

The Theological Science Society, Int.

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Welcome to Our Visit and Chat for September 2020

My Dear Friend and Fellow Member,

I do hope you are enjoying the temperatures wherever you are located. Here in the Midwest, this week looks like it will be beautiful with temperatures in the low to mid 70's – *Perfect for me* with blue skies and fluffy clouds. Our evenings are cooler and that is normal for the Autumn. The previous few weeks we were affected by the smoke and fires on the west coast and we had cooler and wetter temperatures than usual. It reminds me of how connected we are to each other. I recall a quote about how the flutter of the butterfly's wings can affect the weather across the ocean. I always thought it was a Rumi quote but in looking it up just now to get it correct — I guess not the “so called” quote appears to be tied to a SciFi novel by Ray Bradbury in the 1950s. For a moment, I'm felt disillusioned. And at the same time, absolutely knowing that we *are* all connected; and the weather in one part of the world does affect weather in other parts of the globe.

We are all effected by each other in one way or another even those we don't know. For instance we are effected by the weather, the economy, the stock market, local price of gasoline and goods, pandemic's (such as Covid 19), politics and a whole host of things in our personal lives and beliefs. All of which affect — notice the Effects are those things outside of us and the AFFECT is what it is doing inside of us. All of which relates to Doctor's Chat this month.

Before I turn you over to our Chat, I wanted to notify you that I am moving to a smaller office at or a little before the end of September. Our new office is only a mile or two from the one I am in currently and the Post Office Box and Phone number remain the same as always. I do love my office and spend a good amount of time here, yet it is larger than needed at the moment and will help with cutting expenses.

Currently the majority of our Members and all new members, mostly coming via our website, are receiving their Monthly Lessons and Chat Letter via email. The Chat Letter is also posted on our website toward the third week of the month, it is a great way to introduce others to our Society. Please do visit our web site at: www.theologicalsciencesociety.org once there draw your eyes to the top *navigation bar* and look for and *Letters* you will see a drop down list for all the Chat Letters. You will be able to print them if you wish.

Our Chat this month (originally transcribed in January 1956), addresses the subject of emotions and their effect on our life, our health, and our spiritual development. He reminds us: “emotions are brought into expression by some physical action or reaction, compelled by an idea or desire which seeks expression.” And, “Desire is a form of emotion; and emotion originates in the subconscious mind. When any thought, or idea, or intention is impressed into the subconscious through the emotions.” And converts the original thought, or idea into an experience in your life.

I do so enjoy sharing with you each month. And for your care and interest in The Theological Science Society and writings of Doctor Hugh G. Carruthers. My thoughts and good wishes go to you now.

With loving thoughts,
Knowing that All is in Divine Order

Rev. Ann B Schmitt
TSS Director

FROM THE STUDY OF

Hugh G. Carruthers

Prior Right Established, 1956, by
Hugh Greer Carruthers, Founder-
Director of The Theological Science
Society, Int. Extension Education
Division of The Hugh G. Carruthers
Foundation. Rabind Rama Bodhisat
I-A, 11th, M.D. Ph.D

My Beloved Chela:

My thanks to you for having me in for this visit and "chat." I should like to stress the invaluable benefits of giving your attention to reading and re-reading EVERY Lesson you receive once or twice during each week of the month, for in this way you not only make this remarkable Knowledge your own, but easier to apply in principle in your thoughts and actions and, of course, reap benefits you could not possibly even dream about before you have realized them.

Some of my loved ones offer all manner of different excuses as to why they are unable to read and re-read every Lesson; lack of time; too long hours demanded by their work; too much noise at home; demand of the family on their time and attention; I could bore you with nonsensical excuses I read. If I were near some of the writers of such letters I believe I should sit down with them and cry on their shoulders, and then do something like what The Master did when He found the moneychangers turning the Synagogue into a House of merchandise: He loosed the tie rope from about His waist and whipped them out of the Temple.

There is no justifiable excuse for ruining your own future existence, here NOW, and Hereafter on the Cycle of the

Rounds in your karmic evolution to whatever heights of Being you may choose; and make no mistake about it - choose you MUST either Now while Here, or at some other time, or point, of your progression. You, and nobody else, nor any other person, or god, or deity, have anything whatever to do with Your eventual Mastery.

As the race learns the value of Personal Development we shall see evidence of Wisdom in effects. Observe history and note that very few of the Masters and Initiates were puny, sickly men. Pythagoras was a huge man, brawny, strong and powerful of stature; so was Plato. A-Brahm, Who became "Father" Abraham, was a man of large proportions, said to have stood six feet and three inches in height, while His son, Isaac, was a small man. But Isaac's son, Jacob, stood "more than six feet (in cubits) among His people."

The Grecian gods were all men of gigantic stature; Zeus was pictured as a large man; and the gods, Jupiter and Mars were big figures. The Man called Jesus, Who became The Christ, is said to have "measured nearly seven feet in height, and stood tall among His disciples, so that He could be seen from any distance."

There is an old maxim, said to have been stated by Osiris, and repeated by Isaiah: "As the Ages roll on in their courses, men shall grow weaker and wiser." We may observe the truth of that, for men of nearly all races today, seem to be smaller in stature, while wiser in Understanding.

The majority are not only motivated by the emotions, but emotionally developed. Your emotions will invariably be expressed in your actions. The emotion of Love will express in demonstrations of affection, loving service, kindness, devotion, etc.

Emotions of hate will express in vindictive or antagonistic actions. The emotion of shame will be manifest in attitudes and actions corresponding to the nature of the cause which compelled the emotion into expression. Emotions of sorrow will bring tears to the eyes because the tear ducts will respond to the nervous emotional stimulus.

You will see that the emotions are brought into expression by some physical action or reaction, compelled by an

idea or desire which seeks expression. When the emotions are expressed through a compatible channel, conditions are then conducive to well-being; but if they are repressed or unexpressed, the desire or wish will remain an emotional suppression in the subconscious and, perhaps, grow in intensity and become what is called an emotional complex.

Such a complex, or fixation, can become a real force; and develop into what is called a vital force, retaining its intensity undiminished throughout the lifetime of the individual unless released. It may even develop in violence with every similar thought or desire, or wish, or even memory. It is this phase of erroneous emotional development with which the psychiatrist deals in treatment of such mental conditions, and which the thoughtful individual could easily control, and eradicate, himself.

The kindly emotions, such as love, generosity, magnanimity, and the like, activates the solar plexus, which, in turn, influences the action and inter-action of glands which produce a vibratory effect on certain other organs of the body which arouse passion, or desire for service.

The emotion of hate compels the acceleration of certain physical activities, which change the chemical composition and organization of the blood, and often results in semi-paralysis, and if long continued, in complete paralysis.

Emotions are invariably expressed in mental, verbal, or physical action, and being expressed in one of these three ways they are released and dissipated quickly, causing little if any dissipation of energy. When, however, by reason of a stronger emotional reaction, such as a sense of honour, or pride, or intense anger, or desire for revenge, such emotions are consciously impressed deeply in the subconscious, and are no longer subject to conscious control, they are apt to lead to intense suffering.

Suffering is an emotion, and often becomes intense. It must be controlled quickly, before, it becomes uncontrollable; otherwise it will become a subconscious fixation, as may be seen in the religious penitent, or recluse who whips himself with a lash to satisfy his intense emotional suffering. In such cases the penitent accuses himself in the imagined thought that he is being repaid for wrong doing. Such

an idea leads to the avowal that he will never do wrong again - which is the suggestion for reformation that is deeply impressed into the subconscious by auto-suggestion of the one atoning for some real or imagined wrong he has done.

So it is that reformation might become a fixation because it changes the conscious desire to avoid the effects of results of suffering suggested by the self-inflicted penance; when there will develop a conflict of emotions. But the conscious individual usually lacks the developed ability to control his emotions, and soon forgets his vow in other recurring desires. It is for this reason that the Church demands frequent confessions of sin and faith, in order to keep the individual mindful of the consequences of wrong doing.

Some adherents of the modern school of Psychology declare that desires originate in the subconscious mind; others that desires are of conscious origin; and both may be correct. We know that one form of desire is based on want, or an imagined need; another is a craving, or a longing, for some thing or condition, usually originating in Thought, or consciousness, and usually a result of having seen, or heard about, something possible of attainment, or even an impossibility, or, at least, an improbability. The individual may see something he admires and wishes to have for himself; or he may hear, or learn about something advantageous, or desirable, and wishes to have it, or imagines that he ought to have it.

The individual who sees something attractive, desirable, valuable, or helpful to him, as, for instance, a rather large sized diamond in a jeweler's display case, and knowing he is unable to acquire it immediately, "feels" such an urgent desire for it that he dwells on it in his conscious desire for it. This attraction, or concentrated mental effort passes the idea or desire on to the subconscious, and if not soon gratified continues as a subconscious desire until, perhaps, it becomes an obsession.

But in the main, most desire originates in the subconscious and is imagined to be of conscious origin because of subjective intuitive promptings or urgings; and often the individual will know that he desires something, but cannot tell how or why he desires the particular thing or condition more than some other.

Desire is a form of emotion; and emotion originates in the subconscious mind. When any thought, or idea, or intention is impressed into the subconscious through the emotions, the sympathetic nervous system is activated and transmits the thought, idea, or intention, as vibration, to every part of the body which could be in way concerned, or affected thereby converting the original thought or idea into an experience in and of your life and affairs. While the thought, idea, or intention originated in consciousness, the emotional urge makes it a subconscious desire.

The subconscious desire then affects the Sympathetic nervous system, which then begins to direct physical action toward overcoming the undesirable condition; and this compels a change in the conscious thought processes. Soon what seems impossible now appears to be wholly possible and a change of physical condition begins to manifest.

Another instance may be seen in the invalid desiring to be cured by what he terms, or imagines to be, a miracle. He has heard, or read, about invalids being completely cured by visitations to some shrine, where religious people have been cured suddenly; and where those engaged in religious work increase the emotional desire by their suggestions and tales of the wondrous cures which have been effected. All this emotional association results in auto-suggestion in the invalid, and his thought are directed toward his own cure; thus becoming subconscious emotional factors which activate the Sympathetic nervous system.

Innumerable instances could be cited, but suffice it to say that the necessary interaction of the objective and subjective minds (or conscious and subconscious) necessitates a similar interaction between the corresponding nervous systems; that is, the Sympathetic and the Cerebro-Spinal.

The Cerebro-Spinal system of nerves is the channel through which we receive conscious perception from the physical senses, and which is in control of the physical actions, or movements of the body. This Cerebro-Spinal system is centered in the brain.

Any attempt to explain the phenomena of Life must necessarily be predicated on the provable Truth of the at-onement of All existence, and all forms thereof. The psychic

principle within all living organism is the Infinite Universal Intelligence Which MUST have existed before living substance could have come into existence. It exists Now as always, and is all around us, and flowing, or vibrating, in and through all living substance.

This Infinite Intelligence manifests as Cosmic Consciousness, as, and in, the form of living substances, acting with conscious awareness of the necessity for creating, or producing, Its food supply, and evolving organize substance on to an ever higher form and plane of Being.

The Infinite Mind is the creative Principle of the Universe - The Divine Essence of All Life - or that Which we know as The Infinite Omnipresence. It is, therefore, a sub-consciousness in and of the Universe and all things therein and thereof; as It is the subconscious activity in the organization of the living form; and all sub-conscious activities in and of the living creature, plant, insect, and animal, are governed by the Sympathetic nervous system because it is the organ of the sub-conscious mind.

Human intelligence is challenged in the observation and investigation of the chemical laboratory which is known to be the foundation of all plant life. The results accomplished by the Infinite Intelligence which manifests in this phenomenal chemical laboratory challenges the wildest imagination; as does the high order of Omni-conscious Intelligence which produces the almost unbelievable perfection of mechanical contrivances and harmonious interdependent relationships manifest in our own physical bodies.

In the mineral world all seems to be in the form of solid mass, and fixed; but when we realize the constant action and interaction of the mass of atoms we know that what appears to be, is not so. In the animal and vegetable kingdoms we find a state of flux, constant change; continual creation and re-creation. We then become inquisitive and demand to Know the reasons for phenomena when it is possible to acquire that Knowledge.

The atomic theory, or hypothesis, in chemistry and physics is that all material substances are composed of minute particles, or atoms of a comparatively small number of kinds; all the atoms of the same kind being uniform in size, weight,

and other properties; hence, any theory concerning the structure of the atom. [Today, 45 years later, science has progressed to quantum physics, the string theory, and holographic concepts.]

In the atmosphere all about us there is heat, and light, and energy; and as we mediate and reason from the visible to the invisible, each realm is found to be finer, more spiritual, and of higher potentiality. On the invisible plane energy manifests in its purest, most volatile state.

This is true in all of Nature. The most powerful forces of Nature are the invisible forces. We also find that the most powerful forces of the human individual are the invisible, or spiritual forces; and the only way of which we know that spiritual force can manifest, or be manifested, is by the process we call thinking. Every form of thought is a spiritual expression.

Every thought, whether ephemeral or concentrated, activates certain physical tissue - parts of the brain or nerves, and even muscles; and this, in turn, causes physical change in the tissue construction. You will see, then, that it is only necessary to engage in thinking on a given subject to compel either a partial, or a complete change in your own physical body, or any part of it.

Positive thoughts of a constructive nature, if persistently practiced, will overcome and eradicate destructive, negative thinking. One who has developed the habit of fearing imagined probabilities must force himself to engage in thinking courageously. "What if it does happen? I shall be ready to rise above it!" is the conscious attitude which will eradicate fear thought. Or, "No doubt I am sick, and this is a serious condition, but 'I' CAN and WILL correct it, and regain my health!" Or, "I shall make my position with this Company more secure by giving closer attention to my duties, and do this job better than it has ever been done before."

Such thoughts of Power and courage will take root, and the thinker will be inspired to develop even greater Power, and Life and affairs will begin to appear in an entirely new perspective - for Life will have a new meaning for you; and you will soon begin to realize that you have been renewed, joyful, expectant of the Good, and energetic. You will begin to sense

possibilities and opportunities to which you were previously quite blind, and which seemed to have no meaning for you. You will begin to refuse to listen to others who offer advice and suggestions, and you will begin to Think for yourself, and reason.

The thoughts with which you have impregnated your mind and affairs will be radiated to others with whom you come in contact, and they, in turn, will help you onward in your Forward March to the Success you desire, because they will admire you because of your independence and ability. Thought is, you KNOW, a mode of motion - a definite rate of vibration - and Right thinking is as contagious as is wrong thinking, or the measles.

"Birds of a feather flock together," which is why you may have noticed that there are very definitely two classes of people- the "leaners" and the "lifters;" the leaners are the fearful, who almost constantly seem to expect the worst. The lifters are the ones who seem to serve well, and help others, and bring cheer and confidence into any situation. They are the producers.

As a Positive Thinker, you will attract to yourself new and different associates, which is why it so often happens that a man, or a woman, will suddenly "pull away" from his, or her, old associations, friends, and acquaintances, to "go it alone," and leave those who knew him to wonder why he discontinued his visit and associations with them. Your new associates and associations have an effect in changing your environment, your ideas and your desires, so that by the simple practice of controlling your thought processes you change not only yourself, but your environment, circumstances and conditions of life; and which is more, you may often change your close associates in their habits, for the better.

My thanks to you for this visit and "chat" with you. It was nice being with you spiritually, and I am grateful for the visit and your attention.

Your servant and friend,

Dr. Hugh G. Carruthers, B-11