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## **LIVING WITH POSITIVE ACTION**

I fulfill the vow of my words in actions.  
I create my world about me by the thoughts I think.  
My positive actions are the result of my thought.  
I think only that which I wish to have as a deed in my experience.  
I act from the divine center within me and all of my actions are harmonious with my choice for my world.  
I practice what I preach.  
I practice unconditional love with everyone.  
I experience perfect health through my words fulfilling themselves in action in my body.  
I live in harmony because I am at one within myself.  
I am a friendly being in all of my inner responses to life and hence I call all, my friends.  
I love all because I first love myself.  
I am a free spirit and I allow all others this freedom.  
I know that I know that I know god in me is the answer.  
Daily I practice being my real self.  
Through practice I achieve my reality now.

### **MY WORDS ARE ALIVE WITH MY ACTION**

All begins first in thought. Then the thought is carried out into action by itself. I do not have to make the thought demonstrate itself in my world. Thought demonstrates itself in my world because it expresses what I am thinking about. It is what is real within me. My thought is the divine power

at work in me and because of this, nothing I can do in the outer will ever be more powerful or more productive than the thought work that goes on within my very being.

Everytime I seek to do something in the outer because it is necessary, it falls flat unless first I have conditioned the attitude and the action within my own thinking system.

My words are hollow when they echo another being's philosophy. My words are hollow when they do not fully reflect my thought about myself and my world. My actions and my deeds are formed upon my inner thoughts alone. Whenever I seek to do something in the outer that is not conditioned by the thoughts of my brain then I will not come to fruition.

I am often told by others that I should act regardless whether I believe it or not and it will come to pass. Act as though it were so and it will be. This concept can be true, but it can also be false.

A child who fulfills his parents desires will do the will of the parent; however, until the child makes that desire or will his own it will be a distasteful experience and one from which he will not reap a harvest of successful and positive encounters with life. I can act as though I am all of my life, but until the thought precedes the action the action is without meaning and content. My actions are all done based upon what I think about. If I believe that a thing will not work out and will not have success, it will not. If I believe a thing will have success, it will.

Now I say to myself: I have believed a lot of things would be a success and they were not. Hence the principle does not work, at least not all of the time. Or does it?

The principle does work. It does not work, seemingly for me, when I do not use it as it is designed to be used. The principle is a one-sided entity. It can only have one thought upon which it works. If there is the slightest doubt in my thinking about it, it is confused and does not perform the way I planned it to work.

If I put the key in the car and begin to turn it to make the engine start and at the last minute think to myself it will not work and return the key to the off position, there is seemingly no way that the engine will start to function. Seeing it this way I understand definitely why the car will not start. If I treat principle the same way turning it off before the engine even starts, naturally there will be no positive results.

Words that are said with no meaning behind them bear no fruit. Thoughts that are not consistent accomplish no goals. Hollow words are like the ignition key turned on and then in doubt that the principle works turned off once again before any positive action takes place in moving the

automobile. I determine to plant my thoughts like seeds in the garden. Then I nurture them with the love of caring and TOTAL RELEASE and in a surprisingly short moment they burst forth full grown.

Strange how nature offers me the key to understanding myself and yet I do not read the pages of her book for me. The key to successful living, to maturation of ideas and concepts, floods forth in my indwelling self and manifests itself outwardly in my perfect world as actions and deeds.

My words are hollow only when I think them and do not follow up my thought with mental action, creative thinking.

The only place that any action can take place for me is in my brain, in my thinking, in my head. Any action that I think I should do in the outer would be useless unless it is a response to the inner action.

I have felt in the past that I had to do things and get work done by my physical action. That without my action nothing would or could get done. I was indispensable and without me the job just could not get done. Often, to my surprise, it was done even better than I planned to do it. True it was done by physical beings, but only in response to a mental concept.

## I PRACTICE WHAT I PREACH

I live in a mental universe governed by mental rules of conduct and action. There is one Law in my mental universe and this is the LAW OF CAUSE AND EFFECT. For every cause I place in motion I get an effect. And these causes are mental causes which bring about both mental and physical effects. For the universe provides me what I desire of it according to what I create in my inner consciousness.

This is why I am so very careful with the kind of words that I speak and think. For they not only reflect what I think of myself but what I experience in my world.

My entire life is filled with accomplishments which I have brought to bear by my thought. Everything that has come into my world came as the result of my thought.

I am what I live and I live what I am.

I practice what I preach and I preach what I practice.

Whatever I am in my life speaks out so loudly that no matter what I might say to the contrary no one would pay it any attention. In the same light, no matter what another would say about me in my life, what I am stands out so purely that anything to its contrary would not be recognized or in any way believed.

I live my life always delighted with what is said about me around the world for it is always happy truth. For who and what I am is so obvious that it is given constant recognition.

I am the beauty of all life. For wherever I am the flowers grow and the birds sing. When I walk into a room the sound of laughter rings out and the joyous sounds of love in the hearts of everyone present is more assured than ever before upon the face of the Earth. I am the light in my world of all who are near. I am the wisdom of the ages expressed in the sharing which I am. I am the wholeness to those who might know their physical wellbeing. I am the outreach of the soul of all in my universe. For each is me and I am they—we are all one in the unity of perfection and infinity of beingness. As I recognize this so I am—and I do recognize it NOW!

This day I set a new course of action into motion for myself. I look at myself and see only the purity and goodness which I am. The world always sees only what I am and my reality shines out like a giant beacon. My purity of vision is infinitely responsive to the truth of me. This is all that I share with my world.

Every person who comes into my life sees what I am. I am the harbinger of my own reality into my own world. Others know of me only by what they see in my consciousness, in my light that shines so brightly because it is my divine being. Others know me only by what I TELL THEM and I tell them true. I tell all in my world that within me is the purity of all. Within me is the divinity of everyman for I have created everyman from out of myself and everyman is me—perfect and good in my vision.

I know the importance of every thought that I think. My thoughts are the seeds from which grow all of the flowers in my garden. Regardless what I seek in my life, in my world, it comes only as I plant the right seeds in my consciousness. It comes from the reality which I am. It comes from the one source of all which is within me. I am the mental house from which flows everything which I am in my life. It is a beautiful fulfilling experience.

I tell myself and my world that every thought I think is one that I desire to bear fruit. Every thought that flows through my mind is a thought that is fulfilling and rewarding. Every idea in my consciousness I desire to manifest. I desire to have it reproduced in my world. As this is my desire, so it happens. It happens so consistently that I trust in it easily.

## I PRACTICE UNCONDITIONAL LOVE

To develop the action side of my nature I continually practice unconditional love. This love is one which needs nothing from another,

wants nothing and thoroughly enjoys every circumstance and relationship which I have created.

Unconditional love is so supreme it judges none. It totally frees everyone, including myself, to move about my world in any way that pleases me. There is no right nor wrong. There is no good nor bad. There is no positive or negative. There is only that which is. That which is nameless and that which is the creative cause of all that is and ever will be. This is a love that accepts all, rejects none, makes no divisive statements about anyone. It is a condition that is so supreme, so utterly marvelous that few can understand it in its absolute purity.

Today I begin to practice unconditional love.

## EXERCISE

I take a page from my notebook of life and I write down the name of every person whom I dislike or have anxious feelings about.

On the next page I take each name one by one. As I do this I look at the person's name and write down WHY I do not like this person. I am totally candid and frank in my opinion. As I write this down I study the name and the reasons I dislike the person. I carefully note these in great detail. I notice what I say and why I say it. As I do this I recognize certain specifics taking place. Each of the aspects of that person whom I do not like I find that the reason I do not like them is that they have qualities just like mine. We clash. I find that they are so like me in many beautiful ways too. I find that there is more that would make me like that person than there are to make me dislike the person. Now all of the reasons I had for not liking that person are gone. I am totally one with them. I feel a kinship which is warm and rewarding.

As I go through the list day by day I see the results of my definite and diligent study. No longer do I feel a distaste and unhappiness for each of these people, but I feel a friendship which I never dreamed possible in all my life. It is a wonderful new feeling.

Without reservation, I take this list EVERYDAY and go over it carefully making sure that I cover every possible point of contention. I cover every possible point of contention. I cover every possible reason for our disagreement—and as I do this great miracles take place in my life and in theirs.

This list could take weeks or months, but regardless how long it takes, I lovingly give it the time it needs. The results are well worth the time it

takes for me to do it. I can already see changes taking place and I like it. I feel more masterful over my world.

Unconditional love unchains me and my thinking from old beliefs and new crystal clear concepts come over me like the waves in the ocean and I am surrounded and enfolded by this new pure consciousness. There is no other solution for being my pure divine self except to be and enjoy it.

Unconditional love opens another doorway that I have not recognized heretofore. That doorway is one of self discovery. For as I love myself and everyone else in the world I find that I am pretty special to love. I find that within me are depths I have never plumbed before. There is a me in here that is quite special and free flowing.

As I search within myself through meditation, through my thinking about myself, I find that I have talents I have not considered before. The more I like myself, the more fun I have in researching my indwelling consciousness and finding that there is really a pretty great person living in this temple of the living god.

The only reason I have not developed my talents and my genius which indwells me is that I have never thought it was so terribly impressive or important. I have always felt that my humble contribution would not do much to change the world.

## EXERCISE

Daily I open my notebook of life and write on it the following ideas:

In what area would I like to work if I had my choice? What successful executive or professional or artist or person do I admire more than anything in the world. Who do I feel a warm attachment for as a good human being. Who do I feel has made the greatest strides in their own personal spiritual advancement. Who do I admire most as an advanced consciousness. Who would I like to be—if I had a choice?

Now I take this list and I enlarge on the person or persons I have listed here as to what are their fine attributes that are the most outstanding to me that I would like to express in my life.

As I do this I begin to notice a most remarkable thing: I have these attributes. I have these talents. I have the very qualities I most admire. It is such a good feeling and realization to come to know that those things I most greatly admire in others are truly what indwells me. So now that I know that I am the very attributes I admire so in others, I begin to polish these talents in me and watch them express admirably.

Everyday for an entire month I claim these attributes and I experience them coming alive in me. Everyday I write them down and enjoy watching them manifest in my experience. It is what I had always dreamed and now it is true for me.

Feeling this unconditional love for myself and my talents I find that I have a new caring feeling for myself and this new caring feeling is so rewarding and fulfilling. In this practice I learn to have unconditional love for myself and my occupation and for my fellow creatures on Earth.

My unconditional love opens the doorways of my thought system to such a beautiful high that an exciting new me has come forth. I feel more youthful, I feel more vital, I feel more alive and filled with a vitality for living that I had never known before. I have made the claim upon life and life has generously given it to me.

It would seem like it had come from outside of me—but in truth it has come forth like a river from the center of my being and is manifesting itself in the purest colors, in the purest awareness, in the purest expression I have ever known.

As I put this technique into practice every thought I have ever had which is rewarding and satisfying once again illuminates my consciousness. Once again the dreams of my heart come up from the depths of my innermost being and I am aware of a self of me which has lain dormant, which has slept for so long, that I had almost forgotten it.

What great joy I now feel in reenlivening this emotion, this feeling, this understanding. The new dreams of my inner being feel as though they have a right to be. They now have a home in which to dwell harmoniously, where they are wanted, where they are enjoyed, where they are encouraged.

## I PRACTICE HEALTH

Wholeness, like any reality in my life, needs to be in my awareness to be alive.

I think that because I am unaware of parts of my body that they are in perfect health. I think that because I am not sensitive to certain conditions in my body, that they are demonstrating perfect health. This is the image I have been given by centuries of training. This is false.

Within my body are processes which take place implanted by the conditioning of my thinking. These processes destroy the eternal youthfulness of my being. These processes wipe out the natural vitality of my body. These processes age my body and cause it to come to an end when it is not necessary for my body to ever cease serving me in whatever world,

in whatever dimension of beingness I may travel in on my various journeys playing the game of life.

Because this has been programed into my body I must be vigilant about it. I must make a decision to either fall heir to it or direct it properly from my inner wisdom and my outer awareness of who and what I am.

My body is the temple of the living god. It was designed to be the most magnificent structure conceived for me by me. Its purpose is to be my vehicle to carry out the desires of my brain and my consciousness.

My body will serve me well so long as I masterfully take control of its operation. So long as I choose what it is that my body will experience. So long as I choose to be its master in its operation saying that it is perfect, pure and eternal. Should I allow the conditioning of my peers to subject this body to erroneous concepts then I must lay down this body from time to time calling it an old coat. Then I must suffer pain and unhappiness in this body saying it controls ME rather than that I am the master of my physical home.

To be its master I must constantly be aware that it is a perfect vehicle. I must be aware that all of its functions are perfect and eternally expressing agelessly. This requires that every moment a thought enters my thinking that says I am suffering from an imperfection, I recognize this is false and do not give it room in my thinking but rather claim the truth about my body that it is whole and perfect. I know that this body is the temple of the living god and always whole.

As I come to this awareness, as I know that all that I am in consciousness my body is in its outer effect. That no matter what thoughts I may have previously held about my body that today I begin to recognize the truth of myself and today I express my perfect temple, one of my choice and selection. One which demonstrates exactly what is my image for it.

At times I feel that this is a losing battle. At times I look at the work ahead of me and feel that there is no chance that I may express the perfection which I am. My body is so very limited and it is suffering under such a great loss so there is no chance for perfect health. The only chance for me is to die and cast off the old body.

It merely means that the change in my consciousness must be all the more intensive to counteract what I have been feeding into my thinking for so long. It merely means that as I change the attitudes I have held, as I change the beliefs about my body and my reality that have been so dear to me from the teachings of the world in which I have been living, then the newness which is my reality may come forth.

My reality may not express so long as I hold onto the old concepts about myself. So long as I am true to the former opinion about myself which

says that I am in any way limited, so long will the limitations be mine. So long as I say these are the facts of my life, they are mine—for arguing for my limitations only cements them all the more securely in me.

Now I look forward triumphant to acting in the outer what I am in my inner. As I change each concept within me the outer world of my body and my affairs expresses what is the new belief about myself. Perhaps not all at once, but bit by bit, little by little, I am what I really am, a spiritually whole and perfect being, spirit, mind and body. This is the reality of me and demonstrates itself in me as me only as I do my homework. Only as I apply the principle which says I am a divine being expressing in a divine body in a divine world.

I act positively within my thinking and it is so for me.

Every moment of my current life I am told that cell by cell my body is being renewed and changed. I am told that in a short time my entire body is new and changed—completely new cells are my body and my former body is not the body in which I live even day to day.

This need not be the case. In fact this is not the divine design. It is a creation of a limited consciousness which says the old must pass away. Saying that all is not right now in absolute perfection. Saying that change is necessary to growth and development. Saying that the divine design is one of eternal change.

The divine design is one of consistency. The divine design is one of perfection right now. In the divine design there is no change. In the divine design the absolute is in the present moment. In this perfect pattern there is nothing lacking, nothing needing to be changed or developed or to be grown from one point to another. It is now complete in the divine design.

It is the game of life I play which says that I must grow and expand my awareness to the fullness of my reality. This is the thinking of human man not divine man. Divine man knows that all is perfect, whole and complete right now.

There is no need for change for the perfection IS. Once I know this then I experience this. There is no tomorrow or any yesterday, all is right now, right here, the present moment which is eternity all wrapped up in the here and now. It takes a very positive attitude of mind to enter into this reality domain, but I can do it and I will do it and I am now doing it.

I begin today claiming my pure and perfect body. My temple of the living God. I begin today recognizing that the concepts of old are no longer valid for me. I live from a new awareness, the awareness of the truth about myself. I live from the attitude that I am perfect now and always.

This moment I begin to put this in motion for myself.

## EXERCISE

In my notebook of life today I write down the truth about myself. I write down what my body really is. I write down the spiritual reality of this divine vehicle. I write down the facts as I have now come to know them. As I do this day by day my body once again expresses from its pure nature and the divinity from which it comes is the foundation of its expression and beingness.

From my toes to the top of my head my body is perfect.

Every cell of my body is ageless, eternal, beautiful.

My eyes, ears, mouth and brain function divinely now. They are pure and perfect. I see the joy of life all about me, I hear the rhythm of the universe which I created, I speak the symphony of life guided by the infinite wisdom of all which rings out from this fantastic brain within my head.

I listen to my heart and know it is a divine instrument within this perfect body carrying on its magnificent function in perfect order now and always.

My lungs are the focus for purity of the inspiration of all and the expiration of the manifestation of my pure self in my pure world.

My vital organs are totally pure and perfect right now, they know and do their perfect work eternally whole.

My skin is the purest silk, the largest organ in my body, it is the joyous center of sensation of my outer world, perfect.

Everything about me is perfect right now, for everything about me is divinely created, divinely functioning, divinely eternal right now.

My body can only know what I tell it and can only act from the information which I give to it. It will always act according to the divine pattern that I give it and it will always act perfectly when it is given perfect information about itself.

My body is pure energy. It is vibrating at a very special rate of vibration and everyone of its functions are in harmony with one another. Because of this it is a divine vehicle and is always perfect.

To experience a whole body takes an inward experience.

The action that is necessary is within myself. It does not take any outer pills, medicaments, manipulations, or any action of an external nature. All of the action for bodily perfection takes place within the body itself.

How it takes place within the body has been a mystery to scientists.

Currently scientists are working on the theory of energy, of atomic vibration within the individual cells of the body. Every cell, scientists tell us,

has an intelligence which informs it what its duties are within the body. Also these same scientists tell us that ANY cell taken from the body of an individual is able to reproduce that same body and in the replication of additional cells, each cell knows its perfect function, contains all of the working tools necessary including its secret genetic codes and its maturation program.

The interesting thing is that each cell knows what it is to do and does it. Should it not do it the body would not form properly. The question I suggest here is: if every cell knows its perfect work why do cells sometimes work improperly. Why do some cells produce incorrect results when each cell knows inherently the proper work it is to do.

The answer: I have told the cell in MY body what I expect it to do and how I expect it to do it according to the information that I have to work on. I tell it according to the misinformation that has been given to me and which I have accepted. I tell my body it is not well, it is not perfect, it is limited, it is mortal and so my body responds to me. It acts according to the information and the instructions which I give to it. My body has no other possibility than to do as I bid it. It is my body.

Should I tell my car to go a certain direction, it must go that direction because I turn the wheel, I put my foot on the accelerator, I manipulate my automobile to respond to me. Should my auto not respond to me I force it to do my bidding. I put a more powerful engine in it. I put larger wheels on its rims. I put in seats or take out seats as is my pleasure. I overload it with luggage or never use it to full capacity. It is all according to my pleasure. I drive it hard and fast and do not maintain it with love and facility and wonder why it wears out so fast. I am careless about its exterior and it rusts and wears out. I am careless about its interior and it soils, it loses its new appearance, it ceases to be a joy forever. It has been my choice. Some people keep their cars in tip top shape and their automobiles live to be classics.

My body functions in somewhat the same manner. My body is a more sophisticated vehicle. It needs only one thing from its user/owner and that is the proper thought about it.

I used to think it needed proper food, exercise, water and sleep. I used to think it needed to be well cared for physically so that it would give me long life. Now I know differently.

My body needs only one thing: PROPER THOUGHT ABOUT IT!

There is only one thing that will maintain my body for me in its most effective manner and that is what I think about it. For my body operates solely on thought. Whatever my thought is about my body, my body responds to this. If my thought about my body is that it is whole and perfect,

it is so. If my thought about my body is that it is not perfect, it is so. This is the substance upon which my body operates.

Why is it I feed my body food, water and exercise?

I have been programed to feed my body in this manner and I have dutifully done this and apparently my body needs this to exist. Yet I know of beings who live without eating. They are presently being studied by scientists of the world as an anomaly, truly a paradox in the experience of men. So irregular is their pattern of existence that they are thought freaks rather than exercising an activity of principle which says that man shall not live by bread alone, or bread at all.

The universe is filled with energy and this energy is the vibratory activity which punctuates all that is. It is the vitality of all. It is the substance from which my body is formed. It forms the stars, the Earth, the plants and the life that exists anywhere. It is the essence of that which is. And nothing exists save that which is formed of the energy of the universe. This energy needs nothing to keep it alive. This energy needs no water to exist. It needs no food to keep it alive. It needs no clothing to warm it. It just is and it is magnificently so.

Why do I need all of this outer substance and this outer manifestation to maintain my beingness? The answer is that I do not need it, but I THINK I DO, so, so long as I think I do I do. When I change my thinking about my needs, my needs will change in like manner.

What is it that forms my body?

My body is formed by my thought about it. It outpictures exactly what image I hold in my consciousness about it. So as I desire to change my body in any way, to my benefit or otherwise, it is done in my thought.

The positive action of perfect health manifests in my body as I work within myself seeing myself perfect and seeing my body as the manifestation of my thought instantly.

It is an instant response that I may have from my thought should I be sincere and dedicated in my desire to accomplish this end. The choice is mine. I choose wisely.

## I PRACTICE HARMONY

My world is perfect harmony.

I know only harmony in myself and my world.

I love myself and loving myself I am so happy I see only harmonious actions in my world and in my personal life. I am so happy that I CREATE harmony by my choice.

Every human being on the face of the Earth is totally subject to my attitude about myself and my world. Should any person come into my environment they would immediately see only harmony, happiness, right action and peace—for such is my creation in my world. Anyone unable to see this would not appear in my world. They could not BE in my presence, for only those who are harmonious with me and see from the pure vision which is mine are in my universe. I am totally master of my world and my experiences. I choose to live harmoniously and anyone in my world lives just as I do.

This harmony is not wishful thinking, this is reality.

For all in my world are the creation of my thinking. I think beautiful thoughts and my world is filled with people who think beautiful thoughts. I live a joyous successful and fulfilling life and everyone who chooses to be in my world and whom I choose to have in my world live joyous successful and fulfilling lives. This is my creation.

The creation takes place so beautifully because it is a creation of what I am doing inside of myself. It is not something that is outside of me. It is not something I do to others, it is not some action that I take outwardly to make something happen in my experiences, it is all within me.

Realizing that I can create from within my consciousness I have come to a condition that will not let me alone.

This condition is that I have brought every condition and experience into my life that I have heretofore had—this causes me no little qualm. I can no longer say that others are responsible for the circumstances which I have had in my world. I can no longer place responsibility outside of me for what happens in my life, no matter what happens.

With this realization I come to a new awareness that I am indeed the master of my world. With this realization comes the confidence that I may take control when I choose, but only when I choose. It is never forced upon me nor is it given to me, it just is there for me to utilize should I so choose.

In the past others have made me unhappy.

In the past others have made me happy.

In the past my world has been controlled by others.

In the past I suffered under the will of others.

This day I take control of my world. This day I am the master creator of all of the experiences in my life. This day I choose what I will know and what I will do. I do so not so much by my WILL but by my choice freely done. I lovingly choose to do whatsoever I do. It is not a panic condition nor is it a situation wherein I am forced by circumstances to take one stand or another, I joyously choose what I do and do it lovingly and fully without

coercion from anyone, any place or any thing. I am free, totally free, now and forever more.

To live a harmonious life I THINK harmony and joy all of the time.

Yes, this is a new direction for me. Yes, this will take a lot of my attention. Yes, this is not something someone is going to do to or for me I must do it for and to myself. Yes, I choose to do it and Yes, I will have fantastic results.

It would be so easy to take a “harmony pill” which would make everything in my life harmonious. It would control all of the circumstances in my world so that everything was good and neat. All the rough edges would be filed away and all of the intolerances would be ironed out. This kind of a pill does exist. It is called a tranquilizer. It takes all tension from my consciousness and I become as a lifeless being. This is not what my divine reality has in store for me. Surely I desire more than being a vegetable in my world.

To change all of the conditioning that has brought me to the life where I am now and where I am experiencing less than perfect harmony will take a little thoughtful effort on my part, but nothing more than that. It will only take a few minutes of my day in a diligent directed effort to plant new concepts in my awareness so that new experiences may manifest in my life.

I practice this on a regular basis and get systematic responses from my practice.

To practice harmony in my life I think loving thoughts. I think of all the world as loving me, even as I love the world in which I live. I start out liking myself and with this same feeling of great joy and love I like everyone in my world. With this, great feelings of positive living and being come back into my world. For whatever I give out the world reflects the same thing back.

If in my world I see unpleasantness it is usually very difficult for me to take responsibility for creating these unhappy things that I see there, however it is me who brought them there. It is me who gave them life by my thought. It is me who concentrated upon the appearances and called them forth. Now it is me who concentrates on the real and brings my reality forth into my everyday experiences.

Today I think of myself as pure love.

Today I think of myself as unconditional love.

Today I think of myself as perfect peace and the creator of perfect happiness in my life.

Today I set a new cause in motion in my life and create a world within myself of total harmony. I look for harmony under all circumstances. I look

for harmony in the trees and the flowers, the birds and the bees, in the weather, in the world news and local news, I look for harmony in my friends, in my relatives and in my family—but mostly I look for harmony in myself and find it there.

Looking for harmony I find it for I am the creator of all of the experiences of my world. As I look lovingly for harmony I see it everywhere manifest. As I look about me to find the joyfilled spirit of mankind lovingly sharing all it is with one another, it is there awakening the unkindled flame of peace and goodness within my heart. As I look at the world about me I see the most magnificent reflection of that which I am and it gladdens my heart. I am a good creator.

As I play this game of creating harmony in my world I find that the game becomes a way of life and everywhere I turn the universe floods back upon me what it is that I first gave forth from myself. It can be no other way. This is the way of harmony which I am.

### I PRACTICE FRIENDLY LIVING

An old adage says: To have a friend I must be a friend.

There is much truth here. The experience starts within me and then expresses in my world.

To have anything I must first be that which I would have. For unless I am that which I desire for myself I can never have that which I desire. Unless I have it within me I can in no way have it in the outer experience of my life. It is a simple and yet a very demanding reality in my life. It is only as I live the truth that I am the truth. It is only as I am a friend to myself that I have friends in my world.

The reason for this is only too clear. The world is but a reflection of what I believe about myself. If I in any way believe that I am friendless, then I close off that part of my expression and friends are foreign to my nature. Hmm—foreign to my nature, what an interesting expression. That which is foreign to my nature I do not experience, never can and never will. WHY because I do not align myself with the nature that creates in its world the oneness that is so very important. I say of others that it is their nature to be sunny, to be loving, to be generous, to be friendly, to be outgoing, to be expansive, to be intellectual, to be so very marvelous that everyone wants to be with them whenever they are able. This is a beautiful consciousness.

I choose to have in me a consciousness which creates a world about me filled with friends.

I look at every person in my world and see the purity of myself. I look with unconditional love and with this love I see the beauty of my soul expressed in every person who is in my world. In this light my world is beautiful and good and in this light every person is a pure reflection of my thought about them. Every person is only what I have created them to be and I create only joyous fulfilled and fulfilling beings.

I take special joy in creating these friends. For I realize that with what love I create them so they are loving in my world. I thoroughly enjoy this activity!

## I PRACTICE LOVING

I met a person the other day who made me very unhappy. I looked at them and felt a deep sadness within me. I felt a great desire to be away from them. I felt as though I were being caged in, boxed in, manipulated and controlled. I felt a tension that I did not want and hurried out of their presence as quickly as was possible. Even so the memory of the encounter lingers on. Even so the feelings that were then are even now powerfully pregnant in my thought. I am even yet under the spell of that meeting.

This recitation is not unusual. Often I meet people like this. Who are these people that they can have such a heavy affect upon me and leave me so drawn out I feel useless for a long time afterwards?

These people, like it or not, are ME!

These people are the reflection of that inner self of me that is not always on the surface. The reflection of that inner self that I tend to pretend is not there. That subliminal self that is insidious in its presence, self-righteous in its feelings and demanding in its influence on me. But always, “these people” are me!

Whenever these people come into my awareness, into my world, I have the perfect opportunity to practice loving. For it is not “these people” but more it is my attitude toward them and my attitude toward myself.

Deep within my subliminal thinking there are feelings of dislike for myself which have come to me over the years. These feelings of dislike may have had a real basis in the past, but today they are no longer valid. They are based on old information which has long since ceased to be current. How long must I be subject to these subliminal conditioning thoughts? FOREVER! Yes, forever, unless I decide to handle them as they come into my awareness. It is not so much that it is someone else who is at fault—if anyone is at fault—as it is a matter that when the condition comes up, I face it and handle it and dissolve it.

In the past I just was angry whenever this thought came to me. Now I can look at the condition or feeling and say to it, I am master, I am a loving master, I shall take positive ACTION here and set this thing right.

If I get out and box the ears of the person involved I may well get my ears boxed. If I do any physical outward action I will find that the response I get is less than worthwhile. There is only one action that I can take, and this is the loving action within myself. This is the action that says I change my thought about this and in changing my thought I change my experience regarding it.

FIRST, as always, I love myself.

SECOND, I love the other person.

THIRD, I love the effect I see and then dismiss it giving it no more power in my universe.

As I do this, all of the vindictiveness fades away. All of the blame for the feeling dissolves. All of the feeling of control by another ceases to be and I am once more free. I am free to be myself. I am free to experience everything that is good and beautiful. I am free to have a new relationship with this person under different circumstances wherein we love one another. The negative influence is gone because I have made of the circumstance a loving relationship. I have taken charge for myself and my world.

A friend said to me that they did not want to associate with another person because they were not as highly evolved as they were. They did not want this low consciousness in their world. They felt that the person with low consciousness would drag them down and would cause them to be defeated in their search for their higher calling.

I was reminded of the words of the master teacher when his followers and friends heard he had dinner with the evil rich man and at the same dinner a woman of low repute had come in and with her tears washed his feet and with her hair had dried his feet, he said to his "high consciousness" followers: I have not come to help those who have found the way, but to show the way to those who have lost their way.

I live my life from this day forward in total love. I live in the consciousness of sharing with all in my world the way that I know. Though they may in appearance be of low repute or an evil rich being, this illusion is only in their thought, not in mine. I see them lovingly. I see them with the unconditional, nonjudgmental love, that frees them to leave behind whatever they choose whenever they choose and walk the high road of purity and truth. As I SEE THEM DOING THIS in my experience they are doing just

this. I so free my thinking from any thought which makes comparisons that I am free even as I free all in my world.

## I PRACTICE FREEDOM

I rise into a newness of life from the compulsion of my former ways which required me to live by the standards of others. Now I practice freedom to be my total uninhibited self. With this freedom comes great responsibility. For in running away from anything I am not free, it is only in facing the issues of life and being master in them that I am free and able to always be free.

In the past when I did not like something or someone I would turn tail and run away from the circumstances. With this escape I would experience freedom for a while—until I thought about the situation and immediately I was a slave to the illusion. Immediately I was taken back in consciousness to the experience and all of its emotional impact upon me. I truly had no freedom in running away, I was all the more tightly bound because now the physical experience was not there necessarily, but the mental illusion was stronger than the physical appearance had ever been.

It is so very important for me to face conditions in my life as they happen. Be the master of the experience and as I take this control the experience ceases to be the ogre to me it had been. It can no longer feed on me when I face it, see it for what it is and dismiss it from my thinking.

I am free only as I take responsibility for my world.

I am free to live in a cave as a hermit, if I choose. Should I so choose living in a wilderness cavern I must consider what I will do there. Meditate. Eat. Sleep. Care for my body. Live. Some would not call this much living. Would I call it living or just existing. Have I prepared myself for the life of a meditator, an ascetic so austere in appearance that few would want to know me. Even in such a hermit type of existence I must take responsibility for the outcome. Do I want to be responsible for that way of living. If I am willing to take responsibility then this may well be a form of freedom for me.

The freedom that I am speaking of here is the freedom to think my thought and have the power of the universe vibrate to manifest it.

The kind of freedom I desire for myself, is the freedom to think as I choose, the freedom to soar with the wings of eagles the inward reaches of my consciousness and finding there the purity of my divine beingness, remain there and live in this awareness. I would as a free spirit lift up my eyes unto the magnificence of the reality which I am and know my purpose

in life, know the direction that I may take to achieve this most effectively and now.

I choose freedom. Freedom to live in a world filled with totally illumined spiritual beings. To live in a universe in which every intelligent life form moves harmoniously with the other. In which the dreams of my heart are the dreams of every being. The illumination of my soul is my desire for every being in this ascended state of consciousness.

This is to me freedom. Freedom in its highest form.

This is the freedom I give to others, that which I would know for myself. I see every being in my world free to be themselves in total awareness of what this means to them.

Unless I free others in my world to be themselves I will never be free myself. Unless I allow all in the universe to express their own inner magnificence I will never know it to the fullness that it is possible to be for me.

This action in my consciousness is probably one of the most instinctive and powerfully motivated actions that I could ever know. It is a controlling action that demands of me all of the awareness that I can muster. It requires of me that I daily put into motion the thoughts that generate freedom in my life and in the lives of those in my world.

Thoughts that generate freedom are such as these:

Today I determine what values I have for myself and freely stand up to these values and take responsibility to carry them out in my daily living in my daily thinking.

Since I am free, today I LOOK AT EVERY BEING AS FREE and fully responsible in their lives to carry out their dream for themselves. I see each one doing it nobly and happily. I see each one as a pure reflection of the freedom I am in myself.

Today I listen to the powerful voice of my divinity within me and follow its directions regardless where they may lead me and as I do this I experience absolute freedom.

I am free to be me. I know who I am and I am that which I am and I enjoy being me.

So long as I follow my inward leading I am always assured of being on my finest path, always listening to the divine within and everlasting freedom to be me!

## I PRACTICE KNOWLEDGE

I am one as the knowledge of the universe. I act positively in this awareness and I experience the total knowledge of allness in me now. In this light I use it well and completely. I use it for great and for little things easily and well.

I know that as I make the statement of truth about myself I EXPERIENCE the wisdom, the intelligence, the knowledge of all in my consciousness right now.

I say of myself:

I know  
That I know  
That I know  
God in me  
Is the answer

This power statement works miracles. It opens doors for me in my consciousness and in the consciousness of everyone in the world. All of the wisdom of the universe is available to me as I use this statement and call forth this reality in my experience. I am the total master, but I must make the wisdom, the intelligence, the knowledge known to me by my statement of truth about it. This is the active participation I have in this program. Wonderful results take place.

I CAN SAY THIS STATEMENT AND HAVE IT WORK ALWAYS. I KNOW THAT I KNOW THAT I KNOW GOD IN ME IS THE ANSWER.

Such a simple statement has such a dynamic response. It does. I use it all of the time and I know the wisdom of the ages—I know that which I choose to know right now. I need look nowhere else for this wisdom. The source of all is within me now.

This statement has such power. I have used it whenever I choose to have information on any subject. I speak this thought and the intelligence of all which resides in me now is released and I know that which I choose to know.

I set the pattern going in a harmonious way. As I do this I am constantly illumined from the divine within me in a very positive and easily associable form.

I lovingly share this concept with others and watch with great joy as they become aware of this miracle working statement in their life. They find the answer to everything they have wondered about. It works for me and so I know it works for everyone else who chooses to work the system. It is just the manifestation of the LAW OF CAUSE AND EFFECT. It is an action of principle.

Whenever I question what I am to do next in life I stop and say to myself: I know that I know that I know, god in me is the answer. Then quickly I know what it is that is next on my agenda. I have no doubt about it. I act confidently and well and with this assurance my way is made known to me and I accomplish the dreams of my heart.

Lovingly I share this with others. I find the greatest joy in giving it to young people who eagerly apply it in their school activities so very successfully. I know it works for me, but seeing the happy successes young people have with this statement in their school work, assures me again and again of its effectiveness.

I know it works for me and I thoroughly enjoy using this statement of absolute fulfillment from the divine within me.

### I PRACTICE BEING MY REAL SELF

Living with positive action practicing being my real self is quite an interesting situation.

FIRST I define to myself what positive action is: positive action for me is when I think thoughts that bring about the results that I desire in my life. The action takes place as I continuously think these thoughts regardless of any difficulties I may encounter as I place these conditions into motion in my life BY MY THOUGHT ALONE.

SECOND I define to myself what I believe practicing being my real self means: practicing being my real self is being absolutely aware of my oneness with myself and the world I have created which is an outpicturing of what is taking place in my consciousness.

My real self is peace.  
My real self is abundance.  
My real self is happiness.  
My real self is success.  
My real self is right relationships.

My real self is harmony.  
My real self is perfect health.  
My real self is the divine I am within me.  
My real self is being me.

What does all of this mean? It means that until I know who and what my real self is I can never be it. Once I know who my real self is, then I live in that conscious awareness and I demonstrate that in the totality of my experiences.

I am living in a human body for a good reason. I am living here to play the game of life. In playing the game of life my primary purpose is to express my divine nature. It is my primary purpose to be the absolute expression of all of the goodness that I am. The only purpose I have is to be me. To be the likable being which I am. To be harmonious with all that I see and am in my world. It is not a matter of ignoring the appearances which surround me, but it is recognizing them as illusions which have no reality and paying attention only to the reality in my universe.

Practicing being my real self is a new experience for me. For so long I have paid attention to being the illusion and the appearance which my world has said is real. Now I see me from a new direction.

My real self knows only success. My real self knows only the infinite reality of all. My real self knows only purity of thought and consciousness. My real self knows only goodness and right action in all things. My real self knows only that which is eternal expressing itself right now. My real self is totally at home in divine thinking and in human thinking. My real self knows human thinking for what it is, a temporary illusion. My real self is content in itself because it is aware that by thinking thoughts it always fulfills itself in measure overflowing.

## DEMONSTRATIVE LOVE

I have never been a great one for demonstrative love. My family, while loving, was never very demonstrative. A peck on the cheek, a pat on the head. A cuddle when I was hurting and other nondemonstrative expressions of love were common in my family. Whenever anyone would show affection toward me my first thought was "what do you want from me" and not the thought of "gee, that is nice that person is loving to me."

Growing up in this kind of an environment did not cause me to be an overly affectionate person. I saw other families that were loving and gentle. I saw fathers playing with their children while mine chose to work and do all

of the things he wanted to do. My mother was busy most of the time with all of the things a mother can find to do. Love was just a word and not an event in my family. However I was not neglected or in any way bereft of attention. It was just not the attention I had read about in storybooks of the loving family.

As I matured I showered the same love on my family. I had had no other practice. I did not know how to love. I did not know how to share the touching divine values which I now understand and share so generously.

It is interesting. Now in this time of my life as I go about the world sharing my love with others, they fend me off with the attitude that what I am doing is in some way wrong. AT FIRST! Then as I unconditionally love everyone in my world just as I love myself the barrier breaks down and they return the love given to them. They feel the sincerity of the love that is being shared and they want to enter into this loving relationship. They want to be in love's circle.

I turn to all of the people whom I meet and at first am gentle and perhaps even shake their hand. Then I work differently. After the person gets to know me just a little I take them lovingly in my arms and gently crush them to me.

Most people have no little surprise as I do this. They wonder, as I had done, what this person wants from me. They question my motive in loving them. They wonder what sort of freak this is, giving out love without first being introduced PROPERLY. How every strange. What is going on here and how did I get involved in this situation.

My love is sincere. My love is of the highest type. I love fully and completely. I want nothing in return. I expect nothing in return, I only give completely of my universal love to everyone.

Many times as I hold a woman in my arms she wonders what is to come next. Then she begins to realize that this divine love wants nothing next. It gives because it is sharing. It is the purity of purpose that causes the confusion.

In my world ALL things were done for a reason, someone wanted something whenever any action was taken. Now it seems that a new parameter is brought into the picture. There are no overtures made, there is no ulterior motive here, there is no sexual connotation, there is no physical response that is in order, just to melt and enjoy being cared for by someone who lives only to give love.

The more love I give out the more love that comes out of me. The more of myself I give away, the more of myself floods up from the center of my being to be an eternal wellspring of love and total happiness. I need no

feedback because the very act of giving spurs more to flow forth from my internal fountain and it never stops its blessed flow. However I first give for it to begin flowing. I must give regardless of the repercussions from others. I must give regardless how surprised others may be in the giving.

As I give to others, it is joyous to watch how they too begin to share one with another. It is marvelous how they too tap this inner eternal wellspring of spiritual divine love that then floods out into their bodies, their lives, their affairs, their world. Perfect health, right action, peace, love, harmony, abundance and every beautiful adventure life has to offer belongs to each one of these souls who have opened their lives to the outpouring of divine love through them. It is so marvelous to see this happen because it is so unexpected by each of the individuals who participate in this fantastic experiment of life.

This is particularly valuable with little children from ages zero through eternity. The young people who have come into my life and learned of hugging, of loving, of unconditional love and have put it to work in their lives have found a newness they never dreamed possible. Their old ways changed and the new them was spectacular.

Adults who enter into the hugging and loving program are at first filled with sexual responses. These are very normal and quite wonderful. But then as they continue hugging and loving they find that an inner peace floods over their being. The need for the physical drives in the body being expressed fall away. The body is always responsive but the reason for it being responsive now changes. The emotions are alive but the body feels a newness of life because it is upwelling from the heart center and is the purest emotion, the purest feeling that I have ever had. It is good. It is wonderful. It is the divine manifesting in the divine.

I have thoroughly enjoyed some of the people who have come into my arms. They have felt as though I were intruding into their world, their very private world, and I had no right to be there. Then as we gently held one another this feeling left and in its place came a wonderful peace. As this feeling faded out an acceptance of being lovable was made very real in their lives. It was such a new feeling, so very strange because it was so different, it was almost frightening. But it is real and it is not frightening.

I love this type of sharing. I did not always love it for I did not always know about it. Now that I know about it it has become a very valuable part of my life.

#### EXERCISE:

Every morning I arise and stand before the mirror in my room and admire my body. I look at my naked body and tell it:

Good morning me, I love me, I am so happy to be me.

Good morning body. My you are beautiful. You are the temple of the living God. You have a wonderful mission to perform today. You are my vehicle. You deliver me from place to place upon my choice. I live in you, body, perfectly and harmoniously. We are a great team, body, you and I, yet we are one, for there is no separation between me and my physical self and my spiritual self and my mental self. All is one and all is beautiful. I love you feet. I love you legs. I love you internal organs. I love you arms and hands. I love you heart and lungs. I love you eyes, ears, nose and mouth. You are the expressive side of my nature. Mouth, you speak my heart to the universe. Eyes, you are the windows of my soul and ears you provide me with the symphony of the world in which I live. Nose, you gather in the fragrance of my world and it is beautiful to behold. I love you one and all and I see you absolutely perfect right now.

I gently take my hands and massage my body ever so tenderly. I am not massaging to make the muscles feel good, I am massaging to let my body feel that I tenderly care about it and am totally peaceful with my body and enjoy it in my world. It is a beautiful experience and both my body and I thoroughly enjoy it.

Next I gently wrap my arms around my body. I surround my body with my arms and snuggle in. I feel the warmth of my arms about my body. I feel the sense of oneness and joy as I live within the perfect arms I have about me. I hug myself. I fully give myself the feeling that it is being really hugged and loved. I continue doing this until I feel satisfied. It is not a sexual or sensual satisfaction. It is more of an inner sense of wholeness. It is a sense of oneness with myself that is so complete and good it needs nothing more to fulfill it.

When I am done I prepare for the day and enjoy being in the temple of the living god which is my home.