

SPIRITICITY, January 1957

Recipe for a HAPPY NEW YEAR

AUTHOR UNKNOWN

Take twelve fine, full-grown months, and see that these are thoroughly free from all old memories of bitterness, rancor, hate, and jealousy. Cleanse them completely from every clinging spite. Pick off all specks of pettiness and littleness. In short, see that these months are freed from all the past. Have them as fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot in this way), but prepare one day at a time, as follows:

Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work (some people omit this ingredient and so spoil the flavor of the rest), eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest (leaving this out is like leaving the oil out of the salad - don't do it), three of prayer, two of meditation, and one well-selected resolution. If you have no conscientious scruples, put in about a teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

Pour into the whole love ad libitum and mix with a vim. Cook thoroughly in a fervent heat; garnish with a few smiles and a sprig of joy; then serve with quietness, unselfishness, and cheerfulness, and a HAPPY NEW YEAR is a certainty.

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MAN LIVES IN GOD

By Alden Truesdell

To live in God, and to know he lives in God, is the goal of man. The progress toward this goal is a returning to a point of departure. For man came out from God, and to God he must return.

When one is introduced to Truth, his first thought is likely to be that here is something he has always known. The teaching of Truth is like something that is hidden in memory - not in the memory that has to do with experiences of outer growth and study, but in that less exact and more vital remembrance of soul activities. Everyone has this experience of cognizance, differing in proportion to the distance each one has permitted himself to be drawn away from his central spiritual base.

Man believes in and depends upon God to the degree of his proximity to his own spiritual center. The man who has not been overly distracted from his original relation to God recognizes, in his heart, that which is true of all men, because it is true of Man. This recognition is more a process of memory

than of thinking, a reflection rather than a reasoning. The Scripture speaks of those who "seek the Lord, if haply they might feel after Him, and find Him." The intellectually inclined frown upon these feelers after Truth. But until the intellections drop into the affectional region that feels the vital import of Truth, they are little more than audits of man's sensations.

Man is prone to believe his intellectual nature to be the positive influence in his life. But as he endeavors to apply this seeming power, he notices another impulsion working sometimes for, and sometimes against, the mental intentions. He learns that the affectional nature is the actual motivating and driving power of his being. It causes him to focus attention; it is responsible for behavior; it works from behind and above the intellections. They simply carry out instructions and only appear to be the power. Man learns that he is what he feels himself to be, as he "thinketh in his heart." Just as love rules the world, so love motivates man.

If the affections are set on high, then all mental and physical actions will be generated from that higher department - to think and to do those things that are true, good, beautiful, virtuous, of good report. Then, man is learning to live, move, and have his being in God - who is all the Love there is and the one and only Mind.

When once man has set his course Homeward, he finds that he tends to become as a little child; and this is a healthy, streamlining attitude. He finds that Paul's admonition, "Beware lest any man spoil you through philosophy and vain deceit, after the traditions of men, after the rudiments of the world, and not after Christ," could have saved him much excess baggage for his trip - could he have heeded it in time.

As man moves closer to the right relation with his Father in Heaven, his concepts undergo change upon change, until he realizes that any teaching issuing from any source other than Christ is nonessential. It is based on less than Truth and returns to its own nothingness when Truth comes to the fore.

When man starts this return trip to the Father's House, he finds many alterations taking place in himself. He understands what it means to be born anew. He loses his life for Christ's sake - as he moves toward the transcendent heights which beckon, encourage, and invite him ever upward to his rightful place. He discovers that he must place all his love, hope, and faith at the disposal of his higher nature; for here he has chosen the way of lordship. Here he is treading that holy ground where Moses talked with God, and Jesus knew and declared that He and God are identical.

Jesus Christ is our Exponent of this Way of Life. He refused to utilize His high spiritual attainment to establish a superior position in the world. He refused riches, honor, and all things man has come to believe necessary to his well-being in the world. He commanded the entire unsubstantial system to get behind Him, that He might serve God only; and His commanding Presence caused all manifestation to recognize His Authority and serve Him.

Until a man calmly and deliberately disposes of the entire realm of appearances and bases his conclusions on the Divine Premise, he will not be a follower of the Christ.

Man is to walk by faith, not by sight. Man is to live by love, not by labor. Man is to walk by the Light of the Father, and he will not stumble. Man is to live in God and by God.

The reason for the spiritual ongoer's rejection of apparent material advantages becomes evident as the field of action is transferred from the mortal, visible realm to the Invisible, Spiritual Heights. Here man does not live for a brief span of years, but here man is one with Life. Here man does not seek the Truth; here man sees and is the Truth. Here man no longer seeks God; for he finds that he and God are one, and God is that One. Here, with Paul, he knows that "to live is Christ."

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CONSCIOUSNESS

By Robert Applegate

Physically speaking, everything that we are and everything that we have comes out of the ground. Our physical bodies are composed of the substances that we have eaten, and these substances all derive ultimately from the earth. Similarly, the clothes that we wear, the houses that we live in, and all the things that we own are made of materials that grew in the earth, were taken from animals that had fed on the produce of the earth, or were mined from beneath the surface of the earth.

But all physical things are only shadows, and therefore symbols, of Reality. The earth, on which we live and upon which we depend, is the outpicturing of consciousness. Just as everything that the physical man needs seems to come from the earth, so, in truth, everything that the real Man needs for his growth and comfort comes from consciousness. It is in consciousness that everyone actually lives and from consciousness that everything comes.

A good farmer cares for the land that supports him. He cherishes it lovingly, working long hours to protect it from depletion and erosion. However, in this century many farmers have given more attention to what they can get from the earth than to the nourishing earth itself. They have concentrated on growing, by any means, large crops of unneeded produce for the sake of a quick profit.

Abusing the fruitful earth, they have turned once fertile areas into barren dust bowls.

In like manner, nearly every man abuses his consciousness, giving his attention to what can be produced to be seen and admired by men, instead of giving that same attention to tending his own inner earth, from which comes all good. But just as marginal land cannot produce good crops, so an eroded consciousness cannot bring forth a satisfactory life. And, conversely, just as a fertile, well-cared-for land will produce beautiful, disease-resistant, and drought-resistant plants, so will a healthy, well-tended consciousness withstand the adversities of human existence and bring forth "fruit unto life eternal."

That man's first concern should be the tending of his own consciousness has been the universal message of the great and wise men of all ages. Socrates, when on trial for his life, proclaimed:

"I spend all my time going about trying to persuade you, young and old, to make your first and chief concern not for your bodies nor for your possessions, but for the highest welfare of your souls (consciousnesses), proclaiming as I go, 'Wealth does not bring goodness, but goodness brings wealth and every other blessing, both to the individual and to the State.'"

Jesus Christ said: "What shall it profit a man, if he shall gain the whole world, and lose his own soul?"

SPIRITICITY, January 1957

THE LORD'S PRAYER

By H. B. Jeffery
(Continued from last month)

AND LEAD US NOT INTO TEMPTATION

With the consciousness of power comes the danger of using it in a wrong way; for all force may be used either constructively or destructively, to build up or to tear down. Man in general, when blinded by his ambition for personal power, seems prone to use his forces in a wrong way.

This is evidenced today in the number of people who are studying hypnotism, mesmerism, and personal influence, that they may learn to use forces - of which they are but dimly conscious - to take advantage of their fellowman, dominate him, and make him serve them in whatsoever way they will.

Anyone who desires to use power in that way has never realized, or even caught a glimpse of, the first principles of Being. And it is because of this seeming downward tendency in man that so much of spiritual teaching is wrapped in mystery and embodied in the language of symbols, which only the awakened are able to interpret.

There is an inner and an outer meaning to all Scripture; and only the spiritual-minded are able to read and understand the inner or spiritual significance.

Jesus thoroughly understood what is termed "human nature," which is the nature of unregenerate man; and He regulated His teaching accordingly. Thus we find Him saying to His disciples: "It is given unto you to know the mysteries of the Kingdom of Heaven, but to them (referring to the multitude and to the worldly-wise) it is not given. . . . Therefore speak I to them in parables (or symbols)."

There is an inner or esoteric meaning involved in this particular phrase of the Prayer, which, properly translated, is "Abandon us not to trial." The word translated as "temptation" literally means test, trial, or proving; and refers to the "trial by fire" known to mystics.

Man is a creative being; and when he awakens from his sleep of ignorance and his spiritual forces (fires of the Parakletos) are aroused, there is a great inflow of creative energy. If a man is not sufficiently purified, that energy is liable to strike downward into the generative center, or center of the animal

passions, instead of going upward to the brain centers; and the descending of these forces produces a state of actual "hell."

This is the terrible test of one's purity, and he who fails finds himself in a condition of "burning" and in danger of insanity or death. However, if his training has been along right lines, so that his mind has been made pure before the inner forces are aroused, he is not brought to this test. For if the student of the Science of Life be properly grounded in first principles, then when the fires of his being are aroused, they will rise to the brain centers, illumining the mind and revealing "the mysteries of the Kingdom of Heaven."

Then, also, the inflowing power of Spirit will be tempered to his knowledge of it and his ability to use it; and in spite of his condition of limited strength, he will not be overcome, and so will not feel that he is "abandoned." "Because thou hast kept the word of My patience, I also will keep thee from the hour of temptation."

But so many in the unregenerate state of carnal selfishness cry out for power and more power, although not using rightly what power they already possess, that the fair earth is full of sickness and insanity. Let not man cry for power; but, rather, turning to the Father, let him ask for wisdom.

Then He who "tempers the wind to the shorn lamb" will cause a gradual entrance of Light and Truth, which will illumine and transform the mind, endowing it with discernment, judgment, and purity. The body, likewise, will be fed gently with the pure substance of Light until it becomes as a "white stone," cleansed and sanctified, with the Name of the Son written upon it, and having its seed in it.

Thenceforth that seed, which is the ultimate potency in man, being conserved and transmuted, and ascending the spinal canal, will become a brain fructifier and a revitalizer of every nerve and fiber of his being, so that man will become a creator or reproducer of himself.

This is the mortal putting on immortality - regeneration. It is the transmutation of the vital force into mental and spiritual energy, and the accomplishment in the body-machinery of what, in the mechanical world, would be termed perpetual motion, raising man to the stature of a master builder in the realm of Spirit.

"Put yourself in the stream of power that animates all that it floats, and without effort you will be carried on to perfect peace and contentment."

"Underneath the inharmonious particular is the harmonious perfection, the ideal journeying with us, the heaven that is without rent or seam."

(To be continued)

SPIRITICITY, January 1957

WHAT DO YOU SEEK?

By Nell Truesdell

Twenty years ago, a survey taken of a cross section of average Americans revealed that there was more contentment in marital and family relations than exists today. Too, people then had more time for "religion"; they seemed to be more scrupulously faithful in their devotion to God.

Human beings draw closer in times of material and emotional stress. They gather and distribute among themselves a certain spiritual warmth that yields mutual benefits. They are moved to helpfulness by an inner love that transcends human judgments and the tendency to be self-sufficient. They exhibit a greater degree of compassion in their dealings with others, for they feel an enveloping protection that bestows a sense of security. Suspicion and faultfinding recede almost to the vanishing point. Twenty years ago, the depression forced people on every social, intellectual, and religious level to be more patient with, and kind toward, each other. It is evident that the Golden Rule is more easily practiced when people suffer reactions from pressures that seem to originate in external conditions. It is common knowledge that a man is glad to share his crust of bread with the hungry; but, when he and everybody else have plenty, he is loath to distribute even his excess goods which he cannot possibly utilize.

In this time, twenty years later, people as a whole are better off materially. They are happier in their work, and they have more money in the bank. However, this outward manifestation of contentment does not spread into the marital and family relationships. In this area, people wish that they could change partners and rearrange their family life. Too, they keenly - greedily, we might say - seek more intellectual lore, not so much with a purpose to understand anything or even to accomplish an end, but (it appears) to gorge the intellect with knowledge that is not only transient but altogether untrue. Their determined mental activity kills time and gives an air of importance. But they never reach a goal and their failure makes them discontented in their closest human relations. Too, as they wander farther from God (their spiritual base), He seems more remote and inaccessible.

Both Isaiah and Jesus Christ referred to this unhappy condition when they said, "Their worm dieth not, and the fire is not quenched." This eating-condition gnaws and burns at the vital center of man and it is never satisfied. Because man seeks fulfillment in the outward realm, his discontent increases and his sanity is menaced. The cure is love - more love for God. Joy is an outer evidence of this love. "In the day of prosperity be joyful." To right all relations, man must get closer to God in his midst, and he must keep his heart with diligence for his very life issues from It.

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Alphabet Of
DAILY MEDITATIONS
For Every Week Day Of The Month

JANUARY 1957

1. Watch ye, . . . and pray ALWAYS.
2. He hath dealt BOUNTIFULLY with me.
3. Thou CROWNEST the year with goodness.
4. I will DWELL in the house of the Lord forever.
5. Lift up thine EYES.

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7. FATHER, FORGIVE them.
8. The Lord shall GUIDE thee continually.
9. Before HONOR is HUMILITY.
10. Fear of the Lord IS the INSTRUCTION of wisdom.
11. Your JOY no man taketh from you.
12. Earth shall be full of the KNOWLEDGE of the Lord.

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14. Beloved, LET us LOVE one another.
15. I MUST be about MY Father's business.
16. NOW is My Kingdom established.
17. We are well able to OVERCOME.
18. PUT on the new man.
19. Be QUIET; fear not.

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21. He (man) REJOICETH as a strong man to RUN a RACE.
22. SURELY, I come quickly.
23. We know that His TESTIMONY is TRUE.
24. UNITE my heart to fear Thy Name.
25. He shall hear My VOICE.
26. I WILL give power to My two WATCHERS.

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28. Rejoice, . . . in thy YOUTH.
29. He was ZEALOUS for My sake.
30. My heart is glad.
31. In the day of prosperity be joyful.

"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."

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