

## **SCHEDULE**

### **DONNA'S SPIRITUAL PSYCHOLOGY CLASS**

- 1. Introduction to Spiritual Psychology**
- 2. What is Truth?**
- 3. Dependable Principle**
- 4. Philosophy**
- 5. Religion**
- 6. Religion and Psychology**
- 7. Jesus the Master Psychologist**
- 8. One and Only Mind**
- 9. Wisdom, Knowledge and Understanding**
- 10. Life is Consciousness**
- 11. Levels of Mind Function**
- 12. Mental Tools**
- 13. Personality**
- 14. Individuality**
- 15. Prayer**
- 16. Silence**
- 17. Healing**
- 18. Supply**
- 19. Living the Truth**
- 20. Attainment**
- 21. Cosmic Consciousness**
- 22. Death**

## Lesson 1

### CLASS IN SPIRITUAL PSYCHOLOGY

#### INTRODUCTION TO THE COURSE

“God, and God in Action, is all there is.” -- Nona L. Brooks

Motto: **THINK IT THROUGH. KEEP IT SIMPLE. BECOME AWARE.**

What is Psychology? (From the Greek)	A. Psyche	--	Soul
			Mind
	B. Ology	--	Science
			Knowledge

This is not a class in academic psychology. Some of the techniques of psychology are taken and related to our Spiritual Principles--Spiritual Principles are related to academic psychology.

Psychology has three main divisions:

- A. Scientific or Academic Psychology: This term is the general name for such activities as perception, memory, reasoning, feeling, judgment and will.

We may say that mental activity is concerned with the acquisitive, fixation, retention, organization and evaluation of experience and its subsequent effect on our personal lives.

- B. Applied Psychology: Psychology has been applied in the fields of medicine, law, vocational guidance, the industries, religion, the study of the mentally disabled and the criminal, as well as in the field of human culture at large; it has relation to economics, sociology, ethics, anthropology, social services, social organizations, and social movements of all kinds, involving theories of human nature and plans for human betterment.

In the process of our mental and spiritual development, knowledge is necessary. Knowledge is the sum of what is known about various subjects. Acquiring knowledge is an endless process, for the more we learn, the more we realize that the store of knowledge partakes of Omnipresence. Omnipresence encompasses the store of knowledge.

We cannot be knowledgeable about everything. There is not time in one lifetime to know consciously all there is to know about this world in which we have our earthly existence.

Knowledge is acquired through education. The word “educate” means to “draw out from within” rather than to acquire from without.

Applied psychology is a part of the great field of knowledge to be explored by man. Psychology is concerned primarily with personality, and with mental and emotional behavior. It seems to understand the abilities, motives, thinking and doing of people as individuals and groups. It has value for people in many areas. Because of its value we never downgrade or disregard it.

- C. Spiritual Psychology: The study of Spiritual Psychology is man’s (the finite) attempt to understand the Infinite in relation to his spiritual nature. Spiritual Psychology is reason in the quest for God, from the basis of the Omnipresence. Reasoning about God is relatively modern, from the standpoint of time, occurring during the last two thousand years and for the most part in the West. Neither the authors in the Old Testament nor the New Testament were too concerned with proving that God exists. In Psalm 14 there is reference to atheism, but is regarded as folly and not as a problem. Any unbelief that is found in the Bible has to do with Jesus’ demonstrations and teachings.

In many of the sacred writings the existence of a Supreme Being is taken for granted. Serious philosophical and theological efforts to “prove” God’s existence appear in the thoughts of Plato and Aristotle, and more so during the time of St. Thomas Aquinas. These efforts reached a peak in the thought of Kant, and have become, at present, a factor in contemporary understanding. Thus, the purpose of Spiritual Psychology is to reason well about God. Thomas Powers wrote, “Good reasoning about any subject is a workout.” In Spiritual Psychology the reasoning capacity is used, but not forced. Reason is given its proper place--no more. Questions about God involve the whole man.

There are three general rules to remember:

1. Don’t reason about God from a purely personal viewpoint.
2. Don’t get in beyond your own depth.
3. Don’t make a God of reason.

Reason is the scientific use of mind. But it has limitations. Those who make a God of reason get into a desert of mechanism, materialism and positivism. Reason has its place--it distinguishes the human consciousness from the lower kingdom. “Reason in the position of God is a false role.”--Anon.

Spiritual Psychology has for its basis the One Perfect Mind of the Universe; therefore Its laws, Its activities and Its expression must be from the basis of God-Mind everywhere present. The goal for this class in Spiritual Psychology is in fact to develop consciousness. By studying diligently, open-mindedly, receptively and single-mindedly, we will be able to develop individual consciousness that sets our feet a little bit further along the path of Truth. God-Mind is the name used in Spiritual Psychology. This Mind

is equally present everywhere and is One with a variety of expressions. You are not alone. You are one with the Omnipresent Mind. You are never alone. "I and my Father are one." I am in God-Mind, I co-exist in God-Mind.

Since God-Mind is All -

I am in God-Mind  
I am of God-Mind  
I am God-Mind individualized.

This Mind shares itself with me as I become aware of Its beneficent action in and through its creatures.

Psychological studies must be less exacting than other sciences since human beings are very complex and no two are exactly alike. Observation must be inferred from behavior since the mind or inward person cannot be entered by another.

Behavior patterns are actions which adjust the person to a particular situation in the outer world or within the self. Under normal conditions behavior is integrated and the person functions without egocentricity. When we experience inner conflict, frustration and disharmony, it is reflected in our behavior. Behind every problem of adjustment there is a pattern of motives which stems from inner drives. These inner drives are:

1. Biological--(inborn) such as urges for food, drink, sleep and warmth.
2. Appetites and aversions--closely associated with the biological.
3. Acquired drives--the result of learning.
4. Emotional needs--love, security, feeling needed, approval, self-worth.

Because academic psychology has stressed adjustment to the social order (which is but a part of man's existence) it has been very successful in giving help in personality difficulties. However, modern psychologists are coming to see the need for spiritual values in personality adjustment, thus adding another dimension to their research.

Spiritual Psychology might be called the study of man's mind and his behavior in relation to the Principle of Omnipresence, Omniscience, and Omnipotence. By so doing, man increases his awareness of Truth so that he can better accomplish his mission on this Earth plane.

## **GOD IS MIND**

The supreme aspect of God is Mind.

The most important inherencies of God-Mind are: Wisdom, Knowledge, Understanding, Love, Power, Life, Harmony, Beauty, and Joy. These inherencies are equally present everywhere and perfect in their true expression.

The Trinity of Mind: Mind -- Idea -- Consciousness.

- a. Idea is the image, picture or pattern of creation. It is eternal in Mind. It is the inborn expression of Mind.
- b. Creation is Mind in action (the being born).
- c. The law of the Universe is: "Like begets like."
- d. Activity (Creation) is like its Source--perfect and harmonious always.
- e. Man is Idea in God-Mind.

Realization pertains to the individual. It is the degree to which he is aware of or embodies as his own God Consciousness. "The Holy Mind is the only Real Mind there is."--H. B. Jeffery

Realization of the Presence (God-Mind) is followed by activity or expression--sometimes invisible--when one is in the state of realization, one is rightly guided or directed, because he acts under the awareness of Divine Wisdom.

How does one attain Realization?

1. Through study which brings discernment of principle and discrimination of values.
2. Through practice:
  - a. In prayer and meditation. This deepens and strengthens the intellectual perceptions.
  - b. In one's living. This brings true activity and right relations
3. Persistent combination of study and practice brings the illumination which is called realization, consciousness or cosmic knowing. "God is the Reality of the Universe. God is infinite, limitless Mind. God is Good. God is all-Good. Only the Good is Real. Only the Good is True." --Miltz

God is: Mind -- the Creator

God is: Law -- establishes the Creation

God is: Principle -- maintains the Creation

God is: Substance -- sustains the Creation

"The world, as never before, needs you and me. It needs our unwavering faith in God, It needs our positive certainty of God-in-man, the Christ. It needs our steadfast love." --  
Nona L. Brooks

## SPIRITUAL PSYCHOLOGY COURSE

### **WHAT IS TRUTH?**

Purpose: To understand and apply more of Truth in daily living.

“Study to show thyself approved unto God a workman that needeth not be ashamed, rightly dividing the word of truth.”--II Timothy 2:15 “He hath shewed thee, O man, what is good: and what doth the Lord require of thee, but to do justly, to love mercy, and to walk humbly with thy God.”--Micah 6:8.

The quest for Truth is life’s noblest adventure and the achievement of the knowledge of Truth is the reward for our search.

As we seek greater understanding of Truth, we shall examine briefly the fields of science, philosophy, and religion for we recognize many forces around us as well as within us. Things may be seen horizontally in terms of facts and sense experiences, and intellectual concepts or they may be seen vertically, in terms of spiritual Truths. It is only as man opens his vertical insights that he begins to function as a whole person. As Immanuel Kant pointed out, man searching for wisdom has two courses open to him. He may direct his faculties inwardly to achieve an inward contact with the source of wisdom, or he may direct his attention outwardly in an effort to know through an external contact with the phenomena of existence. We should search in both ways. Truth revealed through research and experimentation is science; Truth revealed through logical thinking is philosophy; and Truth revealed through study, prayer and practice, is religion. Whatever our method, Truth reveals things as they are in Reality. “Divine Science believes in the Voice of God in the soul of man as the only certain guide.” --Nona L. Brooks.

Life has become very complex and the danger is that mental development and material accomplishments have exceeded spiritual growth. Appearances indicate intense competition; struggle for things; disregard of rules of conduct; lack of inspiration in educational and social programs. Religion seems to have failed because, as Dr. Seabury states, “The example of Jesus emphasizing healing as a means of spiritual unfoldment has not been followed.” The antagonism and chaos which appears is not the truth of the universe. The universe is One. We must acknowledge an Infinite Mind bringing forth a great Plan in which all is harmony and cooperation. Mankind is included in the Plan and his right activity must be harmonious and cooperative also. Arnold Toynbee says, “Each of us has a genuine effect on our history. Each of us makes a difference, and each of us is responsible for the difference that he makes.”

Human experience is largely a matter of choice between Truth and appearance. Truth is often confused with fact. A fact is something we do, make or experience. It exists in the time and space realm. It is temporary and may change from day to day. But back of changing conditions there is Something not affected by time and space or man’s

manipulations. There is That Which is Reality--that changeless, eternal Reality; That Which Is in the consciousness of the Infinite. It is what God knows and does and Is.

Jesus gave us many clues as to the nature of Truth. On one occasion He said, "I am the way, the truth and the life." He was saying, "I am the living expression of That Which Is, changeless and eternal. The I AM within you, which means Being, Life, Awareness, Self-Originating Spirit, is God or the Life-Principle.

Again he said, "Ye shall know the truth and the truth shall make you free." The Truth is that we are free whether we know it or not, but we benefit from this truth only in proportion to our knowing. If we know, we shall receive freedom from fear, disease, lack, ignorance, and limitation of every kind. Such knowing requires consecration, sincere desire, study, prayer, meditation, and most important, living true to what we know. Our subconscious mind is like a recording machine and it records what we decree. We must realize that the idea we have in mind is real. It is a psychological fact. Our subjective mind is deductive only. It takes all impressions given it as facts. It accepts the idea as existing now and acts accordingly. A life is created like a mosaic.

We must learn to discriminate between the false and the true, using the divine standard. Are my attitudes just? Am I perceptive? Am I Honest? Am I Kind? Am I Unpretentious? Do I recognize the God Presence in everyone? Man cannot allow the mechanisms of his thinking and behaving to go unattended. "He that doeth truth cometh to the light, that his deeds may be made manifest that they are wrought in God." --John 3:21.

As students, we are here to find Truth as far as we are able to comprehend it, to learn the proper values of the external life and our relationship to it and to use this knowledge to lift ourselves above opinions, concepts, and experiences into that realm which is abiding and changeless. What we are is the result of our attention, our dedication. Things of the Spirit can only be experienced through the Christ-self within.

This truth from within may be termed inspiration. Truth from without, from other persons or things, may be termed instruction. By becoming receptive to knowledge from within we receive knowledge unadulterated by opinion and interpretation; also it has been exposed to the devitalizing influence of sectarianism. This knowledge from within binds the student more closely to the source of wisdom and creates a state of mental and spiritual sufficiency not dependent upon any external props. Knowledge from within is always to a degree attuned to the need of the individual who receives it. An inspiration does not flow into consciousness utterly unfit for it. Inspiration then comes as a relationship with universal Truth much to be desired and the end toward which all learning must eventually lead.

“Truth is eternal and changeless, but until every mystery of Truth is made plain to the mind of man there must be revelation. Revelation comes not at set times and places but to the individual when he is able to receive and make use of fuller knowledge.” --*Divine Science: Its Principle and Practice*

Truth gained from either inspiration or instruction, when applied, becomes experience. As we experience we may make universal wisdom our own.



## SPIRITUAL PSYCHOLOGY COURSE

### **DEPENDABLE PRINCIPLE**

Purpose: To consider the scientific approach to Truth and its revelation as to the nature of the universe. The heavens declare the glory of God; and the firmament sheweth his handy-work. Day unto day uttereth speech and night unto night sheweth knowledge.”  
Psalm 19:1

Man’s two great problems have always been (1) his relationship to a Power greater than himself, and (2) the understanding of himself. The first problem led to discoveries in religion, philosophy, and science. The second became responsible for psychology or the science of mind.

Science means organized, systematized knowledge. It does not mean exact or complete knowledge. Science has been defined as research into three dimensions: research, proven facts, and fixed laws of performance in the physical world. However, as investigation goes beyond visible facts and measurable laws, we find that there is a revelation of Spiritual Truths and totally dependable Principle which lies behind and governs all manifestation. We learn as we operate at the physical, mental or spiritual levels, laws that reign supreme and cannot be circumvented or changed. Only the laws shaped and instituted by men are subjected to change.

On the physical level we have the law of gravity, attraction, and centrifugal force. Behind every physical phenomenon a law is operating whether it be the swing of bodies in a solar system, the falling of rain, the forming of a diamond, the rise and fall of the tides or of sap in a tree.

On the mental level we have the development of habits, suggestions and auto-suggestion, and response to stimuli. These processes also operate under law—law not so easily definable as the law governing physical phenomena. So many factors are involved--many or most of them are hidden--that psychology has difficulty becoming an exact science. Everyone is a law unto himself. It can be safely said that each man’s world mirrors his state of consciousness.

On the spiritual level Spiritual law is God in action. Principle, Absolute, Unvarying, Creative Activity. All other laws are but manifestations, “stepped -down versions” of absolute Law. Orthodoxy believes that God may be moved to act. This cannot be so else there would be no inviolate law. With discovery of The Law we gradually learn that our function is to cooperate with the law, to join with it and let it operate through us.

Our difficulties have arisen because we have not “known” the law which would perfect us and our affairs, have not been attuned to it.

Many years ago the physicist, Sir James Jeans said, “The whole material universe seems to resolve into two kinds of waves--bottled up waves called matter and unbottled waves called radiation or light.” This concept is to be found in Genesis I--“And God said, Let there be light.”

Donald Hatch Andrews, a respected authority in the field of chemistry, contributes to our thinking about matter, both scientific and spiritual, in his book, *The Symphony of Life*. He challenges us to “see beyond the seen” by suggesting exercises that train the inner eye to “see more clearly that which to most is unseen.”

Cressy Morrison, a former president of the New York Academy of Science, says, “Unwavering mathematical law proves that our universe was designed and executed by a great engineering Intelligence.”

Divine Science teaches that the universe manifests infinite intelligence, perfect law and order, indicating that its source must be Supreme Intelligence (Mind). In Infinite Mind is the Will and Purpose to express Its ideas in form. Thought is the creative medium determining the form.

The scientist has revealed the wonder and use of a dynamic, moving power which is eternally within and around us. The Laser beam is evidence of such power. The scientist calls this power cosmic energy.

The dictionary defines spirit as, “The vital essence or animating force in living organisms, especially man, often considered divine in origin.” It matters not that the scientist says, “energy” or the religionist says, “spirit.”

Each new scientific discovery reveals the Intelligence of the Creator who designs and sustains the universe as a master engineer. The truths of the universe have never changed; man is but learning more about them. As the quest continues, the scientist is proving what the mystics knew long ago through intuition. They spoke of God as everlasting, indestructible, all-wise, all-powerful, everywhere present, the source of all life and intelligence, the same today and always, the God of whom all things consist.

We are now learning that we are manifestations of the One Law or “Lord”. We are learning that we are unfolding in knowledge step-by-step and that as we abandon ourselves to the Law we are placed where we belong.

Professor Huxley said, “True science and true religion are twin sisters and the separation of either from the other is sure to prove the death of both. Science prospers as it is religious and religion flourishes in proportion to the scientific depth and firmness of its basis. When we examine our universe, we are forced to religious conclusions.”

Dr. Wernher von Braun, who has played a major role in America's space program says, "I find it best to accept God as an intelligent will, perfect in goodness, revealing Himself in the world of experience more fully down through the ages as man's capacity for understanding grows."

Prayer is the only method of knowing God. But by prayer we mean a "stillness" of mind, rather than an asking for something (unless the asking is attended by the utter conviction that we have received). Prayer is the communion, the joining with, the abandoning of ourselves to that which senses do not reveal.

Divine Science endeavors to reveal, interpret and teach this dependable Principle, which when understood and practiced, will enable the student to know "who" and "what" he is within the framework of Principle.

We find this dependable wisdom in all of nature. The instinct in animals speaks of a wisdom that protects them. Man differs in that he has more than animal instincts; he has the power of reason, intuition and creativity. This dependable wisdom is found in all men, certainly a phenomenon of wonder. These are the keys to all human, animal and vegetable characteristics. And the wonder of it all is that if all the living cells be gathered together, they would fill less than a thimbleful. Only an infinite wisdom can have such astute husbandry. We find checks and balances in everything.

Divine Science teaches: **God and God in Action is all there is.**

## Lesson 4

### SPIRITUAL PSYCHOLOGY COURSE

#### **PHILOSOPHY**

Purpose: to consider some of the conclusions of great minds that have loved and searched for wisdom.

The use of the word “philosophy” is accredited to Pythagoras, the greatest of Grecian initiates--a disciple of Plato.

Will Durant says that the way to study philosophy is to study philosophers.

Philosophy inquires into the meaning and worth of things--their values and possibilities. It teaches how to unify or draw together while science has tended to diversify or analyze. Philosophy accepts problems not yet open to science, problems like good and evil, beauty and ugliness, order and freedom, and life and death. When knowledge in such fields becomes capable of classification, it is then called science. Philosophy deals with cause. Science deals with effects. Scientists observe the result of nature's work. Philosophers speculate as to the cause. Our own philosophizing may give us new light with insight into the Eternal Reality which is around and within all things.

Philosophy deals specifically with five fields. They are:

1. Logic--beliefs about reasoning.
2. Esthetics--beliefs about the principles of beauty.
3. Ethics--beliefs about the principles of conduct.
4. Politics--beliefs about the principles of right government.
5. Metaphysics--beliefs about reality.

There are three general concepts of philosophy. They are:

1. Materialist--The materialist accepts only that realm apparent to the senses. Today the findings of nuclear physicists have dealt a death blow to materialism as an explanation of the universe and as a philosophy of life.
2. Skeptic--In ancient Greek philosophy, a member of a school of skepticism, especially that of Pyrrho of Elis. The doctrine that absolute knowledge is unattainable and judgments must be continually questioned and doubted.
3. Religious--The oldest problem in philosophy concerns the existence and nature of God.

Early Greek philosophy dates from about 640-546 B.C. with Thales, known as the Father of Philosophy, and founder of the Ionian School of Philosophy. Three notables of the early Greek period are Socrates, Plato, and Aristotle.

Philosophy awakened in Europe in the 16<sup>th</sup> century with Francis Bacon. Bacon said, "Let us learn the laws of nature and we shall be her masters." "Know thyself" is but part of the picture. Man must know his relationship to all else to complete the picture." "Men are not animals erect but immortal gods." "Everything is possible to man."

Spinoza (1632) was the greatest Jew of modern times and the greatest of modern philosophers. He said "God and nature are one being, acting by necessity and according to invariable law. God's decrees are eternal truths. The mind of God is all the mentality scattered over space and time, the diffused consciousness that animates all."

Immanuel Kant (1724) stated "Experience is by no means the only field to which our understanding can be confined. Understanding must be derived from the inner self by direct perception and intuition. The most astonishing reality in all our experience is our moral sense, our inescapable feeling that this or that is wrong." When we allow our moral and spiritual life to subside we fall victims to what is happening.

Schopenhauer (1788) was extremely pessimistic.

Herbert Spencer says "Evolution and progress are synonymous."

Nietzsche stated "Not mankind but super-man is the goal."

Henri Bergson declared, "Movement, change, becoming, is all that really is. Matter can be understood in vibration and speed."

Carlyle (1795-1881) said "The philosopher is he whom the highest has descended and the lowest has mounted up; who is the equal and kindly brother of all."

Keyserling says, "Philosophy is essentially the completion of science in the synthesis of wisdom or it is the interpretation of all experience."

Jesus was the master philosopher. In His short ministry He formulated a constructive philosophy of life which has influenced the people of the world for over 2000 years.

We have been advised to "know ourselves." How is this accomplished? How do we learn? How do we become conscious, become aware of anything? First, easiest, and most commonly we learn through the five senses. An infant becomes aware of his body and his environment by seeing, hearing, feeling, tasting, and smelling. These sense organs and sense registrations are carried via nerves to the brain. Sensations repeated register as impressions. Impressions lead to PERCEPTION. Percepts lead to RECEPTS-mental images. Recepts repeated and accumulated lead to CONCEPTS. A concept is a thought or opinion. Perhaps we could say that a concept is a judgment, a classifying.

The technical terms and actions may not be important to our understanding, but it is important to see that this is how knowledge of our bodies and of the world around us is acquired. This is knowledge from the outside--extraneous--and is generally called "education." In this sense, education is a familiarity with the data of history; it is known facts. (To educate means to draw forth (or to draw up) from some unknown depths into awareness. Thus the word educate suggests a bottomless well of Omniscience--the MIND which is Omnipresent.)

Logic and reasoning are a part of the acquisition of knowledge from without. "If this is a fact, or valid, it is logical that "that" is so." Moving from observable fact to a conclusion as to what that infers. "Where there is smoke there must be fire." Philosophy is supposedly a study of first cause--a "love of truth". But it is more often an exercise in logic or reasonable thinking. Analysis is a part of the same procedure, whether it is a physical 'taking apart' or a mental process. It is an examination of the particular to learn of its make-up and to arrive at conclusions.

The other source of knowledge is Mind itself--Wisdom, God. Knowledge from this source does not come via the senses, but from within. Its voice is called INTUITION; it is TRUTH speaking, not FACT. Senses may report a broken limb--a fact. Truth reports a perfect limb.

Fact need not be denied, it requires only that there be understanding that facts, in themselves, have no power. They are changeable. We shall look through them to the Truth--that is, to "know the truth."

Be still and know!

## Lesson 5

### SPIRITUAL PSYCHOLOGY COURSE

#### RELIGION

Purpose: To show that religion has always been necessary to man and to trace its development from the primitive forms to the Truth of Omnipresence. Religion is concerned with the conduct and conditions of the immortal soul, here and hereafter.

Ancient definition: “What doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God.”—Micah 6:8

Jesus said, the law and the prophets are summed up in these two commandments--“Love God with all thy heart, with all thy soul and with all thy mind and thy neighbor as thyself.”

Religion is the everlasting search of the human spirit for the divine and the religious organizations of the world are the means of the search. Ideas about religion have changed as man has unfolded in his understanding of life.

Every great people have had its illuminated leaders. Buddha, Confucius, Mohammed, Zoroaster, and others had tremendous followings and still have millions of adherents but it is the Christian religion which has wielded such great influence in the progress of civilization.

Great as was the influence of the ancient and medieval church; many now feel that the outward forms, rituals, creeds and dogmas still practiced by modern Christianity are not in accord with the teaching of Jesus. Jesus stressed “inwardness” --“the kingdom of God is within you.”

Natural science has revealed a vast invisible universe with laws as exact as those in the natural realm. Science has revealed the nature of Substance--it is intelligent, creative power. Religion begins where science leaves off, but there should be an overlapping of mutual interests.

Paul said, “For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made....” Romans 1:20. And again “...so that things which are seen were not made of things which do appear.” Hebrews 11:3

The things that are seen have an invisible source and that source may be understood by studying the visible. Source and creation are one. Spirit, Living Substance, God, is everywhere and there is no other Substance. Mind, the Intelligence of God, is everywhere and there is no other mind. One Presence and Power is all. This is

Omnipresence, the basis of the Divine Science teaching. Great spiritual seers have believed this Truth; the Bible teaches it; poets and philosophers have declared it; nature proves it and Jesus taught it. Dr. Bucke said, “the fact that Jesus went to John to be baptized shows that his mind was directed toward religion.”

Excerpts from *Why I Am a Divine Scientist*, by Nona L. Brooks state, “Divine Science is a science because it is knowledge of God systematized with reference to the fundamental principles of life and the method of highest individual attainment.”

“Divine Science is a philosophy. It satisfies the intellect: it is reasonable: it gives a working basis for daily living.”

“Divine Science is a religion which satisfies the heart. It interprets man and the meaning of life in a logical way. It teaches the values of thinking and living in accordance with the basic principles of the Omnipresence.”

“Divine Science is progressive because it expects continuous revelation. “The Spirit of Truth will lead you into all Truth.” “Greater works than these shall ye do.”

Divine Science endeavors to understand and to interpret, not to deny. It does not deny the process side in man’s development. It accepts evolution, believing that it is God’s method of work, the way in which He creates.

“Divine Science teaches that man is of God, or God and like God. This includes the body also. Health is a spiritual reality.

“Divine Science emphasizes ‘living the life’; using the Truth that we know. By so doing we will come to know greater Truth. The whole Truth is here but it is necessary that we find it for ourselves. The responsibility for realization is the individual’s and there is limitless revelation ahead. “

Jacob Boehme said, “Every one hath the key to God in himself; let him but seek it in the right place.”

Wernher von Braun said, “The better we understand the intricacies of atomic structures, the nature of life, or the master plan for the galaxies, the more reason we have found to marvel at the wonder of God’s creation.”

James A. McDivitt, American astronaut, when asked about God’s existence, said, “I did not see God looking into my space cabin window as I did not see God looking into my car’s windshield on earth, but I could recognize His work in the stars as well as when walking among flowers in a garden. If you can be with God on earth, you can be with God in space as well.”



## **STATEMENT OF BEING**

**God is All, both invisible and visible,  
One Presence, One Mind, One Power is All.**

**This one that is All is Perfect Life, Perfect Love and Perfect Substance.**

**Man is the individualized expression of God and is ever one with this  
Perfect Life, Perfect Love and Perfect Substance.**

We fail to realize the religious life because we “stop short”. Reason and faith are the “means”. God is the “end”. Realization depends on need, desire, sincerity, and practice.

## Lesson 6

### **SPIRITUAL PSYCHOLOGY COURSE**

#### **RELIGION AND PSYCHOLOGY**

Purpose: To consider the relationship between Psychology and Religion.

Psychology is the science of the human mind in any of its aspects, especially those associated with behavior and the problems of adjustment to the environment. It seeks to understand the abilities, motives, thinking and doing of people as individuals and groups. It deals mainly with the mental and emotional nature of man, each related to the other “as water to a stream.”

Spiritual Psychology recognizes that man is the Son of God no matter what unhappy and confused states the son of man may be experiencing.

Because of the anxieties, suspicions, fears and social tensions in our contemporary world, man has a tendency to turn back to the insecure feelings that he might have experienced as a child. This often leads to forms of escapism and general distrust of human beings which are disastrous to building an integrated personality. The individual who succeeds in forming healthy emotional attitudes and who has learned how to direct his energies into a common purpose will have an integrated personality. He has learned how to “get it all together.”

Religion has for its purpose the development of the spiritual nature of man, but not all religious education is healthy--repression, negative morality, guilt, and an “ivory tower” approach to life--these fail to produce persons of courage and spiritual stature.

Religion can make use of psychology’s explanation of mental and emotional factors, but always man must remember that his spiritual nature is supreme and includes the mental and emotional.

Psychology and Religion are in agreement on many points. Religion stresses the Fatherhood of God and the Brotherhood of man. Psychology shows that men are basically similar in strengths and weaknesses. Religion stresses the need of Christian ethics--love, forgiveness, tolerance, honesty, etc. Psychology teaches that man achieves physical health and emotional stability by understanding psychological laws. Religion teaches the dangers of egocentricity in its many forms. It teaches the need for consistency in emotions and actions. Psychology agrees.

As the seeker begins to understand why his negative actions bring about negative results, a sense of mastery over his own life begins to evolve. He feels secure and well poised in himself. He is able to look back over his life and see that negative experiences have

served a purpose in his life and have acted as stepping stones for his growth, together with his arrival at his present level of consciousness. Experiences of the Presence of God begin to make themselves felt and known and it is at this point that the seeker realizes with certainty who he is, where he is going, and why.

“Religion is the longing of the human soul to know its Source, a stream that ever strives to reach the almighty sea from which it came.”--Anonymous.

Both religion and psychology deal with the overall life and living of man; they are as related as knowledge is to understanding.

Sir Alister Hardy, a noted British zoologist, has said, “We need to do vigorous research into the nature of the religious experience, and into the mystical side of man...that this would re-establish the idea of God as both a philosopher and scientific reality.”

Dr. Reinhold Niebuhr said, “That man should proclaim not the death of God, but the dying of all images of God, for God is that which is greater than His images.”

Man’s mind is his workshop, his tools are his mental and emotional faculties. His business is to demonstrate his Sonship (the Christ).

## Lesson 7

### **SPIRITUAL PSYCHOLOGY COURSE**

#### **JESUS, THE MASTER PSYCHOLOGIST**

Purpose: To interpret the teachings of Jesus in the light of psychology.

“Love your enemies, do good unto them which hate you.”--Luke 6:27 The world of Jesus’ day was one of startling contrasts, just as is the world today. Modern psychologists are teaching the same lessons that Jesus taught, the therapeutic values of Faith and Love.

For thousands of years many have lived negatively; fearing life and what it will bring; fearing associates, fearing God. The basic cause of all fear is to believe that externals are causative. Psychology shows that fear and anger are the great enemies of the personality. These are sources of inner conflict and are involved in every complex. Many feel that money, possessions and position can dispel fear. Jesus said, “Lay not up for yourselves treasures upon the earth where moth and rust doth corrupt and where thieves break through and steal but lay up for yourselves treasures in heaven where moth and rust do not corrupt and where thieves do not break through nor steal.”

Psychology concludes that there is no freedom or health in submerging the self in worldly ambitions. Neurosis is the attachment to external things so that the person is pulled apart by tensions and fatigue. It is conflict within the individual. Health is wholeness, and there can be no wholeness when there is conflict within.

Mental distortions, wrong values and attitudes are the enemies which keep man from realizing the kingdom of heaven. These distortions are acquired; they do not belong to the real man. They dwell in the subconscious. These are built upon an ignorant, but powerful and persistent confusion of psychophysical organisms--physical and mental. “God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” Redirecting the attention to the positive and constructive faith in God, in others, and in one’s self is the way to freedom.

Man does not live by bread alone, but by the fruits of his understanding, his imagination, and his faith.

Successful persons in all walks of life have developed within themselves a high degree of faith, that ability to see clearly, or visualize perfectly in the mind’s eye, what is believed.

Throughout the ages faith has worked miracles. History is full of such records. When we analyze faith and discover that it is a certain way of thinking, we acknowledge the fact that faith can be consciously cultivated. There are definite techniques that teach us how

to do this. We should spend time each day working to acquire a faith greater than all our fears until we live affirmatively.

Having realized that our beliefs take visible form and that the form and function correspond with the image impressed upon the subconscious, it becomes clear that this influence extends beyond our skins and becomes our activities and affairs. Although the events that have led us to our present occupations or activities may seem accidental and the deeper reasons obscure, we have “believed” or “known” ourselves in consciousness into our present condition.

It is not so much that we have impressed lack upon the subconscious, rather we have neglected to realize the truth of God’s abundance. Establishing the consciousness of faith in God is of first importance. Jesus taught us how to conquer fear by bringing a totally new concept of God as a loving Father.

If one is supported and strengthened from within, outer circumstances, tragedy, discouragement, etc. will not defeat him. He will respond to human situations with friendliness and understanding. If we have been hurt by others, we may respond by becoming bitter or unforgiving. Jesus said that we should forgive until seventy times seven. True forgiveness means understanding the other person’s motives and seeing him so clearly in his true nature that the need for forgiveness vanishes.

The psychology of Jesus was not condemnation. Jesus knew that man already had enough of this without adding more to it. He came not to condemn, but to bring release from the condemnation that existed.

Love is the way of life that we must learn. It doesn’t come because we are admonished to love; it comes from experience, from service to others. We have received so liberally. We are to give liberally of the Self in service. This is the secret of happy, dynamic living. Jesus knew the therapeutic power of love. Romantic love is too often thought to be the epitome of love--that of male for female. As awareness increases, the “FOR” gives way to the need to give or bless--not for the sake of love returned but out of sheer need to desire good for the other. Love on the personal level is good and necessary, but impersonal love, that recognition that we are of one essence, it is an absolute necessity before the individual can become either figuratively or literally whole--whole not only in the sense of brotherhood with all men, but also oneness with all other life, as well as with what we call inert matter. Jesus preached the Gospel of Universal Love.

Jesus was the Master Psychologist in that he did not deny man’s physical existence or needs. He solved problems by facing them. He taught how to overcome negation by the mastery of love. His teaching did not alter the nature of God; He revealed God’s nature to mankind. He taught the beauty and eternal truth of God’s grace--“go and sin no more.”

Jesus taught the way of inner guidance. “Of myself I can do nothing; the Father within me, he doeth the works.” He stressed the secret place--the kingdom of heaven within and at hand.

It is necessary that we “cultivate” the friendship of this one called Jesus--not in the personal, human sense, but in the grace and love he expressed.

Dr. Nona L. Brooks said, “Detach your thoughts from that which is without, and fasten it to that which is within.” Divine Scientists know this to be the Christ of one one’s own Being.

Jesus’ Sermon on the Mount gives us a psychological study of mental health and wholesome personality.

## SPIRITUAL PSYCHOLOGY COURSE

### ONE AND ONLY MIND

Purpose: To realize that there is only One Mind and the activity of that Mind. Mind is Cause, the source of all manifestation.

“I am Alpha and Omega, the first and the last.” --Revelation 1:11

Omnipresence is the supreme Truth of the universe. This One and Only Presence is Universal Mind. Our emphasis in Spiritual Psychology is upon God or Mind.

Mind as the Universal Intelligence and Power is the Creative Activity of the Universe. Therefore we shall center our attention on Mind, and Its Action, both in the Universe and in man. MIND is the Intelligence, Wisdom and Understanding of God.

Everything in existence is contained within an infinite source--God--as idea. Idea is the product of Mind and consciousness is the means of manifestation--the power to bring about into visible form. The trinity of divine Mind combines these as: Mind, Idea, and Consciousness.

The idea of every created thing originates in mind. Every visible form was first idea and that idea is the essence of the form. The creator, mind, is the substance as well as the source of creation. “Like produces like” is the law of expression. Form, then is like its source, the visible manifestation of idea. The One Creative Mind is perfect and Its thinking or ideas are perfect also. “In the beginning....God saw every thing that he had made, and behold, it was very good.”--Genesis 1:1, 31

Man is divine idea in expression and this divine is his Christ nature. He is the “image and likeness” of his Creator. He works as the Father works. Through the use of thought he is a creative center in the One Mind. He does not have a mind apart, for there is only One Mind. Through thinking and being he measures what Mind shall create for him and so makes his world. Man has limitless potentialities for the treasures of Mind--Wisdom, Knowledge, and Understanding, are available to him as he develops greater capacity to receive. “All that the Father hath is mine.”--Jesus

When man knows himself to be one with his Source, the God-Idea for him is revealed to him, for he thinks God’s thought about himself. He knows his true nature--whole, perfect, lacking nothing.

“The purpose of creation is that the Creator may express, and the purpose of individual creation is that the Creator may be expressed through and by the individual...man is a triune being, he is cause, action and result on his plane of existence, in this world of experience, conditions, and affairs.” *Divine Science: Its Principle and Practice.*

H. B. Jeffery said, “Man has been given vision and as he sets his vision toward the Mind of God, he begins to think according to the thoughts of God. Being consciously one with the Mind of God, this thinking becomes logical, orderly, right and harmonious. He finds that he is always thinking the right idea in the right way at the right time.”

The order of creation is, “From within--out,” from the invisible realm of mind into the visible form, but idea will always be involved in the form. A form cannot express its unique characteristics unless upheld by the idea involved.

Through the discovery of mind-power and the principles underlying its use, man can master experiences and conditions. Experiences (his creation) correspond to his habitual thinking. He can direct his thoughts, for he thinks only one thought at a time and by keeping each thought true and positive, “in tune with the Infinite,” only the good and true will be objectified in his experiences.

“Each individual, being an expression of the Father-Mother-God, possesses, for his use, three levels of mind. Super-conscious, or Christ Mind, the Father expressing on the plane of the individual; Conscious level of mind, the Son expressing on the plane of the individual and Subconscious mind, the Holy Ghost or Spirit manifesting on the plane of the individual.” *Divine Science: Its Principle and Practice*.

These three aspects are further:

The Conscious Realm--Dresser calls it “attentive consciousness.” Hudson speaks of it as the “objective mind.” It is usually called the conscious mind. It takes knowledge of the outer, through the senses. It reasons inductively, deductively, analytically, and synthetically. “It is the outgrowth of man’s physical necessities.” So long as man believes in a dual universe, this is necessary. Perception, reception, concentration, reflection, acceptance, attention, decision, and conscious thinking have their places in the conscious mind.

The Subconscious Realm--“is beyond the threshold of attentive consciousness.”--Dresser. Hudson names it the “subjective mind.” It reasons deductively only. It impersonates perfectly. It perceives without the aid of the senses. It receives suggestions and auto-suggestions without question, unless these suggestions are against one’s convictions (established character). An honest person cannot be made to steal through the suggestion of another. It has charge of involuntary and automatic actions of the body; the heart beat, digestion; also the unconscious movements of the fingers in music. It is the storehouse of memory. It is the seat of the emotions.

The Super-Conscious Realm--The Christ Mind. The Realm of our knowledge of God and of our spiritual experiences; cosmic consciousness, and so on. Our gifts, our potentialities, not yet recognized, are here. Here we have intuition. The knowledge of the Super-Conscious Realm becomes the knowledge, instinctively, of the subconscious Realm.



Super--A Latin prefix meaning over, above, beyond; Sub--meaning under, beneath, below. Conscious-- meaning aware, knowing.

We have free will and by our choices we make and remake our world. When we align ourselves with the creative purpose of the One Mind (God), we can overcome the negative and establish our correct relationship with our Source.

Nona L. Brooks said, "I take my stand in the Mind that is always present everywhere. I base my thinking in It; I live by It. I know that there is only One Mind and Its manifestation. Mind is the source of all. This ever-present Mind is universal Intelligence expressing in every form of life. It is above all, through all and in us all. I establish my thought in God by turning constantly to Him--All Love, Wisdom, Knowledge, Understanding, Power, Life and Joy. These attributes of the One belong to me as the offspring of the One."

## SPIRITUAL PSYCHOLOGY COURSE

### **WISDOM, KNOWLEDGE AND UNDERSTANDING**

Purpose: To consider the nature of Omniscient Mind and to understand its function on the plane of the individual in order that this Mind may direct and guide the individual from inner revelation or understanding.

“Through wisdom is an house builded; and by understanding it is established, and by knowledge shall the chambers be filled with all precious and pleasant riches.”

In developing our mental and spiritual powers, certain knowledge is necessary. Knowledge is the sum of what is known on various subjects. Acquiring knowledge is an endless process, for the more we learn the more we are stimulated to learn and the more we realize that the store of knowledge partakes of infinity.

Socrates said, “One thing only I know and that is that I know nothing.” A story is told that when a young man came to Socrates to study oratory, Socrates taught him two sciences--one how to speak, and the other to be silent. This story illustrates the difference between knowledge and wisdom.

Knowledge is acquired through education. The word “educats” means to “draw out from within” rather than to pour something in from without. Someone has said, “Education is development of mind and cultivation of the heart.” There is something unique and distinctive in each person--the individualized God-center--and if expression derives from this center it is always in accord with the highest, the divine will and purpose.

Knowledge is gained through the conscious mind or through the venue of the senses, whose testimony is sometimes inaccurate. Thus knowledge is fact and may not be true.

Knowledge is good but to be really effective it must be expanded through application and experience. It must be pondered, considered, digested through thought and applied. The results are sound judgment and the faculty for discernment. This is wisdom. Wisdom includes the ability to put into active, enlightened use the knowledge that we have. Wisdom comes from within where knowledge is illumined and its true use and meaning are revealed in meeting experiences successfully. Wisdom brings the human mind to understand Truth. It reveals the laws which govern knowledge.

Wisdom is in man. Man is eternally the Son--the perfect Idea in God-Mind. Inherent in the Son-Man are wisdom, knowledge and understanding. “For in him dwelleth all the fullness of the God-head bodily.” Colossians 2:9

“If any of you lack wisdom let him ask God, who giveth to all men liberally, and upbraideth not...But let him ask in faith, nothing wavering.” James 1:5, 6

Understanding is still more profound in its discernment of Truth and its revelation of spiritual meanings. It knows the unity of all creation and it impels thinking and living from this principle.

Does intellectual attainment lead to understanding? It can and should but often does not. The Scribes and Pharisees were learned men but they “hardened their hearts” and so could not be channels through which Truth could express. In contrast, the disciples were lowly folk but they gained understanding and so could do many mighty works.

Knowledge, Wisdom, understanding come through growth or through the law of unfoldment.

Paul said, “When I was a child, I spoke as a child, I understood as a child, I thought as a child but when I became a man, I put away childish things.” I Corinthians 13:11

Jesus said to his disciples, “I have yet many things to say unto you but ye cannot bear them now.” John 16:12 They were not even then prepared to receive full understanding.

“The heir, as long as he is a child, differeth nothing from the servant, though he be lord of all.” Galatians 4:1 Unless we understand that we have been given dominion through sonship, the vast potentialities of our natures may remain undeveloped.

“If thou criest after knowledge, and liftith up thy voice for understanding, if thou seekest her as silver, and searchest for her as for hid treasures; then shall thou understand...and find the knowledge of God.” Proverbs 2:3-5

## SPIRITUAL PSYCHOLOGY COURSE

### **LIFE IS CONSCIOUSNESS**

Purpose: To show that all life is consciousness in some degree. Man's consciousness determines his world.

"First the blade, then the ear, after that the full corn in the ear." -- Mark 4:28

Early in the study of man we notice gradations of abilities and varieties of accomplishments. One seems to differ from another in his capacity to learn. Some are slow in intellectual attainment but skillful with their hands. Various gifts are being expressed in various degrees.

"Now there are diversities of gifts, but the same Spirit...all these worketh that one and self-same Spirit, dividing to every man severally as he will."--I Corinthians 12. God is no respecter of persons but to every man is given according to his capacity to receive and that capacity can and should be developed. This is growth and unfoldment.

All forms of life express some degree of consciousness; awareness. In the lowest forms such as one-celled organisms, there is response to irritability. While this is not true consciousness, it is a reaction to stimulation--a recognition of a sort. Everywhere we turn we see God in action. In the microscope we see amoebas and bacteria in sluggish or in fast, lively movement. In observatory telescopes we see planets moving in seeming stately procession around their stars, and the swirl of spiral nebulae whirling out in an ever-expanding universe. In the mineral, plant and animal kingdoms, including man, we see God in action. Paul said, "For in him we live, and move and have our being." This is Spirit. It is Substance. Each partakes of this Essence.

As intellect evolves, three grades of consciousness are recognized:

1. Simple consciousness--shared by man and higher animals. It operates on an instinctive level.
2. Self-consciousness--where man generally finds himself today. He knows that he exists as a distinct entity. He is capable of reasoning, choosing, of forming concepts.
3. Cosmic-Consciousness--according to Richard Bucke, in this state of development, man is able to realize the oneness of the universe, to sense the Presence in and through it of the Creator, to be free of all fears of evil, of disaster or death, to comprehend that love is the rule and basis of the cosmos. This recognition will appear more and more often until it becomes a regular attribute of humanity. Cosmic Consciousness is the Christ Mind, the Savior of Mankind.

Self-conscious man may hasten his unfolding process through his ability to think. He may discover and cooperate with the “law of the spirit of life in Christ Jesus which makes him free from the law of sin and death.” The divine nature is within us. We are free to disregard it or to recognize it and work with it. “Know the truth, and the truth shall make you free.” We must not depend on the “truth” to make us free; we must depend on our conscious “awareness” of that truth. But whether we cooperate or not, the law of life will move us onward through a changing, unfolding process. This is evolution.

Before there can be an unfolding creature or creation, there must be a Creator or Source, and idea must be involved before it can be evolved. That which is to take form must be permeated with the “image and likeness,” which is the pattern to be unfolded or evolved into visible form and which is the fundamental nature of that form. This impregnating, or filling full, is involution. There is involved in man that which he has received from his Creator. It is clear that everything has to come from within.

Ultimately, the One Mind will appear as our own consciousness, and we shall receive from within our own being. Let the voice of God utter itself to us from within and reveal Itself to us in Its fullness on any subject. Let us begin to understand that we, ourselves, may receive enlightenment on any given subject from within our own being.

Now that we have come to the place where we see that we are living a life, not in time and space but as consciousness, then is not our world a matter of consciousness? Is it not the unfoldment of our consciousness in the form of our world? Must not consciousness always have a form? If consciousness did not have a form, it would be non-existent. The moment consciousness has existence, it has existence as something, and that something must be as forms of reality. The reality of being, whether of mind, body, or purse, is Consciousness unfolding Itself individually, on the level of our receptivity here and now.

Health is not a condition of the body, but a condition of consciousness. Wealth is not a condition of purse, but of consciousness. When you learn to close your eyes and think in terms of consciousness, “I am consciousness,” then the question comes, “As consciousness, what am I conscious of expressing?” All that will come to you is that you are conscious of consciousness itself in its infinite form and variety. Consciousness is God; therefore, all that you can be conscious of is God appearing to you as a person, a place or thing. And that brings us back to the statement that God is all-in-all.”--Joel Goldsmith.

“His Substance, incorruptible and indestructible.  
His Mind, with its ideas and consciousness.  
His Life, with its wholeness and beauty.  
His Supply, with its inexhaustible abundance.  
His Health, with its harmony and peace.  
His Power, with its limitless achievement.”-- Carrie Munz

As we know, the Omnipresence is both invisible and visible; invisible within ourselves, and visible in thousands of manifestations around us; the invisible in Idea, and the visible of the Idea coming into outward form.

We have only to look at the marvels of nature to fully understand the phrase, “Like begets like,” or the Law of Expression. The apple seed holds within it not only the future apple, but the shape of the apple tree; its type of bark, leaf, flower and fruit; the very perfume of apple blossom, as differing from a pear tree, or an orange tree.

This lesson might be summarized by saying, that while life seems to be a mystery, actually it is only our unknowing. Brother Mandus tells us to keep our “wonder of life.” Truly life is wonderful!

“To see a World in a Grain of Sand,  
And a Heaven in a Wild flower.  
Hold infinity in the palm of your hand,  
And Eternity in an hour.”--William Blake

## **SPIRITUAL PSYCHOLOGY COURSE**

### **LEVELS OF MIND FUNCTION**

Purpose: To understand something of Mind as it functions in individual expression.

“I will praise thee: for I am fearfully and wonderfully made; marvelous are the works; and that my soul knoweth right well.”--Psalm 139:14

There is One Infinite or Universal Mind and this realization of unity is essential. Man, in his highest expression, utilizes three levels of mind--the conscious, the unconscious and the super-conscious levels. Divine Science recognizes a super-conscious level or inner guidance, intuitive knowing inspiration.

Both the conscious (learned behavior) and subconscious areas of mind function by means of the nervous system, the most intricate and marvelous system of communications imaginable; a wonderful receiving and sending station. This system integrates the different parts of the body and causes it to act as a whole, it coordinates the various organs; it allows man to think and plan his adjustment to his environment.

The subconscious or subjective mind is beyond our attentive consciousness and functions without any conscious awareness. It controls the involuntary functions; heart action, digestion, breathing, etc. It builds, repairs, and renews. It is the seat of emotions and the storehouse of memory. It reasons deductively only. It impersonates perfectly. It perceives without the aid of the senses. It receives suggestions and autosuggestions without question.

With all of its wonderful powers, the amazing fact is that the subconscious accepts the suggestions of the conscious mind, using those suggestions as a basis for action. It does not deny, it never argues, it simply accepts. It is the soil which nourishes and brings to fruition our thought seeds. It can be compared to the modern computer. It “gives back” what is fed into it.

The conscious mind is sometimes called the attentive consciousness or the objective mind. It contacts the world through the senses and from its observations, it forms opinions, it analyzes, it reasons. Often it is not in possession of all of the facts, so its conclusions may be incorrect. It is plastic, impressionable, changing from day to day. It adjusts to environment and situations and largely frees man from the domination of instinct. Within this realm is perception, reception, concentration, reflection, acceptance, attention, decision, and conscious thinking.

One of man’s outstanding characteristics is his ability to be educated, to learn from experience and this is accomplished through observation, retention of information through memory and reasoning.

Mind is the great initiator, William James states, “All mental states, no matter what their character, are followed by bodily activity. These states lead to changes in breathing, general muscular tension and glandular activity. All states of mind, even mere thoughts and feelings, are motor in their results.”

Fundamentally, the human mind and body are one. Together they form an effective instrument through which the Infinite functions in the visible universe.

Divine Science teaches that, above the conscious and unconscious activities of mind, there is a higher level at the center of being--the Super-conscious or the Christ-Mind. It is the Infinite Presence in whom we all “live, and move, and have our being,” and which individualizes as each one. Since It is always with us and in us, It can be contacted and depended upon for true guidance. It can purify, cleanse, and renew the conscious and unconscious levels. It knows without reasoning, for It is pure Knowledge; It directs without error, for It is Wisdom and Understanding. Within this realm our gifts and potentialities not yet recognized lie. Here we also have intuition.

The Christ-Mind within must be used to enrich and purify our lives. If we are sincere, humble, and keep a “willing heart,” we shall come to know the Christ of our own Being. This Cosmic Potential is in every living soul.

“The life of the soul in conscious union with the Infinite shall be for thee the only existence.”--Emerson



## SPIRITUAL PSYCHOLOGY COURSE

### MENTAL TOOLS

**Purpose:** To understand that we use mental tools in adjusting to life's experience. These tools may be used as we choose. They may be controlled, refined, and made valuable instruments of the soul.

**INSTINCT:** A faculty of the unconscious which operates in a general way and involuntarily because of an inner urge. Psychologists believe that truly instinctive behavior in man is rare because of his being conditioned through learning. There are two primary urges.

1. **Self-preservation:** All creatures have the urge to continue expressing in the body but man can and does come up over the urge to preserve his life on occasions when he defends an ideal. Jesus said, "For whosoever will save his life shall lose it, but whosoever shall lose his life for my sake shall find it."-- Matthew 16:25
2. **Reproduction:** Necessary to the perpetuation of the race. These urges may be consciously directed from selfish interests into loving service. It is recognized by knowledgeable persons that the proper application of esthetic laws and principles will transmute instinct and appetite into creative effort and artistic expression. The less one is aware of his higher nature the more he will cling to the law of self-preservation.

**INTELLECT:** The faculty of the conscious mind which enables man to consider facts and reach conclusions to persuade and to reason. It uses the laws of learning; it adjusts to environment; it can change or intensify experiences. The intellect should be humble before the storehouse of Infinite Wisdom, Knowledge and Understanding that we call God.

**INTUITION:** Intuition, when properly heeded, is obedience to the voice of God in the soul. It is direct perception without step-by-step reasoning. It is the Christ Mind which illuminates and provides true guidance and understanding. It dispels the darkness of ignorance and makes clear a course of action. The solution to every problem is within us. Intuition is innate. It reveals itself as wisdom that knows. The "way" to attain intuitional perception is first to recognize the Creator (God) as our Teacher. Jesus said, "I am the light of the world; he that followeth me shall not walk in darkness, but shall have the light of life."--John 8:12

**WILL:** Will is the faculty of the conscious mind by which man chooses and determines. Will is not creative; it is directive, therefore it can be used either constructively or destructively. It is not enough to have ideas; there must be the driving power to carry through, to produce, to bring those ideas into visible expression. Determine the value of

a course of action--the ability to choose. Be decisive so that the habit of acting quickly and effectively may be cultivated. Idealism stimulates the will to creative effort. Paul said, "I can do all things through Christ which strengtheneth me."--Philippians 4:13  
There is a Will above the human will. Through the Will and Purpose of Infinite Mind, Its ideas come into manifestation. The Divine Will is being done and the Divine Purpose is being brought forth as the human will is aligned with Divine Will. To know the "Will of God" is a real "hang-up" for some individuals. It has been said that William James struggled all his life with the problem of will. One must walk in the light that he has; knowing that God will supply more light as one sincerely seeks to know the Will of God. This means learning to move with the Universal Will. Our highest prayer is, "Thy Will be done," for the Divine Will for each one is Good only. Jesus said, "It is your Father's good pleasure to give you the kingdom."--Luke 12:32

**IMAGINATION:** Imagination is the picture-forming power which can call up mental images of that which has occurred, or it can create new ones. It may envision Truth by looking beyond appearances to the wholeness and perfection of God's creation. It enables us to see the underlying harmony, beauty, and unity of all things. It enables us to put ourselves in another's place and to do to him as we would be done by. The imagination is always at work. It is creative, It can awaken within us the finer qualities of our natures and bring forth into form latent talents and abilities. Imagination will take us beyond the five senses. It will help us achieve a breakthrough in human consciousness: gradually we will find that life can be a wonderful and fulfilling experience.

**ATTENTION:** In order to make an effective adjustment to our environment we must gain information about objects, persons, and phenomena. This process of coming to know is called observation. Observation involves three processes--attention, perception and report. Attention is a type of selectivity, since we may or may not respond to various stimuli. There are energies all about us and our senses select only certain ones and the others are tuned out. Attention has three aspects:

1. Involuntary--thought follows images that are exciting or interesting.
2. Voluntary--a form of concentration and requires effort. We hold our attention by passing from point to point (details). Acquisition of knowledge depends upon attention. If we lack attention, we shall not perceive clearly and so shall not have clear concepts to impress memory.
3. Habitual attention--the result of practice. Spiritual unfoldment requires good attention and clear perception.

**PERCEPTION:** Attention prepares for perception which gives report to either one's self or to others. Perception organizes and interprets sense impressions by combining them with the results of previous experiences. It is any insight, knowledge or intuitive judgment which enables one to know how he stands in relation to objects and conditions and to act accordingly.

**SPIRITUAL PERCEPTION:** Insight gained through intuition; inner wisdom.

**SUGGESTION:** Dresser said, “The human mind is highly suggestible.” A suggestion is an idea or impression accepted without criticism or reasoning. Suggestion is accepted by the conscious mind; the subconscious receives the suggestion and “outpictures” it in our lives, unless reason and discernment are brought to bear upon the suggestion. We must be alert to the kinds of suggestions coming from all media.

**HABITS:** Habits are well established modes of response. They are actions repeated until they become automatic. Once a habit has been acquired, the only way to get rid of it is to replace it with a desirable habit. Habits may be superseded or overridden by more powerful, opposing actions. It takes strong initiative and determination, the re-enforcing of right motives and encouragement of the new way. Paul said. “This one thing I do, forgetting the things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”--Philippians 3:14

**EMOTIONS:** Emotions are perhaps the most complex factors underlying human endeavors. The word “emotion” means to “stir up” strong feeling or agitation, either pleasant or unpleasant. Any strong emotion such as anger or rage is accompanied by widespread internal changes involving muscles, glands, nerves, and chemicals throughout the organism. Statistics show that millions of Americans suffer from mental and emotional illness.

Emotion gives creative impetus to thought and thoughts backed and fired by deep feeling are powerful and will surely find their way into expression. There are not two sets of emotions--there are higher and lower expression of impulses. Destructive emotional indulgences take their toll on physical health. Constructive emotions provide rich inner experiences without which life would be dull and mechanical. The emotionally healthy person has developed a set of moral and spiritual values so that he can handle the instinctive drives. What would the world be without love? Without pleasure in work or art? Without curiosity in science? Without loyalty, patriotism and the fervor of religious feeling? “True ethics lie not in the imprisonment of emotion but in its constructive direction.” Emotion is power, but it is often wasted because it is not understood.

“As he (a man) thinketh in his heart, so is he.” --Proverbs 23:7

A successful life inevitably results when we use all of our God-given talents constructively and creatively. Jacob Boehme, one of the early mystics, said, “The exterior is the signature of the interior.”

## SPIRITUAL PSYCHOLOGY COURSE

### PERSONALITY

Purpose: To distinguish between the changing personality (the son of man) and true being (the Individuality or Son of God).

Shakespeare wrote, “How poor, how rich, how abject, how august, how complicate, how wonderful, is man.”

Psalms 8:3-5 (RSV) “When I look at thy heavens, the work of thy fingers, the moon and the stars which thou has established; What is man that thou art mindful of him, and the son of man that thou dost care for him? Yet thou has made him little less than God, and dost crown him with glory and honor.”

Personality comes from the Greek word “persona.” This means mask. It is something which man puts on or clothes his real self. This “personality” is the sum total of all of man’s sensual experiences--it is all he has said, done, felt, thought, hoped for and believed in.

Personality is sometimes defined as the extent to which one is able to interest and influence people. It is the external presentation or side of us that we show to the world. It is the changing, developing, process side of man. A pleasing, attractive, strong personality is important to any sort of leadership and vital to human happiness.

Psychologists look on personality in two ways:

1. The external appearance and behavior or social stimulus value. The sum total of the effect which an individual makes on others is referred to his social stimulus value.
2. The intra-personal (inner) organization of self. A person not only perceives and responds to stimuli in his environment, he also perceives and responds to himself. The individual, as he is known to himself, is called the self or ego. Ego is that part of the mind which is the center of self. This self is held and sustained by the greatness of God. When the ego surrenders itself to God, the Divine nature penetrates the human (ego-self) and the “hu-man” becomes the Christ-man.

An attractive personality, one which possesses the qualities to which people respond positively, may be developed through training, education, experience, and associations. Divine Science would include spiritual understanding--Christ Truth enriching personality.

An analysis indicates four components of personality:

1. Physical appearance is important, for the body is the Temple of the Living God. Careful grooming, neatness, cleanliness is necessary. Even the plainest person has some good physical points which may be emphasized--a nice smile, eyes, posture. Also important are good manners, graciousness, friendliness, correct language, pleasant voice. The voice releases power; speak from the solar center.

The Father expresses in orderliness and beauty. As the son, it is our privilege and responsibility to express beauty, order, and the shining qualities of the Christ as far as possible.

2. Intelligence, including knowledge, interests and abilities. Ability is the power to perform some act or skill. One with special talents appeals to others, particularly to those with similar interests.
3. Temperament is one's fundamental emotional disposition; deep-seated emotional trends. Temperamental habits are learned reactions usually formed in early years so are largely a product of conditioning. The secret of developing physical, mental and emotional poise lies in a spiritual response to experience. We must know that we can be freed from old habits and emotions that deter our spiritual progress. We can change by the methods of reconditioning and re-

education and by knowing that we are children of the Most High God.

4. Character is the most important of all factors. It is conduct as evaluated by social standards; the power with which one behaves. Strong character consists of firmness and unselfishness rather than negative ethics.

Fear and anger cannot be indulged because they are disintegrating forces.

Jesus knew that when one obeys the spiritual law which is love, he is strong. Love is fulfillment; it is an essential prerequisite for strong personality. Through love, sympathetic impulses move into action, into service, into giving, thus moving away from self-centeredness and its restrictions.

A strong, integrated personality is one in which emotional attitudes are harmonious, in which energies are united in a common purpose. With a dominant purpose, impulses, desires, and emotions are coordinated, leading to dependability. Personality is always that by which a person is known.

Honest, sincere interest in others conveys itself through a silent, subtle emanation having no need for the spoken word. Emerson said, "What you are speaks so loud that I can't hear what you say." Man without communication is incomplete. He is isolated by his own barriers. Psychologists have found that, in every case, the emotions that do psychological harm are the self-centered ones.

"Always there will be a self in us that will resist knowing about the new; a self that wants to keep things as they are and cannot bear to look a fact in the face. It is in the fire of this struggle that one's many selves become united in a single aim." --*Our Many Selves* by Elizabeth O'Connor.

## Lesson 14

### SPIRITUAL PSYCHOLOGY COURSE

#### INDIVIDUALITY

Purpose: To distinguish between the changing personality (the son of man) and true being (Individuality or Son of God).

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”-  
-I Corinthians 3:16

“Therefore if any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new.”--II Corinthians 5:17

Various religions have declared man to be unworthy, accursed from birth. Judaism has never been guilty of teaching the depravity of mankind and certainly this idea is not found in the teachings of Jesus. We need to think in terms of what we are and may express, rather than in terms of what we have been told. Meister Eckhart said, “The seed of God is in us. Given an intelligent and hard-working farmer, it will thrive and grow up to God whose seed it is, and accordingly its fruits will be God-nature.”

In Truth each one is divine. His personality represents only a partial unfoldment of his individuality or changeless Self--the Son--the “image and likeness” of his Creator. God is Spirit and His “image and likeness” must be Spirit. I am a spiritual being. My changeless nature is spiritual. There is a center in each one of us which knows neither lack, limitation, nor fear. There is a power responding to our mental attitudes.

Each one of us is attracting or repelling according to each mental attitude. We are identifying with abundance or lack, love or indifference. We attract into our world of experience the sum-total of our thoughts. And we--the individualized expression of God according to our awareness of our oneness with Him--are the sole creators of this world of experience.

Even as the branch abides in the vine and draws its sustenance from the vine, so man is in God and draws his life from the Source of all life. Individuality emerges from the Universal. The awareness of this truth will unify us with the Source of our individuality. This brings us closer to the perfection that is within us. Thomas Kelly, the Quaker mystic said, “God works in our souls, in their deepest depths, taking increasing control as we are progressively willing to be prepared for His wonders.”

“For if the first fruit be holy, the lump is also holy; and if the root be holy, so are the branches.”--Romans 11:16

Jesus was so conscious of the allness of the Spirit of Life that there was nothing real to him but the Perfection of that Life, and so disease, sin, death found no recognition in him.

We can be free when we know the truth about ourselves. Conditions in themselves have only the power that we give to them. The Christ-principle must govern our way of life. We are disciples “on the path”. A disciple is one who puts himself under the teaching of a Master. Our Master is the Christ.

Life is spiritual and the universe in which we live is spiritual. Since Spirit is All in All, then All that Spirit is, is everywhere. The Kingdom of heaven with its wholeness, abundance, peace and joy is available when spiritually discerned and may be brought into visible expression according to the degree of realization.

Jesus called the indwelling Spirit, “Father”. Emerson spoke of It as “my greater self”. Walt Whitman used “my greater I am”. To Paul, this individualized Presence was the Christ, “the hope of glory”

Paul knew the transforming power of the Christ. He became a new man after his experience on the road to Damascus. And from a persecutor, he became a defender of faith.

Emerson said. “There are no great or small. We fancy others greater than ourselves because they light the divine spark given to them and we do not. It is because we minimize ourselves that we do not accomplish. We do not realize the power of the position in which we are placed.” What is this position? “For as many as are led by the Spirit of God, they are the sons of God.”--Romans 8:14

Jesus ascribed his power to his conscious unity with the Father. He was one with the Father in purpose and action. He was the willing instrument through which mighty works were accomplished. He was a radiant example looking past all appearances of materiality and ignorance to the shining Christ.

“If ye abide in me, and my words abide in you, ye shall ask what ye will and it shall be done unto you.”--John 15:7

The Divine in us can teach us all things and bring all things to our remembrance, even the potentialities of our true being.

Jacob Boehme said. “Every one hath the key to God in himself, let him seek it in the right place.”

Divine Science teaches that to realize our own individuality to the fullest, we must live from the center of Being--the Christ.



## Lesson 15

### SPIRITUAL PSYCHOLOGY COURSE

#### PRAYER

Purpose: To consider prayer as the means by which we lift our consciousness into a greater awareness of God's Presence and our oneness with all that He is.

“And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”--Matthew 21:22

What is prayer? Nona Brooks says, “Every desire is a prayer. In one sense every thought is a prayer. We pray a great deal more than we know.”

Man is always wishing, longing, reaching out and he has a feeling that there is a Source from which all good comes. Consciously or unconsciously he longs to return to the Truth of Being.

With primitive man there was the cry against fear and despair; the supplication for food and protection. That prayer was spontaneous and free and it came from the depths of feeling which instinctively turns to a Higher Power. At first there was little gratitude. Then man began to give back to His God a part of the produce which had been given to him and the practice of sacrifice began. At first, it was a matter of gladness but when it was demanded by law, the spirit of reverence was lost and prayer became a bargaining, petitioning ceremony.

Later in his development, man began to forsake the personal prayer which had been so spontaneous and he began to pray as a member of a group. Prayer was said by a leader, chief, medicine man or priest. It became organized and was no longer the outpouring of a soul in need. We have formal prayers today for use on various occasions; they are spoken for us and do not involve action and reaction on our part.

As we become more sensitive, we must put aside disturbing emotions. This is a recognized psychological truth. If our hearts are filled with anger, fear, jealousy, and resentment, we turn ourselves away from God. Jesus, said, “And when ye stand praying, forgive, if ye have ought against any; that your Father also which is in heaven may forgive you your trespasses.”

Conversation with God should be a constant habit, not a frightened pleading when one is faced with the limitations of his own efforts. Brother Lawrence said, “Prayer is establishing one's self in a sense of God's Presence by continually conversing with Him.”

We are to abide in the consciousness of His Presence and in that consciousness there is nothing but good. We pray not to change God, but to change ourselves. Not to get more, but to realize more. Glenn Clark said, “I have found that it is not the prayer that creates the miracle, but the condition in consciousness that prayer induces. The Christ is present and the Christ heals.”

There is but one law working for man in one way. “As he (a man) thinketh in his heart, so is he.” “According to your faith, be it unto you.” You may choose the most positive words and pray and pray them but so long as your thinking is contrary, there will be no response.

Wise action must be added to prayer. Claim divine guidance, then take any steps that seem advisable and practicable. Nona Brooks said, “There is no passivity in prayer. When we have prayed, let us answer our own prayer. God has answered it before we called. We bring our prayers to fulfillment by living them out in our lives. True prayer which consists of right thinking and right living never fails.”

“The true prayer is the prayer of illumined faith and of the acknowledgment of God’s loving presence....Through prayer we constantly become more conscious of God and God in action in all life’s experiences...Through prayer we become conscious of what we are, of what God knows us to be, His own image and likeness.” *Divine Science: Its Principle and Practice*

Divine Mind, changeless and perfect, is continuously making available to man all that is true, beautiful and good. Prayer is the means by which man increases his ability to appropriate that goodness. It is a state of receptivity in which Truth is accepted. It is communion with God and realization of the Divine Presence.

Pray in the consciousness of the complete and finished kingdom. “Before they call, I will answer; and while they are yet speaking, I will hear.”--Isaiah 65:24 The good you are seeking already is, The kingdom of heaven is at hand; it is within you waiting to be released. Emerson said, “Prayer is the contemplation of the facts of life from the highest point of view. It is the soliloquy of a beholding and jubilant soul. It is the Spirit of God pronouncing His works good. As soon as man knows he is one with God, he will not beg.”

There are several types of prayers:

1. Petition: Asking, beseeching, begging.

2. Affirmation: Emphasizes basic convictions of Truth. It is an effective means of reeducating the subconscious. When Spiritual Truth is understood and applied, it compels a change in outward circumstances. What is true in God is an unalterable fact in life and all things will respond in order that Truth may be demonstrated.

Consider what your affirmation means: Is it definite? Is it true to principle--to the nature of God? Do I believe it?

Faith is the vital necessity. Important also is the degree in which we follow up in actual practice in our mental living and corresponding outer expression. Faith plus works. We must devote ourselves to thinking as we believe God thinks, seeing as we believe God sees and acting from that point of view. If we understand our affirmations, if they be true to principle and if we thoroughly believe them, they will bring results. Jesus said, "When ye pray, believe that ye have received and ye shall receive."

3. Meditation: An expanded form of affirmation; absorbed contemplation; dwelling upon the thought involved. "Deep prayer always involves transcending the body and the senses."--Sister Maria Carmelite
4. Prayer for Guidance: "Not my will but thine be done." Jesus' prayer in the Garden of Gethsemane meant dedication to the Divine Purpose; realizing the lesser for the greater good. Aligning the human will with the Divine Will.

Ursula Gestefeld said, "Never under any circumstances pray for anything but that the uncurtailed action of God take place. This action is full and complete. It meets every need."

5. Praise and Gratitude: Praise increases our appreciation of the Giver and the Gift which are one.

"Bless the Lord, O my soul; and all that is within me, bless his holy name."--Psalm 103:1  
"O give thanks unto the Lord; for he is good; because his mercy endureth forever."--Psalms 118:1

6. The Established Attitude: This is habitual thought and desire; "the prayer without ceasing." What we really want out of life is our real prayer. It is the general tone of our thinking which governs our lives.

7. Communion: Silent contemplation. "Be still and know that I am God."  
Pray "In His Name" or according to His spiritual nature.  
Prayer is recognition -- realization -- release.

## Lesson 16

### SPIRITUAL PSYCHOLOGY COURSE

#### THE SILENCE

Purpose: to consider true communion with God in the silence of the soul.

“The Lord is in his holy temple; let all the earth keep silence before him.” --Habakkuk 2:20

“Be still, and know that I AM GOD.”--Psalm 46:10

To lift the consciousness into a greater realization of God’s presence, ever with us, is the purpose of the Silence. It is a communion with God through the indwelling Christ, the super-conscious. The result of this communion is realization; awareness; knowledge of that which Is; this is the foundation of all demonstration. Communion with the Universal Mind is necessary for Man’s unfoldment, happiness and success. The Silence is an outcome of prayer and meditation. To pray is to turn the thought God-ward, to identify with that which we believe God to be, and to know this TRUTH for ourselves and others. Much has been written about meditation; basically, it is attention, concentration and contemplation. It is a state of mind which becomes one-pointed in its awareness, and finally transcends itself by ascending into higher levels of consciousness. At this level one experiences THE SILENCE.

The Silence is a period of physical and mental relaxation in which we, in complete receptivity, become joyously aware of our oneness with God.

All great things are born out of the Silence. The mighty processes of the universe are carried on silently. Mind activity is silent. Great thoughts, great ideas come out of the Silence.

The world of Reality is silent. It is necessary to get still if we would discern the guidance of Spirit. To be silent applies not only to noise and motion but to the emotions. Emotional disturbances violate the very nature of Him who is Peace, Harmony and Joy. It is well to remember that we are consciously entering into the Presence of all that is good.

We may enter the Silence at any time and in any place. Jesus said, “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to the Father which is in secret; and thy Father, which seeth in secret, shall reward thee openly.”--Matthew 6:6

All ideas in Perfect Mind are right and good. Silently we may tune in to the inner Christ Self (the super-conscious level of Mind) and from this level receive inspiration and guidance. We must remember that our minds are not capable of receiving instruction from the Source of “all good” when preoccupied with the outer or relative world.

“Let us, then labor for an inward stillness--  
An inward stillness and an inward healing;  
That perfect silence where the lips and heart  
Are still, and we no longer entertain  
Our own imperfect thoughts and vain opinions.  
But God alone speaks to us, and we wait  
In singleness of heart, that we may know  
His will and in the silence of our spirits,  
That we may do His will and do that only.”

--Henry Wadsworth Longfellow

In the Silence we listen that we may know and do His will. Attention is necessary in the process of coming to know. Patiently all intrusions of the outer must be stilled. Disturbances are known only to self-consciousness, for the spirit of man is always at peace; the calmness and serenity of the Christ is never disturbed. Manly Palmer Hall says, “In the root of man a greater self can be brought into union with the lesser self.”

As we prepare to enter the Silence we affirm our true nature in a state of mind which accepts the truth that God has already provided for us all that we possibly need. This first step in entering the Silence in meditation is called Recognition of Omnipresence. At this time when thoughts, emotions, opinions, and questions are stilled we declare a definite statement of truth. This is repeated until we feel its truth. This second step is called Affirmation. The third step is Concentration.

As we hold in conscious mind these three steps in meditation the subconscious realm of soul, full of this recognition of Good, leads us into an inner spiritual-mental practice of the Presence which results in intuitive communication. The fourth step follows automatically--it is the Silence--that direct contact with the Christ Mind which is the God -Presence within man. This step is called Conscious Realization.--*Divine Science: Its Principle and Practice*

We relate ourselves, with undivided minds, to the center of power. We drop the limited idea of personal power and appropriate the unlimited idea of God-Power. God Is and God Works; He works through you and through me. The open and receptive attitude permits the divine inflow of inspiration.

The Silence means to be “centered in God.” Mary Richards in her book, *Centering*, suggests the following analogy: “Centering is the act that precedes all others on the potter’s wheel. The bringing of the clay into a spinning, unwobbling pivot, which will then be free to take innumerable shapes as potter and clay press against each other.” As we give ourselves over in the Silence to the Universal Potter we will become a true expression of His creating.

The Holy Seed of God is within us, hence our communion persists no matter what we are doing and even though we may not be consciously aware of His Presence.

The still, small voice speaks in every man and when he lifts his consciousness to the plane on which It speaks, he may hear. Let the revelations of Truth speak through the Silence.

“Silence thy thoughts and fix thy whole attention on the Presence whom yet thou dost not see; but who thou feelest.”-- *The Voice of the Silence*

“Let the soul walk softly in thee,  
As a saint in heaven unshod,  
For to be alone with silence  
Is to be alone with God.:

-- Unknown

## Lesson 17

### SPIRITUAL PSYCHOLOGY COURSE

#### HEALING

Purpose: To realize that healing means seeing with singleness of eye, being one with the consciousness of God in whose mind there is only perfection.

“Then shall thy light break forth as the morning and thine health shall spring forth speedily.”

“I am the Lord that healeth thee.”--Exodus 15:26

Various healing methods were known and practiced from earliest history and because of faith successful results were obtained in many instances.

The healing power is inherent in the Life Principle and so is always within every living organism.

Spiritual healing is based on knowledge of spiritual realities: What God is. What God Knows, and What God Does. Thinking God's thoughts after Him brings into manifestation the perfection of is thinking--Wholeness or Health. “Wholeness is the universal standard of being. Health is the outer evidence appearing in the body indicating that the law of wholeness is being complied with...healing consists of getting back into the right relation to Life, the original creative order.” *Divine Science: Its Principle and Practice*

Faith, acceptance, and responsiveness are always necessary if Spirit is to express freely in and through us. Jesus, the master healer, could do no mighty works in his home town because of the people's unbelief.

And Jesus said unto them, “Believe ye that I am able to do this?” They said unto him, “Yea, Lord.” Then he touched their eyes, saying, “According to your faith be it unto you.”

When we can recognize the spiritual nature of the universe and of ourselves, we will see the reality of health, success and goodness. We do not seek to attain something which we are not only to realize that which we are. Substance knows no illness; it is indestructible, incorruptible, changeless and eternal. Disease cannot touch Spirit. Dr. Jack Holland says, “When we understand that energy and Spirit are the same things, we begin to come into the marvelous realization of what God truly is. And we are like unto God, for we have God's energy within us.”

In his healing, Jesus stressed the importance of obedience and action as well as faith. There were such instructions as, "Go and show yourselves to the priest." "Go and wash..." "Take up thy bed and walk." And most important, "Go and sin no more." Continuing in the old way with its mistakes would again bring unfortunate situations. Man has his part to perform. While his health is inherent in the God-Life which he shares, he must consciously maintain contact, accepting and permitting it to flow fully and freely into manifestation. We interfere with the perfect action of our good by cultivating wrong or destructive mental and emotional states which cause internal disturbances.

The body which seems to be experiencing unhappy conditions and to fall ill is not eternal; it is the covering of garment of Spirit. The elements of the body are molded and fashioned by the living Presence which becomes a man. In essence, these elements are Spirit also. "There is a natural body, and there is a spiritual body."--I Corinthians 15:44

The natural body belongs to the relative, changing process side of life; the spiritual body is the Lord from heaven; that individualized center of God Himself. Whatever our choices have brought us in negative experiences, they have never changed our true nature.

Purity of mind is the source of wholeness in the body. It sees and knows the truth of being, thus freeing us from erroneous belief in sickness. God's thought has already created everything perfect. Our thinking is exercised to see and know its perfection. Dr. Grace Faus says, "We are all intended to be perfect, we are all intended to express God's truth...we know that the body is a manifestation of the living Spirit and our thoughts make the connection between the invisible reality and visible expression." Our thoughts today will condition our tomorrow. We must watch the quality of our consciousness, its thoughts, its actions and deeds, as the chemist watches his solutions.

Dr. H. B. Jeffery said, "Should you become totally absorbed in the Divine to the utter forgetfulness of all personality, including yourself, the result would be instantaneous healing. You would have entered into the realm of Absolute perfection which is God. In the realm of Perfection, there is no imperfection."

Jesus, in declaring that the "things that I do, ye shall do also," indicated that healing works could be done by his followers. In fact, he commissioned his disciples to "Go into all the world and preach the gospel, heal the sick, raise the dead, cleanse the lepers." The record shows that they did this successfully.

Miracles, so-called, are phenomena which seem to be outside of and beyond the laws of nature. But in a universe of law and order they are in accord with some higher law not generally understood.

Jesus knew that the personal self could not heal, he taught, "The Son can do nothing of himself." --John 5:19 Jesus was consciously one with the Father and he knew the



essential oneness of all men with the Father whose immediate Peace, harmony, and Wholeness could always dispel the darkness of ignorance and disease.

Jesus said that he came not to destroy the law but to fulfill the law. In recognizing One Power only, the Good, Jesus demonstrated his Oneness with the Father. He became Jesus, the Christ. With spiritual insight he penetrated the evidence of the senses and discerned the Allness and Wholeness of the Life in every soul. Many of the mental concepts which we have accepted as realities are not based on principle and therefore have no foundation in Truth. They will disappear as an enlightened consciousness perceives the Perfection of the Whole and therefore the Perfection of each part of the Whole.

Nona Brooks said, "True seeing is healing. When we see the truth of the Self, we are healed. In nature man is perfect--one with his Creator. Of myself, I am nothing. I AM ALL THINGS IN GOD."

"The One Mind that is the only mind is forever the state of perfection. When we come into the knowledge and understanding of the perfect Mind, we know that health is our reality." *Divine Science: its Principle and Practice*

We do not create our health. Health is. Our part is to realize it and let it manifest in us. Discipline of self through laying aside negative thought and feeling and unifying the consciousness with the Good, can prevent a problem--a much happier procedure than erasing it after it has been presented.

Healing includes all phases of inharmony--relationships, poverty, surroundings; wherever fullness of harmony and peace of God's Presence seem to be lacking. In these areas, too, God works by means of man. In all relationships the laws of love, peace, harmony and unity are operating, and as man thinks and acts in harmony with these laws, he thinks with God and the situation responds. Love is the great solvent for Love is God.

If poverty and lack are indicated, there is need to know God's abundance. If self-pity, complaining, and blaming others, have become habitual attitudes, then one must know that God is the Power, the Strength, the Courage and Ability to overcome. There is a right place for each one and Divine Guidance makes that place known.

The acceptance and application of Truth is called "treatment." Seeing the Oneness of God and man and God-activity expressing through man is the Truth. Treatment does not seek to change the individual in Principle, he is perfect always. Treatment seeks to eradicate false concepts and negative states of mind and to replace them with the Truth.

In spiritual healing we go beyond the physical and beyond the mental cause; i.e. we are not content with the power of right thinking; or with visualizing perfect manifestation. We go to the Spiritual Reality, the Perfect Whole. We recognize and acknowledge God, Spirit as the Perfect, Creative Power. We understand the body to be a manifestation of That One, the "flowing forth" of God. We "see" through the flesh to the inner core or

center of perfection. We do not direct the power to one or another part of the body, but rather we “let” the concept of the perfect possess us. Deliberately we “feel” the Essence of Life. We “realize” innate perfection; see healing to be not a process of cell rebuilding but a realization of wholeness. We steep in the Wholeness until we are utterly convinced of its actuality. THEN WE ACT AS THOUGH IT WERE TRUE; call up whatever strength or capacity that is required to accomplish the ends out of limitless reservoirs. The Father within doeth the works.

Healing must take place in the soul--to “think” healing is not enough. Psalm 103, verses 1 and 2 give us a key, “Bless the Lord, O my soul and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits.” Praise and thanksgiving are therapeutic for the soul.

## SPIRITUAL PSYCHOLOGY COURSE

### SUPPLY

Purpose: To realize that God provides abundant supply and that we draw from it according to our consciousness.

“The silver is mine, and the gold is mine, saith the Lord of hosts.”--Haggai 2:8

“The earth is full of the goodness of the Lord.”--Psalms 33:5

“I am come that they might have life, and that they might have it more abundantly.”--  
John 10:10

To feel secure seems to be the important goal; today men spend the greater portion of their lives seeking adequate supply. Next to health, material supply is the great concern of many. Books, lectures, seminars that have to do with supply are popular and draw large audiences. The condition of “lack” is not primary cause, it is secondary cause and it is the result of relating negatively to primary cause. Primary cause is God-abundance, and due to our earlier conditioning, environment, or circumstances we have come to believe that our supply is withheld or beyond our reach.

Wealth is the symbol of a consciousness which permits the flow of ideas, inspiration and purpose, and cooperates in manifesting them in tangible form. Wealth, not hoarded, but freely distributed in providing employment, cultural and educational opportunities, relieving the distress of the underprivileged, is a blessing.

To use our talents to their full capacity is our duty. Thus we become good stewards and the law of increase rewards our efforts. In the parable of the talents (Matthew 25:15), one servant was given five talents, another two talents and another, one. Why the variation? They were given according to the consciousness which measured their abilities to receive and use. The servant who received only one talent was fearful, hoarding that which had been given to him and having no faith in the generosity and benevolence of the giver.

Dr. Nona L. Brooks wrote, “A life that abounds is our goal. The abounding life is balanced, rounded out in every direction. Spiritual principle applies to every phase of life.”

Money is not evil; it is the emotional values attached to it--the greed, the jealousy, the envy. Money is a symbol of supply. Supply should be a creative process.

Our purpose should be to seek the wealth of Spirit, Infinite Consciousness. Since we are one with Infinite Consciousness, there is no limit to the ideas which may be appropriated and used and which in turn will provide our supply, providing we are willing to prepare ourselves for better skills and greater abilities.

Everywhere in nature the Father expresses bountifully, pouring forth His sunshine, air, water, vegetation, and minerals, as well as sun and stars by millions. Someone has said, "If stars come out only once in a thousand years, how men would marvel and adore." Yet we accept the opulence of creation as commonplace.

Why are there hungry and ragged men and women in a universe with such vast resources? Dr. H. B. Jeffery said, "Poverty is a disease. But the victims of poverty do not realize that is a sickness; they think that it is due to circumstances. Poverty is of the mind, the same as all sickness. The man that has wisdom has the essence of all supply, and having the essence he will have the symbol." Dr. John Seaman Garns said, "We are either good producers or poor ones, and every man's ability to produce is a law-governed process. Hence, it is subject to improvement."

Many are not prepared to receive more than a meager supply. But when the blocks of negation are removed, a creative mind can direct ideas into channels of learning and the capacity to earn will be increased.

The prodigal son found that although he had wasted his portion, there was still abundance when he returned to the Father's house. We must "return" to the storehouse of God.

Abundance includes more than an ample supply of money and things. It includes the abundant life: radiant, dynamic living, vibrant health, joy, appreciation of beauty, love, and all good. We express life in such a limited fashion when there are divine potentialities.

Some psychologists say that our hidden springs are not of the body but of the Spirit; that we are not receptacles but conductors. Emerson said, "We are all inlets and outlets for God's expression." Every time that we turn to the darkness or negative beliefs--such as lack, want or deprivation of any kind we have turned from the light of God's abundant good. Our individual minds are centers for flight and power in Infinite Mind and we can realize more of His abundance as we learn to use our talents creatively.

"He that soweth sparingly shall reap sparingly; and he which soweth bountifully shall reap also bountifully:--II Corinthians 9:6

The psychologists and philosopher, William James said that human beings tend to live too far within self-imposed limits. How true this is, for we tend to limit our earning capacity, our health, our wealth, our self-expression, and hence our happiness. Yet there is within us a natural drive that seeks to remove these barriers to successful living. If you wish to succeed in business, there is a need to give up your negative, self-defeating attitudes and join forces with the spiritual drive within you that wants to achieve.

Supply is inside...not outside! What returns from the outside is but a reflection of what we have accepted for ourselves on the inside. It is all a matter of consciousness (what we

are conscious of being and having), and a change of consciousness brings with it a corresponding change in the results we experience.

”Prosperity is the ability to have whatever we desire whenever we desire it. We must have a consciousness of abundance, however, before we can experience it. The whole is a matter of our basic outlook: seeing God as the Source of all things, and allowing His blessings to flow through us. It is the Father’s good pleasure to give; it is our good pleasure to receive.” --John Milton Kimbro

Manifestation of plenty is not a matter of luck or fate or chance, but rather the out-picturing of Intelligence. What we call bounty or blessing or well-being or prosperity is wrapped up in the Law of Copious Good. Long ago, a Shepard king voiced this key to supply in these words: “They shall prosper who love Thee.” At first this may appear to be nothing more than a religious statement, yet it is based on factual principle. That which fills the universe, which brought forth the sun, moon and stars, and created the earth and everything above the earth, is not a blind force, but the Principle of Divine Love.

“Life is Intelligence; Life is Love in expression. It is one of the most difficult but self-evident laws in the universe that no one can possibly get until he first gives. You must live for others; you must give of your uniqueness, not hold back, not place strings but give. For as we give, we receive. As we give seed to the soil before we can possibly harvest, so a single grain of wheat will reproduce itself seventy-fold. If there is any form of lack in your life, then hold to this key to the manifestation of plenty and give.”--Dr. Max H. Ballard

“Freely ye have received, freely give.”--Matthew 10:8 This is the law of increase.

“His grace is sufficient for thee.” Man is the measurer.

You must come to a clear cut decision that God is the real source of your supply, that His riches are circulating in your life and that there is always a Divine surplus. Write these truths into your subconscious mind--write them with your conscious mind. You do this by repetition, faith in laws of your mind, and a joyous expectancy, while knowing that whatever you convey to or impress on your subconscious will come forth pressed down, shaken together, and running over. **You must feel the truth of what you affirm.** Your subconscious mind accepts your conviction. What you really believe in your conscious mind will be accepted by your subconscious mind.

Dr. Joseph Murphy says, “God wealth fills my soul now.”

## SPIRITUAL PSYCHOLOGY COURSE

### LIVING THE TRUTH

Purpose: To emphasize that it is “practicing” rather than merely “professing” the Truth which leads toward the realization of consciousness (One with God).

“But be ye doers of the word, and not bearers only, deceiving your own selves.” --James 1:22

Jesus taught the principles of right living in the Beatitudes (called the blessed statements). We find that these express the attitudes of faith and the attitudes of the Father’s love. It has been said that in order to consider the Beatitudes psychologically, they should be divided into two groups.

The Beatitudes must be understood in order to relate them to our everyday lives. The statements are not as abstract as they may seem to be. Actually, they are the ethics of Christian living.

We shall divide these into two groups and examine first the attitudes of faith:

1. The “Poor in spirit” has puzzled many readers, but these are humble before God; knowing that man does not stand alone. These have no room for egotism.
3. The word “meekness” does not mean to be subservient, a “worm in the dust” but to “let go and let God.” It has been said that the meek apprentice becomes the masterful workman.
4. The deep desire for “righteousness” implies the right use of spiritual laws.
6. The “pure in heart” are those who have faith in the essential goodness of all. These are the consecrated in their desire to know God.

The remaining Beatitudes teach that our attitudes should be those that we believe the Father takes toward us:

2. The word “mourning” might mean compassion for the sufferings about us rather than an absorption of one’s own bereavement or sorrow. It indicates “empathy” rather than “sympathy.”
5. The word “mercy” expresses itself in action and is generally concerned with the prevention of suffering in others.
7. The word “peacemaker” must have its beginning in the individual. Conflicts within must be resolved. As sons of God we should express God’s nature which we know as harmony, order, love, peace and joy.

8. The last statement is one that has also puzzled many--“persecuted for righteousness’ sake.” No one wants to be persecuted for doing the right thing. However, those who have made lasting contributions to mankind found satisfaction and fulfillment in their dedication to a cause. Often, they were not understood, and sometimes they were maligned, but the cause was greater to them than any personal attack.

We are the sum of our own attitudes, emotions, etc. We must learn to disentangle ourselves from that which is not true to principle. Like the growth of a child from infant to adult, we are discovering truths new to us, but old to God. Our part is to keep teachable, to be willing to learn, to change, otherwise our spiritual progress is retarded.

Divine Science teaches, “Seek ye first the Kingdom of Heaven.” We seek understanding before material “things”; knowing that the “showing forth” must be from the Christ-center of our selves, rather than something “self-willed” which often leads to regret.

To live the life of one on the spiritual path includes humility, righteousness, meekness, purity of heart, compassion, mercy, peacefulness and dedication. It means practicing integrity in every relationship.

Dr. Nona L. Brooks said, “Integrity and love lead the list of fundamental qualities in all development.”

Let us remember that a hastily acquired learning of spiritual laws is like a “will-o-the-wisp.” It vanishes all too suddenly, and we cry out, “It doesn’t work.” Profound truths take time to understand. We learn to put off the “old man” for the “new man,” the Christ self.

Dr. Irwin Gregg has said, God is undiminishing Love. This love is the great Beatitude of the universe. It is that which adjusts, harmonizes and draws our own to us.”

## Lesson 20

### SPIRITUAL PSYCHOLOGY COURSE

#### ATTAINMENT

Purpose: To consider man's goal--unfoldment of the Christ consciousness--the Kingdom of Heaven.

"Be ye therefore perfect even as your Father which is in heaven is perfect."-- Matthew 5:48

Jesus emphasized a "way" of life and followers of "the way" journey toward a goal--Consciousness of the Christ. The Jesus Christ way involved growing in faith and love through the practice of certain attitudes, some of which we noted in the Beatitudes. Such practice brings demonstration of right relationships, satisfactory adjustment to environment, the recognition and unfoldment of one's highest potentialities. We are called upon to develop our own perfection in the light of Truth. We do not need to imitate others, although we can learn from others. Our purpose is to live close to the Source in order that we may better know "who" and "what" we are. Dr. Paul Tournier, Swiss psychiatrist, has said, "the main thing for us in this world is not being sure about what God's will is, but seeking it sincerely and following what we do understand of it."

Jesus, of all men, demonstrated most effectively the perfection of the indwelling Christ which he declared was the true nature of every man. In attaining his high consciousness he took certain steps which Divine Science recognizes as follows:

1. Recognition--the birth of the Christ Idea in his realization.
2. Affirmation--declaring again and again the truth which he recognized.
3. Concentration--alone with God on the mountaintop, in the desert or by the sea.
4. Renunciation--of selfish desires.
5. Crucifixion--of his personal will. Aligning his will with God's will.
6. Resurrection and Ascension--the Christ Idea springing into new life and radiance--illumination.

If we would attain spiritually or intellectually, we take these steps also. First we recognize the value of TRUTH; then we affirm and become convinced that God is All in All. We concentrate on things of the Spirit--the good, the beautiful, the true. We give up old habits, ways and attitudes that are limiting, this is renunciation.

Jesus did not stay on the cross. He experienced the resurrection and the ascension. We, too, can be resurrected from negativity and ascend in the joy of the Christ consciousness.



Dr. Anna Palmer said, "The resurrection is a daily process accomplished only through the deep conviction of the I AM that I AM."

Spiritual illumination means walking in the light. "God is light and in Him is no darkness at all." "In Him was life and that life was the light of men." "We are children of light; in essence we are radiant, vibrant, dynamic spirit. Even though we seem to be in the midst of darkness, of ignorance, enmeshed in negative experiences, the light is still shining. Dr. Carrie Munz said, "The perfect love of God holds all that is created within itself."

Literally light flows from us as an aura, emanating from every living thing. Those who have psychic perception can see this energy but many who do not claim this power can see it also in those who are highly developed spiritually, Emerson said, "From within and from behind there shines a light which makes me know that I am nothing but that the light is all."

Men mistakenly thought Jesus alone possessed the illumined consciousness, that he was the only son of God. In their devotion to him they failed to find the Christ in their own consciousness.

Rodney W. Johnson, with the Space Administration, has stated, "If you think in terms of Einstein's theory that mass and energy are interchangeable, then the mass of one's body can be converted into energy and transmuted as light."

John saw that the radiance of the inner light was love. "He that loveth his brother abideth in the light."--I John 2:9

"For whatsoever doth make manifest is light. Awake thou that sleepest...and Christ shall give thee light."--Ephesians 5:13, 14

Dr. Max Ballard said, "We can all build a conscious rapport with the Creative Principle of Life--We must learn to walk in the Light."

Dr. Emmet Fox wrote, "Keep on the beam (the light of attainment), and nothing shall by any means hurt you."

## Lesson 21

### SPIRITUAL PSYCHOLOGY COURSE

#### *COSMIC CONSCIOUSNESS*

Purpose: To consider the characteristics and experiences of those who have attained illumination or full realization of the Christ.

“Christ in you, the hope of glory.”--Colossians 1:27

The definition of Cosmic Consciousness is--a consciousness of the cosmos, that is, of the life and order of the universe. A quickening of the moral sense--a sense of immortality--the consciousness of “already having.”

The chief characteristic is, as the name implies, a consciousness of the cosmos, of the life and order of the universe, of the oneness of all.

In metaphysics the word CONSCIOUSNESS is of vital importance. Consciousness means awareness--perhaps, more accurately, a degree of awareness. We may well ask ourselves. “What am I aware of?”

Consciousness may be divided into three parts--“levels” would be a better word:

First--SIMPLE consciousness. The lowest life form has some degree of consciousness, a quality of irritability. At the “simple” level of consciousness there is a knowing--but the knower, the knowledge, and the object are not differentiated by the creature. It does not see or know itself to be a separate entity. There are sense impressions and reactions, but no controlled reactions.

Second--SELF consciousness. At the level of self consciousness there arises the knowledge or awareness of a self distinct and separate from objects in the environment. By virtue of this faculty, man is not only conscious of the objective universe, but he becomes conscious of himself as distinct and separate from the rest of the universe. It is quite certain that no animal can realize himself in this way.

Man is at this level of awareness. He is able to develop a language, has an ego, is all important to himself. Knows what is “good” or “bad” in that he recognizes a threat to his survival or a help to his survival and comfort and well-being. He knows desires, fears, and responds to emotions; seeks to control.

Third--COSMIC CONSCIOUSNESS. Here the awareness expands to include not only the visible, the objective world, but the area not reported by the senses, nor measurable

by the most sensitive instruments. In a state of cosmic consciousness, the knower, the knowledge, and the object of the known are become one.

The prime characteristic of Cosmic Consciousness is, as its name implies, an awareness of the life and order of the universe. With Cosmic Consciousness there occurs an intellectual enlightenment or illumination which alone would place the individual on a new plane of existence. To this is added a state of moral exaltation, an indescribable feeling of elevation, elation, and joyousness. With these come a sense of Immortality, a consciousness of Eternal Life, not a conviction that he shall have these, but the consciousness that he already has it.

In this state of consciousness Moses heard "I am that I am." Jesus could say, "I and my Father are one." John, the Baptist, "He it is, who coming after me is preferred before me." And, "After me cometh a man which is preferred before me: for he was before me." All of which means the expanding consciousness reveals that "God is all." He is the Alpha and the Omega, the beginning and the end, the Cause AND the Effect.

Dr. Bucke states that Cosmic Consciousness is a stage in mental evolution which in rare instances follows a high level of self-consciousness. Mental faculties have evolved from the perceptual state of the lowest forms through the receptual intelligence of higher animals or simple consciousness to the conceptual mind of man or self-consciousness. Old faculties are retrained and new ones are added in the evolutionary process. Our descendants will sooner or later reach the stage of Cosmic Consciousness as a race even as other faculties were first possessed by the few and later by the race. Examples are the color sense, fragrance, musical sense and moral sense. The newer the faculty, the more easily it is lost.

Dr. Bucke considered illumination from the standpoint of psychology and not as a religionist or mystic. He found evidence of at least fourteen undeniable cases of complete and permanent illumination in the last three thousand years and many partial instances in the past century

One having this experience learns more in a few minutes than in years of study, and he will learn much that no study can ever teach.

Those who undoubtedly have experienced Cosmic Consciousness to such a degree that they will never be forgotten are: Gautama the Buddha, Jesus, the Christ, Paul, Plotinus, Mohammed, Dante, Francis Bacon, Jacob Boehme, William Blake, Walt Whitman, and Edward Carpenter. Their ages at the time of their experiences was from thirty to forty years, average age was thirty-five.

These individuals had their spiritual eyes opened and they saw. They have influenced greatly the course of civilization through their literature.

The universe is seen to be entirely immaterial, entirely spiritual, and entirely alive. Death is seen to be delusion: everyone and everything has eternal life. It is everyman's

potential--doubtless his destiny --to at least become aware of this dimension of life or being. He can expedite or hasten the process of unfoldment, of growth, by disciplining his attention...pointing it always toward or in this direction. All that God or Mind is, is Involved in the least knowing individuals; the thrust forward is there. The process of becoming is EVOLUTION. Emerson has written that whatever man contemplates...he becomes.

To attain the cosmic sense, a liberated personality is necessary. It can appear in the best specimens of the race when they are at their best--maturity. They need not be extraordinarily intellectual; intelligence is often overrated.

Paul said that he was "caught up into paradise" and heard "unspeakable words." Dante said, "My vision was greater than speech." Speech belongs to the self-conscious and can express only the self conscious understanding. It can express the cosmic sense only so far as that can be translated into terms of the self-conscious.

Others who experienced Cosmic Consciousness are Moses, Gideon, Isaiah, Socrates, Roger Bacon, Pascal, Spinoza, James Gardiner, Swedenborg, William Wordsworth, Alexander Pushkin, Emerson, Tennyson, Thoreau, and many of our modern mystics.

The experience of Cosmic Consciousness can happen at any time in any given place. Robert Burns experienced it as he plowed the soil. Byron was taking a walk in Italy. Tennyson, as he saw violets on a Devon moor. H.G. Wells wrote in his book, *God, the Invisible*, "The moment may come when we are alone in the darkness, under the stars, or while we walk by ourselves, or in a crowd, or while we sit and muse...thereafter our lives are changed."

"May the fires never die down on the altar of your heart, nor ever be re-lit nor even flicker in the winds of life." Such is the sincere hope of your teacher.

## Lesson 22

### SPIRITUAL PSYCHOLOGY COURSE

#### DEATH

Purpose: To acquaint ourselves with the Reality and continuance of Life, and to understand what Death, or Transition, may really be -- not from the standpoint of the race-mind and the past, but in the more enlightened metaphysical understanding of today.

“There are bodies terrestrial, and bodies celestial; there is a material body and a spiritual body.” I Corinthians, 15:44

Paul, in the first Letter to the Corinthians, is very explicit in his description of the difference between the spiritual and the material bodies. It would be well for the student to study this chapter.

From an ever-growing number of books on death and life after death, we are coming to the understanding that there is -- in actuality -- in Reality-- only LIFE. Death is a name given, and an attitude of mind surrounding, what is merely a phase in the eternal life of the individual spirit.

From such books as that of Dr. Karagulla (“*Breakthrough to Creativity*”) and many others we are beginning to grasp from a scientific point of view, quite aside from any other, the tremendous diversity of unknown sides to the spiritual nature of man. The field of books pertaining to this side of Life is growing because the fear that “people will think I’m crazy” to repeat psychic experiences or visions is dwindling. We are seeing a growth of increasing acceptance and understanding toward what was once a crystallized and static viewpoint.

Throughout the Bible we find very clear descriptions of discarnate entities seen by many, including Jesus. In Matthew 17:2 and 22, II Corinthians 6:16, and I Corinthians 6:19 and 15:35 there are full descriptions for those who have open minds and are able to follow what we are plainly being told.

In Thomas Troward’s “*The Creative Process in the Individual*” there is a complex but worthwhile analysis of the on-going of the individual spirit which is well worth careful and serious study.

From man’s earliest times, we find: in Tao (2,500 years ago) a clear understanding of the continuance of life. Manly Hall, in a booklet on Research and Reincarnation, tells us: “To the Buddhist, the concept of “ever-becoming” takes the place of being. The universe is in a state of ever-becomingness. This means a state of constant growth, a timeless motion toward fulfillment. Perfection...is a perpetual dynamic, manifesting through

constant change. For man, the normal motion of change is toward an enlightenment which is an ever-becoming truth or reality.

Ernest Holmes says of transition--“Passage from one stage, or plane, or state to another.”