

THE SEARCH FOR THE HIDDEN DOOR

Marshall N. Peever



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The spirit of Chung Fu has guided us every step of the way.

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Special thanks to Uschi and Madeline for their hard work and dedication typing this manuscript into an easily available document that has long been unavailable — blessings to all who have the opportunity to learn from this book's wisdom.

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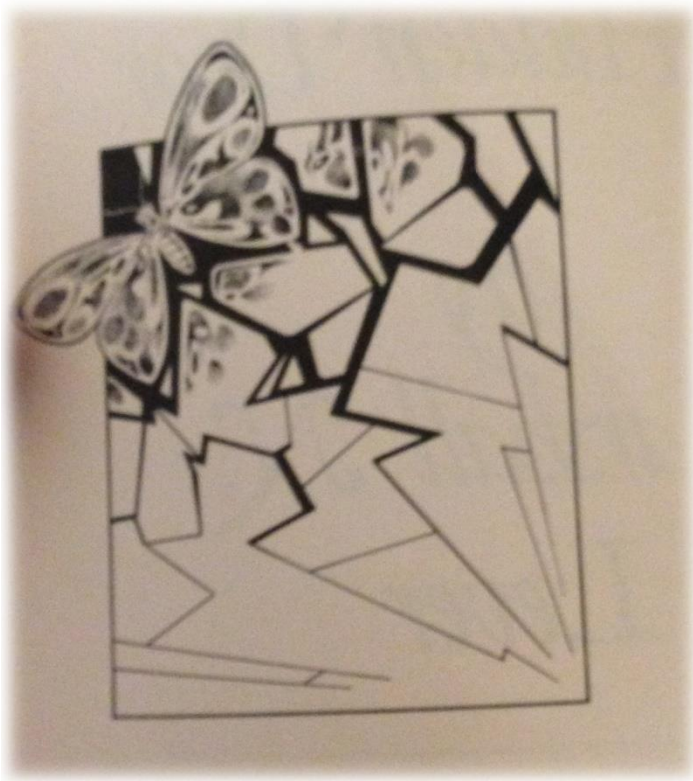
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*The
Search
for The Hidden Door*

*by
Marshall N.
Lever*



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FOREWORD

*The present joys of life we doubly taste
by looking back with pleasure on the past
Martial*

When I met Marshall, I was eighteen and he was twenty-one. We were both in the University. Two years later we were married. The following years were filled with travel (lots of that) and many challenging experiences for both of us. A son and then a daughter were much welcomed additions. As a family, we were ready to really see the world.

Our children were four and seven when we set off for Europe and a new job or jobs. Little did I know that the worlds revealed to Marshall, as we spent that month on a tiny Greek Island, would not only send us quickly back to the U.S., but completely change our lives.

After two agonizing months with Marshall's parents back in the States, we went North. Marshall's guidance had told him to go to a particular city and to take any of the jobs he was offered. There was no need to be very selective because, three months later, his guidance had other plans for him anyway. Then he was suddenly taken from our world and placed almost fulltime into another. He walked around the city at all hours, sat under trees in the parks day and night, and spent other night hours meditating in front of our kitchen stove (our only source of heat). Several weeks later, he was guided to start "relaxation" classes two nights a week in our living room. These classes developed into groups of closely-knit comrades, all seeking spiritual enlightenment.

The official end of the classes finally came, but no one wanted to stop meeting. Such a lovely bunch of friends - we felt we had to continue. The very first gathering of our new meetings started as usual, but ended by having introduced all of us to full trance. Upon regaining consciousness, Marshall apologized for having fallen asleep. He was deeply shocked by all of the excited recounting of the Guide and his short message.

The next week was hell! Marshall became very withdrawn and moody, crying almost daily. He said he didn't like, or trust, not being in control of what was being said. He was afraid that what was coming through might be something negative, even harmful to these supportive souls. The second meeting night came. All entered with wide eyes and high hopes of more guidance from beyond. As Marshall dropped into a peaceful, sleeping posture, the Guide would begin to speak. He told the name he would use and that he would be with all of us for many years to come. He said he would be with Marshall for the rest of his life. Alas! Our family would never be able to turn back. Life was completely changed in the blink of an eye.

Since my husband could not be aware of what was said at these trances, I was the person who reassured him that the message and feeling was positive and helpful. At first I tried to write all of the questions by the group members and the answers by the Guide to give Marshall the same information heard by the rest of us. But, as the trances became longer, my hand-written notes became grossly inadequate. We invested in a tape recorder, which proved to be just what Marshall needed to keep up-to-date with his own teachings.

As the guide slowly perfected his speech and use of English, he started teaching from beyond our level of understanding. People still had personal questions though, and the guide suggested that Marshall would see them privately. I assisted in these private sessions by writing notes for the person and later recording each personal tape. Also, I became responsible for writing down as well as

explaining the nutrition and health guidance given in almost all sessions. We saw five to ten people a day, forty-five minutes each, plus three to four trance groups each week. Our phone rang constantly and many people would just drop by to talk or to get “off-the-cuff” help from one or both of us.

As soon as the Guide's first series of lectures was completed, we were thrust into the book-publishing business. Our first attempt was far from professional, but it was a means of reproducing the guidance we were all coming to value so deeply.

He worked from twelve to fifteen hours most days. I was asked to counsel and to work with healing, also. Our family was under the same roof most of the time, but very often in separate rooms or sitting silently on either side of a husband-father whose body was occupied by Spirit.

Most people came to ask for guidance and for help with their health. The children and I not only asked for guidance, but often we were told what “the work” needed and what that would then require of each or all of us. We had to be very aware of special considerations for Marshall now. His unique physical needs were due to the terrific strain that this type of trance exerted upon his glandular system. Once I touched him as he lay on the floor (assuming that he was awake), and his heart stopped for a very long time. His spinal cord was especially sensitive, always being in jeopardy even from relatively small knocks. The children and I were extremely protective, becoming even more so as our groups began to include strangers.

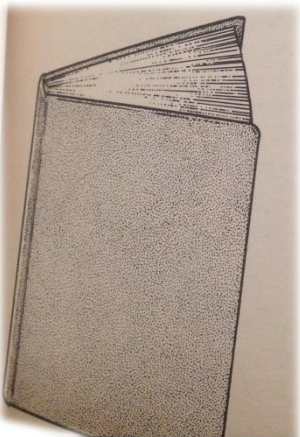
Our livelihood was to come completely from donations. We were never to charge for any service, tape, publication or speaking engagement. The demand for the teachings from the very wise, kind, celestial being cause us to start reproducing his lecture tapes for those in groups. Marshall did all of the tape reproduction, writing, publishing, mailing and organising as well as being the medium.

One and a half years after the first trance, we were told that it was time to move on. We were to give away everything (except my beloved photos, cherished handmade doilies and baby clothes from my grandmother, and things painted or made by the children) and move to Europe. Marshall went ahead and the kids and I moved between three different homes waiting for him to send for us. This was the beginning of many times to come when our family would have to live in someone else's home. It is such an honour to have a medium staying with you. It's marvellous to have guidance at the snap of a finger. However, it is not much fun to have his two very lively, often noisy children for very long. These experiences were very painful for me. I still didn't have my halo and wings.

But my purpose here is just to give you a short summary of our recent, busy years. They have not been easy; they have been very challenging; they have been rewarding. Our lectures, classes, tapes, books, and even our news-pamphlets gradually became more polished and professional until, finally, we were very proud of all aspects of our work. Our children travelled between countries with us so often that we took them out of school and began a fascinating world of at-home tutelage. Our son became Marshall's sound-system expert. Our daughter became a combination hostess and baby-sitter.

If I had to give a very brief description of all that we have experienced, I would say it has been a really intensified school of learning. It has given all of us new ways to look at the worlds of colour, music, discipline, foods, education, meditation, positive-negative, male-female, fairies, the earth plane, reincarnation and other aspects of life. In many ways these teachings helped me to be more free; in other ways I took what was said and became as restricted as I had been in my youth by any authority pattern. It was not easy to teach normal children that their lives had become not only different but unbelievable, and then to give the proper lies to repeat when they were asked about our family in order to make us sound normal. Every day saw change and new beginnings.

Quinta J. Lever



1.

THE SEARCH FOR THE HIDDEN DOOR

*Spiritual growth is an individual accomplishment
Others may point the way, but you do the growing
An old sage*

I must ask myself, “Why are there people around me who look to me as some kind of spiritual teacher?” The simplest of answers comes forward. Initially each of these individuals is around me because I was a trance medium and my spirit guide helped them in health, personal growth and material attainments.

With these facts echoing in the back of my mind, I recall one of my diary entries from this spring:

DIARY – MONDAY

I have just realise that **GODWITHIN** is not really somewhere beyond the subconscious mind. This unlimited power operates through what I call the Nature Self. The Nature Self has always been a part of me, but I have allowed it to become dormant because of my society's over-involvement with the subconscious mind. Somewhere within me, hidden by cobwebs of *nomuse*, is a rusty door that leads to this ultimate power..... **GODWITHIN**. I will find that door.....

.....clean away the cobwebs

..... oil the hinges

..... turn the handle

..... and enter.

Is this the very beginning of my going beyond my role as a spiritual teacher and trance medium? My spirit guide has always communicated to the areas beyond that door for me! Now.....

..... I must seek it!

..... Even if it means farewell to a very dear old friend.... my spirit guide!

..... I detect a little fear!

The very next day I was on an airplane flight and I wrote in my diary the following:

DIARY – TUESDAY

Beyond that cobwebbed, *unused* door there is peace and power unlimited. I, instinctively, feel that power behind that door. Perhaps my years as a trance medium have filled me with an essence of what lies there. Since the very beginning of my spirit contact, my guidance has spoken of seven areas of communication in our world. Many people have referred to them as levels of development in the metaphysical tradition. My spirit guidance has spoken of seven areas of communication in our world. Many people from the metaphysical tradition have referred to them as levels of development. My spirit guidance implied that he communicated through me from the sixth level. Am I now on the

threshold of the seventh level? If this is so..... would it be beyond my spirit guide?

..... What would old students think and feel?

..... Can I be more than my spirit guide?

..... If so, what will it be like?

I must seek that door! God, I am excited!

The very next morning, I made this entry into my diary:

DIARY – WEDNESDAY

This journey that I am beginning is filled with self-doubt.... fear.... loneliness..... inner conflict..... and potentially overwhelming challenges from the outside.

The thought or action of going beyond my spirit guidance could be called metaphysical blasphemy or extreme egotism. Think of the people endeared by my guide's wit, wisdom, manner and Godlikeness.

And what about me? Will that inner voice of wisdom leave me? Will my ability to seek answers in paranormal worlds fade away? What of the many tapes, transcripts and books of my guide's teachings? What will happen to my abilities to help others with health and nutrition through my spirit guidance? What about.....

..... The hell with what others think!

..... What about me!

My spirit guidance always said, "The seventh level is your higher self. No spirit guide, teacher, religion or philosopher is higher than you."

Well, here goes!!!!

During my years as a spirit medium my body was overweight and my physical abilities were minimal. Every energy around me was used as a shield allowing this trance power to vibrate through me without hindrance. This state of isolation became a way of life and slowly I could see myself gravitating toward a more etheric situation..... more retreats to align my body in order to maintain daily functioning. Finally I found myself holding on by a thread to what I thought was me something did not feel right. Could this stop or was I on a programmed downhill run to my own personal cataclysm?

..... Somewhere there is an answer

..... Somewhere to begin

..... **GODWITHIN** help me!

I know there is an answer, but why can't I pull it out?

..... The secret!

.....Or the map to that hidden door!

..... The key!

Is it right here..... in me..... somewhere? I sat down and relaxed. I closed off my outer world. I felt my body become silent and my subconscious close off. From somewhere within the depths of ME came an overwhelming feeling..... chills..... and all my years of inner dedication, study, teaching, mediumship and meditation merged into one solid, undisputable fact!

That fact was..... spirit guides, enlightened living masters, divinely inspired beings, Jesus, Buddha, Mohammed, Lao-tse and cult leaders.....

..... They are all fronts.

..... Sixth level camouflage.

I got so caught up in their messages their charisma..... their progress..... their communications from other dimensions..... that I got caught up *IN THEIR* teachings, and forgot *WHAT THEY* were teaching.

Every great teacher, or founder of a religion, emphasized that it was *THROUGH HIM* that I would find the way..... not *BECAUSE OF HIM*. Each one taught of an inner power..... the kingdom within the eight-fold path the Tao and it was through this inner power that I would find peace and freedom.

When a charismatic energy or strong personal power, helps everything go so well, and expresses optimism in a pessimistic world, my tendency is to follow it unconditionally. I *reread, relisten, re-interpret*, build temples and create a devotion to the teaching that I have taken to me. My needs create religions, spiritual literature, spirit contact groups, philosophical societies and a myriad of gurus. In fact, I am the one that helped create these fronts.... sixth level camouflage, because I stayed with them instead of *GOING THROUGH* them to a higher level..... *ME!* All right..... how do I get beyond this

SPIRITUAL-RELIGIOUS-PHILOSOPHICAL- GURU BARRIER?

Again, I hear these words.....

NO SPIRIT GUIDE, TEACHER, RELIGION, OR PHILOSOPHY IS HIGHER THAN YOU!

Without a thought..... no hesitation.... I stepped *THROUGH* that barrier, I was now alone.... without a spiritual guide with the charisma of doing trance there were no guidelines, for this was an individual experience. Almost immediately I began to ask, "What am *I*? What do *I* have to offer and what lies ahead?"

There I stood.....

I felt deep fear for the first time. There were days of melancholy and uncontrollable crying. My sense of direction was spinning. I doubted all my previous teachings..... I felt old and tired. My strength of years..... my fiery, Leo self-felt ravaged and beaten. Like Lot, I was afraid to look back, but unlike Lot.... I did..... and it looked like Hiroshima in 1946.

I had severed the umbilical cord of the past.... yet the past had gotten me here. I felt alone.... agoraphobic.... in a world that looked hard, cruel and filled with strangers. I felt hypochondriacal. I feared dying. It was like a nightmare, but if I pinched myself it hurt instead of awakening me. However, in moments of silence, I heard a small voice somewhere deep within me..... as if it were on the other side of a forgotten door. What was it saying? I strained to hear, but the noise of my doubt and fear prevented it. For five days and nights this went on. Then one night a lightning storm pounded down on our city. Flashes of light and deep Godlike rumblings reverberated through my home. In the height of the storm..... in the split-second calm between flash and thunder.... I heard that inner voice again, and this time I could understand it.

THERE IS NOTHING HIGHER THAN YOU!

The thunder seemed to brand my very being with those words. The storm stopped and I got up and began my journey beyond the **SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIER** to that hidden inner door.

I immediately realised that the journey was going to be long and hard. I must get my body into shape, lose weight, firm and tighten muscles, regain my agility and balance. I designed a program of personal, physical preparedness and followed it faithfully. I altered my diet as well as my thought patterns about my body and gymnastics, track and field, soccer, swimming, ice skating and many other sports, for I needed to feel physical pride and grace of body again. I was preparing for a great physical feat..... a journey that would continue for the rest of my life. As my body began to respond to my training and discipline, and I began to feel more in control of my life physically, through exercises and body movement, I discovered that my worries, fears and doubts began to fade away.

Next, I knew that I must find out who I was. I would have many thoughts and fleeting feelings..... so I needed to keep a diary about my realisations and discoveries. I had no guide, no religion and no individual person or guidelines to show me the way to step beyond that **SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIER** way by simply believing that “There is nothing higher than you are.” It sounds easy in words, but put to action, it means no more crutches of any sort. Yes, I believe but.....

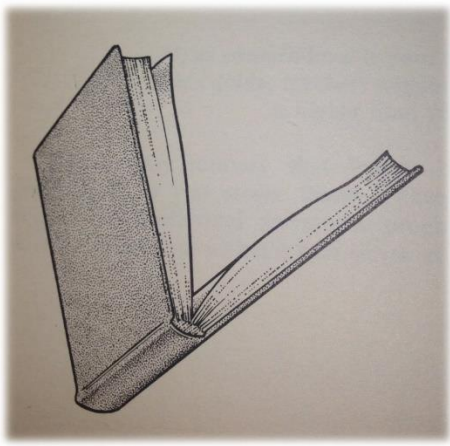
..... I do not understand completely!

..... I do not know what lies ahead!

From the night of the storm it was branded into my being....

THERE IS NOTHING HIGHER THAN YOU

What follows is a compendium of my feelings and thoughts while on this inner journey. It is here that I begin to rely upon my Nature Self more and more, learning to side-step my subconscious mind. The journey to that hidden door is new, refreshing and exciting. The path is not worn at all. Most have been caught at the BARRIER. As I journey, my disciplines become self-imposed and are now like old friends. Each day has become an infinity in itself.....



2.

THE JOURNEY BEGINS

*Man never reaches his highest potential when
he is safe and takes things easy.*

An old sage

My spirit guide has gone.... he will never return. A new guide was to come, however, stepping beyond the **SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIER**, I have begun the journey alone..... all my bridges burned. Ten years of companionship and rigorous work with my spirit guide make those memories a part of the present. All through our work he said, "I will be with you always.... this work must continue.....," but the basic part of his teaching held the key to me and to anyone whom he communicated:

"The seventh level is your higher self. No spirit guide,
teacher, religion or philosophy is higher than you."

Unlike any journey that I have been on, there are no rules, guide posts or rest stops. Since I have stepped into an adventure, void of all traditional awareness programs, I will have nothing to refer to except that which is part of me at the time. True..... everything that I have believed, learned and used will be available but most times unusable. The journey will become a way of life.

In the beginning of this journey I began to have some personal realisations. The realisations have become a vital part of me, a second nature. I have found that as long as I keep these realisations active and look through them while I am on my journey, I have an uncanny and intricate knowledge of the people I observe; I know details about their bodies, I can see where they are going and I have an innate sense about my own needs. Each day my ability to see auras seems to go beyond the day before, while new dimensions of colour have opened to me. In fact, the new energies and perceptions that have opened to me are miles ahead of anything that I had during my trance mediumship. It is not clairvoyance, clairaudience or clairsentience..... it is an undefinable, absolute interconnection with everything within. For years I believed that it was only those who were born into, were divinely called, or were developed by enlightenment who shared the special powers of prophet, seer, magician, medium, shaman or soothsayer. Then one small step beyond the ritual, regalia, creeds and hocus pocus..... I found a greater power..... the Inner Me. Only by my adoption and assimilation of certain personal realisations, strict adherence to the journey ahead, and belief in unlimited power within can I maintain these expanded perceptive abilities.

I am aware that each person going on this journey will have a different set of realisations and experiences, but I believe that they will all have similarities. It is my hope that my journey and experiences can inspire you to take that step.... then you can develop your own journey.

REALIZATION NO. 1

I POSSESS AND HAVE ALWAYS POSSESSED ALL THE POWER THAT I WILL EVER HAVE. THIS POWER IS UNLIMITED. THEREFORE, MY FUTURE IS UNLIMITED.

I do not gain power or paranormal knowledge through education, endless reading or study at the many mystery schools. Inner power is not gained.... I have *ALWAYS* had THE POWER within me... as does everyone. But if I have always had this unlimited power, why have I not used it properly,

if at all? Perhaps most of my life has been spent being reliant upon..... dependent upon.... and in fear of other people. Perhaps I have sought impressive words to comfort me.... inspiring people to live near... or friends to acclaim or love me.

I am now aware that the subconscious mind is just one small part of my brain. The subconscious mind is my computer... an energy of the brain. The subconscious mind, as an energy of the brain, has access to attendant nervous systems in the way that an electrical current uses an electronic circuit and, as such, is the over-riding instigator of all human action. The most important function at which the subconscious mind-energy of the brain excels is the careful selection of what it cares to draw to my attention. This energy of the brain is not deductive. It only stored information and gives in return to the demands of the conscious mind and the five senses. However, many times I do not understand my responses even if they do come forward from my subconscious mind with great authority.

I had a friend who agreed to a blind date one evening. When he went to pick up the girl, she met him at the door. She was a beautiful redhead and wore a dark green coat with green gloves. Immediately my friend took a dislike to this girl, and, as the evening progressed, he became more and more rude. Finally she asked to be taken home and my friend was greatly relieved.

Much later he found out why he'd had such an adverse reaction to her. When he was in elementary school, there was a redhead teacher who patrolled the playground. She wore a green coat and green gloves. She would slap the children and sometimes send them to detention for small infractions.

It was at about ten years of age that I began to get involved in subjective thinking. As I grew older, I relied more and more on the computer bank of memory for my way of life:

- I memorised math, dates, times and my language speaking rules.
- I memorised the things that made my parents happy.
- I memorised the creeds, doxologies, and moral codes of my religion.
- I memorised my city, state and country laws.
- I memorised what the radio, the TV and those people whom I was impressed by said I should do and wear.
- I memorised appropriate customs and traditions, and I began to take seriously the obligations that they required.

As a child and a young adult, I was usually placed (or I made sure that I was placed) in situations that made my elders comfortable. The residues of these social situations became a large part of what I am, because my subconscious mind keeps playing them back as things that create peace and harmony.

The further I go on my journey toward that hidden door, the more I see what has kept me away from it

for so long. Religion and philosophy set for the goals of peace, harmony, and happiness. As I was growing up, I related directly to the situations that my elders said gave peace and harmony. If they went to church, my subconscious would say that what my elders felt created peace and harmony was also what God felt. I soon learned what subjects *NOT* to bring up in front of my elders, especially if these subjects could cause me to have feelings of a lack of love, peace or harmony. Most of the things that I have problems with or do not understand today, are things that I did not dare mention in the presence of my elders as I was growing up. In school, and in new job situations, I had a tendency to steer away from these problem areas, for immediately my subconscious would caution me that they were not peaceful subjects or areas in which to get involved.

Nature has a genuine peace and harmony. Artists, poets and musicians use nature's power to create illusions of peace and harmony. My inherent nature is to seek this same peace and harmony, mostly through what I call the Nature Self. If all the things that I have become are not creating the same peace and harmony that I feel within nature, I must remember that they are a result of what I have put into the subconscious mind.... and I can change them.

Before I can change my present conditions I must understand that they were important for my survival within the society in which I was brought up, but that I have the ability to change any condition in and around me.

REALIZATION NO. 2

WHATEVER I AM NOW, I CAN CHANGE. MY CURRENT CONDITION IS A PRODUCT OF MY THOUGHTS. ALL I HAVE TO DO IS CHANGE MY THOUGHTS.

I was not too far into my journey when the above realisation came to me. My excitement made me feel that I had just taken the world's most refreshing shower.

The conscious mind is a separate energy pattern of the brain..... it has no recall. It operates on what it sees at the moment, observes what is around it, and passes it on to the subconscious mind. Then the subconscious mind responds and sends messages of past experiences to the body. This is like the captain (conscious mind) of a large ship who sends commands to the engine room (sub-conscious mind) and the ship responds. Ideally I should learn to use the subconscious mind more and more, but this means I would wait for or seek subconscious information. This action would be like a sailor in a thirty-two foot sailboat in a storm.... he is the captain and the engine.... there is no time to wait for responses.... his responses must be immediate because he acts and works in the moment just to keep his boat afloat.

When I was a small boy, I made a sled run in the snow on a track that had many turns and bumps. I rode it for days, but soon became rather bored with it. Turning around, I decided to sled through a woods on the other side. I can still see the speed of the sled, the fast moving snow, trees popping up here and there, large rocks and stumps of trees dotting my path. There was no way I knew what was coming, when it was coming, or where. When I reached the bottom my heart was pounding hard, but I felt proud. The whole run was done with my subconscious mind.

One day, on my journey, I was thinking about this sledding incident and suddenly it occurred to me my "spirit" and conscious mind are one and the same. My impressions of spirit are freedom and independence from outside influence..... this is exactly what the conscious mind is.

There is a part of the brain I will call Nature Self.... my instinctive, intuitive link with nature. Nature and its kingdoms of mineral, plant, and animal could survive indefinitely on this planet. These three kingdoms could take care of themselves through their cycles, rhythm, and natural balance with

one another. As I continue daily on my inward journey I have questioned some aspects of nature that made me want to go even deeper into my own Nature Self:

- Why do animals and birds know when an earthquake is coming?
- Why did the animals and birds react in fear in Australia before Skylab fell?
- How do animals know when winter will come, not migrating or hibernating until hours before the first hard storm?
- How do animals know what herbs and roots to eat when they are ill..... or when not to eat because they are ill?
- How do birds and fish find their way thousands of miles to the same place at almost the same hour each year?
- What sense is used when animals dislike or distrust certain humans?

REALIZATION NO. 3

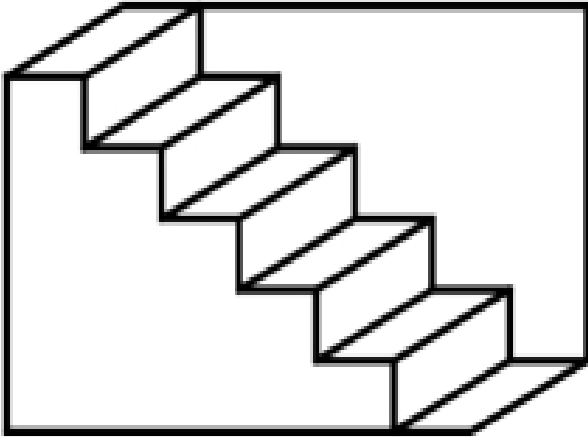
IT IS MY BELIEF THAT THE PSYCHIC, SPIRITUALIST AND PARAPSYCHOLOGIST NEED NOT SEEK ANY NEW PHENOMENA NOR HIGHER METAPHYSICAL PLANES, FOR, IF ANYTHING EXISTS, IT HAS TO BE ALREADY IN NATURE..... IN SOME FORM!

I do not know all that I want to know about this Nature Self, but I will find out more as I continue my journey. It is now my belief that this Nature Self is the avenue or path to that hidden inner door.... that unlimited power within.

What power lies behind that hidden, forgotten door? I have called it a variety of names... Unlimited Power..... Inner Power..... Universal Spirit..... and God! At this point in my journey, I do not believe that I must JUST BELIEVE in an Unlimited Power of Godlike energy, but that I must have an understanding of what it means. I understand that faith (blind, ignorant faith or faith based more or less on superstition) is still an affirmative attitude in Universal Laws. However, if I turn my faith into understanding, I can experiment with these Laws more and forge ahead with assurance. There are laws that govern nature, there are laws that man creates for himself, and there are Universal Laws that affect man. If I understand these laws, I will understand the Unlimited Power within me. These laws are discussed in a later chapter.

My first deep awareness of the Unlimited Power came through nature. The exciting, absolute energy of seed to flower, beach sand to crystal, animal and man helped me to focus on my own unlimitedness. In each case, plant, rock, animal, there is a definite energy within and around. Not a separate energy, but the same energy expressed in different ways. The knowledge that nature can balance itself quite easily without man is startling because this makes man somewhat alone in the need of balancing himself. Because this energy of man's balance seems so complex outwardly, IT MUST BE SIMPLE. I have learned that if anything seems complex, there is a less obvious way of regarding it,

a way that my senses are just not accustomed to perceiving. Schröder's staircase and E.G. Boring's girl picture (illustrated below) emphasise this point visually. If you look at each picture for long enough it will change into a less obvious condition. The staircase reverses position and the young girl becomes an old hag.



My problem in perceiving this unlimited power within us is some background tradition that revolted at the possibility of this fact..... the teachings of my past religion, Michelangelo's portrayal of God, and, most importantly, concepts of the devil and evil.

Evil! As I look at it simply, I see one basic factor in the universe and nature-UNITY. Only man creates dualities. But, why? In childhood, I am told simply that something is good or bad. Good brings smiles and bad brings hurt. As I grow, my education, civil law, and religion add to the good and bad, but on a much larger scale. My customs and traditions have placed the devil and evil into my language.... "The devil made me do it!" *or* "Shame on you, those are evil words!" It was easy for me to see that I create dualities because I do not want to take the total responsibility. In essence, an easy way out of a difficult situation is by blaming it on something else. If this is my way of getting out of a difficult situation then evil and devil are mental or thought creations, not realities, but states of mind. Those things which I call *BAD* must be looked at differently. In the same way that I looked at the staircase and the young girl, I must become aware of new possibilities in my daily situations.

REALIZATION NO. 4

EVIL, OR SIN, AS DEFINED BY MAN, IS A STATE OF MIND. THE ONLY POWER THAT EVIL, OR SIN, HAS IS THE POWER GIVEN TO IT BY MY THOUGHT.

The reason why people become so fanatical about the rights of children and older people is that they both have a simplicity most of the rest have lost or do not have. The child's innocence until age eleven, and the aging person's loss of memory, are recognisable as care-free.... at peace.... lacking worldly strife.

If a child can freely express his inner power of Nature Self where and why does he lose this ability? He loses it because his parent is no longer GOD. A child sees his parent as God and believes that the parent is omnipotent until the parent says:

..... I do not know, ask your teacher.

..... If you are sick, we will take you to the doctor.

..... I do not know what to do!

..... Do you think I am made of money?

..... I can't answer everything, do you think I'm God?

The Godlikeness is soon broken by responses like these and the child begins to look outside of his parents for authority. If the parent never falls into these traps, the child will learn that he has all the answers within himself.... just like mummy or daddy. In effect, God leaves at an early age and is replaced by someone in the **SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIER**.

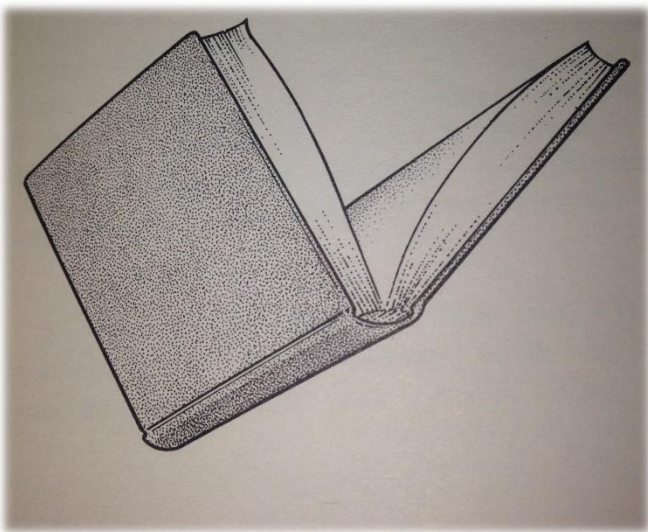
When I was growing up, there was a Sunday School teacher in my church who was looked upon as a natural-born teacher, receiving much respect from the members of the church. One Sunday a parent protested to the minister that this teacher was claiming that he was God. The minister called the complaining parent's child and the teacher to his office. "Who is the other person in this room?" the minister asked the child. "Now, we know that this is Mr. Stewart, not God. Why do you think that Mr. Stewart is God?" The child answered simply, "He says he is a God every Sunday." By this time the usually calm, cool Sunday School teacher was nervous and sweating, but he blurted out, "I have never said that! You are lying!" The small child began to cry hysterically. Between sobs he gasped, "I am going to Hell! God called me a liar!" By this time, the minister realised that he had a small crisis on his hands. He comforted the child and asked, "Are you perfectly sure that Mr. Stewart said that he was God?" The small child sobbingly said, "Y-y-yess, ask Johnny or Timothy." So Johnny and Timothy were brought into the room. As calmly as possible the minister asked the two boys to name the man in the room with them. "God," said the boys in unison. Mr. Stewart, the pillar of the Sunday School, mumbled something and sat down glassy-eyed. Summing up all his courage, the minister asked the boys to tell him exactly what their teacher had said. Young Johnny, very articulately, explained that every Sunday morning his parents gave him an envelope with money as an offering for God. At the end of Sunday School, God (their teacher) said, "Now, we are going to take up an offering for God." Their teacher then stood at the head of the class as each child brought his envelope up to him and put it in the basket he was holding. They were giving their offerings to God.

A small child is a literalist. He takes words at their face value.... not comprehending the innuendoes and hidden meanings that the parent or adult implies at times.

In some primitive societies, the adult still maintains the Nature Self role, therefore being the beginning and the end to his children. By the time the child is sent out on his own in such societies, he has the feeling that he has the same authority as that of his parent. It is easy for him to feel this power within himself, because he sees and feels it within the parent. A part of the primitive male child's initiation is his involvement with nature by himself. It is in nature that he begins to understand that everything he needs is within it. He just needs to know where it is.... food, adventure, shelter, medicines, body coverings and water. The body initiated through nature becomes a man or God. A girl receives the same authority by her marriage and sexual union. This ceremony is also an initiation.

The point that I am making is that I have had, and still do have, within me, access to the answers for all questions through my Nature Self. I, too, can be in balance and flow with the natural evolution of my world. I have a link to everything right here within me. I must learn how to use this link by allowing this unlimited power to make me a link with all living things. I do not need to be primitive; I just need to use nature-oriented thinking.

As I proceed on my journey to the hidden door, I must keep in mind that I have all I need within me. Knowing this will create a magnetic force that will pull me to and through the door.



3.

THOUGHT – WORD – ACTION

*Your thought can never rise higher than the
state of realisation created by your thought.*

An old sage

REALIZATION NO. 5

WITHIN ME IS AN ABSOLUTE POWER. I CAN USE IT TO CHANGE MY LIFE AND THE CIRCUMSTANCES COMING INTO MY LIFE. I CALL THIS POWER THOUGHT – WORD – ACTION.

One thing that I am learning, in the very beginning of my journey, is that if my manner is weak.... my outward power is weak. If my thoughts are vigorous, refreshing and constant, the power that I convey will correspond. When I possess a powerful energy of creative *thought, word* response, and physical *action*.... I am invincible. Action sometimes is just *attitude*, as I have experienced it.

Why will a man fleeing for his life, with death in hot pursuit, bound over a stream effortlessly while in less stimulating circumstances he would fall and perish? Why is a young mother able to summon up superhuman strength, lifting tons of steel, to save her trapped child? Most of us would say, "It's adrenaline!" The best explanation that I have found for the cause of its release is passion..... a passion for living..... or a passion of loving. I feel that the passion that is used to release adrenaline can be channelled into daily productivity. The ruling passion pulls together a crowd of associations.... and they move ahead like a disciplined army with the combined strength of the whole person..... creating power unlimited.

I have developed a passion for living by creative thought, word assertion, and physical action. It wasn't far into my journey that I found that I could drench the subconscious mind with this passion, thus obtaining controlled, unlimited power. I found my whole personality responding and unfolding its resources incessantly, without limit. This passion showed itself in the following ways:

- Body fatigue disappeared.
- I gained control of my eating habits.
- It became easier to discipline my time.
This was very important; for previously
I had begun not to have enough time to
do all that I wanted to do.
- Each day brought new excitement, energy
and satisfaction.... crisis and imbalance
began to fade.

It is very true that mere personal force is not in itself very attractive. However, the right kind of power, properly handled, constitutes unique individual magnetism. My main concern is how to develop this inner power while maintaining the height of integrity.

THOUGHT

REALIZATION NO. 6

MY THOUGHT CREATES FORM. I AM FORM. THEREFORE A THOUGHT CREATED ME. I WORK THROUGH THE FORMS THAT I CREATE FOR THE BEST USE OF THEM.... SO I MUST LET THE THROUGH THAT CREATED ME WORK THROUGH ME.

Behind every form is an idea of Thought.... whether automobile, electric light, chair or computer. I am form: therefore, I also must have an idea of Thought behind me. The Thought that created me must be a unique, unlimited power, because man has not yet created anything as complex as himself. If I control the forms that my idea of Thought created, the Thought that created me must in some form control me. If, by my Thought, I create an automobile, I do not need to control that automobile for it to be form. I have created power in that vehicle, sometimes unlimited power. When most people drive an automobile they are never quite sure how it works. Actually, I am somewhat the same as the automobile.

I have a Thought that created me – an unlimited power within me – I do not let it use me. If I let this power that created me work through me (as I work through the forms that I create) I would be limitless.

My upbringing and society say that I must control everything to demonstrate that I have freewill. I wonder how an automobile feels. Does it want to control everything as I have a tendency to do? “Ridiculous!” I say. “An automobile does not feel. I created it. I should know.” What if the Thought that created me is saying “Man does not feel. I created him. I should know.”

One thing I had a very hard time accepting in my trance mediumship was being a vehicle for a spirit power when I had no control over the information that came forth. In the early days of my medium-ship this caused me great agitation. I had to read or listen to what I had said. However, over the years, I found deep, even fond, acceptance of this situation. In fact it helped me develop my intuition so that I did not have to think about anything that I did. Ten years of trance work actually helped me to step beyond it, because I learned not to want subconscious feedback in order to feel satisfied.

The reason why I have such a hard time accepting when I am not in total control is that my subconscious is programmed to project something when it is met with an unknown and to translate it into knowns. If I can learn to use the power of the Thought that created me, rather than wanting to control it, I will be more like nature. I cannot control hurricane, typhoon, or earthquake, but I can learn to use that power. Pilots and ship captains know they cannot control the air and water, but they learn now to use its power to their advantage. The Thought that created me is a definite unknown. Therefore, if my subconscious cannot make a plausible interpretation of this unknown, it will either create an acceptable known or reject the Thought all together. This bothers me! My subconscious mind will attempt to make a known from a definite unknown and if my subconscious mind cannot, it will reject the unknown. If the unknown is rejected, then my learning experience is incomplete.

By watching horror movies I have learned that if the horror remains unknown all throughout the movie, and makes lightning attacks that I cannot see or identify, my subconscious will either blank out that part or begin to cause my body some sort of discomfort. When I was small, I went to a double feature of “Frankenstein” and “Dracula.” The theatre was full. All of us were rooting for the monsters and knowing that everything was all right. Then, suddenly, on the stage appeared people dressed as Frankenstein and monster Dracula. All the lights went out and everyone screamed. The lights went on

and the monsters were halfway down the stairs from the stage. Out went the lights. Kids started to climb over seats, trampling each other on their way to the exits. The lights went on and we saw the monsters at the exits. Lights out again while we all went berserk trying to find a way out. Soon the lights went on permanently. The hysteria died down as we saw the bad make-up on the two monsters. It was the unknown that was so frightening, not the monsters. Our subconscious minds had no way to put an image in our conscious mind. The aftermath was that about 20 kids fainted and the rest had had accidents by not getting to the toilet.

I can easily see most forms that my ideas or Thoughts have..... airplane, table, computer. However, the forms that my Thoughts create most of the time are attitudes. I stop and reflect on some of my daily Thoughts that I have in a day that become form:

..... God, am I tired!

..... I am getting fat!

..... How did I get myself into this!

..... Who wants to hire an old person like me?

..... I never know what goes on!

..... The day is never long enough!

..... I am the last to know anything!

..... I am getting old!

..... I wonder what I am going to do!

..... If I only had more energy!

..... I never have any fun!

..... I get a headache when I am tired!

Now, I can understand why it is easy to feel helpless. Thought eventually becomes form and these types of Thoughts actually create my daily personal world. If you think more than *once* about anything, that thought begins to take form.

Every Thought is like a seed. Seeds eventually develop into plants. Sun, soil, rain and environment produce the plants. It is the nature of the seed to develop into a pine tree or a beautiful flower. I can see the development of seed to plant. I accept it, but maybe I do not understand it completely.

Our Thoughts are seeds. From a small simple Thought may come a Frankenstein monster or a Venus de Milo. Much like the mystery of seed to plant we do not always understand how this Thought creation comes about, but when the plant is grown we see it and accept it. My Thoughts are the same. They will become form..... I may never really understand how, but they will become form. But will I see and accept this process?

If one kind of Thought produces a certain form or effect, the opposite kind of Thought should produce an opposite form or effect. I can begin then to change the forms in my life by

changing the Thoughts. Without a doubt, I see that the condition that is around me now, meaning the condition, in which I am, at this moment, is a product of my Thought. Whatever I am now, I am in total control of changing by changing my Thought. Until now, I have considered that karma, parents, world, environment, heredity or bad luck have been responsible for my present condition. Now, I know that these are merely products of my Thought. As soon as I begin to change my Thought about my condition that I do not like, I am beginning to change my life. Scientifically, the brain works by extracting patterns of information from the senses and setting up models of what it thinks the world is like. These models are continually updated with new information.

When I was much younger, there was a certain movie star that I Thought was the best all-around man. I saw every movie he made, read everything written about him, and modelled myself after some of his screen characters. All during this time, adults around me were saying that he was a poof, a queer or a homosexual, but I did not know what this meant and my adoration continued. In my teens, I discovered what those words meant. Thus, I rejected the actor, because I was told by educators and parents that homosexuality was wrong and unmanly. As years went by, I began to see that homosexuality had other aspects and I saw that this actor was, in fact, a very good actor. I began to see his movies again, greatly admiring his acting ability, but most of all admiring his ability to act so well that he never disclosed his own personal life. My subconscious changed over the years by new information that was fed to it through the senses. As I begin to see my world as unlimited, I find that the models my subconscious sets up for my reality are never final.

What I must do is begin to change the Thought patterns that are causing conditions that I do not like: ageing, disease, poverty, unhappiness, and any other negative condition. I may have been born with a physical difficulty, but, today, that physical difficulty is a product of my Thought. It was not of my Thought when I was born, but it is NOW. My acceptance *of* it by living *with* it has developed into a definite Thought form. I keep it in a “form” by keeping my Thought. My body is made in such a way that by changing my Thought I can change my “form”. I began to change my Thought by:

1. A series of affirmative declarations following the total information of *Thought—Word—Action*.
2. Declaring that each day is a new day and that the previous day has no hold over me.

WORD

My thoughts begin to take form – to become what I am. My Word is a declaration of my thought and makes the form more solidly visible to the outside world. Words as declarations are the tools that I use to take my position in my work or profession.

In understanding the Word, it is important to remember that my thoughts are the beginning of solid form and my Word becomes the mold of that form. I am aware of the many laws around me and that all of these laws have form. My society's laws are enforced by trial, fine, and/or imprisonment. However, there is a law that is more important than any of these. It is *my word* as law! It is what I say that I am going to do. *My word is my law!*

I can think I'm going to New York. Then I can say, “I am going to New York.” The difference is that one is a private thought and the other is a public statement of intent. Soon, others will say, “He is going to New York,” or “When are you leaving?” My Word has become law.

Many times I have heard someone say “My word and handshake are binding,” or “You can lie, cheat, or steal, but you never go back on your Word!” In fact, I think that man has lost much control over his life because he no longer feels his Word is as powerful as law. The modern day insistence upon putting everything into writing has created a deterioration of belief in self.

There are two stories from my childhood that I remember vividly. One is *The Little Engine That*

Could, and the other is *The Little Boy Who Cried Wolf*. In the first story, the emphasis was upon the importance of belief followed by repetition of affirmative Word – “I think I can, I think I can I thought I could.” The second showed the futility of the shepherd who finally saw a wolf, but no one believed him after he had cried wolf, teasingly, three or four times. *My Word* is the *Law*. This law can be as powerful as a train or as inconsistent as the shepherd crying wolf. – *My Word* as *Law* is different from the Universal Laws. Universal Laws are existing non-acting laws. *My Word* as *Law* becomes and acting law by the very power of thought behind it.

I had a friend in New York City, who needed some money quickly to start a small business. He went to all the banks and to most of his friends, but could not raise the \$5,000 he needed. One day, he heard of a loan-shark and borrowed the money for six weeks, but he had to pay back \$10,000. He asked the man if he needed to sign something and the man said, “No! Your Word is your bond.” My friend walked away and thought to himself, “Wow! This is easy money! He has no proof that I borrowed it from him.” He opened his business, and in five weeks he was broke. He declared bankruptcy and went to work as a salesman. When he was approached for the \$10,000, he said that he didn't have it; anyway, he had filed for bankruptcy. My friend learned that the \$10,000 was not included in the bankruptcy, and that he had exactly two days to raise it. He told the police his plight but they just looked at him and said “Sorry Mac.” He left New York in a hurry, hiding somewhere out West. No one ever saw him again. Our Word can still be a life or death matter!

REALIZATION NO. 7

MY WORD IS THE STARTING OF EVERY NEW CREATION. MY THOUGHT WAS THE SEED, MY WORD IS THE SOIL.

Most of the fairy tales which I read as a child, and that I am reading to my children today, have a *magic* Word; some Word which, once learned, gives the speaker the key to great riches and power. By stating this Word, he can open any door and transform anything into that which he desires. However, this Word is very difficult to obtain and is almost impossible to keep. It seems that just when the one who has discovered the Word needs it most, he forgets or loses it.

A great truth is carried down through these fairy tales and fables; the power of the spoken Word.... the right Word..... at the right time. My Words must balance and have value to my inner self or to the thought that created me. Words have a definite power, a power and energy of distinct personableness. Every Word I muster eventually becomes a part of what I am. The realization that – My Word is Law – is now ready to evolve. Word as law must have action to support it.

ACTION

I must never, never fail to follow through from word to Action. If I have a thought, followed by my word, but I do not proceed with Action, I am allowing myself to be open to the subconscious mind. If the subconscious mind feels me falter, it will come forth with doubt and fear. It is only through the combined force of *Thought – Word – Action* that awareness takes place. Awareness cannot come into being just through *Thought – Word*. If I am going to walk a tight-rope, I first think I am doing it. Next, I say aloud that I am doing it. However, it does not become awareness until I actually walk that rope.

REALIZATION NO. 8

IF I WANT THOUGHT – WORD – ACTION TO DEVELOP INTO REALITY, I MUST ACT AS IF I NOW HAVE WHAT I AM THINKING AND SAYING.

My thought, word, and corresponding action become my paradise or my prison. How many

times have I had someone tell me what he is going to do, but he never does it? The world of business calls this situation, “lack of follow-through.” The two basic reasons I may not “follow-through” are fear and laziness. However, in most cases it is fear. I can think fantastic thoughts and verbalize these thoughts with flamboyant words. But, when the time comes to put my thoughts and words into action, I get cold feet. It is at this stage that I begin to create my prison or my paradise.

In the late 1950's, I competed in a diving exposition in Mexico City. At the end of the exposition, a group of us decided to travel to Acapulco. We had heard of the famous cliff divers that would dive off a 118 foot (36 meter) cliff into the sea and we all wanted to give it a try. I remember my first view of the famous La Quebrada Cliff. My whole body said, “Are you crazy?” I am sure the others with me had the same feeling, but none of us would admit it to one another. We watched the divers from the Club de Clavadistas who made the dive daily. To our amazement, they had to dive into the crest of an incoming wave or they could hit the bottom. We decided to dive the next day early in the morning, since one of the permanent divers had volunteered to help us. By the next morning two of our group had dropped out because of “not feeling good”, leaving three of us. By the time we reached the top of the cliff, one more had sprained his ankle and dropped out. We two stood with our guide and he showed us where to watch the wave. When it hit that point we had ten seconds to dive. He watched the wave and, as a demonstration, dove into it's crest beautifully. I stood there and regretted that I had even thought about this feat, let alone said that I would dive. Now here I was; My Thought, My Word ... all that was left was Action. I watched the wave pass the counting point four times. Each time I was poised and ready to go, but hesitated. Fleeting a thought went through my mind, “Was this the way I was going to spend the rest of my life? Just thinking and talking and never taking action?” The wave hit its point ... and I counted 1007 ... 1008 ... 1009 ... and I was arching high in the air. The feeling of freedom, elation, self-confidence, and limitless power merged into one great energy ... I was in control of my life.

I notice it is harder for me to think present rather than future. If I am going to alter my *Thought-Word-Action*, I usually think and pronounce in future tense. As long as I hold a good desire as future, it is impossible for it to appear in the present. It is a natural tendency to think future when I am working on the now; especially when the now is not too nice. When I am experiencing disease, weakness, or poverty it is difficult to think that I am out of this situation NOW! How can I act well, strong, or abundant, when I am not?

Children do it! Have you ever seen a small child play with cars and trucks or dolls? The world he creates is real to him ... superhighways and real people. It is my nature to be able to create any kind of world I want. Some call it make-believe, but it is a creation of my mind.

Suppose I state that my body is whole and full of power. If I feel the signs of a physical imbalance and I go to bed, I have placed my visualization in the future. Lack of movement, coupled with bed and sick-room surroundings, does not allow the Thought-Word to have positive grounds for physical Action.

There is a very important point here. It seems that it is easier to work with replacing patterns of disease and lack of power than it is to act abundant when I am broke. Somehow, *Thought-Word-Action* brings up this point: until I can believe that I already have in my life the condition that I desire, I have not created the image of that condition. I must have an image of any condition in Thought-Word before I can project it into Action in my life. If I can project the image that I desire, it will attract to itself the condition that will give it form.

When I was in secondary school, there was a Chinese boy who was in many of my classes. He was always dressed in a perfectly starched and ironed shirt, with starched, ironed Levis. His shoes were always spotless. All of us thought that he came from a very wealthy Chinese family. Because of his manner and his immaculate presence we elected him to high student office year after year. When we

entered the University, we were all surprised that he had a full scholarship. We discovered that he had only two white shirts and two pairs of Levis. One day, I asked him point blank how he always seemed to project that he had everything he needed. He replied, "I learned from my grandfather that money has nothing to do with having material things. To have everything you want, you must first know, accept, and believe that what you have now is all that you need!" He was a perfect example, for this immaculate presence, his confident manner, and his personal attitude seemed always to get him what *we* had all wanted.

REALIZATION NO. 9

UNTIL I BELIEVE I ALREADY POSSESS THE CONDITION THAT I DESIRE, I CANNOT ATTRACT TO MYSELF THE CONDITION THAT WILL GIVE MY DESIRE FORM.

I can think that I am healthy! Then I can say, "My body is strong and healthy." But, if I do not act and move healthy, and do not believe that I am healthy, I will not pull healthy conditions to me. I can think that I am strong! Then I can say, "I am strong and powerful and in control of my life." But, if I act weak surround myself with weak people, and do not believe I am strong, I will not pull powerful conditions to me. I can think that I am wealthy! Then I can say, "I have all the money I need." But if I act poor, dress poorly, groom poorly and do not believe that I have all the money I need, I will not pull abundant conditions to me.

My thoughts must have a specific value to my inner understanding. In other words, if I read something to make it a thought, and I do not have a feeling for the words ... it is useless. I must use the words that signify form to me and not feel an allegiance to the words of any teacher or writer. Suppose I am conceiving the idea of abundance and I say, "My abundance is giving me a sense of fulfilment. I am abundant now and daily." Perhaps the word "abundance" does not create a form in my mind. However, the words cash, money, dollars, pounds, or quid do. I must use the word that I feel. Only the word that I can feel will become form. I may say, "I have all the money that I need ... Now!"

Power is **THOUGHT – WORD – ACTION** merging into one combined energy. If it is going to be a combined energy then the very beginning of a thought must mean that Word-Action is instantly put into a form or reality. Since thought is first, thought alone can reverse thought - - thought can handle thought - - and only thought can have power over that which is a result of thought. I must be able to put everything into thought for it to become form.

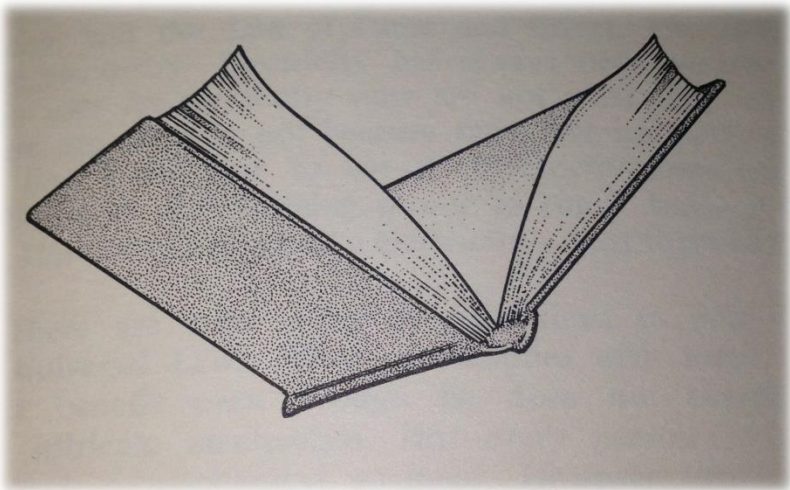
I was attending a Presbyterian conference in Northern New Mexico. We were all studying the relation of nature to man's everyday condition. Our leader was a man from Yale Divinity School who had a way of getting quickly to the core of any matter. I remember sitting around a campfire, listening to crickets and an occasional coyote, when a member of our group addressed him, "Just what is prayer, anyway? I listen to prayers in church, school, and many other places, but they never seem to mean anything!" Slowly our teacher pulled on his pipe and in a New England drawl said, "Prayer is every thought you have – every word you say! Whether your prayers are answered depends on the actions you take!" This hit me like a ton of bricks, as I remembered my own negative prayers. He went on saying "People think that prayer is fancy words with biblical undertones, spoken in places that have an air of sanctity. This could not be farther from the truth, since we are God in our physical world."

REALIZATION NO. 10

MY CONDITIONS ARE PRODUCTS OF THOUGHT. ALL THINGS I EXPERIENCE ARE SOLELY MENTAL EXPERIENCES.

If I believe that conditions are governed by something other than thought, then what use would it be to have either right or wrong thinking? Before I go any farther on my journey, I must totally understand and accept that all my conditions are a result of thought. I must accept that my thoughts create forms or conditions, and that any physical condition or objective situation is mind experiencing its own fulfilment. Any work on myself must be in the area of the mind - - through changes in thought.

Therefore, through *Thought-Word-Action*, I come back to Thought again. I understand the power of Thought. The Word makes it law and my Action affirms that it is me. I must soon know that my thought will bring on an immediate chain reaction. As in learning a new language, I repeat the words slowly, then faster and faster until finally the words blend into a complete motion without thinking. *Thought-Word-Action, Thought-Word-Action, Thought-Word-Act..* and so on - - to the point where my Thought creates the whole process automatically.



4.

*Universal Law is the only law.
All other laws are formed from the
results of Universal Law
An old sage*

The Universal Laws are **EXISTING, NON-ACTING** Laws. These existing, non-acting laws are the Law of Order and Harmony, and the Law of Cause and Effect. The Universal Laws are like electricity. Electricity has always been present in our world. The uses for electricity now are not what they were two-hundred years ago. This is not because there was no electricity, but because no one knew how to use it. Electricity does not know if it is boiling eggs or furnishing power to run a tram. It is just there to use. Universal Laws are like electricity – just there to use.

There are some rules or regulations to help in understanding the Universal Laws. Whoever complies with these Laws will receive direct benefit even though he does not completely understand their intricate mechanism. Not every person who drives an automobile is a mechanical engineer. However, the automobile's functioning has been planned to enable an individual to perform certain simple tasks and to depend upon certain consistent results. (One can drive the automobile and arrive at a specific destination by doing so).

Each Universal Law knows what to do and how to use its energy. In fact, it *automatically* does what it is called upon to do. In my thinking, the Law is intelligent. It is uniquely creative... and is conscious of my desires. It has no choice as to fulfilling these desires. This Law is absolutely impersonal - - anyone who understands the Universal Law can use it. Once the Law is called upon, its energy is set to work in a very precise, mathematical manner so as to bring about the desired result. If the desire is not altered, it will produce the logical result from the idea or thought.

The Universal Laws remind me of an Errol Flynn movie. In the film, a lonely Army outpost is threatened by rebel natives, and the order from Army headquarters is that everyone hold his position. The commanding officer obeys this order to the letter. However, Flynn argues that they need to attack and seize the advantage, but the commanding officer holds to the order. Of course everyone is massacred, leaving the audience to see Errol Flynn as the hero. The Universal Law is like the disciplined Army mind; it does exactly what it is told. My past difficulty was that I believed the Universal Law was somewhat like Errol Flynn, uncontrollable and doing its own thing.

REALIZATION NO. 11

THE UNIVERSAL LAWS ARE IMPERSONAL. THEY KNOW WHAT AND HOW TO DO, BUT RESPOND ONLY TO DESIRE. SINCE THE LAW IS IMPERSONAL, THERE IS NO WRONG WITHIN IT ... IT SIMPLY RESPONDS.

LAW OF ORDER AND HARMONY

These non-acting laws are primarily related to nature. If we look at the kingdom of nature (mineral, plant, and animal), we can see Order and Harmony within them. Rocks and Plants do not try to save or to make conditions better for other rocks and plants. Animals will leave weaker animals or older ones of their species to forge for themselves or to die. The Law of Order and Harmony in nature at its highest.

REALIZATION NO. 12

THE LAW OF ORDER AND HARMONY IS AN IMPERSONAL LAW. I AM NOT MY BROTHER'S KEEPER. BY BEING MY OWN KEEPER FIRST, MY BROTHER IS PULLED TO MY ENERGY.

If I have a weakness, The Law of Order and Harmony will create more weakness. The Law acts naturally. Within the three kingdoms of nature, the state of weakness is rewarded by letting the weakness fall by the way whether it is sandstone in a raging river, a small tree among giants, or a wonderful animal in a pack. We must keep in mind that the Law of Order and Harmony is just that Order and Harmony. If we are hungry, the Law of Order and Harmony does not provide. A part of Order and Harmony is to let those who are weak and hungry die so as to maintain balance.

One sunny afternoon in the early 60's I was walking with a well-known black leader through Harlem in New York City. I made the comment that it was a shame that there was so much poverty. He reflected for a moment and said, "The people who are here are here because they want to be, not because they have to be!" I was somewhat startled and asked, "Is this true anyplace in the world?" He replied without hesitating, "Poverty is a state of mind, not a law that people must live under. It may mean that they have to give up old thoughts, familiar surroundings, and tradition, but they control it totally!"

This law works for me when I recognize and respect that there are certain conditions I must accept such as involvement with war, poverty, famine, crime, disease and human injustice. If I change any of these conditions for others, I create worldly imbalance that ultimately affects me, also.

Reflecting upon that conversation in Harlem reminded me of the beggars of the Middle and Far East. They do not beg in order to get out of their condition, but they beg because that is their job. I remember my utter amazement when I discovered that there are organized groups in some of the major Far Eastern cities who pay parents to cripple their children at birth. The child is then taken and assigned to a specific spot in the city. Every morning they take the child to his selected spot in the city, and every evening pick him up and collect his earnings. This is a job just like a baker or candlestick-maker. The society looks upon it as such. Is this human injustice? One part of the world will look at this and say it is unjust. However, there are parts of the world that look at the Western woman who does not breast-feed and consider that woman hateful and cruel. Human injustice is relative. It can never be looked upon as absolute.

Some years ago I was entering a large grocery market in California when I was approached by an excited young man. He implored me to a shop at the store because they sold a certain wine from a particular vineyard that was not union. My first reaction was to go right in and buy a whole case of that wine, but I controlled myself and said „That does not affect my shopping here at all! “ The young boycotter became enraged and replied, "It is people like you who cause all the misery in the world. Don't you care for your fellow man?" I just walked into the store and bought two cases of wine.

The wine example may be a reflection upon the so-called human injustices in the world. Concerns of environment, individual rights, religion and politics seem to pull to them groups of activist people who endeavour to bring improved rights to those who are down and out. What I have learned is that none of the world's religious founders or metaphysical teachers sought recruits. These individuals lived what they believed and people were pulled to them for that power, not the power of making them change.

Unlike nature, man creates conditions by his thought. Recognizing that the Universal Law of Order and Harmony works as if it were nature will give man a better understanding of Order and Harmony. If I feel conditions are created outside of myself, I place myself in the same position as the mineral, plant, and animal kingdoms. These three kingdoms encounter conditions that are created by rhythm independent of the kingdom themselves. War, poverty, famine, crime, disease and abuse of human rights are results of man's inability to understand that each individual creates his own conditions. However, man's inability to understand is a magnified aspect of Order and Harmony within the fourth kingdom of nature ... That fourth kingdom is man, himself.

REALIZATION NO. 13

WAR, POVERTY, FAMINE, CRIME, DISEASE, AND HUMAN INJUSTICE ARE AS NATURAL TO THE KINGDOM OF MAN AS THE NATURAL CYCLES WITHIN THE MINERAL, PLANT, AND ANIMAL KINGDOMS:

This does not mean that I must have Order and Harmony in my life to succeed. It means that there is Order and Harmony in the universe and in my world. It is an impersonal law that will either absorb me into its nature patterns or allow me to create Order and Harmony. Once again, I can change my condition by my thought.

LAW OF CAUSE AND EFFECT

Most of us believe that God holds something against us. We seek forgiveness through offerings, sacrifices, petitions, prayers, redemption, and good works. I have discovered that any mistake that I make does not have to be punished in order that my God may be jubilant and that my soul be freed.

The Law of Cause and Effect is a self-acting law. Nothing ever happens to this law. It responds causally, directly, and impersonally. The Law of Cause and Effect says *yes* when I say yes and *no* when I say no. If I hold a flower before a mirror, the image of the flower is reflected. Likewise, the law mirrors all my thoughts. It reflects fear for fear, anger for anger, imbalance for imbalance, strength for strength, health for health, and control for control.

A long time ago, my son was playing in a sandbox and he split his small chocolate bar with a playmate. He ran up to me and said, "Daddy, I gave my friend a part of my chocolate bar. Will I get back more in return?" I smiled and said, "Maybe!" That evening, when we had a friend come for supper and she brought my son a two pound piece of chocolate. Immediately his mind made the connection between his sharing and his ten-fold return. This is a small example of the potentials of Cause and Effect.

When this law has reflected back to me those things that I do not like, or that cause me some physical or emotional harm, my past conditioning makes me look outside myself for the cause. In fact, to look outside myself is so natural that it in itself seems divinely inspired. The mineral, plant, and animal kingdom respond to any stimulus as if it were coming from an outside source. My seemingly natural response, that I am being challenged from the outside, is closely connected with my alignment to nature. However, I must consistently realize that my kingdom is different from the other three ... it is one of thought. All my conditions are caused by my thought. Thought is unnatural within the other three kingdoms. At times my lack of thought pulls me into their energy. The Law of Cause and Effect explains to me why this is so.

The Law of Cause and Effect makes things out of itself by becoming the things that it makes. This statement in itself is terrifying, for it shows me that the Law of Cause and Effect is so powerful that any image or thought I activate in myself – the Law of Cause and Effect *becomes*. It not only

mirrors my created images, it becomes them. When it becomes them, it is form. Form is always a little harder to handle than is simple thought.

I once had a man come to me who had been out of a job for months. The longer he was out of a job, the more discouraged he became. In fact, his second statement to me was, "I'll never get a job!" This kind of individual, defeatist attitude becomes form in the Law of Cause and Effect and projects to potential employers, "Hey, this man does to really want a job!" After all, he needed the money. How do you get someone out of this vicious circle of self-destruction? First, you find him a job, any job ... dishwasher, janitor, waiter, ect. Then you can work with him for he sees that he can have a job. It is impossible to get someone out of this circle without his creating a self-image of useful activity.

To understand the Law of Cause and Effect totally I must understand the energy of forgiveness. Forgiveness is an energy that is personal and *must always* be personal. It is not something that I feel for other people. The religious act of forgiving others for what they have done is actually clouding my basic responsibility which is forgiveness of myself. The simplicity of forgiveness has actually made it hard for me to understand it.

REALIZATION NO. 14

FORGIVENESS OF SELF COMES WHEN I CHANGE THE CURRENT ATTITUDE THAT BROUGHT ABOUT THE NEED FOR FORGIVENESS:

When I see clearly the attitude or situation that brought on my need to seek forgiveness, all I need to do is change the attitude or situation PERMANENTLY. This act is forgiveness of self. However, it cannot be just a thought change. It must be a Thought-Word-Action change, thus never allowing the attitude or situation and feeling. I can change *any* situation.

A man can rob or murder, but if he then completely changes his attitude, he has forgiven himself. He will get a positive response from the Universal Law. However, man's law is based on the principle that once he does something it is only through punishment that he is set straight. Man builds into his society the means to keep himself from getting out of the situations that society has created for him.

The Law of Cause and Effect is directly linked to the action of forgiveness. So many people I know think that they are involved in a karmic law that must challenge them and cause all kinds of havoc in their lives. There is no law in nature which, when reversed, will not produce the opposite result. To produce better and healthier results in my life I must create a new faith in my ability to set a revitalized chain of Cause and Effect into motion

I must always remember that the Law of Cause and Effect reflects the exact images of thought that I have. It has absolutely *no* choice in the matter. Also, I understand that regardless of what this Law is holding from me now, through a new process of thinking I can change its current direction in my life. This is not a judging law. It is a self-acting law that acts completely and solely on what I place within it.

Mind is the realm of causes; conditions are in the realm of effects. New thoughts create new conditions. When we begin to create new conditions we begin to return to that Nature Self. I begin to re-organize my subconscious by changing my thought and creating new conditions. Then, presto! For the first time in my life, I begin to see rewards of what I am doing NOW, and not what I had accumulated over so many years.

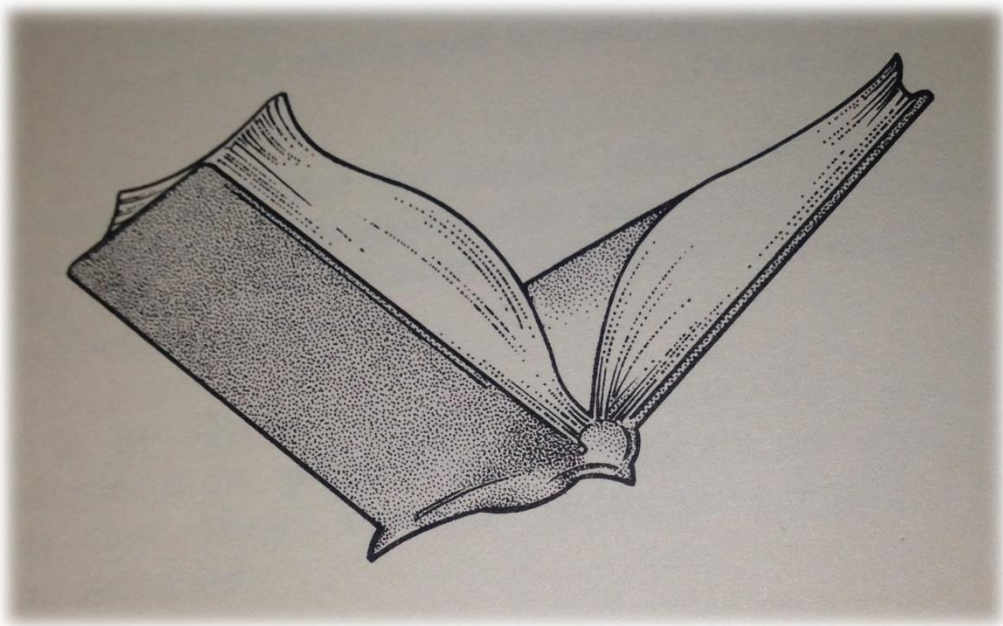
FINALLY, I got it through my thick head that all effect is a result of its cause. In other words, nothing in my external world projects itself. My individual world is projected by my mind, or thought, which conceived it. When my mind, or thought, withdraws its concentration from any object, that begins to

disintegrate, whether it is in the physical body or my daily affairs. Every man carries his destiny in his own mind, but he fights that fact. Nothing can happen to me unless it happens *through* me since every effect is subject to its cause. If I want to control my destiny, I must control my thoughts, mental states, states of consciousness and surrounding conditions. I call a condition good, bad, big, little, better, or best, but it is always some form of thought.

REALIZATION NO. 15

MY EVOLUTION IS IN RELATION TO HOW LONG IT TAKES THE CHANGES I MAKE THROUGH THOUGHT – WORD – ACTION – TO BECOME FORM.

I have learned that evolution of any kind is the total and unconditional acceptance of MY reality, projecting my reality, and living my reality. The experience that I have from this process keep me in a constant state of evolution.



5.

DENIAL AND AFFIRMATION

*An affirmative word used at the right time
and with the right thought behind it has
more value than a sack of polished emeralds.
An old sage*

It is very evident that the human mind can assume two ways of thinking. One of is affirmation and the other is negation. I am either saying Yes or No, because I am either thinking constructively or destructively at all times.

There is no doubt in my mind that the stubbornness of thought patterns is so great and so difficult to remove from the subconscious that these thought patterns actually argue back, refusing to be dislodged.

If a child says that two times two equals six, then I explain to him that two times two equals four - - never more, never less. There is no emotional strain in delivering this lesson to the child, but there is a need to let the child's mind understand that two times two does always equal four. This is a simple but important example. In working with affirmation and negation, I must know that negation or imbalance is neither person, place, nor thing. And, it has no law to support it. It is very important that I understand this concept before I begin to work with my condition by affirmation.

As I listened to my daughter play a game with her friends, I was astonished by their use of denial. They were setting a scene. My daughter said to one of her playmates, "You are not here, you are gone!" Then the rest of them went on with their game as usual. I had an idea. I asked my daughter where Sharon was and she said, "Oh, Sharon is not here!" I watched Sharon's face and there was total acceptance of her position. Then I said, "Hello, to Sharon, "You are back now," and she jumped up and joined in the play. This is denial in its purest form ... total unadulterated belief without any doubt. As I left the room, I said, "Goodbye, Sharon," and she answered cheerfully, "Goodbye!"

REALIZATION NO. 16

A DENIAL IS THE THOUGHT PROCESS OF KNOWING THAT ANY NEGATIVE CONDITION NEED TO BE.

The right use of denial can help keep my mental house clean, my emotion in a stable pattern, my thoughts and feelings honourable, as well as keep me free from clinging to the past. I feel that holding onto a memory is like pressing a flower. Soon it becomes dry and lifeless. Instead of pressing old memories, I need to always hold fresh and fragrant thoughts. A denial is the clearing of the way and the cleaning out of mental channels so that I can build a positive, constructive affirmation.

The following are some examples of denials:

- ... I deny that I do not control my thought.
- ... I deny that I am less than Unlimited Power.
- ... I deny that I am weak and powerless
- ... I deny that I do not control my life
- ... I deny the existence of error as far as I am concerned.
- ... I deny the need for any fear.
- ... I deny disease in my life.
- ... I deny that health is not my rightful claim.

- ... I deny that I am overweight.
- ... I deny that I am unhappy and depressed.
- ... I deny that I grow old.
- ... I deny that I am down on my luck.
- ... I deny that lack of money is decreed to me.

Denials are a primary step. I must deny the false and affirm the real. The need for denial ceases when my thought is completely controlled by me.

I was speaking to a large group of people and someone asked me, "How do I know what is false/ negative and what is real/affirmative?" Thoughtfully, I gave my answer. Later, my son, who was at the meeting, said to me "Dad, that was the dumbest question I ever heard!" I asked him why he thought that and he said, "I know what is false for it makes me feel bad or I have a nagging feeling I should not do it. I know it is negative if I don't feel in control of what I am doing or if I am afraid that someone won't like what I am doing. If it is affirmative or real, then I feel light and happily in complete control of everything.

I do not dislike getting up in the morning or doing what I am doing in the day. My body feels good and I am totally happy with everyone in my life." I only wish that my explanation had been as precise and simple as my thirteen year old son's.

REALIZATION NO. 17

AFFIRMATION IS AN ENERGY NECESSARY FOR THOUGHT TO ESTABLISH NOT ONLY A CORRECT PREMISE BUT ALSO TO DRAW AN EQUALLY CORRECT CONCLUSION.

In order to begin a program of affirmative thought in which all of the stubborn, comfortable, and habitual can be removed, I must first completely understand these facts:

- ... I am a result of a perfect thought from an Unlimited Power. Therefore, my energy, my core, my foundation is totally good.
- ... This totally good inner foundation has never had and cannot have disease, lack or limitation.
- ... An imbalanced condition has originated in my mind and any negativity comes from a belief in negativity.
- ... All imbalances are only thoughts or mental conditions.

I wasn't too far along my journey when I realized that any restatement of affirmative condition had to start with the fact that I am *not separating* the negative from *the real* as if they are two different things. If I separate the negative and the affirmative I am admitting there is a duality. Dualities create battles between good and evil. The only way I can win is to root out the evil.

I usually work with that which *is* ... not that which is not. Therefore, when I think there is a form of negativity around me, it is my misinterpretation or misunderstanding of the positive. The wrong use of my unlimited power doesn't imply a rejection of it ... not separation from ... nor disunity with ... it implies merely a negative use of it.

I was walking through a busy street in a Middle Eastern country enjoying the beauty of the people and the sharpness of the smells around me. Suddenly an American couple in front of me said, "God, these streets are dirty! Look at all the flies!" I followed these people for a block or two listening to their consistently negative reactions to the surrounding. In contrast was a stroll I took in a Swiss village when I heard an English couple say, "One thing I can't stand about the Swiss is that they are too clean!" I began to realize that negativity is a condition of thought. If something is negative it is because

I refuse to look at it in another way. Or it's because I refuse to look at it in another way. Or it's because I let myself be fooled into believing that there is only one way of looking at things.

Wrong conditions are never a thing in themselves ... they are merely a state of current thought. If the present conditions around me cause me to feel *disorder* and *disharmony*, then my present condition is imbalanced.

I know that there is a place in my life where negativity is experienced, and there was a *time* when I began to experience this negativity. There is a real substance which takes the form of this negativity. This substance is separate from my unlimited inner power source. Consequently I am actually experiencing this negativity, and the negativity which I experience has form. This form can be seen by myself and others. It is evidently a fact, even though it is not a truth. This negativity may take the form of disease, unhappiness, poverty, domestic imbalance, loneliness, sensitiveness, fear or any one of the many conditions which deny my basic inner good.

Ages ago, I appeared on a radio show with the head of the Satanic Church of America and the head of a witches' coven. I sat there listening, entranced by their discussion of how to use negativity as a controlling power. Their whole theory was that the majority of people are mostly negative. Therefore, if the dark forces used their power, they could use the negativity in any situation. They pointed to me and said, "If he walks into a post office and there is a line/queue, he would either calmly take his place or turn around and feel that there would be a better time to return. However, if one of us walked into the post office we would concentrate, make everyone physically ill, and get through faster." The interviewer asked, "What if Marshall were standing in the line?" "Oh!" replied the witch, "He would not feel it, for the receptive person must be mostly negative. However, we don't have to worry, because most of society is negative oriented and very susceptible to any powerful negative suggestion!" I hoped, then and there, that those listening to the broadcast would get the gist of this conversation and refuse to accept negativity.

In the face of negativity, first I must accept that something is wrong. How, though, do I change it? I know that the condition is neither person, place, nor thing. It has no one to support it, no one to believe in it, and no one through whom it may separate. It *is nothing* and is immediately cancelled by knowing it *is nothing*.

While I was on flight to Rome I was sitting next to someone who had never been there before. She proceeded to tell me what friends he told her to expect in Rome. Every man would pinch her, she would be over-charged, the lasagne would make her sick, the toilets would be unclean, the taxi drivers would cheat and be rude, and the Romans would never do anything on time. Then she asked me what I was going to do. I said that I was going to see every fountain I could, eat watermelon by the kilo, and enjoy the restaurants by eating all the pasta I could hold. She looked at me as if I were from another planet. We chanced to meet at the airport at the end of our stay and, sure enough, she had been right. All the unpleasant things did happen just as she had said they would. And, sure enough, every fun thing happened to me just as I had thought it would.

I construct what I want my condition to be. To do this, I must have a firm idea of what I want my new self to be. When I know exactly what I want to change in me, I construct a denial of the old conditions in my life. This denial of what *I have been* is used to sweep out the subconscious mind and to make room for the new positive condition. After the denial I construct affirmations until my mind is satisfied with the evidence that it has produced. In essence, I have realized that I was suffering from a wrong condition, but that *I need not* suffer from it anymore.

REALIZATION NO. 18

TO CHANGE CURRENT THOUGHT, I MUST KNOW THAT ANY NEGATIVE

CONDITION IS NOT A THING IN ITSELF. IT HAS NO CAUSE.

It has no cause! Too often I become tied up in the cause and do not continue with the changed condition. If I have changed my thought, there is no negative condition. If there is no negative condition then there was no cause.

In my affirmative method, I begin to say that being the thought form of an Unlimited Power I am free of racial strife ... I am free of any sign in the heavens ... I am free of any sign arising out of human misery. I must understand that what is true in experiences does not mean that it is true in principle. I must reverse any negativity until I no longer experience it. In doing this, everything becomes a thought Planets, people, kings, and carrots ... my entire human experience is one of thought.

Affirmation must always follow denial of a condition in order that realization may be constructed. All things must be resolved into thoughts and then proceed by manifesting life as a condition of thought form.

Many years ago, through the inducement of a friend, I went to an excellent palmist. I sat down and she began to ramble on about my future. After she had finished, I was completely baffled. She had told me all the things that were going to happen; the terrible experiences that I would be involved in, the deaths that would be around me, and all the money I would lose. I thought long and hard about this woman's reading. Finally, I started to read all I could on the subject. The lines on my right hand are what I am currently making of my life. Because they are made by totally electro-magnetic impulses, I can change the lines by changing my thoughts, attitudes, and actions. Over the years, I have watched the lines change in my hand. I have completely bypassed all those things that were "going to happen to me!"

REALIZATION NO. 19

I MUST FIRST DENY THE NEGATIVE CONDITION AND THEN I AFFIRM THE OPPOSITE DESIRED CONDITION. I HOLD THAT AFFIRMATION OF DESIRED CONDITION UNTIL MY NEW SITUATION IS REALIZED.

To create affirmation that allow me to control my life requires certain guide lines:

- First.... The words that I use in my affirmation must have meaning and feeling to me. I can feel the words so strongly that they can easily become form.
- Second.... My affirmation should not be in the future tense. It must help me to create the new condition - - NOW!
- Third..... My affirmation must be believable to me in my current condition. I expand it as my new condition comes into reality.
- Fourth..... my affirmation is about me and not about other people. Other people are affected by my change - - not by my changing them.
- Fifth..... my affirmation is mine. I take affirmations from others, but I change the words to have meaning for me. I cannot completely change unless I feel it is me doing the changing.
- Sixth..... my affirmation has power. It is not a conglomeration of meaningless words. *The words have power.*

Affirmations are basically personal, individual and intimate. Using the above Guidelines, I will build a simple affirmation in six steps. First, read the guideline and then refer to the step. There will be a direct correlation between guideline and step.

- Step one..... My body moves and performs.
- Step two.... My bode moves and performs....NOW!

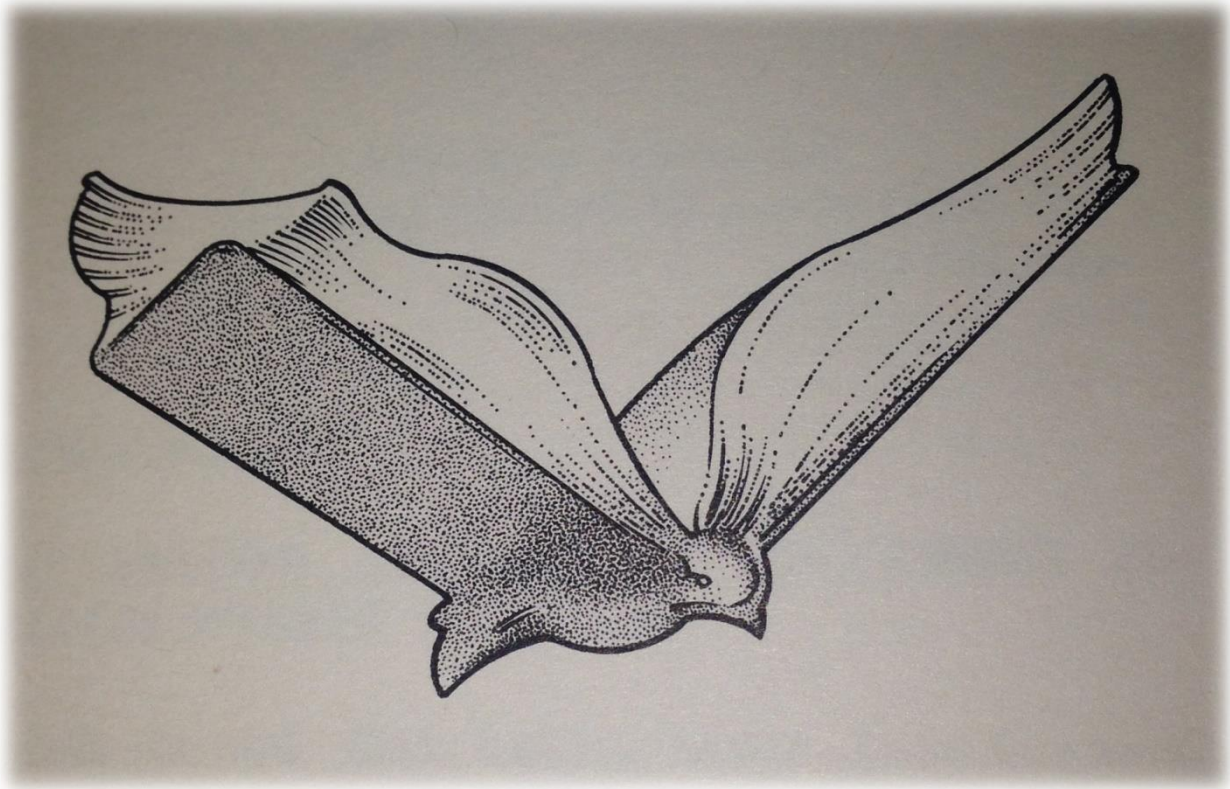
- Step three... My body moves and performs now with ease.
Step four... My body moves and performs now with ease and for my good.
Step five... My physical body runs, walks and climbs now easily for my own good.
Step six... .My body moves and performs now with ease for my good to allow a new powerful energy to pulsate through me.

Affirmations are good until the condition has changed. Then I must alter them to broaden my situation into new levels of awareness:

- Step eight... My body has energy to climb mountains, swim rivers, and lift obstacles.
Step nine... My body is tireless, ageless, and filled with infinite youthfulness.

Affirmations are tools to help me create changes in my negative situations and to help me strive continuously toward my unlimited future.

The desert is made to bloom and blossom as the rose only when the desert is cultivated. In place of sagebrush and cactus, rose bushes can be planted. In the garden of my inner self, wherein grow the forms of thought which are reflecting the experiences I am having. I may transplant ideas, uproot some and plant others, and always the Law will mirror the image that I hold. Sometimes it takes more than a moment to do this. Hence the necessity of understanding that we are dealing with an immutable principle in the universe. Time, patience, and endeavour in this, as in all other things, finally delivers to me a conscious use of the Law. It becomes second nature to use this Law for myself - - SO BE IT.



6.

IMPOSSIBILITIES

*Nothing is impossible providing you believe you're God
An old sage*

REALIZATION NO. 20

I CAN DO AND/OR ACCOMPLISH ANYTHING IF I LEARN HOW TO ALLOW MYSELF TO DO IT.

As I walk toward the hidden inner door I am feeling more and more that I can accomplish anything. If only I learn how to do it. I am beginning to see that anything can be learned! All I have to have is patience, persistence, and stamina. Especially I have begun to see from scientific investigation and human observation that all my views on the matters of old age, length of life, human possibilities, and my associated circumstance can change ...permanently!

I know that the energy called mind is always young ... the body does not wear out ... old age is not natural. There is a process of continuous renewal in my body that will give my physical form the power to perpetuate itself...indefinitely. Before I can begin to understand HOW in all of these statements, I must remind myself that every condition in life is a process of my current thought.

OLD AGE

Old age is created by my acceptance of my society's definition of old age, and the way in which my mind perceives certain untruths about it. The first untruth ... is the belief that I have to yield to old age because millions of people before me had to do so. If I believe in the phenomenon of old age and I expect it to happen ... then the power of my mind begins to put an aging process into my body automatically.

The second untruth ... is the way I live. The "natural" way of living is based on time limits ... so there is much wear and tear on the mind and body trying to meet these limits. I say that just one martini a night will not hurt ... but ten years and 2,265 martinis or 687 bottles of gin later, my liver and kidneys show deterioration. My mind shows definite, showed abilities from so many periods of alcoholic "releasing." I accept this slow deterioration, because I am told that the body naturally deteriorates. In reality, it is not the years that cause my imbalance, but the many destructive things that I do to my body over the years. Someone who has not seen me for ten years may look at me in horror and not know what to say about extra weight, wrinkles, and thinning hair. However, I have looked at myself every day and have become used to the gradual daily change. Time is my stumbling block! I must create a healthy attitude toward the way I live in "time". If I take the point of view that I have all the time in the world and that I will get everything done that is possible to do ... then I have created a space of time without limits.

The third untruth ... is that my submitting to all kinds of imbalanced emotion is good. Emotional reactions help to produce old age conditions with greater speed and accuracy than anything else. Fear, frustration, anger, judgement, resentment, jealousy, anxiety, and revenge can bring on a definite worn, enfeebled appearance. Each emotion has been proven to cause deterioration of major body functions. I want to increase the life force within me...not cause deterioration.

The half untruth ... is that if I change the way I eat and drink I will live longer. Many nutritionists will give complete programs of organic foods and vitamin-mineral supplements, implying the result will be a longer life in most cases. In fact, I have seen many nutritional programs that are for "Later Years," or "Aging," or "Golden Years Health," and all of them emphasize *only* nutrition and exercise. I am aware of the fact that if I change my diet that my attitudes and feelings will be changed. The point I must consider is which comes first, thought or diet? There is no definite answer, because I can make strong points for both sides. However, I do know that any present condition which I have is a condition resulting totally from thought. My conclusion is that thought is the most important of the two.

One Christmas we journeyed to California and stayed with a couple who had a beach house. The highlight of the vacation was watching the migration of the blue whales just off the coast. Upon returning to school in New York, our son told the teacher and the class that he had seen at least fifty blue whales on his vacation. We got a note from the teacher to see her about our son. We went and the teacher reproached us about our son's lying. She brought up the whale incident and we verified it. Her comment was. "Well, kids lie so much that it is hard to know the truth when you hear it!" I do not believe kids lie. In fact, when they say they saw two hundred blue trucks driving across the front lawn ... I believe them. Their world is one of imagination, make-believe and dreams. Reality has no meaning to them. If I insist that they tell the truth, they probably do not know what I am talking about. In fact, any insistence of mine that there is a right and wrong begins to identify the negativity in their world.

I once saw a mother slap her child across the face when she asked her if she had eaten the candy on the table. The child said, "No!" The child had eaten the candy, but, during a game. She was not a child in the game but a grown-up. Some will say, "If you don't stop children from lying, they will become habitual liars." All of the habitual liars I have met were *repressed* in their childhood. Truth is relative.

REALIZATION NO. 21

TRUTH ARE THAT THAT IS TO ME, NOT SOMETHING THAT SOMEONE CREATES FOR ME.

In the matter of the first untruth, I must remember that if I continue to accept a condition or to expect it to come to me then, that condition will manifest for me with great accuracy through the powerful thought forces of the mind. There are many ways my society builds up and enforces the negative energy of old age:

- ...Compulsory retirement
- ...Social Security
- ...Medical men cautioning against too much activity at older age.
- ...Advertisements showing old age concerns about dentures, baldness, ...insurance, burial preparation and wrinkles.
- ...Birthday congratulations stressing the many years.
- ...Cheaper transportation fares
- ...Artists depicting old age as greying, bespectacled and slow moving.

For certain, my society has completely and unashamedly accepted that man grows old. Therefore, my thoughts and vocabulary are automatically filled with an air of oldness ... I programmed myself to grow old.

To change this I must create a new thought pattern about living. The new thought pattern must create a feeling and a condition of complete individual independence from society's current

expectations of me. Again, I begin this change by recognizing that my condition is totally created by my thought or what I accept into my thought. **I CHANGE MY THOUGHT!**

In the matter of the second untruth, I must realize that the many destructive things that I do to my body are what cause its deterioration ... not the years! The correct things that I do for my body help it to have a youthful attitude. I exercise, rest, and feed my body with love and care. My exercise is performed so as to prepare my body for the physical energy that it expends through the day. An athlete exercises his body in preparation for a sporting event or a physical competition. He prepares the body to meet all the physical requirements that it will encounter. He may exercise thoughts and muscles that will never be called upon during his performance, but it gives him a mental and physical state of complete preparedness. I must develop a series of exercises that allow me to be mentally and physically prepared for my day. Not a minimum performance but a maximum performance ... this means that as my mental and physical abilities increase, so will my daily performance.

My rest must be geared to the needs of my day. I must take into consideration that two or three short rest periods throughout the day are much better than an eight to ten hour sleep at one stretch. If I run my body for sixteen hours ... rest for eight ... run for sixteen ... rest for eight, I create an imbalanced cycle. However, if my rest is spread over the twenty-four hour period, my daily cycle moves more smoothly. I am like a wheel. If the wheel puts all its weight to one side, it will rotate somewhat like an egg. If it distributes the weight evenly, it will run smoother.

My diet must nourish my body's requirements. As I divide my rest periods, I spread my eating periods throughout the total of my waking hours. I learn about the nutritive contents of food and needs of my body. I realize that as I work with my diet conscientiously my body will automatically send me signals as to its nutritional needs. I understand that cravings indicate a vitamin or mineral deficiency. If I am knowledgeable about the nutritional value of foods, I can eat exactly what will keep me balanced.

In the matter of the third untruth, I have observed that body imbalances often correlate directly with a strong, consistent, emotional expression. I have seen a woman suffer a miscarriage and the next morning her hair was completely white ... or in one week, after the death of a loved one, a completely healthy woman had crippling arthritis.

If any emotion is severe and is allowed to be drawn out over many years ... the body is drastically effected. Medical science has begun to accept the correlation of emotion to body disorders such as the following:

Anger.....	digestive problems and dryness of skin.
Worry.....	ulcers, eczema, and heart.
Rejection.....	problems in the female organs and impotence
Mourning or loss.....	arthritis, sight and hearing loss
Judgement and revenge...	kidney, liver, gall bladder and circulation
Hate and resentment.....	cancer and heart.
Jealousy and envy.....	Wrinkles, acne and overeating
Feelings of old age.....	death.

An interesting fact about emotional behaviour ... it is tremendously affected by physical fitness and nutritional balance. Emotions become more erratic when the body has great nutritional deficiencies. However, our society condones these emotions and accepts that people will inevitably experience these physically damaged feelings. In fact, current advertising and cultural standards tell me that I am not normal if I do not have headaches, bad-breath, muscular aches and pains, body odor, hangovers, and nicotine stains.

While attending a Psychological Advertising Seminar not long ago, I found the discussions and

detailed planning's shocking. These men knew that they could create symptoms in people just by showing the symptoms in advertising. One clean-cut young man said, "All we have to do is create a situation that people identify with and then put our product into that situation. They will program themselves to get that illness or physical difficulty when they find themselves in the same situation!"

I know that I control my emotions when I realize any emotional condition I am experiencing is caused by my thought. All I have to do is change my thought... changing my thought means that *I am in control*.

In the matter of the half untruth, again I must state that I am aware that correct nutrition and vitamin-mineral supplementation can change the mental state of an individual. I have seen 500 milligrams of vitamin B6 daily completely cure diagnosed schizophrenia and 50,000 milligrams of vitamin C daily completely arrest glaucoma. However, these were very individual and isolated cases and, in both, their state of mind was a major factor. Time and time again I have seen miracles of recovery and rejuvenation just by a positive change in diet. However, I did discover one interesting fact. In all cases of miraculous physical change that had any permanency, the individual had entered the nutritional program with a highly positive attitude. I have seen complete nutritional programs given to hundreds of people. Each one who recovered permanently was in one of three categories:

1. An individual who had something to live for as well as some compelling reason or need to get well.
2. An individual who was tired of a sick, aging body and was making a determined effort to change.
3. An individual who "believed" he or she was going to get better.

It is half true that a complete change of diet will alter physical ageing. I must change my thought in order to have any permanency in maintaining youth.

I had a grandfather who was a practicing physician at 70. I spent some summers with him during that period and was amazed at his stamina. At twenty, I had a hard time keeping up with him. Then, in a matter of one year, he began to lose his vitality. This confused me until I revisited him. Those close to him had kept after him to retire saying he was too old. His new wife told him to take it easy. He began to disintegrate as everyone pressured him. He fell into the mold that many before him had succumbed to also. At last he did retire, quickly grew old and died soon after.

Finally, I discovered on my journey that some of my phrases and statements accelerate me into old age:

- ...you're 40? You're over the hill.
- ...Age before beauty.
- ...Dress your age.
- ...For 70, she or she is in amazing condition
- ...it's my birthday . . . I'm another year older.
- ...He doesn't look his age.

Again and again I fill my thoughts and vocabulary with a feeling of oldness.

MY BODY DOES NOT WEAR OUT

The first thought I have when I review this statement is . . . what is it that produces death? Death does not come because the body wears out, but because one of my many organs wears out. In almost every case, it is a certain organ that ceases to function . . . and the rest of the body is still strong. The organs give out because they are damaged in some way . . .

Disease . . .

abuse ...
exposure ...
nutritional deficiencies ...
or they are destroyed by emotions of hostile energy.

I recently became aware of a man who, at 80, had just finished the 26-mile Boston Marathon. Most of his life he had smoked 30 cigarettes a day plus cigars and pipes, had drunk a great deal, and, after retirement, had developed a heart condition. One day he was watching some young men jog and run. He felt envy mixed with remorse. His first gentle walk exhausted him. He persevered and soon he was able to run a mile. At 72 he ran 26 miles in 4 hours 45 minutes. He now eats a sparse, sensible diet daily. All of his organs, a back of exercise or excessive cigarettes and alcohol had damaged, he completely repaired by a change in attitude, diet, and physical fitness. His doctor feels that he has the stamina of a 40-year-old man. Our octogenarian says, "I am confident that I will live to be 100 or 110." This is the key . . . his thought pattern about himself along with his personal disciplines.

REALIZATION NO. 22

MY BODY IS A VEHICLE FOR THE UNLIMITED POWER WITHIN ME, THEREFORE, I HAVE AN UNLIMITED POWER TO KEEP MY BODY IN TOP CONDITION.

If a damaged organ could be immediately and perfectly repaired . . . life in the body would go on as usual. If part of the engine of my automobile stops functioning I do not continue to run the automobile until it stops. I repair the condition as soon as possible. I have a tendency to treat my body like my automobile, seeking outside help in the repair or replacement of my affected organs. There are those who care for their automobiles daily . . . check them, don't overwork them, feed them the right fuel, and allow them to rest. The automobile seems to last forever . . . so can our bodies.

WHERE DO I START . . . WHAT IS MY FIRST STEP?

First . . . I will observe moderation in everything . . . physically, mentally and emotionally. I will have no excuses of any kind for excesses. I will take nothing into my body that is not completely necessary to its physical well-being. I will not overload my system with non-essentials nor cater to unreal desires. Most important, I will have control over my emotions . . . not my emotions over me!

Second . . . I will have not thought about old age . . . except in denying it. I will pay no attention to outward appearances . . . in myself or others. I will repeatedly affirm that my body is continuously renewing itself and that my mind is always young. I refuse to accept that advancing years decrease my energy, weaken my body, or slow down my mental processes. I will remember that concentration on outward appearance does not allow correct focus on inner health. It is my consistently seeing a healthy body that helps regenerate the energy within my body . . . this regeneration is renewal.

I will associate advancing years with wisdom, understanding, broadened intellect, expanded vision, and a more comprehensive view of life.

Third . . . I will place more emphasis on living . . . so much so that I will feel the evidence of it increasing in my

Life daily. The more life I am conscious of, and the more I expand my livingness, the longer I live. Old beliefs have placed too much emphasis on death or preparation to die. I am not here for that . . . I am here to learn to live . . . live fully . . . live completely. I am here to enlarge, broaden, heighten, and perfect life in this world . . . to my fullest.

Fourth . . . when I find that things in my system are not what they should be, or a part of my body shows signs of imbalance, I will not have fear nor neglect the matter with a feeling that “it will pass.” I will know that I can correct it and I will use the best method available to my mental conditioning. I am aware that medical science is available to me and the use of it may be the highest extent of my current mental acceptance. However, I am aware also, that correct thinking and total belief in an unlimited power within me is the most effective healer. If I choose correct thinking I find the very act of changing my thought begins to eliminate the original cause of my physical difficulty. If I have an imbalanced organ in my body, I must know that I can renew and revitalize it immediately. It cannot be a prolonged inner treatment . . . *it has to be immediate!* My subconscious mind knows that medical science can remove or repair the organ immediately . . . so my mental belief and inner treatment has to be more effective than medical science.

This type of immediate organ revitalization I have described requires three tools:

- 1) Knowing that the condition was created by my incorrect *Thought-Word-Action*.
- 2) Being able to see my body as whole, strong and healthy through a positive affirmative process.
- 3) Believing that I possess an unlimited inner power and that I can use it.

As I journeyed deeper and deeper towards that hidden door, I began to understand more about the unlimited power that resides there. I recalled a fact from my university days that had lain dormant for years. Dr. Han Selye, of the University of Montreal, established as a scientific fact the existence of a powerful life force within man. He called it *adaptation energy*. But after I read his book, *The Stress of Life*, there was no doubt in my mind that he was referring to the same power that I am seeking on my journey.

Dr. Selye proved that the body is totally equipped to maintain itself in good health and to cure itself of disease. In fact, he proved that the body’s self-healing power is the only cure there is. Modern medicine can never eliminate the basic causes of disease. It can only suppress or alleviate the symptom through stimulating the body’s own defences. It was what Dr. Selye called *adaptation energy* which ultimately overcomes any disease. Again, I feel this *adaptation energy* is the same unlimited power that lies within me.

I have found that if I believe totally that this energy works through me, at all times, my wounds heal faster . . . I am more resistant to disease . . . I recover from stress easily . . . and I act and become younger in every way. Dr. Selye found that his *adaptation energy* had similar effects on his subjects. Therefore, my accepting and understanding of this unlimited power within me will heal me and make me ageless.

Fifth . . . I must have an excellent understanding of nutrition. I need to know my own nutritional requirements and energy needs as well as general food values. I must coordinate my correct nutritional requirements with the supporting exercises for my body.

While on my journey, I have found the following nutritional program provides me with all the stamina and energy I need:

- ... I eliminated or significantly reduced my consumption of salt, sugar, vinegar, fatty foods, alcohol and red meats
- ... I completely eliminated tobacco and social situations that subjected me to tobacco smoke.
- ... Fish has become my major source of protein.
- ... Fresh vegetables are fortified with legumes of all varieties.
- ... Lentils, nuts and seeds help supply the tissue rebuilding amino acids I require.
- ... The following supplements are taken daily:

- ... 100 milligrams minimum of high B-complex taken twice daily.
- ... 500 milligrams pantothenic acid daily along with 5 milligrams folic acid
- ... High multi-mineral tablet daily, 5 micro-gram selenium
- ... Eight desiccated liver tablets daily.
- ... 100 milligrams manganese daily.

Again, it is very important that I understand that this nutritional program is a guideline, since each person will have special needs.

I remember, as I continue my journey, that every condition in my life is a result of my thought. Why would I just flow along with what everyone else expects and is preparing for? As with nature, when the law is changed the opposite effect is achieved. So I must change my whole thought process in the area of time, old age, and physical condition.

I AM GOD

One evening I looked in the Information Almanac, trying to find the numbers of popes who were not Italian. I came across statistics of world religions. I was fascinated with the number of people that were included as members of each religion. I found my calculator and came up with the following statistics:

The world has nine major religions with a combined membership of 2.5 billion people. Christianity is the largest of these religious bodies, having 950 million members, 545 million of whom are Roman Catholic. The world's population is estimated at 3.8 billion. This means that two-thirds of the total population believes in God or a Divinity and approximately one-fifth of the world's population is Christian.

The Christian Church is divided into two major groups. Roman Catholic and Protestant. In the Catholic Church, a member is subject to excommunication if he insists that he is God. In the Protestant Church there is a division between the fundamental and ecumenical movements. The fundamentalists, with the largest membership, acknowledge that any member saying, "I am God," would be committing an act of blasphemy.

The next largest religion is Islam, with 538 million in membership. The Moslem believes, "There is no God but Allah," and if a Moslem says publicly, "I am God," he is denying some basic teaching of Islam, which can lead to an extreme loss of face. There are 14.3 million Jews, and if they say,

"I am God," they are just considered crazy or a little confused.

The Christians, Moslems, and Jews (one-third of the world's population) basically believe that there is a God who is separate from them. One billion people belong to religions that believe in Gods or "God" as a totally inner experience. This leaves approximately one billion whose beliefs no one seems to know.

The key fact in these statistics is that those who believe in a God are predominately Western in orientation. Our Western culture is extremely communicative and forceful about what it accepts as solid tradition. A belief in God is high on the list of traditions.

REALIZATION NO. 24

A BELIEF IN GOD AS A SEPARATE BEING IS TRADITIONALLY WESTERN. ANYONE GROWING UP IN THIS TRADITION WILL HAVE GREAT DIFFICULTY CHANGING HIS BELIEF. IT IS EASIER TO BELIEVE IN NO GOD AT ALL THAN TO

ALTER THE BELIEF IN GOD.

An individual who has grown up within one of the Western religions must learn to *believe* and *have faith* blindly. This is as it has been for thousands of years and this is the way it will always be - - the Written Word says so. However, the scientific advancements and seeking of the probable truth have become the very soul of the advancing Western. This dichotomy is causing much confusion across all age groups of our Western societies.

I have presented the REALIZATION that religions have acted as a BARRIER to stepping into new understandings of God. Actually, this BARRIER was created by my *belief* in the teaching of my religion combined with a lack of understanding of what they were teaching. This is a natural tendency while growing up in any of the major religions. Our priests and teachers tend to translate the Written Word as something I *must do* and *adhere* to, rather than learn to become independent from. Therefore, my first step in believing that I am God is stepping beyond the **SPIRITUAL – RELIGIOUS - - PHILOSOPHICAL - - GURU BARRIER**. I have done this!

I have an Unlimited Power within me always. The importance here is that I do not learn how to do something, but that I already know how to do it. I just learn how to release the natural knowledge that is within me.

Currently in sports there is a phenomenon called *Inner Game*. This theory suggests that there are no natural-born, superior athletes, but that we all have the ability within us and we can learn how to let it come forward. Essentially, we all have an unlimited power within us. We just have to know how to release it.

The subconscious mind has a tendency to play God for me. Everything I believe and have experienced is now within the subconscious making my God a subconscious experience. Scientifically, the subconscious mind works by extracting patterns of information from the scenes and setting up models of what it thinks the world is like. This includes my perception of God. I discover that God then becomes a perception of my subconscious mind rather than an Unlimited Power.

Recently there was a delightful movie starring George Burns called “Oh, God!” In this movie George Burns plays God and talks to someone on Earth. The movie is simple and direct in its presentation that God is not necessarily what people think He is. There were many groups who felt that this movie was a sacrilege. The film censor board of England almost did not allow this film to show in the United Kingdom. The reason . . . the movie portrayed an unrealistic picture of God.

All form around me is created by a thought or idea from me. Thus, I am form and had to be created by thought or idea. This perception allows me to perceive God as the energy of Unlimited Thought. Because I can see the form that my thought creates, perhaps I can understand God better if I perceive IT as the thought that created me.

All my present conditions are a creation of *my thought*. This means that I am in complete command of my life - - totally. This REALIZATION blends smoothly into the Universal Laws. The Universal Laws are impersonal and non-acting - - they respond to my action. The Universal Laws are not God: They are an energy that allows me to understand God. In review, I have developed a knowing from the feeling of an Unlimited Knowledge within me. The journey that I am on is exciting, because I discover God by discovering Me.

REALIZATION NO. 25

GOD IS THAT UNLIMITED THOUGHT-WORD-ACTION WITHIN ME. THE INNER DOOR, ALLOWING THAT POWER TO WORK THROUGH ME WITHOUT MY

NEEDING A SUBCONSCIOUS IMAGE IT, IS THE GODWITHIN.

GODWITHIN is the word I will use to designate the unlimited, infinite power that is within me. God shows Himself through me, not to me. <my journey to the hidden door is a journey of complete acceptance that there is an Unlimited Power working through me. Therefore, I can learn and do anything that is imaginable and even beyond. I AM GOD!

HIDDEN SUBCONSCIOUS MEMORIES

My wife and I were walking in the countryside talking about the eventful past two weeks. We passed a field that had a very definite, fragrant odor and immediately became hostile to a simple question she asked.

A very mild-mannered congenial friend of mine stopped to buy a newspaper on his way to work. As he paid, the vendor said, "Thanks, Bub." My friend turned and hit the man in the jaw.

A newly-wed couple was on their honeymoon. During a very romantic evening the young bride asked her husband if he would always love her. When the husband answered, "Lover, you will always be number one," his wife began to cry hysterically. She ran into the bathroom, but soon she fled from the hotel, going directly to her mother.

A very talented artist had appealed for years to a certain young woman to pose for him. Finally she agreed and came for the first session. The young artist could not concentrate or even begin to put what he was seeing into art form. The young woman came for fourteen days, with each day ending in the same unfruitful results. Finally, the artist sadly dismissed her. He called another equally well-known young model and was immediately able to make a magnificent rendering of her.

A very distinguished woman walked into a department store and upon hearing the music of a flute, began to sob. In fact, anytime, anywhere if a flute is played, she cries uncontrollably.

In each case these reaction could probably be said to result from low-blood sugar, vitamin deficiency, or psychological imbalances. However, with a little insight, I discovered that:

The smell on our walk in the country was one from my childhood. It was at grandfather's house, where I experienced a great deal of restriction.

My usually mild-mannered friend recalled that when he was being tortured in a German prison the officer in charge would say, "Thanks, Bub," each time my friend regained consciousness.

The young bride later, recalled hearing her father tell her mother, "you will always be my number one," and he left her for good the next day.

The artist remembered his first art teacher (who constantly told him he couldn't draw) had worn the same perfume as the model he failed to paint.

Our friend, who cried at flute music, has since realized that a cousin played the flute at her dog's funeral when she was only six.

How many such hidden reactions lie in the subconscious just waiting for a smell, a sound, a word or an action to trigger their release? These reactions may not have any clear connection with the present moment at all. There could be thousands!

Nature is the key to going beyond hidden subconscious memories. Sounds and smells in nature will allow me to bring forward the reason for some of my reactions and many of the body imbalances that I now have, imbalances such as my weak eyesight, poor hearing, grey hair, dependence upon vitamin-minerals, overweight, physical weakness, and on and on. Within my Nature Self I will find relaxation and peace that enable me to open my subconscious without causing terrifying imbalances. If

I could consistently operate on a conscious level, allowing myself to open to my naturalness, nothing from the subconscious would come forward.

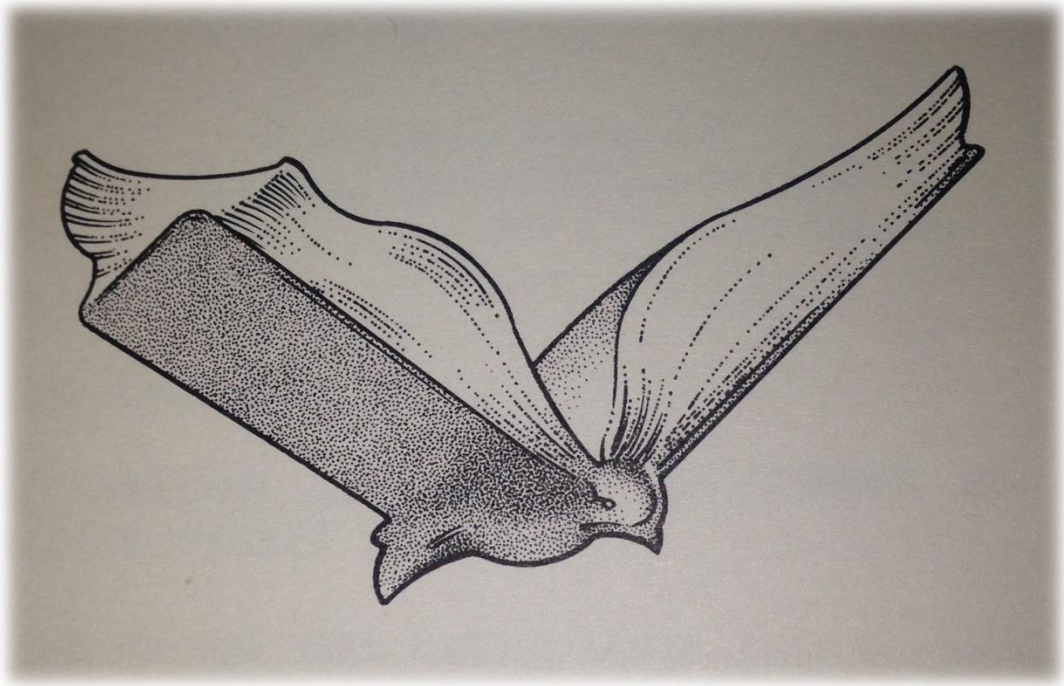
Ideally, if I am going to use a computer I will have control over it. If I wish information I will request it. If I wish to recall something from my past I will send in the right symbols to release the correct stored memory. As it is now, my subconscious mind (alias computer) releases information when I do not ask for it, in or out of sequences with current time and events. If I am going to control my life completely I must have the ability to push my own on and off buttons, and to rely upon my conscious mind - - Nature Self. The more I rely upon conscious mind and Nature Self, the closer I will get to that hidden door which will give me total control over all situations that come into my life.

To eliminate any infiltration of my **GODWITHIN** by my subconscious, I simply indulge myself in nature. Second, I find the sounds of nature that relax me and give me a sense of peace. For me personally, this special sound is a rain, thunder and lightning storm, I recorded this storm on tape, adding in an overvoice softly "Grey hair." After completely relaxing to this sound three or four times, I began to see where my thought form for grey hair had come from. My father had turned grey and thirty, and great metaphysical teachers had grey hair ... signifying wisdom and superior knowledge. These two realizations began to change my while perspective on my natural hair color. I denied I was turning grey, that there was genetic influence over my body, or that wisdom was a visual thing. My hair is darkening now and I am feeling more in control.

Each person has an area of nature that especially appeals to him; rain, wind, waves, stream, river, etc. Using this nature sound, in a short time I have pulled forward some insights into imbalance that have plagued me for years.

The most important discovery that I have made is that I can begin to control my subconscious mind. I have found that if I relax each morning to the sounds of nature, and during this relaxation time allow any kind of thought to come forward, over a period of time I am in control when my subconscious comes into action. During these periods of relaxation I always have what I call a "feeder." Let us say that I am going to meet a very important person that day. Just before I begin to relax totally, I mention the person's name or visualize him (that is a "feeder"). If there is a lag of thought during my relaxation time, I may mention his name again. Falling asleep is all right, for I learn while my body is rejuvenating itself during sleep. This simple exercise begins to prepare me for the inevitable during each day. As I journey farther inward, I find that I am no longer being harassed by my subconscious mind.

Finally, in my computer control, I make sure that I get one or two small naps each da. This allows me to be alert physically. The most difficulty arises from my subconscious when I am tired. It is when I am tired that I am also the most irritable. I make sure that I affirmatively remind myself daily that I am God, and that every action that I have is the right action. It is amazing to see this *Thought-Word-Action* energy placing me in an observant position that is not an egotistical control of others, but a **POWER-WITHIN** control of myself.



7.

UNLIMITED LIMIT ACTIONS

*To be unlimited in thought, word,
and action is to be a completely
free human being
An old sage*

As I proceed on my journey, I find the beauty of nature refreshes me more than food or rest. If was raining lightly as I strolled into the forest. Immediately, the poignant smells of the forest were all around me and I felt alone . . . as if I were the only person in the whole world. Soon my hair was dripping wet and my shoes were soaked through to my socks. I could feel a smile on my face as I remembered how, years before, my mother had kept saying, “Get out of the rain or you’ll get wet.” Of course I’ll get wet. I thought of my favourite scene from the movie “*Singing in the Rain*.” I love to watch Gene Kelly express complete *abandon* in this dance-in-the-rain sequence. Most of us have longed to do exactly the same thing . . . at least once since childhood.

Every time it rained, I used to run as fast as I could to get into it. If there was a rain puddle, I would run through it as fast as I could. My daughter would always walk ten to twenty feet out of her way to walk through a rain puddle. Several times we have found her dancing nude in the rain or snow. As I walked through that forest I began to wonder where my *abandon* had gone and why I limit myself to conventional ways of doing things.

Slowly I realized that I began to lose my *abandon* when, at about twelve, I began to worry about what others thought of the way I looked. My greasy, slicked-back coiffure would be ruined in the rain. Anyway, I didn’t look good with wet hair. I limited myself for the sake of a hair style or concern for what girls would think about me.

Limitations! God, how many times had I not allowed myself to have an exciting adventure by saying I can’t, I won’t, I don’t know how, it’s impossible, it’s never been done, there’s no other way, it would cost too much, I don’t have the time, what will other people say . . . in fact, to make myself unlimited I would have to become very different. A little crazy, somewhat eccentric or definitely a dreamer.

REALIZATION NO. 26

THE MORE SOCIETY IMPOSES CONFORMITY UPON ITS MEMBERS, THE MORE THE FRINGE PEOPLE, ECCENTRICS AND DREAMERS ARE IMPORTANT.

In every society there have been those who do not fit, who challenge convention by daring to look at things another way. It is those people who have looked upon themselves as unlimited we hear about, read about, and sometimes worship the sheer audacity of.

On my eighteenth birthday I was having a super Polar Bear special, which was twenty-four scoops of ice cream with eight different toppings. The group of companion that were celebrating with me asked me what I wanted to do when I finished at the university. I said that there were a lot of things that I wanted to do, and that I would probably not do just one thing. One of them said, “Oh, you mean be a bum!” I said that if being a bum meant I could do everything I wanted to do, then I would be a bum. In unison they asked me to state my ambition. I started naming them:

- | | |
|--|--|
| 1 Parachute out of a plane. | 2. See the Panama Canal. |
| 3. Work in Africa. | 4. Visit at least 60 countries. |
| 5. Kiss a girl on top of the Eiffel Tower. | 6. Learn to ski. |
| 7. Visit every state in the United States. | 8. Ride a motorcycle through Europe. |
| 9. Canoe down the Amazon River. | 10. Climb the Great Pyramid. |
| 11. Learn to fly an airplane. | 12. Appear in a motion picture. |
| 13. Start my own church and religion. | 14. Ride the Trans-Siberian Railroad to China. |
| 15. Swim in the Dardanelles in Turkey. | 16. Learn two foreign languages. |
| 17. Walk on the Great Wall of China. | 18. See 1,000 movies /not on TV). |
| 19. Live to be 200 years old. | |

I have kept this list over the years. And as I have worked with it, I have found myself feeling more and more unlimited. Since that time, I have thought of many other things that I should have put on this list, but each one of the new additions would relate to discoveries that came after that time. Recently I looked at the list again and had to smile at all the adventures I had experienced since I was eighteen, and all by just reminding myself that I am unlimited. This is what that list looks like now:

- | | |
|---|--|
| 1 Parachute out of a plane | 2. See the Panama Canal |
| 3. Work in Africa | 4. Visit at least 60 countries. |
| 5. Kiss a girl on top of the Eiffel Tower. | 6. Learn to ski. |
| 7. Visit every state in the United States. | 8. Ride a motorcycle through Europe. |
| 9. Canoe down the Amazon River. | |
| 10. Climb the Great Pyramid. | 11. Learn to fly an airplane. |
| 12. Appear in a motion picture. | 13. Start my own church and religion. |
| 14. Ride the Trans-Siberian Railroad to China | 15. Swim in the Dardanelles in Turkey. |
| 16. Learn two foreign languages. | |
| 17. Walk on the Great Wall of China | 18. See 1,000 movies /not on TV) |
| 19. Live to be 200 years old | |

I remember one afternoon I was talking to a friend and I told him that I was going to Europe. He asked me how I was going, by boat or plane? I said, "Neither." My friend looked puzzled and said, "There is no other way, unless you swim. HA! HA! HA! LIMITATION! My friend had just limited his imagination and, at the same time, he insisted on keeping me within the scope of his limitation. I said, "I believe I will transport myself through concentrative centering." More uncontrollable laughter came from my friend.

I walked away from the friend, found a favourite spot by a tree, and sat down. I relaxed totally and let the surrounding nature engulf me within it. I visualized a favourite spot in Hyde Park, London, England, and slowly saw myself there - - completely there. Soon I began to feel the sensation that my body was flowing through an hour-glass . . . slowly . . . and then I was in London. I stayed in London for two weeks, and this was not an out-of-body experience, but a total body transference. A total body transference takes much discipline and belief in self. However, there are a lot of dangers that go along with it. But, this is not the time to get into the details of body transference. The important point was that conventional means of transportation are not the only way to travel. If I think in conventional ways, I limit myself.

Not too long ago, I was talking to a young woman about her job. She said that her employers were taking advantage of her. They had asked her to do chores that had nothing to do with her job. I asked her what her response was and she said that she did them grudgingly. After three days she had felt she deserved a raise and had asked for it. LIMITATION! If I am going to work for someone I expect to do anything they ask me. When I put limits on what I will do, then I put limits on my potential. I have found over many years that if I accept employment I work without limits. My employer can observe my approach. At no time am I taken advantage of, let alone underpaid. However,

if I have even the faintest thought that I might be taken advantage of, or that I might have to work too hard . . .it will happen. Unlimited thought is just that . . . unlimited *Thought-Word-Action*.

As a student, two years pre-university, there was a very important dance that was coming up and I didn't have a date for that night. I asked about ten girls and all of them had dates already. One afternoon three or four of us were drinking cokes and talking about the dance. Someone asked if I had a date and I said no. Just at that moment our school beauty queen walked by. In fact, she had just won the right to be in the Miss America contest. One of the guys said, "Hey, why don't you ask her, HO! HO! HO!" My first response was, "You've got to be kidding, the prettiest girl here? She has to have a date!" LIMITATION! Later that evening I thought of her and decided to give her a call. Was I surprised when she said she did *not* have a date. I discovered later that she didn't ever have many dates because given her beauty and status, everyone assumed she was always busy. Again, I had begun to let other peoples' limited thoughts or assumptions limit me.

I once had an employer who would say, "If you want someone to do a job ask them! Don't sit around and say he is too busy or he wouldn't do that for us." In effect, never make up someone else's mind for them, as you are limiting them by your own limits. Time and time again I watched this man ask people who would seem to be almost unapproachable, because of position or wealth, and the people would accept. His approach to getting the job done was, "If you want something done, ask the people who *can* do it and *are* busy every day. Don't ask only the people you think have the time or that you know will accept."

REALIZATION NO. 27

NEVER LIMIT YOURSELF BY TRYING TO GUESS WHAT OTHER PEOPLE WILL OR WON'T DO - - THAT PLACES LIMITS UPON THEM.

It is a fact that I have a tendency to measure what my abilities are and then to expect no more out of people around me. I have tendency to make friends with those who have similar abilities and limitations. It is very uncomfortable to be around someone who has no limits, who seems to be able to do everything. Oh, there are a lot of thinkers and talkers, but very few doers. It all boils down to this - - most of us are unlimited in thinking and talking, but very limited in carrying through. To make that initial step toward doing means we go and record with an action, and once we act, that is what other people will judge us by in the future. It was very difficult for me to enter into something without wanting to know about everyone who has been involved and what they have done. I am now beginning to see that it is much more advisable for me to enter into a situation cold, knowing nothing about it. If I enter a situation that has been limited by others, it is best that I enter unlimited so as not to be influenced by their limitations.

I know a man who makes it his job to be unlimited. He hires himself out to solve the problem that limit situations. One rainy spring he was called by a world-wide construction company to get a gigantic steam shovel out of a mud swamp. The company had tried everything. The steam shovel was too big to pull out by any known equipment. My friend Joe went to the construction site and was met by the superintendent. The superintendent started to tell Joe what had been done to get it out and what ideas had been suggested by the management. My friend stopped him immediately and said that he didn't want to know what they had done, for he didn't want to clutter his mind with failures. Joe walked around the mud swamp and in ten minutes said, "I can get it out." The superintendent smiled and asked "How?" "That will cost you 10,000 dollars plus expenses," said Joe. The superintendent was shocked and went through a flurry of swear words. Calmly my friend asked him how much it was costing them a day not being able to work. The superintendent turned red and agreed to the terms. That afternoon Joe returned with thirty long rods and hooked hoses to them. With liquid oxygen he froze the mud all around the steam shovel and it was out in twenty minutes.

As I continue with my journey, I feel there are no unsolvable problems or unanswerable questions. The more ties I sever with the world, the more unlimited I am in every approach to my life. Even though I cut ties with convention, I do not withdraw to a hermitage or mountain top. I become more involved. If I am unlimited, there is nothing I will not attempt or do. Therefore, I experience more of the world than those who insist upon putting limits on their lives.

The other day someone said to me, “You are crazy. You cannot be unlimited without breaking the law. There are speed limits, parking time limits, trespassing limits, age limits, import limits, and limits I cannot even think of.” This fellow continued, “Every time I turn around, I am faced with a regulation, tax, or restriction of some kind.” He was suffering from an acute case of authority complex. I agreed with him and wished him well. I have learned long ago not to upset someone’s ideas and feelings when they are in a state of helpless frustration.

Actually there is not much difference in man’s laws and the Universal Law. If I am aware of man’s law and I flow within it, I will get a positive return. However, If I break the law I will get tried and punished. In fact, if a man feels limited he will feel restricted in any situation in which he finds himself. If I feel unlimited I do not look upon law as a limitation. I look upon the laws as the ingredients that are a part of what I am doing, not restricting what I am doing. An unlimited outlook makes these laws no more confining than my clothes. The automobile I drive, or the cake that I bake.

Man’s laws are sign posts or guides to help me get above their effect. I do not defy the law, but I am so unlimited that I am beyond the law in consciousness. To be beyond the law in consciousness means that I am unlimited in my approach to everything. Man’s laws are vehicles that I can use, but that I do not need to change. No matter how I might change these laws someone will always feel confined within them.

Man is an unusual creature. Many of those who have escaped to the West from East Germany as well as other Russian satellite countries want to return. They cannot stand the freedom of the West. They say that in the Eastern Block countries people group together and become very close, but in the West everything is oriented to the individualist. Man’s inherent nature is to be free, but his definition of freedom alters from location to location. It is possible to be free in Russia, China, Cuba or England. Freedom isn’t really the place; it is a state of mind. The unlimited man can live anywhere and feel unlimited because he does not allow the limits that man puts upon society to bind him mentally.

REALIZATION NO. 28

TO BE UNLIMITED IS A STATE OF MIND AND CONDITION. IT DOES NOT REQUIRE THAT I LIVE IN A CERTAIN PLACE OR UNDER A CERTAIN KIND OF GOVERNMENT.

The theory in sports called *Inner Game* is based upon the fact that we have no physical limits. In truth, it shows that I am unlimited physically and that I can do anything I desire. All I have to do is eliminate my subconscious conditioning that says that all sports are hard and take great effort. I am able to begin recognizing that there is a part of me already knowing how to do everything, and feeling great release from involving itself within its unlimitedness.

There are some old sports adages:

- ... He is a born athlete.
- ...He is not coordinated enough to be a gymnast.
- ...Let’s separate the men from the boys.
- ...Sports takes guts and consistent effort.

However, I find that sports are also *Thought-Word-Action*, not persistent hard-work-action. My mental attitude is more important than my physical ability, especially the attitude that I am unlimited in any sporting event into which I wish to enter. I only become limited when I allow the physicalness of sports to overrule my inner knowing of how to do everything.

I can list case after case of people who had crippling polio, never-to-walk-again accidents, and body size limitation also went on to become top competitive athletes. Shape, size, or physical condition do not mean anything; what counts is unlimited belief in self. One reason so many people do not like Borg the tennis professional, is that he doesn't grimace, show great effort, or sweat much. He is calm, cool, and hardly ever shows emotion. This is unsportsmanlike. People do not want to see something they believe is hard made to look easy. If it is made to look easy, there is no reason that ordinary people cannot do it, too. Johnny Unitas, the America football quarterback, never played team football until he was signed as a professional. He was only 5'8" tall, but he made it look effortless. There are many such men and women who know they are unlimited and who do not let convention tie them down into patterns of having only one way to do something.

England is impregnated with the feeling that if you want to do something there are specific channels or people you must go through. If you want to be a song writer, you must go through this channel and that person or agent. Then, after years of trying, you may get there. Hundreds of times I have heard people in England say:

...There is no other way except through that agency.

... I cannot seek a higher position; I have not worked in my present one long enough

...I cannot work for that firm; I didn't go to Harrow or Eton.

...If you want that, it can only be gotten by going to this person or that store.

However, England also has many successful people who side-step the channel or class system. No matter how many have looked upon themselves as unlimited, the general society feels very limited in what it can do and how it can do it. I enjoy England because it is a challenge for anyone who looks upon himself as unlimited to be faced with a limited national personality. If I ask a shop clerk for a particular article and the shop does not have it, he will often reply, "It's not made anymore," or "You can't get those in England." This always makes me feel like one of King Arthur's Knights; I just *have* to find it and my quest begins. I went to buy some gift chocolates in Harrods. Arriving at the candy section, I walked up to a counter and asked a lady for chewy caramel chocolates. The lady said that they had not carried them in the fifteen years she had been there. I went to the next candy counter, fifteen feet from her, and asked the same question. The lady at that counter said, "We have ten different kinds. Which would you like?" I dropped by the first counter on my way out and offered that clerk a caramel chocolate.

I was walking down a small street in Mayfair near Shepherd's Market when I spied a sign that said, OLD AND RARE BOOKS. ANY BOOK FOUND. I entered and asked for some first-edition mystery books by the English author John Creasey. The bookworm man behind the counter said, "I'm s-o-rry. We do not handle that kind of book." I pointed to the sign outside, ANY BOOK FOUND, but he just grumbled and went back to reading the Daily Sun. Just out of curiosity I went back to a bookstore and looked up the word *any*, just in case it had a definition of which I was not aware. "In whatever quality or number, every or all," said the dictionary. I began to wonder how many times I am unlimited in Thought-Word, but when coming to Action it is as if the Thought-Word never exist. ANY BOOK FOUND is just that, a Thought-Word, but no Action.

At Picadilly Circus I asked a newsman how to get to Dean Street. He thought for a minute and seriously said, "You cannot get there from here." I immediately had verified what I had long suspected - Piccadilly. Circus is out of this world. However, the policeman on the corner showed me that a five minute walk would get me there. It has not taken long on my travels to discover that if I feel unlimited

I will find my way. In fact, I trust my intuition better than maps or street guides. As I walked away from the officer on my way to Dean Street I heard someone ask him where Piccadilly Circus was.

While staying at my favourite hotel in London's Mayfair section I needed to get to Harrod's to buy some special balls for our dogs. I decided to take a taxi to save time. As I was about to get into the taxi I realized that I was limiting myself. I knew where those balls were located and I had only a fifteen minute car ride to get them. However, if I walked I might find a place closer that would also have them. Sure enough, five minutes from the hotel I found a pet shop that had the same balls. If I had taken the taxi I would have gotten them but my source would have remained limited to that one store.

My journey is similar to looking for those dog balls. I make sure that I take the time to see everything around me - - I do not close off any possible experience. I would limit myself through ignorance of my own nature, through underestimating my inherent possibilities. I always demonstrate my concept of myself and my capabilities. The error lies in thinking of myself as having only an item containing a fixed capacity: more than some, less than others. But knowing that never can I go beyond the limits assigned to me by the expectation of society. The truth lies in my knowing that unlimited power stands ready for me to draw upon. To be truly unlimited, I must make sure that my unlimited Thought-Word is always followed by unlimited Action. I will not be limited as long as I keep in mind that I am in control and that the expectations of society and limits of those around me are just stepping stones as I continue my journey inward.



8.

CHANGE

*Change is necessary if you ever want
to know where you have been.
An old sage*

The energy from that inner door can be felt stronger and stronger each day. With each step I feel closer to that which is deep within me. As this inner power becomes more concentrated, I am able to look at the many changes that I have made. But, more importantly, I look forward to the many changes that lie ahead.

I remember talking to a large group of metaphysical students some time ago. One individual asked me a question about time and space. I answered the question and the person seemed satisfied. The next day I was talking to a similar group with some of the same individuals from the day before. A stranger asked me that same question about time and space and I answered the question in a completely different manner. Immediately, people from the first day caught what I had done and challenged me. I listened to accusations of irresponsible scholarship, inconsistent teachings, and the inability to make up my mind. I listened as these confrontations began to raise the tempo of the group. After five minutes of their yelling and arguing back and forth with each other I replied quietly, "Only eight-five years ago it was a fact that man would not go faster than 49 miles an hour on land! Only thirty five years ago it was said that the deserts would always be unproductive! Only forty years ago women were still worried about contraceptives! Only yesterday I believed a certain way about time and space. Since my statement, 4 billion persons have travelled 1,5 million miles through space at 19 miles per second. In essence, there are no absolutes. What I was yesterday is not what I am now. Many things about me are different. What I have said today about time and space will probably change tomorrow and again next week. And if I don't allow it to change I am being unfair to my own development."

REALIZATION NO. 29

CHANGES ARE ALL RIGHT AS LONG AS THEY DO NOT EFFECT WHAT I BELIEVE OR WHAT I HAVE FELT WAS FOR MY OWN GOOD.

I have realized that people want to hold on to absolutes so they can feel comfortable at any time or place. The reason the **SPIRITUAL – RELIGIOUS – PHILOSOPHICAL – GURU BARRIER** has been so prominent is that each of these gives fixed creeds, dogmas, rituals and laws upon which to rely for a feeling of consistency. When the Catholic Church turned the altar around and changed the Latin service into the common language there were thousands of irate worshippers. There seems to be an unwritten understanding that one does not change religions, spiritual truths, or the utterings of Gurus.

When I was growing up, the Presbyterian Church to which I belonged added trumpets and drums to the choir. The furore that followed was unbelievable. There were those who left the church because of this breach in tradition. Most of us do not want our spiritual values threatened by change. I feel that the reason behind risk is I am not comfortable with my spiritual relationship with myself, being something I may never quite understand. So when something is changed I fight it, because I did not quite understand it in the first place. But something familiar and unknown is better than something unfamiliar and unknown. This fact was brought home to me when I worked in Africa and took my

first walk in the jungle. The jungle was unfamiliar and unknown. However, I could enter any wooded area in England or the United States and it would seem familiar even though it was unknown.

It is quite evident that the Christian Church has gone through many changes from the original Catholic through the reformation to the many current forms of Protestantism. There are many “cults” today that have splintered from the splinter groups. The most interesting thing is that these groups changed into even more structured and confined institutions. The final change is to step away from all of the SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIERS and to accept the individual element: “I am an ever-changing God.” Most changes in my spiritual life must come forth to give me more freedom and independence.

REALIZATION NO. 30

THERE ARE NOT ABSOLUTES! CHANGE MUST ALWAYS BE TOWARD MORE PERSONAL AND INDIVIDUAL FREEDOM.

If I move from one prison cell to another or from one confining job to another that is NOT change. Change cannot be a taken effort like switching my soap or toothpaste. Change must produce an intricate *change-reaction* thus giving me more freedom in my *Thought-Word-Action* sequence. Change is almost totally a function of the *Thought-Word-Action* process and is almost never visible.

There are exceptions to this type of change, though.

A follower of a prominent Indian guru, all dressed in orange, came to me for some spiritual guidance. He had heard me lecture on change and he wanted to change the current situation in his life. I listened to him as he talked about needing a change within his thought and action. I suggested to him that he burn all his orange clothing. His eyes grew wide and he slowly shook his head, “No! Anything but that!” As we talked, however, he understood that the orange was *no longer* allowing him a freedom. If he was walking down a street and another compatriot, in orange, came his way, he would stop and talk to him. This was not freedom of *Thought-Word-Action*. If someone is pulled to me I want it to be in relationship to what I am thinking and living . . . not what is materially visible. However, uniforms whether spiritual or job-oriented, are confining. They serve their purpose for identification and personal discipline but are still confining.

I have a friend who is in the ministry but he wears his clerical collar only for special occasions. Once he found himself performing a wedding and then having to dash to catch an airplane. He sat next to a very nervous lady who had never before flown. As the flight progressed it hit bad weather and the lady began to moan and cry. Soon she grabbed my friend and said, “father, please give me the last rites. I know we are going to die.” My friend tried to tell her he was not a priest but she did not hear him and insisted upon having the last rites. My friend mumbled some words and made a series of crosses and the lady settled down. During the rest of the trip, he heard her confession and other thoughts and feelings about her fate. Needless to say he decided never to wear his collar on an airplane again.

There are changes that are not initially. *Thought-Word-Action* oriented that eventually lead to the final process of deep individual change. By changing my diet to vegetarianism I will incur many changes around me not related to my diet. I will have to change my eating-out patterns, my social-engagement patterns, my grocery-shopping patterns as well as my friendships. Then, too, I will find bodily changes in the form of different tastes, sharp smells defined odors, and weight changes. All of these changes have a tendency to take me out of old habitual patterns and to bring new realizations that can lead to deep personal change.

I can change the manner of my dress, the mode of my hair, and the balance of my body - - I will find myself catapulted into change on a higher level. There is no doubt that I am noticed in relation

to the way I dress. If I become more discriminating in my choices of color, style, and fit of clothing people will respond to me accordingly. If I (as a woman) change my hair style and the way I do my make-up people will begin to react differently to me, while expecting me to react differently to them, simultaneously . . . if I change my manner of walk, my body carriage, and my social etiquette, I will find a different kind of people drawn to me. All of these outward changes can lead to a deep sense of personal evolvement because of the way people react to me, the new opportunities that open up, and the new way I perceive myself.

Let's say that I change my job or my living situation. Such new patterns confronting me will tend to prepare me for opportunities in personal inner growth. If I move from Manchester to London or from Glasgow to Bristol I will find myself thrown into new living patterns. The changes will make me vulnerable to overall personal change. I can move from Connecticut to California or from Montana to Alabama and, again, I will find these changes will affect my preconceived ideas of myself as well as of the people. I will encounter daily. I can change jobs. The rules, requirements, and new procedure patterns can cause me to change the way I view myself. I once knew a power-line repairman who moved from the United States Mid-West to the Southwest. He changed from a man of conventional labor and home patterns to a very conservative, gun-conscious activist.

This changed his everyday attitudes, his style of clothing, his children's response to his image as a father and, eventually, his type of friends. I can remember that he used to enter into any kind of conversation with an open mind. After two or three years, though, he became very channelled in his thinking. There were things that I did not dare mention anymore.

The potential changes in relation to job are even more involved when one is promoted to a different class and salary structure. This can involve changes from beer to martinis, from a tract or estate home to a traditional established upper-class neighbourhood. Shopping changes from Sear's to Macy's or from Tesco to Harrod's. The very energy of the shopping areas will affect the individual deeply.

There are other types of change that lead to a larger change. The relationship of man and woman, marriage and divorce, moves from the mountains to the desert or from one country to another, physical changes in the loss of breast, uterus, arm, leg, sight or teeth . . . all will lead to new feelings and changes of personal self-perception. The key is that there are many changes that cause us to alter old habits in addition to patterns that open (for a short while) the opportunity for deep personal transformation.

REALIZATION NO. 31

IN THE FIRST STAGES OF A MAJOR MATERIAL OR PHYSICAL CHANGE THERE IS A POINT WHERE I HAVE THE OPPORTUNITY FOR A MAJOR PERSONALITY CHANGE WITHIN MYSELF.

I know that throughout my life there are many opportunities for me to step into deep, personal inner changes that allow me to have more freedom and independence. At these times I am very vulnerable to the world around me and to strong authority patterns. I also realize that anyone who is converted to Christianity, Islam, Judaism, or any of the myriad of cults does so because of a need for a strong father-figure or authority patterns. It is during one of the material or physical changes in my life that I am open to the spiritual change that is so prevalent in our time. It is in the midst of change that I look for strong authority approval while I am changing. The problem in this need is that, though I change radically what I am physically, mentally or spiritually, I have not broken out of the **SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIER.**

The more I am willing to change any and everything around me, at any moment, the closer I feel to

that Inner Door within me. This path is one of change. I am willing to change anything that I am or that I now hold precious. I have found this practice of belief has allowed me to avoid surprises which only happen when I am not willing to change my current pattern of *Thought-Word-Action* daily. My beliefs are reinforced by the steady pace and strong direction that I feel, while on my way to that Door deep within me.

REALIZATION NO. 32

NO ONE CAN REACH A DEEP INNER SPIRITUAL CHANGE AND EVOLVED AWARENESS BY STAYING SOLELY IN THE COUNTRY OF HIS BIRTH.

I believe that it is almost impossible for an individual to grow away from old spiritual patterns by staying within the country of his birth. In fact, it is only when all culture and heritage patterns are disrupted that the subconscious opens to new patterns of change. The great metaphysicians and religious founders understood this and, at one time or another left their home country for further, inner knowledge and inner awakening. While staying within one's own country the subconscious mind has a tendency to pull the individual consistently back into old patterns that are comfortable and recognizable.

In my opinion, the eventual breakaway from the **SPIRITUAL-RELIGIOUS-PHILOSOPHICAL-GURU BARRIER** can only come about, if at all, when an individual leaves his country and begins to open himself to a new cultural patterns and environmental influences. By changing countries the person is open for a longer period of time to the needs for his change than by any other change he or she may experience.

In my first trip out of the United States I found my sense of sight, smell, and taste very acute. In fact, I was made more aware of my five senses daily than I had been in all of my life previously. I found this sensitivity to everything around me most renewing. I have been away from my native country for many years now and I still feel the excitement of the differences. I know I will never fit 100% into any foreign society, but I accept myself totally; therefore, I do not long for my country. However, whenever I return to the United States, I immediately fit in. Blending in with the crowd and understanding all the hidden meanings within its society comes naturally. Every time I enter customs in the United States I feel strong and confident – they are my people there. But I have always found that customs officials, in other parts of the world, have the ability to make me feel set apart more quickly than any other foreign experience I may have.

A long time ago, when I was motorcycling through Europe, I found the experiences that I had were unparalleled for me in any other time or place. The freshness of each day, the rainy cobblestone streets, the busy youth hostels, the Continental breakfasts, the different meal times, the types of food available, the thirteen kinds of currency, the long lines at American Express, the unusual toilet facilities, the crowded ferry-boats, the various petrol and motor repair procedures, and the aloneness that a motorcycle gave which is not found on bus or train. It was here that I began to change within myself and to realize the hidden something which I never saw nor felt when I was in my own country.

Ten years ago my family and I spent one month on a Greek island. It was here that my life changed as I began the communication in which I was to be involved for many years afterward. The waves against the rocks, the Aegean sun, and the Greek family we lived with catapulted me into a new area of existence. I returned to the United States and worked there for several years, stepped beyond the **SPIRITUAL – RELIGIOUS – PHILOSOPHICAL – GURU BARRIER**, I was once again isolated in Europe. Change is important, but much more powerful when you have to confront it on foreign soil.

When I was small I was constantly asked, "What do you want to be when you grow up?" From my eight school year through the University I was faced with, "What are you studying to be?" Every

application I filled out wanted to know what I had been or what I wanted to be. Society has great difficulty with someone who isn't something. Such a person cannot get financial credit; it is difficult on a legal form or an official document to label your occupation "Nothing." As my children started growing, other children and their parents wanted to know what I did. What was my profession? Everywhere I turned I was faced with this question of being something. If I travel from one country to another I have to tell the officials what I do or what my business is. I have finally found a profession. I am now a *Life Investigator*. This is the biggest change that I had to go through before I stepped beyond the **SPIRITUAL – RELIGIOUS – PHILOSOPHICAL – GURU BARRIER**, not wanting to be something while believing that what I was as a human being was adequate. No matter how much I try to be just a plain human being, I am categorized by a world that cannot stand to have things out of place – or to have someone who does not fit into some kind of niche.



9.

THE JOURNEY CONTINUES

*The man who does a thing always has
the thing he has done before his own eyes.
An old sage*

All around me is the wonder of an infinite universe with its powers and energies available to me. Even though the present path that I am on is an individual path, I am not alone. The closer that I come to that door of unlimited power within me, the more I feel a part of the world around me. I am able to see, feel, hear, touch, taste, and smell the world around me in a totally different way. Each day unfolds beauty, because I am willing to see everything in a different way - - from a different angle. Yesterday I was sitting by a waterfall. The sound of the flowing water against more water placed me in a rare position of observation. As I listened carefully, all of my realization flowed forward and became a unique staff of support for my continuing journey.

REALIZATION NO. 1

I POSSESS AND HAVE ALWAYS POSSESSED ALL THE POWER I WILL EVER HAVE. THIS POWER IS UNLIMITED, THEREFORE, MY FUTURE IS UNLIMITED:

It was with this realization that I received an understanding of my present and potential power. The excitement of an unlimited future had started me on my journey toward the power which lies deep within me.

REALIZATION NO. 2

WHATEVER I AM NOW, I CAN CHANGE, MY CURRENT CONDITION IS A PRODUCT OF MY THOUGHTS. ALL I HAVE TO DO IS CHANGE MY THOUGHTS.

With this realization I began to feel a freedom, for I could see the situations and conditions beginning to change around me. Old imbalances and uncertainties were changing as I changed my thought.

REALIZATION NO. 3

IT IS MY BELIEF THAT THE PSYCHIC, SPIRITUALIST AND PARAPSYCHOLOGIST NEED NOT SEEK NEW PHENOMENA NOR HIGHER METAPHYSICAL PLANES. IF ANYTHING EXISTS, IT HAS TO BE ALREADY IN NATURE . . . IN SOME FORM!

It was here that I became fully aware of power of nature around me and its value to me on my inner quest. I immediately began to look toward a more natural unfoldment instead of seeking phenomenon outside of myself.

REALIZATION NO. 4

EVIL, OR SIN, AS DEFINED BY MAN IS A STATE OF MIND. THE ONLY POWER THAT EVIL, OR SIN, HAS IS THE POWER GIVEN BY MY THOUGHT.

At this point in my journey it was important for me to realize that the evils and sins that society constantly held up before me were actually within my power to change. All I had to do was change my thought and evil and sin were no longer a part of my consciousness.

REALIZATION NO. 5

WITHIN ME IS AN ABSOLUTE POWER. I CAN USE IT TO CHANGE MY LIFE AND THE CIRCUMSTANCES COMING INTO MY LIFE. I CALL THIS POWER THOUGHT-WORD-ACTION.

In the beginning, my journey can be lonely. This realization helped me to understand that through the sequence of *Thought-Word-Action* I could create around me any fulfilling energy that I desired.

REALIZATION NO. 6

MY THOUGHT CREATES FORM. I AM FORM. THEREFORE, A THOUGHT CREATED ME. I WORK THROUGH THE FORMS I CREATE FOR THE BEST USE OF THEM . . . SO I MUST LET THE THOUGHT THAT CREATED ME WORK THROUGH ME.

When I quit looking outside of myself, and began to realize that there was an ultimate power that worked through me, I began to feel exactly how unique I really was. This uniqueness allowed me to see that my creations are as important as the thought that created me.

REALIZATION NO. 7

MY WORD IS THE STARTING OF EVERY NEW CREATION. MY THOUGHT WAS THE SEED, MY WORD IS THE SOIL.

With each step I took I saw how important my words were. My words began to create the local setting to which I was travelling. It was with this realization that I began to allow my words to have depth and meaning rather than to be a sound for my own enjoyment.

REALIZATION NO. 8

IF I WANT THOUGHT-WORD-ACTION TO DEVELOP INTO REALITY, I MUST ACT AS IF I *NOW HAVE* WHAT I AM THINKING AND SAYING.

The sequence of *Thought-Word-Action* began to be a powerful energy for me when I started to realize that I did have everything that I needed in life. “Wants” and “needs” soon became a feeling from the past.

REALIZATION NO. 9

UNTIL I BELIEVE I ALREADY POSSESS THE CONDITIONS THAT I DESIRE, I CANNOT ATTRACT TO MYSELF THE CONDITION THAT WILL GIVE MY DESIRE FORM.

Believing that I have all that I desire is not something that takes direct daily thought. I made an overwhelming discovery. By simply believing that I already had what I needed, what I desired was what I had at the time.

REALIZATION NO. 10

MY CONDITIONS ARE PRODUCTS OF THOUGHT. ALL THINGS I EXPERIENCE ARE SOLELY MENTAL EXPERIENCES.

As I began to experience new and exciting energies in my life, I say vividly that they had come about just by the way I thought. Soon I saw how the experiences of others no longer had to affect me. They had created their situations. I was very busy enjoying the new excitement of the products of my own thoughts.

REALIZATION NO. 11

THE UNIVERSAL LAWS ARE IMPERSONAL: THEY KNOW WHAT AND HOW TO DO, BUT RESPOND ONLY TO DESIRE. SINCE THE LAW IS IMPERSONAL, THERE IS NO WRONG WITHIN IT...IT SIMPLY RESPONDS:

It was amazing how I felt when I discovered that any punishment I received from the law was because I had placed it there. The impersonality of the law allowed me freedom of inner movement because I did not have to anticipate the unexpected.

REALIZATION NO. 12

THE LAW OF ORDER AND HARMONY IS AN IMPERSONAL LAW. I AM NOT MY BROTHER'S KEEPER. BY BEING MY OWN KEEPER FIRST, MY BROTHER IS PULLED TO MY ENERGY.

This realization has always been very important to me. It allowed me independent action and elimination of the need to have guilt. If ever I was going to help anyone it had to be because of what I was and not because of what I wanted *them* to be.

REALIZATION NO. 13

WAR, POVERTY, FAMINE, CRIME, DISEASE, AND HUMAN INJUSTICE ARE AS NATURAL TO THE KINGDOM OF MAN AS THE NATURAL CYCLES WITHIN THE MINERAL, PLANT, AND ANIMAL KINGDOMS.

As I learned to observe the activities of my civilization and *not* to condemn them, I began to see unbelievable good in almost everything. I have never felt callous, but have felt that I was able to understand a world where all conditions were needed to allow the flow of energy.

REALIZATION NO. 14

FORGIVENESS OF SELF COMES WHEN I CHANGE THE CURRENT ATTITUDE THAT BROUGHT ABOUT THE NEED FOR FORGIVENESS.

It felt as if I weighed ten-thousand pounds less when this sunk deep into my consciousness. All of a sudden, I hadn't ever *done* anything that I could not change right now . . . and so I did.

REALIZATION NO. 15

MY EVOLUTION IS IN RELATION TO HOW LONG IT TAKES THE CHANGING, THROUGH THOUGHT-WORD-ACTION, TO BECOME FORM.

I discovered early in my journey that I alone am responsible for my evolution. I can change the direction of my evolution through my own *Thought-Word-Action*. I felt great joy in the realization that my evolution is not dependent upon an outside force or any circumstance other than myself.

REALIZATION NO. 16

A DENIAL IS THE THOUGHT PROCESS OF KNOWING THAT ANY NEGATIVE CONDITION NEED NOT BE.

As I progressed, I found that by denying those things within my mind that caused confusion and disharmony my mind was suddenly clear. It actually became a frontal attack on those parts of my subconscious that, due to my belief in them at one time or another, had kept me from going forward.

REALIZATION NO. 17

AFFIRMATION IS AN ENERGY NECESSARY FOR THOUGHT TO ESTABLISH NOT ONLY A CORRECT PREMISE, BUT ALSO TO DRAW AN EQUALLY CORRECT CONCLUSION.

An affirmative thought, followed by a powerful word, has always opened seemingly closed doors for me. As I meet each day, I know that y very existence is an affirmation.

REALIZATION NO. 18

TO CHANGE CURRENT THOUGHT, I MUST KNOW THAT ANY NEGATIVE CONDITION IS NOT A THING IN ITSELF, IT HAS NO CAUSE.

Negativity, as a creation of other people's minds separate from my own reality, has been a very important realization for me. It has allowed me to see that eve3rything which I do has substance. Anything that *seems* wrong is just my inability to see all sides of the situation.

REALIZATION NO. 19

I MUST FIRST DENY THE NEGATIVE CONDITION AND THEN AFFIRM THE OPPOSITE DESIRED CONDITION. I HOLD THAT AFFIRMATION OF DESIRED CONDITION UNTIL MY NEW SITUATION IS REALIZED.

A negative condition is actually something that I have done inadequately. I have learned that if I hold and affirm the condition I desire, there is really no negative condition able to develop. The key is to hold on to my affirmative thought until it is actually a part of me.

REALIZATION NO. 20

I CAN DO AND/OR ACCOMPLISH ANYTHING IF I LEARN HOW TO ALLOW MYSELF TO DO IT.

How hard it was, at first, to realize my inabilities were there because I had allowed them to be! To step across the threshold that had kept me from being a total being was difficult, but it opened my eyes to the fact that it was I who was in total control.

REALIZATION NO. 21

TRUTHS ARE THAT THAT IS TO ME, NOT SOMETHING THAT SOMEONE CREATES FOR ME.

All my life I have been confronted by "truth" and, subconsciously, have felt a need to uphold them. It was a happy day when I realized that I am a truth and that I create the truths that are important to me.

REALIZATION NO. 22

MY BODY IS A VEHICLE FOR THE UNLIMITED POWER WITHIN ME, THEREFORE, I HAVE AN UNLIMITED POWER TO KEEP MY BODY IN TOP CONDITION.

Understanding, suddenly, that my body wears out because I let outside sources influence it and do not use the power that is within me, was beautiful. I now acknowledge that I am a living personal healer who can heal anything within me.

A negative condition is actually something that I have done inadequately. I have learned that if I hold and affirm the condition I desire, there is really no negative condition able to develop. The key is to hold on to my affirmative thought until it is actually a part of me.

REALIZATION NO. 26

THE MORE SOCIETY IMPOSES CONFORMITY UPON ITS MEMBERS, THE MORE THE FRINGE PEOPLE, ECCENTRICS, AND DREAMERS ARE IMPORTANT.

All through my childhood I was a dreamer and a fringe person. What a relief it was to realize that my energy was essential for world sanity. More important, perhaps, was the fact that I was a part of a small group of sane people.

REALIZATION NO. 27

NEVER LIMIT YOURSELF BY TRYING TO GUESS WHAT OTHER PEOPLE WILL OR WON'T TO – THAT PLACES LIMITS UPON THEM.

I have never liked anyone to second guess me on the basis that they “know” me. In fact, I have found that no one knows me, least of all me, myself. The more I travel inward, the more unpredictable I am. Hence, I cannot limit myself by placing limits on anyone else.

REALIZATION NO. 28

TO BE UNLIMITED IS A STATE OF MIND AND CONDITION. IT DOES NOT REQUIRE THAT I LIVE IN A CERTAIN PLACE OR UNDER A CERTAIN KIND OF GOVERNMENT.

All through school I was told how fortunate I was that I lived in a democracy and was free. The more education I received, the more I found that outside conditions exist, placing limits upon us in order to guarantee a society's survival. When I recognized that I was unlimited within, I began to see everything and everybody in a new perspective.

A negative condition is actually something that I have done inadequately. I have learned that if I hold and affirm the condition I desire, there is really no negative condition able to develop. The key is to hold on to my affirmative thought until it is actually a part of me.

REALIZATION NO. 29

CHANGES ARE ALL RIGHT AS LONG AS THEY DO NOT EFFECT WHAT I BELIEVE IN OR WHAT I HAVE FELT WAS FOR MY OWN GOOD.

For my own good, I spent many years making changes. Some teacher or spiritual energy had said that

change was important for me. I must change because if I don't I will not reach a certain goal which requires a change. When I am ready to change, the change is right.

REALIZATION NO. 30

THERE ARE NO ABSOLUTIES! CHANGES MUST ALWAYS BE TOWARD MORE PERSONAL AND INDIVIDUAL FREEDOM.

I changed my diet, dress, job, friends, financial condition, but none of these created personal and individual freedom. They may have contributed, but any change I undertake must be toward making me more free, more unpredictable, and more individualistic. This kind of change was not a visual one, but one that took place within.

REALIZATION NO. 31

IN THE FIRST STAGES OF A MAJOR MATERIAL OR PHYSICAL CHANGE, THERE IS A POINT WHERE I HAVE THE OPPORTUNITY FOR A MAJOR PERSONALITY CHANGE WITHIN MYSELF:

How gratifying it was to see that all through each life there are many times for one to step into a major inner *reawakening*. This change may be a minor change, as changes go, but the opportunity is still there.

A negative condition is actually something that I have done inadequately. I have learned that if I hold and affirm the condition I desire, there is really no negative condition able to develop. The key is to hold on to my affirmative thought until it is actually a part of me.

REALIZATION NO. 32

NO ONE CAN REACH DEEP INNER SPIRITUAL CHANGE AND EVOLVED AWARENESS BY REMAINING SOLELY IN THE COUNTRY OF HIS BIRTH:

My first major inner change came with my first trip out of the United States. Each trip that I have taken outside of the United States has led to a more complete understanding of myself as well as allowing me to seek that door deep within me.

REALIZATION NO. 33

NOT BEING SOMETHING OR SOMEONE TO THE OUTSIDE WORLD CHANGES MY ATTITUDES ABOUT MYSELF COMPLETELY.

When I stopped wanting to be someone or something, I gained enormous freedom. Immediately I felt free from the expectations of society, but, more importantly, I freed myself from my own expectations.

REALIZATION NO. 34

A REAL MAN'S CALLING IS THE COMMITMENT THAT ... ANYTHING THAT SHOULD BE DONE ... MUST BE DONE BY HIMSELF ... IF DONE AT ALL.

My search for the hidden door will continue all through my life and I am sure that each day will offer unlimited opportunities for me to live life fully. As I understand more of what I am, I feel the energy that lies behind that door. That energy is still calling me!

***NOTHING IS IMPOSSIBLE PROVIDED
YOU BELIEVE YOU'RE GOD!***

An old sage

A negative condition is actually something that I have done inadequately. I have learned that if I hold and affirm the condition I desire, there is really no negative condition able to develop. The key is to hold on to my affirmative thought until it is actually a part of me.

Epilogue

*We walk by faith, not by sight.
II Corinthians V:VII*

At one time, as difficult as our work was, I would have felt very afraid to live without our Spirit contact. Now, I am relieved, happy, and excited to fit into the category of normal once more (at least, on the surface). A most beautiful guidance served as the ship upon which we headed in a new direction in life. We were sea-sick at times; we were not always happy with our fellow travellers; we were often lonely or discouraged about the rough waters or the distant unknown. But our ship did take us across the wide ocean (our time of growth and change) safely. We have landed on a bright shore. The tools we have brought with us are making the present possible and the prospects of the future happy.

Marshall is once again back as my husband and our children's father. God, how we've missed him!

Quinta J. Lever

