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## TODAY I START A NEW LIFE

### A New Beginning

Everyday is a new beginning for me. Whether I recognize it or not, each morning as I arise, I begin a new and fresh day. It is not because I necessarily desire to do this, it is just one of the facts of MY existence.

How often have I sought to start again, to begin fresh, to forget the past, to go where no one knows me and be completely new—it is something that every human being has done at one time or a hundred times in life, the desire to begin anew—and daily I do this but too seldom do I recognize that I am doing it.

#### I Begin With Myself Alone

Beginning this course of study I embark on a new beginning for myself, for my family, for my world! What I do from this moment on will have the most monumental affect and effect upon my life, more than any single adventure into which I have entered at any time before.

This fact will impress itself upon my thinking as I proceed and diligently apply these philosophical teachings in my everyday life. I do not have to do anything, just read and study, meditate and consider, and the results take place entirely by themselves

This is the beautiful thing about philosophical studies. The change takes place in my attitudes, in my thinking, in my values. Once this happens everything else falls into perfect balance with my new conceptualization of myself.

The University of Healing with its headquarters at Campo California in the United States of America has been teaching this system of philosophical belief to men, women and children throughout the world and the results reported are phenomenal. The reports of changed lives, health, wealth, happiness and success in every area of life daily warm the hearts of the staff of this international metaphysical wholeness school.

To get the most out of living, I establish my direction in life and follow it. The course here is a beautiful guide in establishing a direction for positive living, successful living and healthy living—TODAY!

The reason I have any problems in life is that I have not chosen to like myself.

I can readily look at a little child and say to him that he is a beautiful child. Then he glows with appreciation and enjoyment of what I have said. I have learned that I can talk to plants and these green growing things respond to my thoughts of love or my lack of love toward them. Scientific researchers have worked with enzymes telling them they are loved, that they are beautiful, that they work marvelously—and strange as it may seem these enzymes respond to the thought of the scientists. I have known of hundreds of men, women and children who talk to their cars, their boats, their toys of every description and these toys respond to the love which is poured upon them.

## AN EXPERIMENT

I will enjoy this experiment: I have a beautiful green plant which has always been my favorite—or I go out and buy one—and set it on the table next to my bed. Every morning for twelve months I love this plant. Every morning I speak to MY PLANT and tell it how much I love it. I shower it with affection, I tend to it with great joy and anticipation. I fill the consciousness of the plant with the idea that it is the most beautiful plant in the world. I tell the plant that it is my pride and joy. I tell my plant—and give it a name too—that it has a very special place in my heart.

It is natural that while I do this my own heart soars with happiness, my entire day is filled with happiness because I have set the cause in motion for happiness in my world, in my daily experiences, in my activities.

As I conduct this experiment I eagerly desire to return home every evening to visit with my plant. My plant is my friend, my plant is a companion, my plant is a member of my intimate family. I see my plant living a long and good life, expanding and growing in a most fantastic way

and while doing this always it is brilliantly green and perfect in every way—flawless, just like ME!

This experiment is one that I continue with for the full twelve months of my working on this special course of the University of Healing.

MY EXPERIMENT WITH MY PLANT IS P R I V A T E ! I SHARE IT WITH NO ONE, I TELL NO ONE ABOUT IT, IT IS FOR ME TO SEE HOW I AM MASTER OF MY WORLD, HOW I CREATE MY WORLD, AND HOW IT IS A GRAPHIC PICTURE OF WHAT I BELIEVE ABOUT MYSELF AND WHO AND WHAT I AM. NO ONE IS CLOSER TO ME THAN MY PLANT DURING THIS YEAR. I TREASURE THIS RELATIONSHIP AS MINE ALONE!

How extremely important it is for me to recognize that my body, my emotions, my circumstances and everything I have in my world all respond to my thought, to my love and to my desires for them.

This would seem to be the most obvious truth anyone could ever know and most certainly everyone would apply this to their lives and to their experiences. Unfortunately I was hard headed, I had a tendency to believe what the world told me out of its ancient past rather than to believe and apply the current reality which is proven time and again. Actually the ideas I am considering in this course of lessons are not in the least new. They are older than written history.

The art and science of liking myself is just that, both an art and a science.

It is an art in that it requires my skillful use of it to accomplish my goals from its use.

It is a science in that it is a technique which is known and has been demonstratable under hundreds of conditions, under varied circumstances and by an infinite number of uniquely different individuals.

I am dealing with a principle which works and has been worked by many others.

The art of liking myself is something that seems to be quite contrary to what I have been taught. I have been taught from childhood on not to like myself. To first like others. First to look for the service and pleasure of others and then if any is left over perhaps I can have some for my own use.

I have constantly been taught as a child not to explore my mind, for the knowledge of the world is what must be learned. I have been denied the joy of going into my own inner center wherein lies the infinite wisdom of all. I have been told when I see the mysteries of life that I am seeing falsely. That if I see beyond what others see I will be thought to be mentally

unbalanced. I have been taught that book learning is the only real kind of learning of consequence in the world today.

I have been taught that I should not explore my body, telling me that some parts of my body are unclean, are improper, are naughty. In doing this the vital exploration of my physical body is being neglected—or when it is done, it is thought of as imperfect, dirty or unworthy.

Also I have been taught to think that I am not the center of my universe. I was taught to believe that there is in actuality no center of the universe, that there is a God somewhere who watches me, controls me, punishes me, and in every way is a human counterpart to my earthly father.

Why is this taught to sensitive children? Why is such a destructive system of education brought out and placed squarely upon the tender children of the world and I am forced to believe that it is true?

The reason for this is all too simple and obvious.

Those who teach this seek to control the lives of others and seek to develop a universe filled with beings who are totally subject to their thought, their will and their desires. There is no freedom for me in this way of living.

I read about the great dictators of history and see how they have brought about their goal of subjection of a nation, a people, a culture to their control. I see how effectively they have done this and I can see that what I have said here is done to the children of today and it is just what these men have done to those they subdued.

I have subdued my body, my mind, my spiritual reality long enough. It is now time that I put a new cause into motion and experience a new effect—FREEDOM!

Freedom does not come without its responsibilities. It is a very demanding taskmaster but once it is understood and mastered, the new life is worthy of its efforts.

## A PHYSICAL DOOR OPENER

I like to have immediate results when I work on a project. I want to see the miracle right now. I have little patience for the time normally taken to do the job. This is true in all areas and that is why I dream I am a great dancer, singer, artist, professional genius and in every way successful in whatever I dream about.

Allowing for this penchant of mankind, which I also have, I can take the following information, apply it immediately, and see the phenomenal results that encourage me to proceed with this study with great enthusiasm.

My being takes on ideas and information utilizing three basic inputs. These are: the senses, the brain and intuition.

My senses are always at work receiving input from the universe about me. I see images that talk to me in most powerful terms. I hear sounds that leave memorable impressions upon me. I smell the world in which I live. I taste the environment in which I live and it speaks to me. I feel the tactile quality of my body abundantly and notice is sent to my brain to decide what it is that is happening in the world about me. These senses are always at work even when I think they are not, even when I am sleeping, even when I am unconscious. It is the brain that is deciding what it will respond to. With an arbitrary attitude it decides just what is important for it to draw interpretations from and what it shall ignore.

However, the arbitrary response of the brain is not as thoughtless as might appear on the surface. Within the brain are stored reference concepts which flash into the brain's center determining what it is going to respond to. These indicators report to the brain faster than any known computer man has devised. The brain correlates the information it receives and the information it currently has in file and from the two sources it determines how it will respond to any given input. The source material which the brain uses to determine how it will respond to any given stimuli may be out of date and no longer valid, but the brain does not consider this, it just responds, based on current data available.

The brain is an actor—alone! It does not have any judgment capability. It cannot determine whether something will be damaging to the system or whether it will be a blessing. The only function of the brain is to process information and correlate it with other information so that conclusions may be drawn from the facts alone.

The brain never removes anything from its storage. The brain never changes the stored data. The only function of the brain is to process information and affect certain actions based on certain information. Even if the information is totally destructive to the organism the brain would cause the organism to destroy itself to process the information stored within itself.

The third aspect of my being is intuition. This is a little used function of my real nature. It is so little used because it has been ignored and when seen invalidated because the brain has been told it is unreal, untrue and just does not exist.

Intuition is that link between the mental-physical world and my real nature. It is the link that when developed, all else fades in importance for me.

There is an exercise which I can do which brings instant results in the program I begin of liking myself. It sets my senses in motion, it sets my physical body into activity, it commands my brain to input an entirely new set of logistics from which to draw information on which it acts.

I can stroke another person or myself and I feel so very good. I can bathe myself in sweet smelling oils and the senses tingle with the fragrance. But nothing is quite as effective as involving my entire mental, physical and sensitive being into an activity that makes all come alive.

Just saying I LIKE ME is a powerful tool.

Smiling as I say I LIKE ME is also a powerful tool.

Singing I LIKE ME is setting up harmonic vibrations which stimulate my entire body and spirit.

Shouting I LIKE ME stamps this into consciousness.

Jumping up and down, swinging my arms in rhythm with my statement of I LIKE ME, singing this out, shouting it out with the dynamics of my being, happily smiling as I do this—all adds up to a fantastic package.

This activity stimulates my entire being to come alive. It tells my brain this is an important addition to the files and should be given priority in my activities. It is not something I can wait to file later—IT IS NOW, NOW, NOW!

I have some march music going in the background, I dance to the new tune my heart is singing, I jump up and down, I let the spirit of my inner self soak up this new concept.

I know in my heart that TODAY I START A NEW LIFE and watch as the vitality of this newness floods into my being, as the breath I breathe purifies my entire body. I look differently at everything. I experience a reverence for all life that was once a philosophical consideration thought of as lovely but now I am living it.

## NO PLACE FOR DOUBT

In seminars it is fascinating to watch the participants as they join in the I LIKE ME concept for the first time. *First there is a great deal of shyness.*

The feeling is, *No one should be watching me* and then *If anyone I knew saw me I would be mortified.*

Why should these feelings be there? The reason they are there is that I have been taught that I should be ashamed of myself and my actions, of my body and of my brain. I am actually such a silly person to have believed this.

I have been programmed from childhood that there are acceptable things to do and there are some not so acceptable.

While I would think nothing of doing something which would save my life or to improve my welfare, I am often hard put to do it. What it all boils down to is that I do not believe I am working with a principle and I do not believe that the principle works every time that I WORK IT. That is so silly: I say, that is so childish. I say I would never want anyone who knows me ever to see me doing that.

Once I know that I am dealing with a principle, I am dealing with LAW, the LAW of the universe, the LAW OF CAUSE AND EFFECT, this makes it all alright.

In any event, I now get excited, I start to jump up and down, I place the cause in motion for my perfection, for my right action and peace in my life and watch it manifest.

My excitement of getting the principle to work in my life is so invigorating, my adrenalin begins to glow in my system and my entire body awakens. My organs come alive. All of the functions of my body's various systems and the actions within my being dynamically sing out.

At this point my health takes a turn for the better—even better than it had ever been before. Naturally this is so for my body is the temple of the living god and is expressing itself more fully, more smoothly, more harmoniously with itself than it had ever known. It feels, indeed, as though it were born new, and so it has.

I may think that I am totally in control of my world until something comes along proving to me, at least to ME, that I am not a fully responsible being, I am not fully in charge of all of the things that go on in my life.

It is at a moment like this that when I stand firm, issue forth a claim upon the universe, with a joyous heart, a singing heart, I know the confidence of who I am within myself.

This can only come about as I discipline myself with the little things in life; only as I walk away from my own limited past does my abundant present manifest.

## DAILY PRACTICE

The first practice that is vital to my experience of the wholeness and happiness of my life is letting go of the past. To do this requires that I take a few moments everyday to observe what I am doing now and whether what I am doing now is based upon the past or whether it is based on the positive response that I have to the present.

This is not searching out the past in an effort to find what I DID THEN or what I THOUGHT THEN, but rather it is looking at the present and seeing that all of my purposes and projects are based on the current information available rather than the mores of the past, the superstition of yesterday, or the old wives tales that have been the source of so much of what I currently believe and am totally unaware of their unsound base for this assumption and conviction. This can best be done by writing down the things that I do each day. This is not as great a task as I might at first believe. For in reality I do very few things daily—it is more the overall total than the daily average.

I begin my assessment of today with the simple everyday things that happen in my life.

I ask myself these questions and check on my answers:

As I begin my day, why do I wake up in the morning with an erection of my penis or clitoris. Is it because I am unsatisfied sexually or is it that I drank a lot of fluid the night before and my system is ready to eject it. Is this an unusual state for human beings or am I a peculiar person. It is not so much a question as a wonderment of my physical state of being. Why do I place any importance to this condition other than a most natural activity of the body. I have been programmed to think one way or another—now is a good time to set new programming in motion in this relationship toward my bodily function. IT IS NORMAL!

Knowing it is normal I can leave any fears relative to this condition of my body out of the computer misinformation listing.

I wash my face and brush my teeth. Why! Who started this ritual and why was it begun. One thought I have is that I wash the sleep from my eyes. I wash the dirt from my face, but I ask myself, how did my face get dirty during the night. I am also washing off natural oils and the purity of my body with soaps which are unnatural to my body substance. If I were to eat health giving foods and have proper elimination my body magnificently would wash itself in its own purity. However—why do I think these things—why do I do these things. As I question myself I come up with a rather startling awareness of why I and all humanity fall into the traps of conditioning which are more unnatural for the body than are natural.

In my natural state I do not wear clothing. My body breathes perfectly and is allowed to perspire fully and effectively for its own need. The natural oils of my body provide their perfect function and the body is extremely healthy and functions with great ease.

So as I consider why I wash or why I brush my teeth every morning I now have more sound reasoning to base this activity upon.

I do this because I live in an unnatural state.

If I were to live totally natural I would not have to do that. Hence, perhaps it would be valuable for me to consider what kinds of clothing I wear which allow my body to breathe. I can now consider the manner in which I wash my body—bathing it in the air, the sun, and natural water that allows the healthy oils to remain and allows my skin to be eternal as scientists today tell me that it is possible for the cells of my body to live forever.

Why do I brush my teeth. Considering it I know it is because I want my breath to be sweet and to remove all of the decay forming particles which might cling to my teeth. This is now most interesting reasoning. As I choose foods which my body harmoniously digests there is no odor from me. As I eat my food wisely and well the digestion takes place properly. As I drink plenty of water rather than sweetened drinks or other prepared liquids my body is flushed and purified by this most natural fluid passing through it. Where have I been taught to misuse the temple of the living god in which I live. I know the answer only too well—I have not chosen to do what I KNOW is best for me to do. I do what others do. I do what I have been told to do by my parents and teachers. What I know deep within me is right and best I have ignored in favor of living harmoniously with others and living up to their standards and hence living a very short life indeed.

To brush my teeth to remove food particles which would decay and cause dental problems is an old wives tale given to me by my world. I know humans and animals were originally designed to eat the fruits of the plants and the grass and herbs of the fields—not flesh of any kind. It is basically the flesh which rots and forms decaying matter. I know this. It is basically when I do not eat a balanced diet that the natural brushing activity of the fruits do not provide me with the cleansing action that is so vital to my well being. I ask myself how such a thinking got started. The answer is in ancient days when man chose to evolve from the divine to the human to the animal.

Even the animals were not meat eating beings at the outset as my archeology tells me. As I choose to live from the standard of my animal nature—my human nature—then my divine nature takes a back seat. A healthy body functions perfectly, sweetly, without brushing teeth. However, as I consider continuing using an unsavory diet which is unnatural to my body, I choose to brush my teeth to provide the world a health image of me, at least to its smell and sight.

As I continue letting go of the past by considering what I am doing in the present I consider what sort of clothing I wear. Are my fabrics natural and harmonious with my skin. I look over my wardrobe and consider it.

However, I also consider that since I wear so much antiperspirant and block the natural processes of my skin, it does not really matter what I put on it, for the body will not breathe through what I have already done to it. Nonetheless I can change. Now I think sincerely about the ways I can harmonize myself with my real beingness, my divine self. I start with my own purity and work out from there. The superstitions and habits of the past then fall away and a new me emerges.

In emerging from the past I consider the habit I have daily of listening to the news broadcasts of the world. I know that there is little I care to do about what is going on in the world and there is little that I will do. Yet I continuously listen and allow myself to feel sad about it, I let myself be worried about what is happening around the world over which I feel a helplessness. I listen to traffic reports, to tragedy here and there and wonder why my mental attitude is so low, why I pick on everyone in my world, seemingly without any reason—the answer is clear to me now—I have put negative conditioning into my brain and so most naturally negative responses must spew forth to my world. I am too smart to continue doing this. I decide that I will flood my brain every morning as I arise with beauty and purity and will listen to the music of nature, the birds and the breeze, to the music of uplifting musicians on records and tapes. This way I control the subliminal messages given between musical presentations on radio and television. I am onto that sort of thing. No way will I continue it!

I let go of the past by considering my thoughts of the day and of the conditions of my world. Just because the old wives tale says that the picture of the weather this morning foretells the days weather, I put my own conditioning into motion and experience the weather I desire by my thought. The weather does not control me. The weather I see is the weather from within my heart, from within my own creation and I love it. All thought that appearances have any reality for me is a thing of the past. I live in the present which I create.

The food I choose to eat for my breakfast is food that is pure and perfect. I recognize how the advertising has made certain foods sound and seemingly taste so good, but I am onto that. The idea that mother said I must have certain foods was only the training that she had had and which had controlled her world as she was growing up. Just because it was good then does not make it right for me now. I am free from the past conditioning, I am free from past traditions which may or may not have been beneficial for me.

I am living in the present, MY PRESENT! I train myself to enjoy the fruits of the trees and bushes, the fruits of the field, the nourishing wheats and grains, the herbs and grasses of the fields, the natural products which life provides to all so abundantly. As I do this my body functions more harmoniously and I live more fully in my world with a more perfect body.

As I go through the ritual of my day I train my eyes to see the purity and perfection all about me. Rather than living as my life has taught me saying: “Have a SAFE journey.” “Be CAREFUL along the way.” “Look for PROBLEMS along the trip.” The boogie man; the devil; dog-eat-dog world; it is the season for an illness; these are all the negatives that I am trained to enjoy. Now, knowing that the past no longer owns me, I set a new direction for myself in the thinking of my own positive beneficial thoughts in my world and everything I see is beautiful, fulfilling, rewarding and joyful. I choose it and so it is.

At the days-end, rather than listening to the news broadcasts and watching the antics of others who have not yet learned to be fully in control of their own lives and need to be amused by others, I determine my time. I conclude my day in preparation for my night. I choose some beneficial book which uplifts my thinking and my spirit. I read quietly to myself. Then in quietness I take time to meditate—which only means to think about—who I am, why I am, where I am, how I am and knowing that which I am I am! As I think these thoughts at days-end I enter into the most important part of my day, my sleep time. I am introspectively alive.

Before I go to sleep I plant into my thinking all of the beautiful and good thoughts I am able to conjure. As I do this I experience an exhilaration and a peace all at the same time. My brain is quiet, my body is restful, my thoughts have taken on a new direction from the business of the day to the peace of the night. As twilight time settles in my world so it settles in my thinking and I am totally at peace. During the night, while I sleep, my universe is revealed to me. The doorways of inner consciousness are opened wide to me and I know all things. I am one as the infinite wisdom of the universe and my every thought is fulfilled in right answers. I awaken in the morning completely rested and peaceful. I look about me and see the beautiful world I have created for myself. My body is ready to function at its peak performance. My brain is operating on an efficiency level not known to any other being on the face of the Earth. I am flying high.

Every limitation of the past is fully revealed to me for just what it is—A LIMITATION! I release all former bondage to the past and its tradition, its habit and conditioning, and march forward into the experience of absolute FREEDOM.

## DAILY I PRACTICE RECOGNIZING MY REALITY

It is my daily practice of recognizing my reality that my reality is fully expressed in my life. I can live half a life if this is my desire, but it is so very unsatisfying.

I can live a magnificent life, if this is my choice, but it must be a decision that I make momentarily, daily, constantly in my life, for if I do not take charge of this circumstance, then the circumstances will take charge of me and I will be subject to whatever it requires of me.

I daily practice recognizing myself in the area of how I see the values of my life, my purpose and myself.

To do this requires the utmost diligence from me. For habitually I have given up control of myself to others and now to take control causes me to set an entirely new set of values for me to operate under. What are my values?

I have given up control, but now I choose to take control and to live my life to the fullest. I choose to set up priorities which I will dedicate my life to being fulfilled so I may start my new life today.

Just what are my values?

Just what is important to me in life?

Just why am I here in the first place?

These questions are my questions. These questions are the ones that I have asked myself time and again and have ignored really seeking an answer for because I have told myself that it is impossible to come up with an answer. Now I know the answer is within and I intend to find it.

## JUST WHAT IS IMPORTANT TO ME

While others seek material values which have a tendency to pass away, I choose the eternal values and ALSO the material values. All values are good and very good to me hence I choose to have all values in my life. Not just those that are on the mental-spiritual level, all values. So these include the following:

Liking myself.

Living with positive thinking.

Living with positive acting.

Living with sound mental health.

Living with happiness.

Living in peace.

Living in unconditional love.  
Living in harmony.  
Living successfully.  
Living in harmonious relationships.  
Living with personal power.  
Living in material wealth.

## LIKING MYSELF

I like myself. I will teach myself to live purely in harmony and love with my inner—outer—spiritual self. There is nothing about me that I do not like—hence I LIKE ME!

What a great realization to come to that I can and do like myself and do not have to feel badly about it. I can just come right out and say: I LIKE ME!

This is a new experience for me. For up to now I have been told by everyone that it is not polite to like oneself and it is not holy to act that way. Love your neighbor first, love the world, worry about life first, be concerned about others and what others need and want first, not what I desire in my heart. Others always come first.

The great philosophers and religious thinkers of all time never taught such a philosophy.

This limited philosophy had to come from somewhere and I found out where. It came from the great dictators of all time. It came from those who would like to have me be subject to them. It was never written by a free spirit that others come first. This is not to say that others do not have a place in my world—they do! However that place is right after me. That place is right where they are doing whatever it is that I create them doing. I free them IN MY WORLD to do whatever pleases me.

I create them in my experience as I choose them to be. Ah that feels so good to say it right out in the open. I feel so good about this and know that it is true.

It is difficult for me to use the word love, but I can use the word LIKE. Like is a word that does not have with it mixed emotions. It does not have control with it like the word love seems to do.

How often when I was a youngster my mother would say to me: It is hard to LOVE you when you are naughty. Or she would say: It is hard to LOVE you when you do not clean up your room, put your clothes away, do your chores, do your homework, listen to me, mind, behave, do well in

school, etc. These words were not meant to include LOVE in its finest sense, but nonetheless they include the word LOVE and make its meaning less than clear to a youngster hearing it and seeing it in action.

Actually LOVE is not this way at all but it has grown up in my life this way and it is sometimes hard to take. So I just leave it for now and choose to use LIKE in its place—much less complicated.

### I LIKE ME!

I can say that I like my hair, I like my skin, I like my body, I like my clothing, I like my room, I like my mom, I like my dad, I like my brother and sister, I like my grandparents, I like my friends, I like my world and doing this everyone accepts it as it is meant. To say LOVE brings up many connotations in the minds of others which were not meant.

### LIVING WITH POSITIVE THINKING

In all the world it is one of the most fun things to do to get excited about myself. I like it. I thoroughly enjoy it. It gives me great pleasure. It makes me feel good. It gives my life a new life. It gives sparkle and joy to my existence. I am the creator of my world and saying I LIKE ME adds zest to my world in a most beautiful harmonious complete manner.

In every way I choose to use this word.

Words like hate, unhappiness, limitation, mistakes, hope, doubt, lack—all have been deleted from my vocabulary—permanently.

Now only a knowingness floods my consciousness. I live in the present tense, first person, positive right now and it is a glorious life for me.

What is negative thinking? Negative thinking is believing something cannot be done.

I choose to live in the conscious awareness that whatever I conceive and believe for myself I can achieve.

I keep my thoughts positive. I recognize that negative thoughts are positive, but negative thinking is nonbeneficial whereas positive thinking is beneficial. It is my choice to always keep my thoughts beneficial. As I make this decision for myself it is easy to live a likable life. For in that way all of the so-called problems become solutions. All of the troubles of the world melt away in the inner likingness I have for myself. Whenever the conditions of my life seem to be intolerable I stop and say I LIKE ME and saying that it all works out in a most harmonious manner.

It is only when I forget to stop and say I LIKE ME that the conditions of life become overwhelming. The magic words of I LIKE ME melt all negative conditions and I live very harmoniously with myself for I AM THE ONLY PERSON WITH WHOM I MUST LIVE.

To live beneficially I first determine what is right for me and then act in accordance with that conviction. It is only when I do this that a clear unconditional response comes back to me and I know exactly what I am to do and how I am to do it. There is no doubt, there is no feeling of insecurity, there is only a feeling of inner peace and knowingness and I am absolutely assured that I am doing the right thing.

Sometimes others say to me that this philosophy will lead to selfishness and a lack of appreciation of others.

Living in a positive beneficial thinking attitude from the I LIKE ME concept leads to selflessness. From that point on I am no longer seeking things and conditions for myself, I have them and share them abundantly with everyone whom I choose to create in my world. That way everyone is blessed. I am blessed knowing who and what I am and those in my world are blessed in my knowing that what I am they are and what I choose to create them as I AM!

Positive thinking for my beneficial purposes is the fulfilling of the principle of life. I live it well.

## LIVING WITH POSITIVE ACTING

My word is my bond. When I say that I will do a thing I do it regardless what it costs me to do that which I said I would do. It is necessary for me. Do as I say, but not as I do. This type of statement is so common for many in the world but this philosophy is the philosophy of a person who does not know who he is. I say my word is my bond, and it is not a dream.

Too often I have seen others saying one thing and doing another thing. All the while they considered themselves to be good persons, honest and sincere, trustworthy and godfearing. God-fearing in the religious sense of the word to be god-following.

This has caused me to be super conscious that when I give my word it is a sacred trust which is followed. For me action very positively follows upon my word. This is one of the very vital aspects of my living. And I teach best what I most need to learn. I am well aware that this is a concept that is dear to my heart and I live it and believe it fully.

Everywhere I go I speak positively and beneficially. To every person whom I meet I share my philosophy. I live it every moment of my life. I live it thoroughly—not with any compromise, but fully. There is no room for playing games and pretending to be nice or to be compassionate with others to show them how human I am—I know that the divinity in me expresses only when I am acting positively, when I am acting beneficially, when I am acting as my divine reality.

This does not always win me friends, but it always lays the groundwork for my purpose in life, for my direction in life, for my concept of being me. I never have to wonder what stand I took relative to any condition—I am always the same. I am consistent in my philosophy and in my belief. I always am myself and have fun!

The problem I face sometimes is that people find it hard to believe that anyone could live their philosophy as completely as I do. But it is easy. It is so easy to be me that I do not have to wonder. I like me. I enjoy my company. I enjoy being alone with me. I enjoy sitting and seeing the wonders of nature with myself. I do not need to have anyone near to share the beauty of my god creation all about me, it is an inside job and I am very happy being me.

My actions are always consistent with my inner self and my inner self is always consistent with my purity and my outer being shines forth the truth which I am and will be forever in my self awareness and actions.

## LIVING WITH SOUND MENTAL HEALTH

External hypnosis, pills, drugs, others—all are not necessary for me. Since I live from the divine center of my being and totally like myself I have no need for support from the outside of my being to give me the temporary peace to live this life.

Sound mental health begins by recognizing that I am one as the divine within me. I am totally at peace as the oneness which I am. I look only within for guidance and strength, for peace and security, for wisdom and understanding, for the fulfillment of everything in my life.

It was only as I sought outside of myself that I was ever denied anything, that I felt insecure, that I wanted or needed anything. Since I have been looking within myself for the fulfillment of every desire of my heart, every desire has manifested with great speed, with completion and facility.

Because I like myself, I am never concerned about my mental health. I choose to always be honest with myself. I choose to be always aware that within me is the creative force of the universe which demonstrates the

fulfillment of every desired and desirable thing that my world could experience. I am so completely relaxed about my universe that all who look at me sense this inner awareness and this happiness which dominates my being, my character, my soul.

I am one as the universe. I am one as mankind. I am one as myself. Living in this kinship as all life I am never outside of the positive mental health which is my reality. In the same way I create everyone in my world enfolded in this purity of awareness of their divine mental self.

Living with positive mental health, with sound mental health, requires only one attitude from me—that attitude is one of being at peace with my world, of being sincerely aware that I am the creator of my world and taking full responsibility for it.

What causes the lack of mental health in me or in others is the feeling of being alone or of feeling that I am acting from an irrational principle.

The principle that guides my life is a very rational and an understandable rule that is both consistent and workable. It is valid under all circumstances. It works under every possible condition in life. It never fails. It WORKS!

Why then does the principle appear not to work and that it gives me great anxiety when it does not work, causing me to feel bereft of all security in life, to feel defeated?

One reason that the lack of mental health is experienced by me is that I place doubt into the principle and naturally the principle responds to the doubt in the same way it would respond to any separate action placed into it. My statement of positive mental health brings me beneficial mental health.

My doubt says to the principle that I doubt that it will work and that it will NOT bring me positive mental health; so the principle works by appearing not to work, bringing me the opposite of beneficial health, negative conditions. It is all in my use of the principle, it is all in my attitude toward the rule of positive mental health. Mental health is always mine when I speak my word into the universal law and cause it to demonstrate for my benefit—hence positive mental health and perfect right action in my world.

The reason that pills, hypnosis and drugs fail to bring any release from the conditions which manifest themselves as negative mental health is that the pills, hypnosis and drugs merely block the working of the human-physical mechanism, as my body then does not sense the world it has created. These crutches make me think that I am getting beneficial reactions from them whereas the negative mental health is still very much there albeit hidden from my physical awareness because I have pretended chemically-physically that it is not there.

I cannot hide the facts from my brain. My brain is always aware of what is going on, regardless of the pills, drugs or hypnosis. The channels of my brain are overridden for a moment, an hour, a day, a lifetime, but the negative conditions which I have brought into my being are still very much present. Perfect mental health is available to me regardless of what I experienced in the past as I put a new cause in motion for my life and my world.

As I exercise the principle of perfection in my life, as I BEGIN to like myself, the universe responds to me as me in a very beneficial manner. All of the unwanted affects of a poor mental attitude fade away and the new reality of myself takes over and flows forth in my experience. It is a choice of liking myself as opposed to not liking myself.

Mental health is not only available to me through this technique, but it is available to everyone, for everyone is me.

I live in this consciousness and experience its beneficial effects right now.

## LIVING WITH HAPPINESS

I am a happy person. I choose to find joy in all of life. I choose to make every experience of my life one filled with fun and contentment. Because I choose to do this I experience it in my daily life.

This is not something that I experience once in a while, but I experience it everyday. I experience it everyday because I put the cause in motion to have it everyday.

The cause that I put into motion is contained in statements that say to me:

I am a beautiful person.

I like me in every way.

I create about me happy joyous people.

I find a smile on the face of all I create—for I PUT IT THERE. I am totally responsible for the smiles I find in my world and I like my work of creating happiness about me.

I am a happy person under all circumstances.

Regardless what another may feel in their world I bring the happiness which I am into my world and they are in my world, hence they are happy too.

I live continually in a happy state of consciousness and it is present everywhere totally.

Happiness happens in my world on a regular basis because I take full control of my emotions, my attitudes and my thoughts. In this way I make sure that every situation comes to fruition as a happy one. I am the master of all circumstances in my life and I thoroughly enjoy being in charge.

## LIVING WITH PEACE

I am always at peace. I am always in harmony with my divine reality. I like myself. In every sense of the word I like myself. I am not in conflict with myself or my world so I can only experience an eternal peace in my spirit, my life and my world.

If for a moment I should look at others and see them in any way unhappy, or lacking in peace, I immediately turn to the center of all peace within me and quiet my own vision so that what I see about me is a reflection of the peace I am within. In my consciousness all conflict immediately ceases on the outer, for the inner will not accept that into its peaceful world. My world is controlled by my thoughts and my experiences are controlled by my thoughts. So as I stay in complete charge of my thoughts my world is a pure reflection of my thinking—as it always is.

I used to think that I could do nothing about the world conflicts, about the lack of peace that existed about me, and then I began to practice this inner peace and controlling my thoughts. It worked! So now I live continually responsible for my thought world which manifest momentarily as my objective world. I live in total peace!

## LIVING IN UNCONDITIONAL LOVE

Being judgmental has become a thing of the past for me. I live in the world of unconditional love. I totally respect, honor, admire and accept everyone in my world just the way they are—however, I do like myself and everyone in my world.

As I view everyone in my world, they are a perfect reflection of my thought about them. My thought is always pure and innocent. My thought is always accepting and loving. My thought is always viewing EVERYTHING from the highest point of view, hence it is good and very good, in other words it is BENEFICIAL!

Could anything beneficial be unworthy of my acceptance? Hardly! Since I am the creator of my world everything in my world is beneficial and everyone in my world is DOING beneficial things for themselves and others.

With this consciousness it is almost ludicrous to say I live in unconditional love when others do not have any opportunity to do anything which needs to be viewed with my unconditional love.

Actually unconditional love has a very valid place in my thinking. I do not presume other's actions. I do not attempt to live inside the skin of another being.

Often their motivation, their desires for themselves are expressed in ways quite different from my own albeit equally beneficial and loving. Yet, I may not perceive the manner in which they are doing it and it is not my responsibility to see how they are doing anything, only that what they are doing is good and beneficial for themselves and their world. If I see another doing anything which I conceived or perceive as being nonbeneficial, then that is totally in my consciousness and not in the consciousness of another.

The responsibility for unconditional love and all that it stands for dwells absolutely in me and I love it.

Living in unconditional love is not a problem so much as it is a privilege. For each experience viewed by me is one that gives me the opportunity to exercise my ingenuity, my sense of inquisitiveness into my own nature to be sensitive to the person, the circumstance and the purpose.

Often because of my unconditional love life has wonderful surprises for me and my joy is overflowing.

My unconditional love opens doorways to enjoyment for me that have led me into many new and beautiful experiences. It is a joy to live in this consciousness.

## LIVING IN HARMONY

For me, the most happy privilege is living in harmony with myself and my world. When what appears to be a *misunderstanding* comes I immediately think thoughts of harmony and all of the cause for misunderstanding or lack of harmony immediately disappears.

The reason this is possible is that harmony was always present. It is only as I change my viewpoint that harmony becomes evident to me.

Harmony becomes a habit with me as I visualize the sky and see all of the heavens harmoniously moving about each with the other, all with one divine purpose. I see men, women and children living together each with their own divine direction for their lives, so uniquely individual, yet all one living joyously together. I see the animals of the world not as cows herded together eating placidly, but as a dynamic interaction taking place between

vital alive and thrilling beings. I see purpose in even that which appears to be unwanted by recognizing that as I take control of it and see it harmonious, so it is!

Harmony is only available to me as I claim it, as I name it under all conditions, as I thoroughly enjoy it and see it as the most natural completion of my right thinking. I do not force harmony in my world. Harmony IS my world hence it is the reality of my world and I merely open my eyes to see it and enjoy it. I joyously take this privilege every moment of my day, every moment of my life, and take it as a privilege for ME ALONE, it is not something SOMEONE ELSE MUST DO it is something that I do and I experience from within myself.

### LIVING SUCCESSFULLY

Formerly I thought success was only in business—now I know success takes place in human relations, in marriage, as well as in business, and in every aspect of life.

I live successfully because I see everything as a success when I begin any of the adventures of my life.

When I think about any human relations I go into the relationship with the foreknowledge that the experience is already complete and happily concluded.

When I go for a visit with friends: before I leave my home I see my friends happily awaiting my visit. I see them setting up all sorts of joyous activities in which we will engage our time. I see us all sitting harmoniously about the table discussing beautiful philosophical concepts. I see our visit together already complete and fulfilling. Doing this it is a foredrawn conclusion that it will consummate successfully. For it has already been completely lived in my consciousness.

In my marriage relationship I visualize our perfect harmony one with the other. If I sense a misunderstanding developing I immediately change my mental picture from the shadow of unhappiness to a picture of sublime joy. This is a very real picture in me. As I live in this picture it comes forth in my experience and our perfect marriage flows on and on in great successful harmony.

Working with my business associates I see every transaction as completed before I enter into it. I see it as a most harmonious, monetarily and beneficially successful action. I see everyone involved benefitted by this transaction. I see the money already deposited in the bank. I see the papers drawn up to the satisfaction of all involved. I see it as just the beginning of a

long lasting business relationship that always consummates itself successfully.

Success is all that I know and all that I experience.

## LIVING IN A HARMONIOUS RELATIONSHIP

There is no compromise in my life. I live totally by and in principle. I know that every thought I think is the cause I put into motion for an effect that follows with definiteness. Knowing this I use great care with every thought that I think for the effects in my life are sought with sincere preparation and joyously experienced.

I do not live in human relationships.

I live in divine relationships.

To live in divine relationships means that every relationship is harmonious. This is absolutely necessary because the human element has been left out.

The human element is the one which needs to have human stroking—compassion, sympathy, noticing the human limitations and the human foibles. When these are present the reality of life fails to materialize and only the temporary, the illusionary, the limited aspects of living are expressed.

To live in harmonious relationships requires that I be constantly aware of the divine reality of every person, every condition and myself. For if for only one instant I were to see life from the human point of view I would be subject to it and would be unable to operate from the unlimited and the harmonious relationship which is eternal.

Harmonious relationships begin with me and end with me.

## LIVING WITH PERSONAL POWER

One of the joyous circumstances of establishing a new life is the personal power that emanates from this new life. It is a personal power that I could not have dreamed possible for myself because I had heard that only masters experience this and certainly I never dreamed I was a master.

Power is so vast it is almost unbelievable.

I am able to control my relationships with others, I am able to control my abundance, I am able to control my health, I am able to control my success in all areas of my life. I am the total master of my world, my universe—myself!

As master of myself I am able to do the things that the adepts have done. I am able to be sensitive to my world and everyone that is in it. I am able to know all things. I am able to travel in time and space without a vehicle beyond my own body. I am able to talk to anyone anywhere at anytime without a telephone. I am able to experience all of the amazing things that anyone can do because I am one as all. I know that I know that I know, god in me is the answer. I am all wise, all powerful and able to be everywhere. This seems like a tall order for me, but I am experiencing it now in many areas of my life and I have just begun to use this vast power that I am.

### LIVING IN MATERIAL WEALTH

The dream of most of mankind is to live in material wealth. The desire to have great material gain is something that everyone has sought, even those highly developed gurus who often protest they want nothing but then surround themselves with everything—and this is how it should be. I enjoy material opulence too.

I know that material wealth is mine as I live in the consciousness of material abundance. It is not in opposition to spiritual beingness or my divine reality, it is merely living in the awareness that all that the universe is I am and that all that I am I may enjoy right now—so I do! The material wealth I enjoy comes out of the universal substance. It takes from none, limits none and most certainly blesses me in myriad ways.

However to want or need material wealth I scare it away from me. For this is the working of the principle. The principle says that right now all is in the consciousness of the one mind and that all is mine to enjoy right now. The only reason that I would not be now enjoying it is if I were to say that I DO NOT HAVE IT. It is only necessary for me to execute the principle to say: I HAVE INFINITE ABUNDANCE NOW AND ENJOY IT THOROUGHLY. Then it is mine and I experience it fully and wonderfully.

The reason I did not enjoy material abundance as much as I could have before was that I thought that I could only have a little bit of it; was that I thought that I had to receive it through some specific channel which I could not conceive of it coming abundantly from that channel; was that I was not ready to receive it with my open consciousness. Now I am ready and accept the infinite substance of the universe as mine and thoroughly enjoy it.

Basically, material wealth has only one thing about it that keeps it from expressing in my life and that is when I do not hold out a mold into which it may manifest. It is only when I have a mental picture of my good in

my consciousness, it is only when I unlimit the eternal from sharing that it can pour out itself from within me into my world, external or internal.

I practice and apply this basic principle as I apply the philosophical concept of my divine reality. My divine reality is the idea that all is complete right now and the dreams I have in my thought system are the reflection of that which is already complete awaiting my claim for it to be revealed in my life.

## THIS PROGRAM OF STUDY

I come to this program of study with the total awareness that I am in charge of my life. I willingly undertake this course of study knowing full well that my entire life will change and I will have taken the first introductory step to setting an entire new set of concepts into motion for my life.

By entering into this study program I know that many of the old friends who have been with me for so long will fade away. These friends include: unhappiness, lack, illness, death, sorrow, panic, despair, sympathy, compassion, needs and wants.

In their place I experience fulfillment, joy, happiness, peace, well being, success, successful relationships, unconditional love, material wealth, and every completion that has ever crossed my thought.

I recognize that this philosophy is not one which says YOU CAN HAVE ANYTHING YOU WANT! And this is not the type of philosophy that I desire for myself.

This philosophy, however, does say that whatever I can harmonize with, whatever I am willing to take responsibility for in my life, that I DO experience.

I see the vast difference between having whatever I want and enjoying everything possible in my universe.

One way is seeking outwardly for my good while the second method is looking within myself and finding that everything I could possibly desire already exists there and it is only awaiting my choice to demonstrate it in my world of experiences.

I can accomplish this only as I diligently work on the programs which I have decided to program into my consciousness.

Only as I take the time to daily practice these principles which eternally have been known, albeit not practiced, I will enjoy the fruits of my efforts.

The course is beneficial to me as I realize that though I know its wisdom, though I have read it time and again, it is only now that I am putting it to work in a practical and effective manner which inculcates it into my mental system in a workable manner.

Daily I make the following affirmations and reap the product of their planted seedlings in my consciousness:

I am the master of my world.

I take total responsibility for every thought I think.

I think my thought and the power of the universe in me vibrates to reveal it.

I have pure thoughts and my life is filled with purity.

I like Me!

I unconditionally love myself and every person, place and thing in my world.

My body is the temple of the living god.

Every organ action and function of my body is perfect.

I am successful in all right now for my thought is revealed perfectly.

I have a wonderful journey each day working on these lessons and I see the results NOW!