

The Theological Science Society, Int.

This Being Our Visit & Chat for May 2020

My Dear Friend and Fellow Member,

Welcome to our visit and Chat for May. It is hard to believe that next month is the half way point of the year. Everything seems different this year although most of us didn't realize it until March. Life is certainly different that it was eight weeks ago. Even our language is different with words like COVID19, social distancing, virtual meetings, family Zoom calls, and having groceries delivered. Schools are closed and at least here in the United States and Canada most students are doing E-learning. Many people are out of work except for those employed by essential stores. Small business in particular are suffering and many won't make it through.

On the bright side It's Spring! Finally, the temperatures are rising and the spring rains are lessening. On the positive side, families are spending more time together, playing board games, taking walks, and reading more. And, I know I am getting used to attending Sunday services via Facebook Live and Zoom. I do however miss the social hour and hugs. Life may never be quite the same again, but it may be exactly what we need. I, for one, am envisioning a world in which everyone is kind and pleasant to one another. Mother Nature seems to know best as we have already seen that the environment and climate change are beginning to thrive.

My thanks to the many Members who are willing to receive their Lessons and Chat Letters via email. As the year progresses the Letters and eventually all of the Lessons will also be available from our website as a download.

Going to you now is my Love and Best Wishes,

Rev. Ann B. Schmitt
Director, Theological Science Society

Prior Right Established, 1952

By

Hugh G. Carruthers, B-11

My beloved Chela;

Hello again. How kind you are to welcome me; and how nice to be with you again! Come, let us be comfortable; let us relax and be at ease, and forget all else but that we are together; for I come, I think, with glad tidings. Behold! We are not alone, for as He said it: *"where two or more are gathered together in My Name, there AM 'I' in the midst of them."* Matthew 18:20. But, if perchance, if, as may be, you are unable to give your complete attention to this visit, lay me aside until you can, and then we can be together undisturbed.

I believe that poetry very often conveys something which might not be as effective in prose, and so I've prepared (forgive me if I call it a poem) what I hope will tell its own story. Now please forgive my slight effort; this is not, in the real sense, a good poem, as I am sure a poet would agree, but in writing it I felt that it may convey something worth thinking about. I entitled it "We Work Together."

"Good morning, friend," I greeted Mr. Fonda
Who owns and works the farm just next to mine,
"I see you've sown some barley, and out yonder
You've put in clover. Your harvest should be fine!"
"Yes, he said, and went right on a' planting.
A man, I thought, of few, selected words.
And then he paused ere turning in the furrow,
The while I heard the lowing of his herds.

"I only sow the seed," was his rejoinder.
"I never questions how, or why, they'll grow.
I leave it all to Him Whose ground I plant in -
Knowing that what He Wills, it must be so!
This farm has always been a good producer, and
Do you know why?" he asked, with twinkling eye.
"I'll tell you. It's because I always trust Him;
I never doubt His Way, nor question why.

If I need rain, and find He disappoints me;
Or need the sunshine and get only shade;
I know there is a reason He anoints me
With failure; and 'twas I who disobeyed.
He has a way of keeping me in balance -
Just as He balances the universe out there.
I only wish that I could understand it -
The way my 'Father' keeps me in his care.

So I just plow His earth, and plant, and reap it;
Knowing that what - as I've been often told -
I've given to His care, He'll take and use it,
And give it back again, a hundredfold.
He has a way of doing that, you know;
For those like me, and you, who trust Him so.
And that's the reason why we work together -
My Lord and I - in any kind of weather." H.G.C.

I hope that little verse conveys a hint of one way to shed, and overcome, burdens, annoyances, or distress of any nature, whether physical, mental, or spiritual. There are other ways, of course, and we ought to discuss them, so as to be able to apply the principles for successful living. I believe, however, as I have so many times before stated, that it makes little, if any difference, what may happen to you as long as you will not allow it to happen in you."

You see, distress is not an accident, nor happenstance, regardless of the fact that it may very often appear to be so. Actually, there is no such thing as an accident. Some erroneous thought, or lack of thought, or carelessness led to wrong action, or inattention, or willful disregard of conditions or circumstances, and suddenly the effect, or result, is evident, and we call it an accident. BUT there never can be an effect, or a condition until, and unless, there has been a Cause therefore. Cause MUST always precede and predetermine any and every condition. Refer back to your earlier Lessons and you will note that I tried to explain that Truth by stating that "for any and every condition in your life and affairs there must have been a Cause; and for every Cause established in your thinking there must eventuate an effect, a result, or a condition identical to the nature of the Thought, or Cause, which compelled it."

Whether you know it or not, and whether you like the idea or not, you are like the business man engaged in a Partnership; except that you are better off than he, for you are in the Partnership of Living and Being, with a Partner Who Can and Does Sustain your business, while you only need be interested. You are NOT engaged alone, at any moment of time. Strange as it may seem, You do NOT own anything - nothing whatever. All that is yours, or seemingly in your possession, belongs to your Partner. He (or It) originated your Partnership - in this business of Being - and all that may seem to be yours is really His, even the body. You are merely the steward.

Before I try to explain that scientifically, refer to the Scriptures, 1st Corinthians 6:19 - for regardless of the revisions, which have misunderstood and misinterpreted the writings of the early Scholars, the fact remains that there is a sense of the Truth therein. That verse reads: "*What? know you not (or do you not know) that your body is the 'temple' of the Holy Spirit (or Soul, or spiritual part of The Infinite Omnipresence) Which IS IN YOU (in your body which you so persistently imagine to be the real You, in your ignorance); Which you (the body has) have of God (from The Infinite Omnipresence), and you are NOT your own?*" Nothing could be plainer than that!

Let me put it another way. The house, or apartment, in which you now live is the place of your abode. You occupy it, just as You occupy the body in which You Are. If you rent that house, or apartment, the owner expects you to maintain it in a state of cleanliness and good repair. He from whom you rented the place virtually told you at the time you entered into the rental contract: "Here is my house. I will agree to allow you to live in, and use, it if you will agree to maintain it in as good condition as it is now when I let You enter into it. I shall expect You to care for it, for Me - and, He may add; *"that thy days may be long in the place."*

The allegorical interpretation of Exodus 20:12 is nothing more than that, as a part of "The Way and The Light." "*Moses*" came "down unto the people" (down from the "tall Man to the short man") with a set of Rules for Right living. The misunderstanding mis-interpreters have since called His Rules the "Ten Commandments," and they failed to include another, the "eleventh," perhaps the most important, which is, "Thou shalt not take thyself too seriously."

But the verse of 20:12 of Exodus, which is the Second Book of Moses, shows the fourth Commandment: "*Honour thy father and thy mother; that thy days may be long upon the land which the Lord thy God giveth thee*" (for thy use). The body in which You Now Are is a product of the combined elements which your father and mother sowed together, fertilized, developed, and brought forth for Your occupancy WHEN the Lord thy God (The Infinite Omnipresence, or Law) reincarnated, or brought, You into the earth-plane Cycle of existence for the purpose of KNOWING and balancing Your karma.

The balancing of Your karma means, in simple terminology, the development and maintenance of Your threefold, or triune, nature, by application of the principles of the Knowledge of Your Self. In other words, You maintain perfectness by SELF KNOWLEDGE, by which you shall develop a sound body, a sound mentality, and a sensible appreciation of Your spiritual nature, or spiritual at-one-ment with The Infinite Omnipresence - Your Partner. "*Disciple, know Thy Self, and Thou shalt know God.*"

In the beginning - or when You first entered into the body You occupy - as The First Breath-of-Life, and became a "*living Soul*," (as see Genesis 2:7), You "rented" that place of abode from Your "Father," from Whom, or Whence, You came. Having no Knowledge then, You were wholly dependent upon Your "Father," as Mind, or Omni-consciousness, within that body - in every cell and corpuscle of that body. The Intelligence of Your "Father" knew exactly where the infant body must seek its source of nourishment, as witness the newly-born infant, placed beside its mother, will immediately begin to sniff and turn toward the breast.

As the body developed the inner occupant developed, and "in the fullness of time" self-consciousness was evident; the infant (without conscious Knowledge of Its spiritual at-one-ment) began to learn of life from those like itself about it. That was the beginning of ignorance, not Knowledge. The very ones who love us most, and who seek what they assume to be our best interests, are they who will deliberately "hand us over" to other ignorant individuals (self-styled authorities) for instructions, and soon the unthinking, blind-believing, religiously inclined persons - usually a fanatical young girl, or young man, as Sunday School teachers - and the clergy, who live and thrive on human ignorance, begin to misinform the child regarding its true spiritual nature and at-one-ment with The Infinite; as witness the widespread blind belief in the mythological fantasies regarding a "Hereafter," a location called "hell," and another equally fantastic idea of a "heaven," as either threats for failure to obey a dogmatic false doctrine in blind submission to the Will of the Thinkers who do the thinking for the masses; or a promise for such obedience, and satisfactory contributions of money for the maintenance of the Thinkers who have inculcated the fear through ignorance.

You may have heard, or read, the old aphorism, "Self-preservation is the first Law of Nature," but that maxim is a fallacy. The first Law of Nature is, "KNOW THYSELF," for how is it possible to preserve what one does not know about? Without a knowledge of Self, how will one preserve the Self? But with a Knowledge of Self, all other Knowledge follows in order.

Since The Self (the Real Self, or Reality, or Identity) occupies the body, it follows that one will want to, or should want to, care for the body and try to maintain it in as good physical condition, or state of health, as may be possible. Therefore one seeks to know HOW to care for the body. He seeks and learns that the body is composed of chemical and mineral elements - the same elements of which the earth is composed. He learns that these elements, or values, are used up in living - i.e. in exertion, organic functioning, and even breathing; and that this process of "breaking down" and "building up" the body is known as metabolism.

NOTE: "metabolism" is defined (biologically and physio-logically) as the sum of the processes concerned in the building up (which is known as anabolism) of protoplasm (see below), and its destruction (known as catabolism) incidental to life; the chemical changes in living cells, by which the energy is provided for the vital processes and activities, and new material is assimilated to repair the waste.

NOTE: "protoplasm" is defined as the formative material of animal embryos; or the essential substance both of the cell body and nucleus of cells of animals and plants, regarded as the only form of matter in which the phenomena of Life are manifested. Protoplasm ordinarily is a viscous translucent material holding fine granules in suspension.

The only way in which to replenish the substances changed in metabolic action is by consumption and assimilation of foods and liquids, and breathing, or respiration. Naturally, then, one should give careful attention to what foods he eats, what liquids he drinks, and his breathing. He will learn that regardless of claims by so-called learned authorities, all foods are not fit for human and animal consumption; all liquids are not to be drunk; and that the breathing processes of a vast majority of humanity are incorrect, or faulty, due largely to habit and lack of knowledge.

Simply because someone, who ought to know better, states that certain foods provide elements, and/or "vitamins, and/or protein matter," does not make such statements true. And simply because some materials are labeled "foods" does not make them fit for human consumption. Much of the concentrated foods are made to be sold, but not eaten. There is much to be said for this, which could never be included in this chat because of lack of time and space, and which is all included in your Training Course - such as the statement that meats provide protein matter; that a highball before or with a meal works no harmful effects, etc.

I agree that live animal blood may provide protein matter, but not for the human who eats the dead carcass of a bloodless animal. Such protein matter is provided for the wild carnivore, like the lion or the tiger, which overcomes and devours its helpless animal victim while the animal is alive and the blood is warm. But when an animal has been slaughtered and drained of its blood, and its carcass is bloodless, I defy and challenge the most learned dietician, or anatomist, to prove that there is, or can be, one iota of health-giving substance in the dead carcass of the bloodless animal.

The Life substance is found ONLY in living plant life - i.e., freshly harvested vegetables, fruits, grains, nuts and berries; fresh honey, fresh eggs (yolks), fresh raw milk, fresh sweet butter, cheeses, herbs, water (preferably spring water), and the juices of vegetables and fruits; and fresh vegetables and fresh fruits should be eaten, when possible, raw. When these are cooked, they should be steamed as little as possible; never thoroughly cooked over, or by, an intense heat. To the foregoing may be added algae, for iodine value they provide (sea lettuce), also found in some of the vegetables and fruits in minute quantities.

When a healthful dietary regimen is adhered to, digestion and assimilation will be correct, for there is "That Intelligence" within the body Which will properly accept and manage and distribute the foods consumed as vital elemental substance, to all parts of the body in perfect metabolism, and eliminate the waste as feces (or feces, or faecal matter, or excrement, or ordure), for perfect health. And the one who would develop the Will Power to refuse to allow any but the correct foods and pure water to enter into his body, would live to an evergreen longevity in health, strength, vitality, virility, and peace without pain or ache.

I would venture to state that of every thousand so-called "deaths," nine hundred and ninety are slow suicides; (results of wrong eating) nine are due to carelessness or inattention - as in sudden death by what is miscalled "accidents," including surgery, and one natural - because of the ultimate inability of the aged organism to continue to function - like the machine which wears out in constant use, or like "The Wonderful One-hoss Shay. That was built in such a logical way It ran a hundred years to a day" of Oliver Wendall Holmes. It was Thomas Paine Who said, "What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value." How true! If you had to purchase the body in which You live, and then pay a high price annually to maintain it, you'd value it. Or, perhaps if one day, in my feeble way, I can lead you to appreciate your wonderful body, you may value it enough to care for it properly.

So much for freedom from physical distress. Please do not write to ask me what to do to regain health; health which may be impaired CANNOT be regained by the use of medicines or drugs, or surgery; health is regained in but one way - by correcting your former errors and developing enough Will Power to DARE to be courageous enough to eat, drink, exercise, wash, rest, relax, sleep, play, work, and THINK sensibly - which, after a short time, becomes a habit - and a pleasant habit.

Now, let us see freedom from mental distress. First, let us understand what we are considering. What is mental distress? Mental distress invariably stems from, or begins with, FEAR - fear of some kind. Fear leads to worry - and fear and worry are effects of erroneous imagination. So, mental distress is a result of unbridled imagination which is allowed to THINK wrong, or focus on "expectations" which have not yet become realities.

A man was leaning part way out of a window on the third floor of a high building. Another man had leaned too far out of the window on the tenth floor, and he fell. As his body passed the head of the man leaning from the third floor window, that man heard the falling man say: "Well, I'm all right yet." Since he had not yet struck the ground, and still lived, he was all right - even though falling to his death. Nothing is ever so dreadful that it couldn't be worse. When you develop the ability to do either of two things, you will have overcome, and eradicated, mental distress: The two things? (1) control your conscious mentations so as to refuse to allow anything to happen IN you; or (2) forget you and your silly imaginings, and allow your "Father" to run your life for you.

Take a good look at the Universe some clear, starry, moonlit night, and observe the equilibrium - the astounding balance. Your "Father" seems to do all right with His job and His Universe, doesn't He, or It? Take a good look at any plant, or any tree, and observe the perfect development of a beautiful rose, or a grand tree - or, if you prefer, merely a blade of grass - and then ask yourself: "If my 'Father' so easily, so ably, so perfectly, cares for all of these, why shouldn't I allow Him to care for me and all my affairs?" "What have I to fear, or to be worried about?"

But some school teacher, instructing in hygiene, or some "graduated" doctor who has been taught to deal with externals of the objective life, and to depend upon medicines, drugs, splints, plaster casts, and the scalpel, have taught you, or have led you to believe, that God is for religious reasoning, while health is maintained by Hippocratism. Might as well seek to develop poetic ability by quaffing the "maddening draughts of Hippocrene," as the grand old poet, Longfellow, put it. And that reference, by the way, is well worth explaining here.

NOTE: "Hippocrene" is a term from the Greek (from hippos, horse; plus krene, fountain;) A fountain on Mount Helicon in Boeotia, fabled to have burst forth when Pegasus stamped its foot on the ground; referring to waters which sprung forth, supposed to impart poetic inspiration and ability.

NOTE: to go a step further, "Helicon" is a mountain, or small mountain range in Boeotia, Greece, said by the Greek mythographers to be the residence of Apollo and the Muses. Apollo, as you know, in Greek religious mythology, was the god of manly youth and beauty; of poetry, music, and oracles; and the twin of Artemis. He was also god of healing; and the sender and stayer of plagues.

He was identified with the sun-god Helios (the sun-god, shown as driving a four-horse chariot through the heavens) (from whence we get the term "helioscope," a telescope, or instrument, for viewing the sun without injuring the eyes; and the "heliograph," an apparatus for telegraphing signals by means of the sun's rays thrown from a mirror; often used by ancient armies, and referred to by Rudyard Kipling in one of his glorious poems about the British forces in the East).

And, with your permission, to go another step - for I wish with all my heart that I could inspire you to interest in the mythologies of the ancients - and their poetry, music, and philosophies - (something of which you will have in this Course of Training as a feature of your Fellowship - which I like to think may be a "liberal education") let us NOTE the term "Muse," from Greek mythology, usually used in the plural sense.

The MUSES were the nine goddesses, daughters of Zeus and Mnemosyne, who presided over song and the different kinds of poetry, and the arts and sciences. Their names were Calliope, Clio, Erato, Euterpe, Melpomene, Polymnia, Terpsichore, Thalia, and Urania. As Milton used the term "My wandering Muse, how thou dost stray." The Scots referred to the mouthpiece of the bagpipe as a muse; and it is used also as in "Musette." Have I strayed too far afield? I do not believe you will think so, for in these allusions may be something of beauty, and beauty is Life, or should be.

I might even go another step and state that I think you will eventually come to realize that of all mythology the most flagrantly blatant, and deceptive, is the Christian story of the foundation of the Church, as based on the ignominious "death" of The Master Who was and is The Christed Initiate, the fiendish and false machinations regarding the Christian "hell" and "heaven" in the next plane of Being in karma; the threats of damnation for disobedience, and the imagined promises of eternal bliss for obedience and observance of the man-made dogmatic doctrine which is the code of the Church, and the infallibility of the Pope who as a man, is declared to be the "vicar of The Christ on earth," by which he is set up as Absolute Ruler of the dominions of Catholicism, few of whom know what they profess, and those few for what gain may accrue to them, politically and socially. And it is my personal knowledge that some of them do not actually believe what they are expected to admit, and do not practice their faith, in their knowledge of Theological Science and the application of its principles in their affairs. So we have the spectacle of a mythological so-called religion which has no foundation in fact or history, and which cannot be practiced for results.

Hence the reason why nearly all so-called sickness begins in consciousness; a majority of those in distress being mental illnesses, and those of the physical due to the erroneous imagination originally. Tune in on your radio or TV receiving set and listen to some almost half-witted "salesmen" tell the listening audience, in the broadest generalities, that "You should go to your doctor for a checkup, you might have cancer," or "Go to your nearest drug store and get a package of "Anti Fat" tablets, guaranteed to help you lose weight quickly, if you follow directions." And the directions tell you that you MUST reduce your caloric intake (diet) while using the tablets. You CAN reduce your excessive weight without any tablets, simply by planning to eat less, but a sufficiency of, live fresh raw foods. The tablets are useless, and made to be sold, but NOT swallowed.

You CAN be mentally free of any and all distress in either of two ways: (1) by faithfully trusting The Infinite Omnipresence to intelligently manifest in all your affairs, as in the Universe, and without the slightest attention to interference on your part (which is not, as one might suppose, "blind trust"), or (2) by thinking and acting in strict accordance, and stricter compliance with, The Natural Law of Cause and Effect.

The former finally works in the same way that the latter operates; the only difference being in attention and method of applying the principles. Both are conscious considerations, and are acts of concentration, conscious impression of the Subconscious, and renewal, or redevelopment, of subconscious contact with Omni-conscious Mind Power. Both are affected by what is known as "affirmative" realization in the control of the mentations; for it is a provable Truth that the ONLY Power within your abilities is Thought Power.

A Thought is a Cause. A fleeting, ephemeral thought such as wishing, or hoping, or pleading, begging, asking, supplication, without creation of a pattern of your Thought Desire, is not a definite Cause; it is what may be called a form of mental dissipation, and if indulged to any extent becomes ruinous, for the reason that it develops a habit of careless thinking, or failure to recognize and apply principles of Law, without which there cannot be desirable, right results; and this error erroneously impresses the Subconscious, so that That inner Mind channel soon becomes a developed worthless, useless disarrangement which will require the closest attention and most difficult application, if It is to be overcome and rebuilt for reliable creative expression.

Even the most modern schools of Thought, with their nonsensical psychology, and crazier psychiatry, agree with The Masters of the ancient Lodge of Mystics, in that the Subconscious is the division, or Center, of Mind which controls the physical body and all its functioning organism. It will be seen, then, that the undeveloped, or erroneously and carelessly developed Subconscious will control the functions of the body erroneously. And the lack of control of the conscious mentations is directly responsible for all such error and distress.

The careless, idle daydream, is a thought uncontrolled. It is, of course, weak and without substance; it therefore will not deeply impress the Subconscious; but it will affect the Subconscious enough to weaken That Center for reception and development. In other words, it will affect the nervous system to the extent that the weak, but yet creative, vibrations will cause nervous disturbances; so that when positive, creative, impressions are implanted into the Subconscious, affecting the nervous system, the latter is disturbed by the first, weaker, and second, stronger, vibratory impulses, and these erroneous Subconscious impressions, uncontrolled, cause nervous irregularities, and very often dis-arrangement of the vertebrae - especially of the cervical structure.

Some of my beloved Chelas who are mothers, have written to tell me that they find it quite impossible to impress the Subconscious of their children by direct suggestion while the child sleeps, and yet this is the most effective mental treatment when properly practiced. What these good mothers really mean is that they lose interest, or become discouraged, if and when the child moves, or turns, while being so impressed. Of if the child awakens during the treatment, the mother desists, lest the child know or learn what is being attempted.

What of it? Who cares? Why not explain to the child what is being attempted? Why not wait until the child (of any age, from one month to forty years) (or even older) is asleep and then go into the room and bend above it, get the mouth close to the exposed ear, and begin to softly whisper, "I AM Healthy; I AM smart and quick to learn; I AM courageous; I AM courteous and kind to others." Always use the positive statement, "I AM," never the negative, such as "I AM getting better; or I AM becoming smarter, etc." Not the future hope, or expectation, but THE NOW - I AM NOW! because there is no other time but NOW, this instant. Whatever is to be developed MUST BE affirmed NOW - even though the manifestation may be observed in another, later, time.

Nothing can possibly happen to you tomorrow, because there is no such time or condition as "tomorrow." There is ONLY NOW! Nor is there any such time or condition as "yesterday." "Tomorrow" and "Yesterday" are but terms of comparison. Yesterday WAS NOW, but is NOT NOW now. Tomorrow shall have become NOW when you have moved into that NOW, but is NOT NOW now. *"Therefore I say unto you, What things soever you desire, when you pray, BELIEVE that you receive them (NOW), and you SHALL HAVE them."* See Mark 11:24.

The reason He admonished them thus was because He was instructing them, that in order to "receive" a desire it is necessary to "create" the pattern of the desire; and this is done by making a mental picture (visualization) of the object, or objective, of the desire - either "seeing" the desired object as ALREADY yours (which means NOW, while you visualize), or "seeing" yourself as in possession of, or occupying the position you desire NOW.

Do not conceive the erroneous idea that in merely "seeing" your desire as a mental picture you do not have the desire in material form; for you HAVE it in better than material form; you HAVE it in spiritual form, and the spiritual form is the CAUSE, because the spiritual pattern MUST always precede and predetermine the material manifestation of any desire, or intention.

What the so-called "Modern School of Scientific Thought," and the so-called psychologists, professors, and metaphysicians do not know is that the very Thought of the desire immediately vibrates into the aura of you, and from your aura into your astral, where Your astral body immediately vibrates in a like manner (see Ecclesiastes, Chapter 12) causing the creation of your desire to be in solution in the Universe of invisible Matter, which Matter is explained in Volume 2 - Part 10, paragraph 3, of page 3, which I quote for you who may not as yet be thus far advanced: "Be it understood that the Matter herein indicated is not, however, that which we commonly know as matter, or strictly material substance. It is the real Matter Which is ever invisible, and which has, at times, been called 'Primordial Matter.' The Braham scholar, or priest, refers to It as 'Mulaprikiti.' The Masters of the early Lodge taught, and modern science admits, that we see, or perceive, only the phenomena, but not the essential nature, body, or being, of Matter."

The paragraph (2nd) preceding that shows: "Metaphysically the first differentiation is Spirit - as Spirituality; with Which appear Matter and Mind. That which is produced from Matter and Spirit is Akasa - a subtle essence of Life, or manifestation of the Life Principle. Will is the force of Spirit in action, or projection, and Will is expressed positive Thought. Life is a resultant of the action of Akasa, moved by Spirit, upon Matter."

This will give you an idea of the train of causation which you set in motion when you "create" the spiritual pattern of a desire as a mental picture in visualization; and the reason why, as He said it, "*YOU SHALL HAVE THEM.*" (meaning your desires)

Now, then, the foregoing ought to explain that in order to be free from physical distress OF ANY NATURE, you MUST apply either of two principles of creative thought, consciously, which in reality, are the SAME in effect: (1) if you are entirely religious in your attitude, you will apply in perfect faith in the Knowledge that because of the omni-presence of The Infinite a definite part, or degree, of The Infinite Spirituality (Mind) MUST Be IN you - in your physical as well as mental being.

Therefore if The Infinite cares for, guides, sustains and maintains the created Universe in such equilibrium as to be Perfection, there is no reason why The Infinite will not care for, guide, sustain and maintain your body in perfect Health IF you will DO exactly what the Universe does; which is "Mind your own petty business and leave ALL to The Infinite." Never pray for health by asking, or pleading, or begging, or supplicating, for such an attitude is a negative consciousness, admitting your physical lack, limitation, illness, misery, discord and poverty of well-being - which is the creation of the change of causation which MUST cause or continue the condition (of dis-ease) from which you desire to be free, and which is the very opposite of what you should be doing and thinking.

You should be wholly conscious - even to the point of denying error - of ONLY Perfect Health, regardless of the indications of symptoms to the contrary. You should KNOW that your body is NOT yours; that it belongs to The Infinite, and that He or It is the ONLY ONE Who, or Which, CAN maintain it in equilibrium IF YOU WILL DO YOUR PART.

Your part is controlling your thought processes which will be the Cause of Correct Eating, Correct Drinking, Correct (nominal) Exercise, Correct Bathing, some rest and relaxation every day, sufficient Sleep to keep you from becoming fatigued, some play or recreation, work which you enjoy performing, and Daily Affirmation of your well-being and gratitude for the Knowledge of Self by which you Know The Way and The Light in Mastery. A sensible creative Affirmation is the Prayer: "I thank You Father (or Lord, or Master, or as you please) that You have heard me, and I KNOW that You can hear me and care for me always, in ALL my ways. I thank You for Your care of me and mine, always!"

If you are scientifically inclined, you have but to realize the foregoing explanation of the omnipresence of The Universal Law of Cause and Effect; that Thought is a form of creative energy which spiritually expresses Mind-Power; and that you have but to create the Cause for the creation of the pattern of your desire spiritually, or in visualization, as a mental picture, in order to project it into spiritual solution in the Universe, so that, as the late beloved John Burroughs said, "I KNOW my own must come to me." Remember, "There is NOTHING either Good or Bad but THINKING makes it so."

Although the foregoing seems to apply only to health, it is applicable, in the same way, to mental equilibrium. Since there is no such condition as spiritual disorder, it naturally follows that you could not experience any spiritual distress. Whatever may appear to be spiritual distress (loss of a loved one's

presence; loss of the love and affection of a loved one; or other seemingly spiritual lack or loss) is ALWAYS traceable to wrong thinking - faulty imagination, unbridled conscious appetites - for food, for drink, for sexual expression, of acquiring what has not been earned, for the gratification of imagined pleasures, or seeming possessions or other such uncontrolled thinking.

Remember, You are Master if You will assert Your Mastery, and subdue the undeveloped consciousness of self. Your Mastery is (religiously) in Your at-one-ment with The Infinite, or it is your consciousness of your ability to consciously apply principles of The Law of Cause and Effect. Whenever you desire something, or some condition, you have but to create the mental (spiritual) pattern as a mental picture, so as to institute the chain of causation which MUST compel the desire into manifestation. It IS Law, and cannot be contravened.

The reason I make that statement is because since about three years following my ordination I have been seeking, striving, and seriously trying to formulate a method whereby I might be able to contradict and prove The Law fallible or mutable, without the slightest evidence of the possibility of success; proving that in my inability to disprove The Law of Cause and Effect, and my unfailing ability to prove The Law immutable, I cannot teach other than what I KNOW through personal experience.

I have learned, and proved, that my ONLY Power is THOUGHT, and that as I apply creative Thought I am bound to achieve effects, results or conditions identical in nature to the Causes I established in my thinking. I have proved that I cannot think a wrong thought and act right and be aware of right, desirable results. Nor can I think a right, positive constructive thought and act erroneously or contrarily, and observe wrong, undesirable results.

During a rather close observance and study of humanity and animals, plant life and the minerals, history, geography, mathematics, astronomy, astrology, numerology, the arts and sciences, the principal religions, philosophy, metaphysics, anatomy, business, a somewhat professionally successful career, and whatever may have arrested my attention and interest during my life, I have NEVER observed, nor been able to prove the possibility of, fallibility in The Law of Applied creative Thought.

Many years ago I began as you are beginning. I tried to control EVERY thought, so as to be sure every Thought was correct, or constructive, or for a definitely defined purpose which would result in a useful condition. As I applied myself I became the better able to hold my attention to the exercise, or practice, becoming steadily more capable, and enjoying the "game" in greater measure. Finally, or I should say, eventually, the "game" became a habit, impossible, or rather, difficult, to overcome.

I found myself examining the palms of the hands of friends, and learning much about them; noticing the carriage and poise of the body, distinguishing mannerisms, which would indicate the natal sign of the individual; manner of speech or expression, the feet, hands, heads, general structure of bodies, and found that The Law is truly infallible. I then turned my attention to trying to apprehend the thoughts of others, and I learned that the thoughts of those near me were taking form in my own mentality; and I could tell others what they were thinking. This led to unpleasant situations and some folks did not enjoy being with me. It was not always pleasant to know what those about me were thinking.

I then turned my attention to telepathy and found that I could contact others at a distance from where I might be at the time. As the practice continued the ability increased, and in my time, as some who will read this can testify, I have telepathized Chelas and some who were not my pupils, or disciples, in many

ways, but always for the benefit of those so contacted - a practice I had to forego and discontinue. But there is nothing difficult about it.

Why not? If He could do it, and tell me that *"the works which I do shall you do; and greater works than these will you do, because I go unto my 'Father'."* (In the kingdom of God and His, or Its, righteousness, WITHIN) why should you or I refrain from doing the works also? If it be true that *"'I' AM with you always; 'I' will in no wise fail you!"* why should you or I hesitate? If it be true that "I" and my 'Father' (The Infinite Omnipresence - as Supreme Presence-Power-Intelligence, or as reign of Universal Law in existence - or in any other way) are One, then WE ARE SAME, and I have WITHIN my Mind the very Same Intelligence and the very Same Power to BE and DO and HAVE whatsoever I may desire to BE and DO and HAVE. And the same is true of You.

The only difference between you and me is that I KNOW It because I have proved It true; while you do not know it to be true because you have not as yet proved it; and you never will prove it true UNTIL and unless you determine to Be and DO What You really ARE - for what You ARE is determined by what and How you think you Are. There is no other way of which I know. "There is no royal road to success, " and even our Masters were one time novices, and had to prove Their Mastery by development, which you, too, can do, IF you WILL. Will You?

Well, I can tell you this. You Will Now, while Here in this arc of the Round of earth-plane, OR you will in some distant aeon; BUT DO It You MUST! You have had to progress from the lowest school grade to the highest you could attain; or you have had to learn by experience since having discontinued schooling. But, however, you have been learning something steadily. If I were to tell you that men and women who had no real formal education, and had not enjoyed the privileges or opportunities offered by college, have, like their more highly educated contemporaries, developed themselves to remarkable attainments and abilities, SOLELY by their persistent attention to this Course of Training, and the steady, faithful application of the principles and practice of the exercises outlined, I am sure you would determine to make every effort to develop yourself to the abilities of the god You truly Are. Remember, this Knowledge and Training is for you; make the most of it.

Read this letter again, and even again, and become familiar with the ease of application of the principles outlined herein. Let this chat be an inspiration to you to determine NOW to control your thinking - your EVERY thought, so as to create the Cause correctly which MUST become the Thing or Condition desirable to you. Do not allow yourself to pass through any day, without having gained something of higher value to you and in your affairs. If you will follow this practice as I have tried to explain it, you will find that ere long you will not need to give even the slightest attention to yourself, your affairs, your condition, or your ability to BE and DO and HAVE what things soever you may desire.

And when you arrive at that condition of Being, you will find that you do not have desires, BECAUSE you will not need for anything. What will happen then is that if, perchance, something arose to disturb your equilibrium, you would be the most surprised being in the kingdom; and you would undoubtedly "go into a huddle with" your "Father" and ask the simple question: "Father, How Come?"

And you will be aware of the answer: *"I did not forsake you, my Sun; you forsook Me; you forgot Me. For, Lo, 'I' AM within you always. I will in no wise forsake you."* *"Come unto Me all you who labour and are heavy laden; and 'I' WILL give you rest."* *"Take My yoke upon you, and learn of Me; for 'I' AM meek and lowly in heart ('I' do not have an inflated ego; 'I' do not imagine to know if all; I KNOW ONLY*

that 'I AM One with You), *and you shall find rest unto your souls.*" *"For My Yoke (love of you) is easy, and My burden (control of Self) is light."* Matthew 11:28-30.

"I thank Thee, O Father, Lord of heaven and earth (my Mind) because Thou hast hid these things (Truths) from the wise and prudent, and hast revealed them unto babes." Matthew 11:25. *"Let the children first be filled."* (their elders are all-wise, and can't be told, or fed) Mark 7:27. *"Suffer little children to come unto Me, and forbid them not; for of such is the kingdom of God. Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child (in perfect trust) shall in no wise enter therein."* Luke 18:16.

To avoid distress, therefore, "forget" distress and THINK of your "Father" within you, Who will in no wise forsake you, no matter what may be impending. Stop imagining what has not yet come to be. Stop looking for, thinking about, or borrowing trouble. KNOW that *"God's in His heaven (in you) all's right with the world,"* and before you fully realize the Truth, there will be no such condition as distress for you.

My thanks for this visit, and for your attention.
My good wishes and love are with you always.

Dr. Hugh G. Carruthers