

## HEALING PRACTICE

By Alden Truesdell

A FRIEND asked one time if the words spoken in a treatment had ever been written. No doubt they have been written many times in many different forms, but never in the exact sequence in which we spoke them. As there has been a promise to write them, the following is an attempt to do so. This will not be a verbatim report, for every treatment is different, and each one should be spontaneous.

The best directions for treatment, which is prayer, are those given to us by the great Master of prayer: "When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret." As we follow these directions the attention of the mind drops into an area in back of the heart. Yet this is not a physical location; it is the center of being, or of consciousness.

If a sense of peace and balance does not result at once, we may need to remember another helpful order: "If thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift." Here we find we may free our attention from outer anchorage by forgiving our brother "until seventy times seven." This makes it easier for us to give the attention within.

As we rest quietly in this sense of peace, we may want to speak the word peace: "Peace, peace to him that is far off, and to him that is near." As Jesus spoke to the storm, so that the wind subsided and the waters were calmed; so we may say, "Peace!" to the mind - and experience a new peace of mind. We may say, "Peace!" to the nervous system - and it will be quiet. We may say, "Relax!" to the body - and the body will relax, for the body is subservient to the word.

As we return again to the inner chamber, we realize that the body is indeed a temple in which the Spirit of the Lord abides, and the inner chamber is that place where "spirit with Spirit may meet." We return to this holy ground with a sense of release from outer distractions and from bodily tension.

We rest, relax, and bask in an inner light, much as sun-bathers on the beach bask in the healing rays of the sun. But here within, the rays are rays of sonship.

In quietness and in confidence, in returning and in resting, man wins his soul and renews his life. These spiritual directions become working principles in this inner place of communion. A tacit invitation seems to draw the attention and cause us to look up - straight up from the heart center and straight up through the center of the head. We remember the instruction: "Make straight . . . a highway for our God." If this way of the Lord is open, this is a good time to direct the highest prayer we know directly up to the Most High - who is also the Inmost. There is no need to stretch or to strain; we simply look upward and direct our prayer to the Father of all.

"Our Father." Our Father is Father of all men and of all women.

"Hallowed be Thy name." Wholeness manifests Thy Character.

"Thy Kingdom (is) come." The disciples were told to go forth saying, "The Kingdom of God is at hand." A new Way of Life is now exposed.

"Thy Will be done." No longer need we be subject to the wills of men and women. Invoking the Will of God frees us from bondage to the will of others.

"Give us this day our daily bread." You are now giving us Your gifts of love, joy, peace, patience, gentleness, goodness, meekness, and faith.

Had we never been separated from our Spiritual Source, we would have no need of words to direct our return. Even now we know that we will not be heard for our much speaking. But the rehearsal of Scriptural statements - and particularly the Lord's Prayer - does help to direct us to the inner and transcendent ways of life: ways that have been forgotten and paths that have become obscured. With the opening up of these angelic pathways within, we seem to be discovering new and yet familiar regions. We are apt to feel a definite moving of our affections in the direction of our attention. The heart seems to leap. Here the realization may come that this is the keeping of the greatest commandment: "Thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might."

The realization also comes that everything in man is derived from God. The God-given energies are suddenly reprieved and liberated. These are the "ransomed" who "return with singing." The sense of release from bondage to form and foolishness causes these forces to sing the song of the Spiritual Identity, the Song of Moses: I AM THAT I AM - I came forth from God; I return to God. To this is added the Song of the Lamb: Grace and Truth from God the Father through Jesus Christ our Lord.

Do not fear the upsurge of the forces of being, for this is a desirable state which the Scripture designates as "uprightness." As the forces ascend, there is an outpouring from on High. It is a panacea to the ills of man and a solution to his problems. Of this the Psalmist sang in the words: "Thou anointest my head with oil; my cup runneth over."

In such a treatment as this we see the same movements as are reported for salvation: repentance, forgiveness, remission, and redemption. We see that healing and salvation are the same. We see that the purpose of all life is our restoration to our original perfection.

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SPIRITICITY, September 1965

AS I SEE IT

By Nell Truesdell

PLUNGE an empty cup into a bowl of water and as long as it remains under water the cup is full. Lift it out and the water soon disappears by evaporation or use or spilling, and the cup is then empty.

So long as our attention is submerged in God-Mind we are filled to capacity with His divine Ideas. If we lift the attention into the world, soon we are emptied of our spiritual treasure.

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All that is of man must be lost. All that is of God must be kept.

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Illness in body or affairs shows where any person's attention is centered. For the pressures of a disturbed mind and a distraught heart break out at the weakest points in body or affairs, and we name the appearances sickness or hardship. Paul gave a most effective treatment in his letter to the Romans: "The kingdom of God is . . . righteousness, and peace, and joy in the Holy Ghost. For he that in these things serveth Christ is acceptable to God, and approved of men. Let us therefore follow after the things which make for peace, and things wherewith one may edify another."

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To move up, shut up and give up.

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Human love robs a person of peace. God-love clears his mind of confusion and dissolves the woes that man measures out to himself.

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Joy of heart guarantees certain benefits: Joy redeems, prospers, strengthens, enlivens, motivates, stimulates interest, gives health, increases endurance, and stabilizes the forces of mind and body.

Joy of heart enables a person to receive Divine Grace that makes him free from the grip of human limitations. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." -- Prov. 17:22

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In the heart of man, God knows Himself as the Self-Existent, Eternal One, without any form or dimension.

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Your work in purifying and making your consciousness ready for full possession by Spirit will be continuous. Learn at once to be patient with yourself and with others, for no clean-up job is easy. Do not try to unload your job on another, for each person must stand on his own feet. Each one enters God's Kingdom alone; the only aid is that which the Master Jesus Christ will give freely when He is sought and treasured as a Friend.

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"This is the work of God, that ye believe on Him whom He hath sent," said Jesus Christ.

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AFFIRM: All the Energy in my memory-thoughts is pure spiritual Energy. The memories are images that I now dissolve to release the imprisoned Energy so that it may serve God's Purpose through me in the Name of Jesus Christ.

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Teach me Thy Truth O Lord, and lead me in a plain path.

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The faculty of attention is like a suction pump. Turn it in any direction and it will draw into the consciousness everything that it is aimed at. Therefore we must be careful about how we use this extraordinarily efficient faculty.

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When a person becomes conscious of God, he has reached a point in human experience where he may decide to turn from his course of worldly life to enter a new way that leads to the full spiritual life. He may allow himself to be "born anew" as Jesus suggested to Nicodemus (who lost his chance).

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Thought rules the world; for the world is the formulation of man's thought. Subjection to thought is what Jesus overcame. He referred to this when He said to His disciples in His last hours in the world: "The prince of this world cometh, and hath nothing in Me. But that the world may know that I love the Father; and as the Father gave Me commandment, even so I do. Arise, let us go hence."

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Man's heart is God's Sanctuary. Man's soul is God's treasure-trove of Divine Ideas. Man's mind is God's field of reproduction. Man's body is God's area of manifest form. Man's affairs (interests, pursuits, occupations) are God's realms of creative projects.

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Be patient with your growth into spiritual understanding; and be patient with people around you. They too are growing.

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There is a difference between our putting up with limitations and our living successfully within limitations. Nothing can hold a person who has outgrown his environment.

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A PRAYER: Thank You, Father, for the assignment that is forcing me to grow into a fuller realization of my worth in Your sight. Amen.

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The most effective treatment for turbulence in mind or with associates is Peace - Peace abides at our heart-center. Whenever we look there for Peace, its soothing effects permeate mind, body, and affairs. Peace is not surrender. Rather, when we accept Peace, we grow in dignity, in graciousness, and in authority; such as Jesus exhibited when, walking on the waters of a rough sea, He said to His fearful men (who with difficulty were rowing toward shore): "It is I; be not afraid."

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SPIRITICITY, September 1965

THE DRAGON

By Robert Applegate, Jr.

"THE DRAGON shalt thou trample under feet." (Psalm 91:13)

In Canaanite mythology, which the Hebrews took over, the dragon is a monster that lives in the sea and keeps things stirred up by swishing his tail. He represents the spirit of disorder, or chaos.

Modern physicists call the laws of thermodynamics and the result of his work they call entropy. Entropy to the physicist is not a vague term; it is a definite, measurable quality. It is simply disorder. And the puzzling thing to the scientists is that everything that happens in nature increases this entropy, or disorder. Erwin Schrodinger, who is one of the outstanding physicists of today, writes: "An isolated system increases its entropy. . . . We now recognize this fundamental law of physics to be just the natural tendency of things to approach the chaotic state (the same tendency that the books of a library or the piles of papers and manuscripts on a writing desk display) unless we obviate it." This tendency of everything to approach the chaotic state, the state of maximum entropy or death, is what the ancients intuitively perceived and symbolized by the figure of the dragon.

What amazes modern scientists is that everything that happens increases entropy (this is what the laws of thermodynamics state), so that the universe is ever running down. Yet the obvious fact of the universe is an amazing order.

This order of the universe shows that there must be a Principle of Order that more than counteracts the tendency of nature to disorder. Since disorder is death, the Principle of Order must be identified with Life. The Hebrews call this Principle Yahweh. The name probably means "Being." And the meaning of this is that while nature (the dragon) continuously produces disorder and death, the Being of the Universe - which is One Being and is not to be identified with nature - produces order, harmony, and beauty. These qualities are designated by the Hebrew word shalom ("peace") and are God's gift to man. So we can see the meaning in Paul's statement: "God is not the author of confusion, but of peace."

In summary: the dragon, who is also known as Satan (the name means the "adversary") and as the devil (which means "slanderer") is simply nature - including human nature. The Order that is found in nature is the gift of God, who is not nature, but is still the Life of the Universe.

In Psalm 91 the promise is that if we hold fast to God, we shall trample nature with its confusion and death (the dragon) underfoot. So Jesus said: "I beheld Satan as lightning fall from heaven. Behold, I give unto you power to tread on serpents, . . . and over all the power of the enemy: and nothing shall by any means hurt you."

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SPIRITICITY, September 1965

THE SPIRIT QUICKENS

By H. B. Jeffery

MANY PEOPLE are fearful today, listening to the confusion that exists in the world. "What are the coming days to bring?" they ask. "How am I to face them? What are my duties?"

"Hear, O Israel: the Lord our God, the Lord is One; and thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might."

You shall walk in the world, but not be touched by it. For you are created in the image of God. God is Spirit, and therefore you are spiritual. This is not a material world; it is a spiritual world. You are a spiritual being, who live, move, and have your being in God. Your duty is to know but the One Presence - that God is All and in all - that He works through all. You will then find an energy going through you, accomplishing all things. The things you have to do will be done easily. You will be refreshed. You will be enlivened. You will be energized. You will find less need of rest and sleep. For the Spirit neither slumbers nor sleeps. If you are tired, you will know you did the work and not God.

Love your work. Love is life - life is good. Sometimes you hear: "Her life has been so hard!" Life is not hard; it is good. It is easy if you will let the Father do the work. You shall accomplish great things. When a person is high-spirited we say, "He is full of life." We love it.

It is profitable to read the Bible. It is the greatest book given to man. You will find in it an answer for everything. It is profitable. Read it.

Everyone has a talent. The more one works in the Spirit, the more Divine Order and Harmony are revealed. A writer wrote to me last week saying, "How things dovetail when one knows who does the work!" Remember that you are a son of God. This will give you the one-pointed mind.

I was asked to help a lad who had to run a race for his school. On the morning of the race, he felt ill, sick to his stomach. His head ached and he felt too weak to run. He said, "I will go to the track anyway and cheer the other fellows who will have to take my place." When he got there he found they were too sick to run. Suddenly he remembered who and what he was. The Spirit gave him understanding. "Understanding is a wellspring of life." The boy told me later, "I felt as though my feet never touched the ground. All I had in mind was the goal."

He finished way out in front and all the sickness had gone out of him. He said, "I could have run the race all over again."

So you will be refreshed after each task.

In Kansas City, I often spoke five times a day. Someone asked, "How do you do it?" Well, it is easy; I don't do it.

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SPIRITICITY, September 1965

A LETTER

IN JUNE, 1965 the Western States suffered violent storms and floods. Mr. and Mrs. Fred E. Causey traveled through the area and were divinely protected at all times. Mrs. Causey's letter follows:

Dear Mr. Truesdell:

I had a different reaction to our trip last week from any I ever made before. I have not wanted to speak, write or do anything but be quiet and let this feeling of hushed awe and gratitude completely take possession of me. We were like two children last week. We drove so much, averaging over 500 miles a day. We found out after we returned home that several places we had passed safely through had been declared disaster areas shortly afterward.

Not only did we enjoy protection, but our distributor in Denver was said to have been wiped out financially. He had over \$30,000 of R----- products in his warehouse which were submerged in water and silt. Through a miracle he was not wiped out. I won't go into the details. I know that as long as you have been specializing in Christ Truth you have seen outer appearances changed through Christ Truth.

Mr. H. B. Jeffery says in MYSTICAL TEACHINGS to expect miracles. After one has been aware of a few I believe this expectation comes easier.

I had almost let the intellect reason me out of this trip. I'm glad I didn't. The trip has been a sort of Spiritual Seminar, even though it was an arduous experience from the outer view. As we were driving mile after mile, I realized that there was nothing wrong with the trip itself. . . .

I was not sure that I could write a letter, but I have already covered almost two pages rapidly.

Only people such as you at the "home office" of Christ Truth understand the overwhelming gratitude to God that I feel for establishing and maintaining such a place where starving souls are led, pointed toward, and encouraged to continue on the Path of the One and Only Trip we must all eventually make to our True Home in Christ.

Sincerely and gratefully:

(Signed)            Zita

Albuquerque, New Mexico,  
June 22, 1965

Alphabet of  
DAILY MEDITATIONS  
For Every Week Day of the Month

SEPTEMBER, 1965

1. AIM at righteousness, faith, love, peace.
2. Teach what BENEFITS sound doctrine.
3. There is great gain in godliness with CONTENTMENT.
- 4 The Father that DWELLETH in me, HE DOETH the works.  
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6. We have strong ENCOURAGEMENT to seize the hope set before us.
7. Your FAITH is growing abundantly.
8. Be strong in the GRACE that is in Christ Jesus.
9. Take HOLD of the eternal life to which you were called.
10. The aim of our charge is love that ISSUES from a pure heart.
11. In the days of prosperity be JOYFUL.  
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13. KEEP silent.
14. LEARN in silence.
15. Let the MEDITATION of my heart be acceptable in Thy sight.
16. Thou art NEAR, O Lord.
17. Lord, Thou wilt ORDAIN peace for us.
18. Keep yourself PURE.  
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20. They came to Him from every QUARTER.
21. REKINDLE the gift of God that is within you.
22. God gave us a SPIRIT of power and love and SELF-CONTROL.
23. Let us draw near TO THE THRONE of grace.
24. The Lord will grant you UNDERSTANDING in everything.
25. God called us in VIRTUE of His own purpose.  
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27. Do not be WEARY in WELL-DOING.
28. Take heed TO YOURSELF and to YOUR teaching.
29. He told us of your ZEAL.
30. May the God of peace sanctify you.  
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"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."

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

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