

## PRAISE THE LORD, FOR HE IS GOOD

By Robert Applegate

THERE IS no word for "thanks" in the Old Testament. The word that is usually rendered to "give thanks" means to "praise." Thanks is a late idea and there is no separate word for it in primitive languages. (Our word thank is a late derivation from think.)

The main differences between praise and thanks are (1) praise exalts the object of praise, but thanks leaves the object unaffected; (2) praise is joyous, but thanks may be merely mechanical; (3) praise directs the attention towards its object, but thanks directs the attention towards the subject. In praising we say: "You are good"; in thanking we say: "I thank you."

In the Old Testament praise is always directed towards God; the word is never used with reference to another person. You "bless" a person; you "praise" God. And the Hebrew word (hoday), which we can only translate praise, means more than this. It means to exalt, to honor, to admire, to be enthusiastic about.

There is no petition in the Old Testament without at least some praise and acknowledgment of what God has done.

For us prayer is often presenting God with a list of requests (at least in purpose if not in words). But in the Old Testament there is only one request; it is always for "deliverance." When we realize that our "enemies" are not people or conditions, but are the "world rulers of this present darkness" (i.e., the ideas that do in fact rule the world and the people in it, and keep them from their good), then we realize that we too want deliverance.

(After all, if God is my good, then my enemies can be only those who keep me from God and these can be only my own ideas, appetites, and emotions.)

In the Old Testament praise is coupled with life. "The living, the living, he shall praise Thee, as I do this day." Not praising is equivalent to death. "The dead do not praise the Lord." It is not spelled out; but the conclusion is obvious: there can be no real life without praise.

And this is true. When a person does not praise, admire, look up to something - when he has no enthusiasm - he is truly dead. Man must praise and exalt something. When this faculty of praise is not directed towards God, then it must be directed towards a man, an institution, or an idea. Since every man, institution, and human idea will eventually disappoint us, this path leads to death.

So we must praise, admire, exalt God. One teacher had his students start off every morning of their lives by repeating three times the verse: "Lord, open Thou my lips, and my mouth shall show forth Thy praise." We could profit by that kind of discipline.

SPIRITICITY, August 1966

## THE LORD'S LABORATORY

By Alden Truesdell

A LABORATORY is a place where dedicated persons experiment with certain principles to bring about beneficial results. Just so, the Lord's Laboratory is a "place" in the consciousness where a man may experiment with certain spiritual laws to increase his understanding of the Principle of Life, to which he has dedicated himself.

The practitioner of Truth works in the Lord's Laboratory. The healer goes there to have the cases that are brought to him diagnosed, and the proper spiritual medicines prescribed. All the men who have walked with God have been familiar with this same place. It is the spot recommended by the Savior of mankind when He said: "Thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret."

Jesus organized nothing, but He is the Life out of which all organizations of worth have issued. Jesus Christ wrote no books, but left the writing to those of His followers who had been prepared for that assignment. What they wrote has changed the world and will continue to do so for centuries yet to come. These men spent much time in the Lord's Laboratory. When they came forth, they came forth as masters of spiritual research - to tell and to teach what they knew to be true and what they were able to prove.

One reason for the vitality of this Christ Truth ministry is that the ministers of this work did not go first to religious or to metaphysical organizations to study with the organizers. They went first of all into the Lord's Laboratory. From there they came forth to declare the things they had seen and heard and proved. This is important to the vitality of a work; for if the organizers and teachers in a movement have simply inherited a political position and have not been obliged to practice a principle in the organizing of their own lives, they will teach their own ineptness.

After years of working only with the Lord, Mrs. Truesdell and I went to one of the metaphysical schools to serve the ideal, but we had to leave to give our souls room to expand and our spirits opportunity to express. We soon realized we could be of more benefit to ourselves and to others by turning from those who say, "Lo, here!" and "Lo, there!" and back to the Kingdom within.

No one should try to teach the Truth unless he can prove It in his own life. It is not enough to be a subsidized savior; one must be a doer of the Word. The know-how is revealed in the Lord's Laboratory. It must be expressed unto the uttermost parts of one's experience. So the best way for anyone in Truth is to be a seer, hearer, thinker, actor, and doer of the Word - to contact God at all points, as befits a scientist in the Laboratory of the Lord.

SPIRITICITY, August 1966

BE STILL, AND KNOW

By H. B. Jeffery

"BE STILL, and know that I am God." This does not mean an outward form or ceremony. You can be still, and know that I am God in an auditorium, on the street, or wherever you are. It means to be aware of the Divine Presence. And this awareness will make you see God wherever your eyes turn. You will be looking at God - Good - and so your good will always be at hand.

By this awareness you will see the Presence within yourself; you will be one with the Divine. You will not have to seek your good, for your good will be seeking you. As you know the One Presence your eyes will be opened and you will see the good. It is only because you are enclosed in the "chambers of imagery" that you do not see it. If you look up, the Holy Ghost breathes on you and gives you understanding.

Often we find ourselves not living up to the highest in us, and so we condemn ourselves. We can control our thoughts, but not always our emotions. They spill over. Our emotions must be brought under control, but this is not done through the use of the will. It is done by looking up and remembering the Divine Presence.

If you condemn yourself for any shortcoming, it is not the Voice of the Spirit speaking. You will find you have simply added another "sin." Jesus was asked how many times to forgive. He said 70 X 7 times, meaning endlessly. So forgive yourself endlessly. God does not condemn you. His Arms encompass you and His Eye is too pure to behold iniquity.

As you release yourself of condemnation, you will find many of your little bodily ills disappearing - backaches, nervousness, etc. Jesus knew of the heavy load of self-condemnation which was in the world, which a belief in evil had given to the world. But He showed the falsity of it; He finished that work. Look up; your forgiveness is there.

If you know that God is All-in-all, you will also know that He approves of you and all you do. He loves you; He sees no evil. Knowing this will free you. Tell yourself over and over again: God loves you and approves of all you do. You will gain confidence.

The Lord fashioned you with His own Hands. He created you in His own Image and Likeness. So do not condemn yourself. Praise and magnify His Presence in yourself.

Go to the True Source. Then the exactness and simplicity of the Spirit will be revealed to you. You will acquire a deep knowing.

Acknowledging that Jesus Christ finished His work will free you. There is only One Substance in the universe. As you give your attention to It, It will take on form. If you keep your attention on the Divine, His Substance and Life will take form in you. You will embody them.

\*\*\*

SPIRITICITY, August 1966

A LETTER

Dear Mrs. Truesdell:

YOU HAVE SENT me two very kind and loving letters that should not longer remain unanswered. But at the age of 96 one's reflexes are not so quick as formerly, and one has learned that merely answering letters from a sense of duty is not answering them at all. The answer must come from deep within.

Sometimes I feel like the chest-nuts we used to enjoy as children in old Ontario where they grew wild. There was a very prickly outer coat we called a burr. Next was a nest of two or three softly colored, shiny brown nuts with smooth, satiny, tough, flexible coats that had to be peeled off. Sometimes we made a poor job of it with our teeth. But the fastidious among us used our little penknives. How delicious was that last inner core!

Only the core counted. Those prickly, coarse, outer coats were useful in their place. They conserved the tender inner nutriment during the long season of ripening. And how necessary were those outer coats during their term of usefulness. But they had to be ruthlessly sacrificed when they were no longer necessary. The coarse burr was easily disposed of in spite of prickled fingers. But the next coat was deceptively tough and unyielding. Fingernails were no good. A child's first teeth were no good. A child's first teeth could not even make a dent. "Where's that penknife?" And we found ourselves jabbing into the core before we got rid of the beautiful shiny coat. And that's where we began to lose respect for that deceptive humbug we had so admired. Perhaps it was our first symbolic lesson in side-stepping the flattering experiences that would dog our foot-steps in later life.

Let us take a brief look at our past. Oh, what prickly experiences we have passed through (or are passing through)! And what soft, satiny, attractive experiences have lulled our better nature into acquiescence with the easy flattery of our ego. We have something here much harder to cope with than the uncompromising coarseness of the burr.

Is it possible that a century less a decade, has passed since we children munched that delectable food? Am I talking an ancient language?

Do you know what a penknife is? or was? It was a dainty little pocketknife, usually with a pearl (?) handle and two little hinged blades. It got its name from the use for which it was made, namely, to trim your pen. (Oh, come now! We're not that susceptible. You can't get away with that.) But it's true. The heyday of the pen-knife was just before my generation appeared on the earthly scene. The pens in those days were goose quills which a sharp little pen-knife could shape just right.

How I digress! Do you wonder? It is secretly very amusing to see how much an oldster can get away with. Age has its compensations.

It can laugh at what used to frustrate it.

And it can enjoy the fruits of a thought-life that has been exploring in a field of knowledge incomprehensible at an earlier age.

But the age I am speaking of is not that of chronological time. It is a timeless thing, a matter of culture gained through experiences well used, perhaps experiences passed through in an earlier incarnation. It may be attained by a person in middle age or earlier, counting by earthly years.

Where does life's experience begin. We do not know. Enough that we are in the tender care of a Wise and Loving Creator who makes no mistakes and whom we can approach with confidence as "Our Father."

"Let us come boldly to the throne of Grace," Paul admonished us. There we learn as we practice the Great Law of Attention which may be stated "What we steadfastly gaze upon, we become like." It requires patient practice, more practice, and constant practice till it becomes what is called "second nature." Perhaps we can learn without so much practice. I do not know. I can speak only from my own experience - and I am still practicing!

To attain to the Christ-standard He taught us - that persistence is an absolute necessity. At this stage temptation becomes very insidious. We are inclined to think "O, what's the use? I have persisted, and nothing comes of it."

Of course, that is a mistake. Below the stratum of intellectual understanding the spiritual growth has been steadily advancing. How quickly it came to Paul! How slowly it seems to percolate through me. But our Creator did not plan to do Paul's work through me. As surely as He had a plan to work out through Paul, so surely has He a special plan to work out through me.

It seems to take a lot of persistence to get that into my stupid little brain. "Oh, dear!" There I go again, condemning the work of my Creator. He did not place a "stupid little brain" inside this physical body, and I have no right to say such a thing. The intellect He gave me was an immature seed that must needs lie in the environment He gave it, and it must grow from intellectual into spiritual understanding.

Does it seem to take a long time? Spirit is timeless. A thousand years may be as a day or vice versa.

Let me stop comparing myself with others. Does the strawberry want to be a melon? I must learn by practice to vision Our Father everywhere, in all circumstances and in all people.

And let us not forget that timelessness is a spiritual matter. Earthly time is for our present use. Its twin is energy. Let us not waste them in useless criticism of ourselves or others. Rather let us use them as directed by our Inner Guide (Jesus Christ) in love and sincerity.

Signed: Mary C. Moisley

\*\*\*

SPIRITICITY, August 1966

AS I SEE IT

By Nell Truesdell

NOT THE CAPACITY to endure persecutions give merit. Steadfastness of a pure heart guarantees merit.

\*

To save your Soul is to deliver your consciousness from the rule of sense.

\*

Introduce Truth into your consciousness and temptations multiply. Why? Because temptations offer the probability of gratification and the sense-man prefers to humor his inclination to satisfy desires, not annihilate them.

\*

John W. Gardner wrote in the Princeton Alumni Weekly for June 7, 1966: "Use the word moral to refer to the shared values that must undergird any functioning society. The thing that makes a number of individuals a society rather than a population or a crowd is the presence of shared attitudes, habits, and values, a shared conception of the enterprise of which they are all a part, shared views it is worthwhile for the enterprise to continue and to flourish."

\*

We give the Word of God form in our hearts and in our minds. We must face His Word, not the image that represents His Word to us.

\*

As Christians, we join one another in our privilege of accepting oneness with God, our Father, through our certainty that as followers of Jesus Christ we share with Him the Sonship that he exhibited.

\*

Our center of consciousness is the place where we may take refuge from any danger that threatens us. We enter this safety-zone by way of our attention. Remember: "The Lord thy God in the midst of thee is mighty; He will save, He will rejoice over thee with joy; he will rest in His love; He will joy over thee with singing." (Zeph. 3:17)

\*

Remember that God sees you as the reflection of Himself.

\*

You already know something about overcoming human limitations: you know that health overcomes sickness; joy overcomes sorrow; understanding overcomes ignorance; strength overcomes weakness; abundance overcomes need. Why, then, do you doubt that you can overcome the world? Did not your Master say, "I have overcome the world"? Understand His teaching and you will attain the peace that guarantees protection from all worldly difficulties.

\*

A promise carries with it a responsibility of fulfillment. God guarantees His promises. Do you?

\*

The sway of fury destroys a person by throwing him off balance.

\*

To cure a fever say: The cooling Breath of God is blessing me now.

\*

Acknowledge God, and be thankful in everything that you say and do and you will be astonished at the inflow of good that you never expected to get.

\*

Do you want to be healed? Examine your habitual thoughts of criticism, meanness, lack, despondency, or other negative attitudes. You may be surprised

to know that you may swap worthless thoughts for thoughts of goodness, mercy, plenty, and uplift. This is the one deal you can legitimately make that will better your condition in every way. And all it will cost is your determination to carry out the transaction.

\*

Thousands of years ago an Eastern sage said:

He who thinks that he can slay a life,  
Or he who thinks life be slain,  
these both do err;  
For life is God, and God cannot be slain.

\*

If you would be original, move in a direction different from that of the majority. Come to yourself.

\*

To be sanctified, cleanse yourself from all pollution of the flesh. You, only, can do this for yourself - with God's help, of course.

\*

Never covet another's goods or money, for your gain of it will load you with all his sickness of mind, body, and affairs; and you will be poorer than ever before. (See, II Kings 5:20-27)

\*

Now days we hear the words, "Get lost!" It's a good idea - if you get lost in God.

\*

Like a cork that floats in a choppy sea, you may safely float in the cross currents of human experience if you will condition yourself by steadfastly maintaining your confidence in Jesus Christ Who said, "It is I, be not afraid."

\*

Secret thoughts always come to fruition. However, there is one door of escape: "Fear God, and keep His commandments: for this is the whole duty of man." (Eccl. 12:13)

\*

Never fret about someone changing his religion. His religion is his way of life and if he believes in God, his affiliation with a sect or denomination different from yours will not affect his religion.

oOo

Alphabet of  
DAILY MEDITATIONS  
For every Week Day of the Month

AUGUST 1966

1. He shall give His ANGELS charge over thee.
2. BLESSED is the man whose strength is in Thee.
3. Have COMPASSION on those Who are wavering.
4. I will DECLARE Thy greatness.
5. EXPECT the compassion of our Lord Jesus Christ.
6. He will FULFILL the desire of them that revere Him.
- \*
8. GIVE unto the Lord the GLORY due His Name.
9. HAPPY is HE that HATH God for HIS help.
10. Let INTEGRITY and uprightness preserve me.
11. He shall bring forth . . . thy JUDGMENT as the noonday.
12. He that KEEPETH thee shall not slumber.
13. The LORD LOVETH the righteous.
- \*
15. My MOUTH shall speak the praise of the Lord.
16. NONE of them that trust in Him shall be desolate.
17. OUR eyes wait upon the Lord OUR God.
18. How PRECIOUS are Thy thoughts unto me, Oh, God.
19. QUICKEN me, O Lord, for Thy Name's sake.
20. He is my REFUGE and my fortress.
- \*
22. STRENGTH and beauty are in His SANCTUARY.
23. His TRUTH shall be THY shield and buckler.
24. UNDER His wings shalt thou trust.
25. I Am the VINE, ye are the branches.
26. I WILL praise Thee WITH my WHOLE heart.
27. Keep YOURSELVES in the Love of God.
- \*
29. See my ZEAL for the Lord.
30. It is God that girdeth me with strength.
31. He maketh my way perfect.

\*\*\*

"When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret, shall reward thee openly."

\*\*\*\*\*

As electricity is the working power of the electrical principle,  
So Spiriticity is the working Power of the Spiritual Principle.

CHRIST TRUTH LEAGUE, 2400 Canton Drive, Fort Worth, Texas, 76112