

The spiritual, being a part of or one with the source and origin of all power, has Infinite resources at its command. It can and does bring about results by methods of which the human or individual mind can have no possible conception.

It is your privilege to depend upon the human will, with all its limitations and misconceptions, or you may utilize the potentialities of Infinity by making use of the Subconscious Mind.

Visualization is the process of making mental images, and the image is the mold or model which will serve as a pattern.

Make the pattern clear; remember that no limitation can be placed upon you by anyone but yourself; you are not limited as to cost or material; draw on the Infinite for your supply.

Make the Mental Image distinct, perfect; you can be what '*you will to be*'; the ways and means will develop, supply will follow the demand. Earnest desire will bring about confident expectation.

The first step is **Idealization**. It is likewise the most important step, because it is the plan on which you are going to build.

You are to picture in your mind what you want; you are sowing the seed, but before sowing any seed you want to know what the harvest is to be. This is Idealization.

Then comes the process of **Visualization**. You must see the picture; see all the details.

And finally, the third step, or **Materialization**, will have been accomplished.

If you can follow these directions, you will develop Faith, the kind of Faith that is the '*Substance of things hoped for, the evidence of things not seen*'; you will develop confidence, the kind of confidence that leads to endurance and courage.

There are many who have come to an understanding of this wonderful power, and who make serious and conscientious efforts to realize health, power and other conditions, and seem to fail. They do not seem able to bring the Law into operation. The difficulty in nearly every case is that they are dealing with externals. They want money, power, health and abundance, but they fail to realize that these are effects and can come only when the cause is found.

Create ideals only. Give no thought to external conditions. Make the World Within beautiful and opulent and the World Without will express and manifest the condition which you have made within.

You will come into a realization of your power to create ideals and these ideals will be projected into the world of effect.

What, then, is the correct principle? Concentrate on the things you want, not on the things you do not want. Think of abundance.

Your conclusions & personal notes:

You may freely choose what you think, but the result of your thought is governed by an immutable law!

Let me illustrate, the origin of both good and evil. Thought results in action. If your thought is constructive and harmonious, the result will be good; if your thought is destructive or inharmonious, the result will be evil.

There is therefore but one law, one principle, one cause, one Source of Power, and good and evil are simply words which have been coined to indicate the result of our action, or our compliance or non-compliance with this law.

The importance of this is well illustrated in the lives of Emerson and Carlyle. Emerson loved the good and his life was a symphony of peace and harmony. Carlyle hated the bad, and his life was a record of perpetual discord and disharmony.

Here we have two men, each intent upon achieving the same ideal, but one makes use of constructive thought, and the other makes use of destructive thought, and therefore brings upon himself discord of every kind and character.

It is evident therefore that we are to hate nothing, not even the 'bad', because hatred is destructive, and by its nature will combine with other similar thoughts.

Form the habit of analyzing every thought.

This ideal steadily held is what predetermines and attracts the necessary conditions for its fulfillment.

Your conclusions & personal notes:

This Part tells of the fundamental principle, the immutable law underlying every successful business relation or social condition. It tells of the law by which you make yourself irresistible, by which you may sweep away every form of discord, disharmony and doubt. It tells the secret of the solution to every problem. It explains that there are only three things which all mankind requires for complete happiness and development. It tells what they are and how they may be had.

Suppose, then, we desire to change condition, how are we to bring this about? The reply is simple: hold in mind the condition desired; affirm it as an already existing fact. By constant repetition it becomes a part of ourselves.

There are only three things which can possibly be desired in the World Without and each of them can be found in the World Within.

The three things which all mankind desires are: Health, Wealth and Love. All will admit that Health is absolutely essential; no one can be happy if the physical body is in pain. All will not so readily admit that Wealth is necessary.

All will probably admit that Love is the third, or some will say the first, essential necessary to the happiness of mankind.

If you require Health, a realization of the fact that the 'I' in you is spiritual and that all spirit is one; that wherever a part is the whole must be, will bring about a condition of Health, because every cell in the body must manifest the truth as you see it. If you see sickness they will manifest sickness; if you see perfection they must manifest perfection. The affirmation, 'I am whole, perfect, strong, powerful, loving, harmonious and happy', will bring about harmonious conditions.

If you require Wealth a realization of the fact that the 'I' in you is one with the Universal Mind which is all substance, and is Omnipotent, bringing into operation the Law of Attraction, and bringing about conditions in direct proportion to the purpose of your affirmation.

If you require Love, realize that the only way to get Love is by giving it, that the more you give the more you will get.

It is sometimes an inspiration to hear from someone who has actually put these principles to the test, someone who has demonstrated them in his life:

'I was about thirteen years old when the Doctor, said to my mother: There is no possible chance, Mrs. Andrews. I lost my little boy the same way, after doing everything for him that it was possible to do. I have made a special study of these cases, and I know there is no chance for him to get well.

She turned to him and said: Doctor, what would you do if he were your boy? And he answered, I would fight, fight, as long as there is a breath of life to fight for.

That was the beginning of a long drawn out battle, with many ups and downs, the doctors all agreeing that there was no chance for a cure, though they encouraged and cheered us the best they could.

But the victory came, and I have grown from a little, crooked, twisted cripple, going about on my hands and knees, to a strong, straight, formed man.

I built up an affirmation for myself, taking the qualities I most needed, and affirming for myself over and over again, I am whole, perfect, strong, powerful, loving, harmonious and happy. I kept up this affirmation, always the same, never varying, till I could wake up in the night and find myself repeating, I am whole, perfect, strong, powerful, loving, harmonious and happy. It was the last thing on my lips at night and the first thing in the morning.

Not only did I affirm it for myself, but for others that I knew needed it. I want to emphasize this point. Whatever you desire for yourself, affirm it for others, and it will help you both. We reap what we sow. If we send out thoughts of love and health, they return to us like bread cast upon the waters; but if we send out thoughts of fear, worry, jealousy, anger, hate, etc., we shall reap the results in our own lives.

It used to be said that man is built completely anew every seven years, but some experts now declare that we build ourselves entirely over again every eleven months; so we are really only eleven months old. If we build the defects back into our bodies year after year; we have no one to blame but ourselves.

Man is the sum total of his own thoughts; so the question is, how are we going to entertain only the good thoughts and reject the evil ones? At first we can't keep the evil thoughts from coming, but we can keep from entertaining them.

When thought of anger, jealousy, fear or worry creeps in, just start your affirmation going. The way to fight darkness is with light, the only way to fight cold is with heat; the way to overcome evil is with good. For myself, I never could find any help in denials. Affirm the good, and the bad will vanish'.

-FREDERICK ANDREWS

If there is anything you require, it will be well for you to make use of this affirmation.

If our **predominant mental attitude is one of power, courage, kindness and sympathy**, we shall find that our environment will reflect conditions in correspondence with these thoughts; if it is weak, critical, envious and destructive, we shall find our environment reflecting conditions corresponding with these thoughts.

Thoughts are causes and conditions are effects. The Law of Attraction, the recognition and application of this Law will determine both beginning and end; it is the Law by which in all ages and in all times the people were led to believe in the power of prayer. 'As thy faith is, so be it unto thee', is simply another, better way of stating it.

Your conclusions & personal notes:

It tells of a connecting link between the individual and the supply. Explains the Law of Attraction, the law by which your 'own' is brought to you. It tells why every experience in life is the result of this law. It tells why and how you attract things to you which make up the sum total of your existence. It shows that this Law of Attraction is eternal and that there is no escape from the result of its operation.

You have learned that nothing happens without a definite cause.

The individual who has no definite knowledge of cause and effect, thinks chiefly to justify their actions.

In short, they do not know that every effect is the result of a certain definite cause.

The individual who understands that there is no effect without an adequate cause thinks impersonally.

Thought is the connecting link between the Infinite and the finite, between the Universal and the individual.

The great error of the present day is the idea that Man has to originate the intelligence whereby the Infinite can proceed to bring about a specific purpose or result. Nothing of this kind is necessary; the Universal Mind can be depended upon to find ways and means for bringing about any necessary manifestation. We must, however, create the ideal, and this ideal should be perfect.

Your conclusions & personal notes:

While every effect is the result of a cause, the effect in turn becomes a cause, which creates other effects, which in turn create still other causes.

By far the greatest discovery of all the centuries is the power of thought.

Like attracts like in the mental world.

'What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.'
(Mark XI.24.A.V.).

We are first to believe that our desire has already been fulfilled, its accomplishment will then follow. This is a concise direction for making use of the creative power of thought by impressing on the Subjective Mind the particular thing which we desire as an already existing fact.

Each statement, when subjected to analysis, is found to contain exactly the same truth:

'Believe that ye receive and ye shall receive.' *'Faith is the evidence of things not seen.'* *'The Law of Attraction is that law by which thought correlates with its object.'*

The only difference is in the form of presentation.

Your conclusions & personal notes:

The Law of Attraction, which is another name for 'love', is that thought will correlate with its object and bring forth in the material world the correspondence of the thing thought or produced in the mental world. This is an eternal and fundamental principle, inherent in all things, in every system of Philosophy, in every Religion and in every Science. There is no getting away from the Law of Love. It is feeling that imparts vitality to thought.

Feeling is desire, and desire is love.

Thought impregnated with love becomes invincible.

Things are created in the mental or spiritual world before they appear in the outward act or event.

He who desires wisdom, power or permanent success of any kind, will find it only within; it is an unfolding. The unthinking may conclude that the silence is very simple and easily attained, but it should be remembered that only in absolute silence may one come into contact with Divinity.

Your conclusions & personal notes:

Shows how actual, tangible results are secured.

Everything we get comes to us by the Law of Attraction.

In creating a Mental Image or an Ideal, we are projecting a thought into the Universal Substance from which all things are created.

The Universal Substance is Omnipresent, Omnipotent and Omniscient.

Are we to inform the Omniscient as to the proper channel to be used to materialize our demand?

This is the cause of failure. We recognize the Omnipresence of the Universal Substance, but we fail to appreciate the fact that this substance is not only Omnipresent, but is Omnipotent and Omniscient, and consequently will set causes in motion concerning which we may be entirely ignorant.

Your conclusions & personal notes:

You have found that thought is a spiritual activity and is endowed with creative power. This does not mean that some thought is creative. All thought is creative. And thought can be used in a negative way.

All things have their origin in Mind, and appearances are the result of thought. Since they are produced by thought they can be erased by thought.

We find that every individual is the reflection of the thought they have entertained during their lifetime. This is stamped on their face, their form, their character, their environment.

Behind every effect there is a cause, and if we follow the trail to its starting point, we shall find the creative principle out of which it grew.

The Universal mind, being Infinite and Omnipotent, has unlimited resources at its command, and when we remember that it is also Omnipresent, we cannot escape the conclusion that we must be an expression or manifestation of that Mind.

A recognition and understanding of the resources of the Subconscious Mind will indicate that the only difference between the Subconscious and the Universal is one of degree. They differ only as a drop of water differs from the ocean. They are the same in kind and quality; the difference is one of degree only.

Do you realize that a recognition of this tremendous fact places you in touch with Omnipotence? The Subconscious Mind being the connecting link between the Universal Mind and the Conscious Mind, is it not evident that the Conscious Mind can consciously suggest thoughts which the Subconscious mind will put into action, and as the Subconscious is one with the Universal, is it not evident that no limit can be placed upon its activities?

A scientific understanding of this principle will explain the wonderful results which are secured through the power of prayer. The results which are secured in this way are not brought about by any special dispensations of providence, but on the contrary, are the results of a perfectly Natural Law.

Yet there are many who are not ready to enter into the discipline of thinking correctly, even though it is evident that wrong thinking has brought failure.

Thought is the only reality; conditions are but the outward manifestation, as the thought changes, all outward or material conditions must change in order to be in harmony with their creator, which is thought.

Your World Without will be a reflection of your World Within.

Your conclusions & personal notes:

The laws under which we live are designed solely for our advantage, that all conditions and experiences that come to us are for our benefit; and that our happiness is best attained through a conscious cooperation with Natural Laws. These Laws are immutable and we cannot escape from their operation.

Difficulties, disharmonies and obstacles, indicate that we are either refusing to give up what we no longer need, or refusing to accept what we require.

All conditions and experiences that come to us do so for our benefit. Difficulties and obstacles will continue to come until we gather from them the essentials of further growth.

In order to possess vitality thought must be impregnated with love. Love is a product of the emotions.

It is love which imparts vitality to thought and thus enables it to germinate. The Law of Attraction, or the Law of Love, for they are one and the same.

The first form which thought will find is language, or words; this determines the importance of words; they are the first manifestation of thought – the vessels in which thought is carried.

Thought may lead to action of any kind, but whatever the action, it is simply the thought attempting to express itself in visible form.

This leads to the inevitable conclusion that if we wish to express abundance in our lives, we can afford to think abundance only.

The Subconscious cannot reason; it takes us at our word; we have asked for something; we are now to receive it.

Your conclusions & personal notes:

Life is growth, and growth is change.

Capital is an effect, not a cause; a servant, not a master; a means, not an end.

Wealth should then never be desired as an end, but simply as a means of accomplishing an end. Success is contingent upon a higher ideal than the mere accumulation of riches.

The conditions with which we meet in the material World Without, correspond to the conditions which we find in the World Within. This is brought about by the Law of Attraction.

To control thought and destiny is to control circumstances, conditions and environment.

How then are we to control thought? To think is to create a thought.

Good and evil are not entities, they are simply words which we use to indicate the result of our actions, and these actions are in turn predetermined by the character of our thought.

If our thought is constructive and harmonious we manifest good; if it is destructive and discordant we manifest evil.

If you desire to visualize a different environment, the process is simply to hold the ideal in mind, until your vision has been made real; give no thought to persons, places or things; these have no place in the absolute; the environment you desire will contain everything necessary; the right persons, and the right things will come at the right time and in the right place.

If you wish to bring about the realization of any desire, form a mental picture of success in your mind, by consciously visualizing your desire.

We can see only what already exists in the objective world, but what we visualize, already exists in the spiritual world. This process of thinking forms impressions on the mind, and these impressions in turn form concepts and ideals, and they in turn are the plans from which the Master Architect will weave the future.

The psychologists have come to the conclusion that there is but one sense, the sense of feeling, and that all other senses are but modifications of this one sense; this being true, we know why feeling is the very fountain-head of power, why the emotions so easily overcome the intellect, and why we must put feeling into our thought if we wish results.

Thought and feeling are the irresistible combination.

Your conclusions & personal notes:

We are told that Man has '*dominion over all things*'; this dominion is established through Mind.

There is always the cry '*to have*' but never the cry '*to be*'; people fail to understand that they cannot have one with the other; that they must first find the '*kingdom*' before they can have the '*things added*'.

Ease and perfection are gained by repetition.

Physical energy is nothing in comparison with the Omnipotence of thought, because thought enables man to harness all other natural power.

Remember that fundamentally the Subconscious is Omnipotent; there is no limit to the things that can be done when it is given the desire to act.

Your conclusions & personal notes:

Thought is the invisible link by which the individual comes into communication with the Universal, the finite with the Infinite. Thought is the magic by which the human is transformed into a being who thinks and feels and acts; but this creative power does not originate in the individual but in the Universal, which is the source and foundation of all energy and substance.

The individual is simply the channel for the distribution of this energy.

Thought is the energy by which the Law of Attraction is brought into operation.

Your conclusions & personal notes:

This Part tells of the search for truth, which is another name for ultimate cause. If we can find the truth we shall have found the cause for every effect, and having found the cause we shall be in a position to control the effect.

It explains that a knowledge of cause and effect is power.

In seeking the truth we are seeking ultimate cause; we know that every human experience is an effect; then if we may ascertain the cause, the effect or the experience will be within our control.

Your conclusions & personal notes:

For years there has been an endless discussion as to the origin of evil. Theologians have told us that God is Love, and that God is Omnipresent. If this be true, there is no place that God is not.

Where, then, are Evil, Satan and Hell?

God is Spirit.

Spirit is the Creative Principle of the Universe.

Man is made in the image and likeness of God.

Man is therefore a spiritual being.

The only activity which spirit possesses is the power to think. Thinking is therefore a creative process.

All form is therefore the result of the thinking process.

When the creative power of thought is manifested for the benefit of humanity, we call the result good.

When the creative power of thought is manifested in a destructive or evil manner, we call the result evil.

This indicates the origin of both good and evil; they are simply words which have been coined in order to indicate the nature of the result of the thinking or creative process.

The spirit of a thing is that thing. The spirit of you is – you; without the spirit you would be nothing.

When you begin to perceive that the essence of the Universal is within yourself – is you; you begin to feel Your power.

You are a visualizing entity. Imagination is your workshop.

The power of thought, if understood and correctly used, is the greatest labour saving device ever dreamed of. By the help of this power you can confidently undertake things that are seemingly impossible.

An intellectual understanding will be of no assistance; the emotions must be brought into action. The required combination is thought and feeling.

We are told that *'In Him we live and move and have our being'*, and we are told that *'He'* is a Spirit, and again that *'He'* is Love, so that every time we breathe, we breathe this life, love and spirit.

A knowledge of your relation and oneness with this Principle that governs the Universe and the simple method whereby you can consciously identify yourself with it gives you a scientific understanding of a law whereby you may free yourself from disease, from lack or limitation of any kind.

The *'breath of life'* is a superconscious reality. It is the essence of the *'I am'*. It is pure *'Being'* or Universal Substance and our conscious unity with it enables us to localize it, and thus exercise the powers of this creative energy.

Thought is creative vibration and the quality of the conditions created will depend upon the quality of our thought, because we cannot express powers which we do not possess. We must *'be'* before we can *'do'* and we can *'do'* only to the extent that we *'are'*, and so what we *'do'* will necessarily coincide with what we *'are'* depends upon what we think.

Every time you think you start a train of causation which will create a condition in strict accordance with the quality of the thought which originated it. You may use thought constructively or destructively, but the immutable law will not allow you to plant at thought of mankind and reap the fruit of another. You are free to use this creative power as you will, but you must take the consequences.

Your conclusions & personal notes:

This part explains that the creative energy finds no more difficulty in handling a large situation than a small one. It explains how conditions are produced in our lives by the predominant thoughts which we entertain.

It explains how you may set causes in motion which will create an irresistible magnetic power which will bring the things you require to you.

You will find that everything which we hold in our consciousness for any length of time becomes impressed upon our subconsciousness and so becomes a pattern which the creative energy will weave into our life and environment.

This is the secret of the wonderful power of prayer.

We know that the Universe is governed by law that for every effect there must be a cause, and that the same cause, under the same conditions, will invariably produce the same effect. Consequently, if prayer has ever been answered, it will always be answered. The answer to prayer is therefore subject to law, and this law is definite, exact and scientific, just as are the laws governing gravitation and electricity.

But, unfortunately, there are comparatively few persons who know how to pray.

Our ability to think is our ability to act upon the Universal Substance, and what we think is what is created or produced in the Objective World.

The more conscious we become of our unity with the source of all power, the greater will be our power to control and master every condition.

Our lives are simply the reflection of our predominant thoughts, our mental attitude.

There is no limit to what the law can do for you; believe in your ideal; think of the ideal as an already accomplished fact.

The real interest of humanity is to recognize the Divinity of the human spirit. To recognize that all power is from within. That no human being has any more power than any other human being.

Your conclusions & personal notes:

This Part explains the cause of our present character, our present environment, our present ability, our present physical condition, and tells how we can make our future what we wish it to be. It tells how the rate of vibration is being constantly changed in our bodies. It explains that the law of health is based on the Law of Vibration, and that with a proper knowledge of the law we may externalize health conditions.

The various forms of diseased conditions generally, are the manifestation of fear, worry, care, anxiety, jealousy, hatred and similar thought.

The life processes are carried on by two distinct methods; firstly, the taking up and making use of nutritive material necessary for constructing cells; secondly, the secretion and excretion of the waste material.

All life is based upon these constructive and destructive activities.

However strange it may seem, it is the second or destructive activity that is, with rare exception, the cause of all disease. The waste material accumulates and saturates the tissues, which causes auto-intoxication. This may be partial or general.

The problem, then, before us in the healing of disease is to increase the inflow and distribution of vital energy throughout the system, and this can only be done by eliminating thoughts of fear, worry, care, anxiety, jealousy, hatred and every other destructive thought, which tend to tear down and destroy the nerves and glands which control the excretion and elimination of poisonous and waste matter.

Knowledge is of priceless value, because by applying knowledge we can make our future what we wish it to be.

When we realize that our present character, our present environment, our present ability, our present physical condition are all the result of our past methods of thinking, we shall begin to have some conception of the value of knowledge.

If the state of our health is not all that could be desired, let us examine our method of thinking.

It is through the Law of Vibration that the mind exercises this control over the body. We know that every mental action is a vibration, and we know that all form is simply a mode of motion, a rate of vibration.

Everything in the Universe is what it is by virtue of its rate of vibration. Change the rate of vibration and you change the nature, quality and form.

The way to health is founded on the Law of Vibration, and this law is brought into operation by the Mind, the World Within. Our world of power is within; if we are wise we shall not waste time and effort in trying to deal with effects as we find them in the World Without, which is only an external, a reflection.

We shall always find the cause in the World Within; by changing the cause, we change the effect.

Every cell in your body is intelligent and will respond to your direction. The cells are all creators and will create the exact pattern which you give them.

Therefore, when perfect images are placed before the Subjective, the creative energies will build a perfect body.

We can therefore readily see that if we wish the body to manifest health, strength and vitality this must be the predominant thought.

Your conclusions & personal notes:

The Law of Success is service; that we get what we give, and for this reason we should consider it a great privilege to be able to give.

The first Law of Success is service.

You can make a money magnet out of yourself, but you must first consider how you can make money for other people.

Your conclusions & personal notes:

Explains the nature of all conditions, and how they may be changed or removed. Explains how every difficulty, no matter what it is or where it is, can be removed or dissolved.

The fruit of this knowledge is, as it were, a gift of the Gods; it is the 'Truth' that makes men free, not only free from every lack and limitation, but free from sorrow, worry and care. Is it not wonderful to realize that Omnipotent law is no respecter of persons; that it makes no difference what your past habit of thought may have been.

When you come to know that every form of disease, sickness, lack and limitation are simply the result of wrong thinking you will have come to know '*The Truth which shall make you free*'.

As all conditions are thought creations and therefore entirely mental, disease and lack are simply mental conditions in which the person fails to perceive the truth; as soon as the error is removed, the condition is removed.

The method for removing this error is to go into the Silence and know the Truth; as all Mind is one Mind. If you have learned to form mental images of the conditions desired, this will be the easiest and quickest way to secure results.

Remember that no matter what the difficulty is, no matter where it is, no matter who is affected, you have no patient but yourself; you have nothing to do but to convince yourself of the truth which you desire to see manifested.

We can get no understanding of the truth from the World Without; the World Without is relative only; Truth is absolute. We must therefore find it in the World Within.

The absolute truth is that the 'I' is perfect and complete; the real 'I' is spiritual and can therefore never be less than perfect; it can never have any lack, limitation or disease.

Your life and your actions and your influence in the world will depend upon the degree of truth which you are enabled to perceive, for truth will not manifest in creeds, but in conduct.

Thus our future being determined from our present, if there should be apparent injustice in any feature or phase of our personal life, we must look within for the cause, discover the mental fact which is responsible for the outward manifestation.

The conditions with which you meet in the World Without are invariably the result of the conditions obtaining in the World Within; therefore it follows that by holding the perfect ideal in mind you can bring about ideal conditions in your environment.

If you see only the incomplete, the imperfect, the limited, these conditions will manifest in your life; but if you train your mind to see and realize the spiritual ego, the 'I' which is for ever perfect and complete, harmonious, wholesome and healthful conditions only will be manifested.

As thought is creative, it is self-evident that to think the truth is to create that which is true and it is again evident that when truth comes into being, that which is false must cease to be.

The Universal Mind is the totality of all mind which is in existence. Spirit is mind, because spirit is intelligent. The words are, therefore, synonymous.

The difficulty with which you have to contend is to realize that mind is not individual. It is Omnipresent. It exists everywhere. In other words, there is no place where it is not. It is, therefore, Universal.

Men have, heretofore, generally used the word 'God' to indicate this Universal, creative principle; but the word 'God' does not convey the right meaning. Most people understand this word to mean something outside of themselves, while exactly the contrary is the fact. It is our very life. Without it we would be dead. We would cease to exist. The minute the spirit leaves the body, we are as nothing. Therefore, spirit is all there really is of us.

Now the only activity which the spirit possesses is the power to think. Therefore, thought must be creative, because spirit is creative. The creative power is impersonal and your ability to think is your ability to make use of it for the benefit of yourself and others.

We shall not cease from exploration; and the end of all our exploration, will be to arrive where we started, only to know the place for the first time.

-T.S. Eliot

Your conclusions & personal notes:

GO PLACIDLY AMID THE NOISE AND HASTE, AND REMEMBER WHAT PEACE THERE MAY BE IN SILENCE. AS FAR AS POSSIBLE without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story. § Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. § Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. § Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass. § Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. § You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. § Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. § With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

There's NOTHING out there until you create it.

Remember, this is only the beginning. As the source of it all, you have the most incredible power you could ever conceive, and you are already using it every day.

A long time ago, someone once said:

'To be or not to be...'

Since the answer is always yes, what do you need? Want? And desire?
Always, always remember, you've already got it.

Thank you. Thank you. Thank you.