

## DISCIPLINE IS AN INSIDE JOB

### WHERE DO I BEGIN

The choice of learning, the choice of developing my inner resources and being the ultimate that I am able to be in my life, depends upon how well I discipline myself.

Far from being a punishment or a control imposed by others, discipline for me is a training that corrects, molds and perfects my mental and spiritual faculty and my pure character as a divine being. It is totally a self controlling model. The system which I present to myself includes rules of conduct and activity, all processed through my thinking. The model I use is extremely important. It is the realization of the ideal. It is the archetype I use as the exemplar for my fulfillment as a divine being in a human body in a humanistic world—**which in fact is not a human body and is in reality not a humanistic world**—but it is the way I choose to live in it at the moment. So my understanding of all of this is vitally important.

In disciplining myself I do not become a disciple of another man's philosophy. I find the reality pattern within me and I become a disciple to the truth which indwells me and hence my reality domain becomes my primary goal.

To the present moment, throughout my life discipline has been a "bad" word which has meant tedium, unhappy directions by others, living under the thumb of another being, and not, absolutely NOT being the master of my own life.

Because of this discipline has been a very undesirable condition in my life and I have shied away from it whenever it was possible.

The discipline of my parents required me to do what was my lot about my home. The discipline of my teachers in school at their convenience and calling it training for me. The discipline of my employers who desired to have me prompt on the job and keeping my desk neat, working harmoniously with my fellow employees, all in the name of internal peace—not for my fulfillment, but for THEIRS! In sports, working as a team which took discipline where I had no uniqueness of my own, but had to fit into the overall picture for the composite good of all. In the military, learning discipline to work as a fighting team enduring hardships which in no way fit any pattern of right thinking I could descry. Always it was others. Be quiet in the library. Wait in line. Cue up for everything. Be

orderly. Be "law" abiding. Help others before you did something for yourself. Always an otherness concern.

Yet I know so well, the genius is a genius because he is unbridled by the common rules, the herd life, and soars into excellency because he is unlimited. A disciple that limits, both inhibits and kills the magnificence which indwells every being. It is my choice to experience a discipline that unleashes my reality and finds itself upon the thesis of expressing the exemplar of myself which says to me I am divine.

To use discipline wisely I establish what it is that I desire to discipline and how I choose to do it to best benefit my divine—not human—expression!

## **DISCIPLINE MOLDS MY CHARACTER**

*As within, so without!*

It is real.

I read myself or another person by their outer appearances. I make these judgments constantly within myself whether I choose consciously to do it or not. This is how my nature has been trained.

I see engraved on the outer surface of my body the character marks, the distinctive qualities that are within. This is but one of the attributes or features that make up and distinguish me as an individual. Studying my physiology, my handwriting, the lines of my hands, how I live my life, all leaves an indelible print of what has taken place in my character. All too evident!

**Yet, no matter what has taken place in the past, a new life, a new body, a new world dawns for me as I discipline myself to a new way of thinking.**

My greatest decision is in what area should I discipline myself. I have lots of models to choose from. My parents have given me a host of "good" models. My friends and peers have given me a series of modals which provide me with acceptance into this group but not into other groups. Still other groups have other ethics relating to what is good and bad, what are the moral duty and obligations one has to himself and his world. Living up to another's set of moral principles or values leaves me feeling empty. Even professional ethics is governed on what will make others happy, not what makes me happy. It is sad indeed when I as a divine being use as the guidelines for my reality domain from what others would have me do and say and be.

On the surface, this kind of thinking will not win me friends or influence people to support my concepts. But while they may not read this philosophy openly, it will be read surreptitiously under their covers to be read in private and yet lived openly. It is the criteria followed by every genius, by every great being, it is the way of the god beings.

WHY!

It is an inside job.

Moses went up on the mountain to be aware of his inner inspiration. He was gone alone for so long a time that his people thought he was not returning. Yet this great leader went aside to be alone. True his final action was control of the people, but first it was control of himself alone. The people thought him strange and wild, yet they followed him, because he was indeed a genius in the highest degree. His impact upon his world and the world today is immeasurable.

Jesus went aside many times to "get his act together" and though the "world" did not appreciate what he did, he appreciated it. Today the philosophy of the world is marked by his philosophical considerations.

Buddha went into meditation and awoke with a new awareness within himself. His philosophy so influenced a people that the major reigning religion "took on" the teachings of this great being as part of their teachings because it was what had won the hearts of many people. Yet from the point of view of a standard person Buddha was thought to be quite strange and self-serving.

Socrates, Plato, Aristotle, philosophers modern or ancient, were not accepted in their time, and were considered irrational by men of their day because these philosophers did not conform to the race consciousness, to the mold established by those about them. Hence it is that most great beings are not appreciated in their own day. Time has a way of making the unrealized immortal.

Discipline is quite different from what I have thought of it in the past. Before I beheld discipline as something which changed bad habits and made them good. Rather it is more like practices zealously pursued pass into habits—*abeunt studia in mores*—resulting in the new me I desire.

Character does not develop out of not doing things, but out of doing things. The great men in the world are doers, not not doers! This is a very significant point. Most of mankind have been taught "not to do" rather than to be doers and achievers and accomplisners. The geni of the universe are those who do!

So it is with character. It is in doing, in being, in the action of living an amoral life. It is not in being unmoral, but rather living outside the sphere where moral judgments apply. It is in being outside the realm of humanism. It is in building my character on the principle of total nonjudgmentalism and unconditional love.

I choose to discipline my character to being a loving person. I choose to love everyone in my world with a full and complete unconditional love that views everything that others do as right and good and the same for myself.

However, because I love myself unconditionally and because I am a master of my life and myself, **I need nothing, I want nothing, and I enjoy everything.** From this point of view another cannot control me by "their" fulfillment of my desires and wants. They cannot make me want to manipulate them to accomplish my desires for myself because I am desireless. Another can not control me by making me want to get to them in any way or to curry their favor in any way

because I need nor want nothing from them. I thoroughly enjoy everything **I choose to enjoy**. I am the master of what comes to pass in my experience.

Does this mean that I flamboyantly violate the desires of others, far from it. I am so sensitive to the desires of others and the flow of their heart that I am harmoniously tuned in with the deepest awareness of their lives. I do this because I am tuned in with my own.

I love myself so completely that all of the world is a pure reflection of the love I have for myself. Everyone in my world is absolutely beautiful. Everyone in my world is totally spiritually perfect. Everyone in my world knows who they are and is that which they are right now and always.

To have this awareness of my character requires the discipline of constantly being aware of me as me in me through me. Doing this develops my character moment by moment. As I look about me "I could see the appearances" and I could believe in what I "apparently see as real" and then guide my thinking based on what I "see" and not what is real. In doing this I besmirch my character. The discipline of always being true to the truth is one in which I am fully unconditionally loving of myself and all in my world, regardless of what another may choose to do for themselves. If I allow another who has chosen to experience limitation to come across to me as real, then I am back there again in consciousness.

My character does not depend upon what I have done in the past or what I am even doing this moment. My character depends upon the discipline I put into motion for myself to bring about the character, the reality that I am in my life now.

This can only be done as I am unconditionally loving of myself and everything and everyone in my world. I see all from my own pure center of love, joy, peace, beauty, right action, and goodness. Living from this awareness only that which I am is mirrored back from the world in which I live.

If I judge any being in my world as good or bad, right or wrong, peaceful or stressful—it is I judging, it is I whom I am judging—then it is obvious that within me a lot of character work needs to be done. That is, if what I see out there in my world, is not to my liking.

To have ethics is to be judgmental.

To have morals is to be judgmental.

To have needs and wants is to be controllable.

To discipline myself molds my character.

## **DISCIPLINE TRAINS MY THINKING**

The brain never sleeps. It is always functioning. It is always taking on stimuli from the world about it and from the universe within. The brain is the instrument through which I operate my body. The brain is constantly receiving thoughts from the universe.

Throughout the universe men are thinking, thinking, thinking. Some of these thoughts are worthy of my attention A demonstration how I can look at my own thinking. Most of what I think about is unimportant. It is so much "small talk" that purposes nothing—**or does it "purpose nothing!"**

Much of what I allow to pass as small talk is talk about the day to day events. It is the accidents that take place, the operations, the many family-personal-business-governmental problems, it is the "little" grievances and worries, it is the trash of life and it is hardly worthy of my attention. However I give it my attention and therefore it becomes the **DOMINANT THOUGHT OF MY LIFE.**

As I take mastership of my life I discipline my thinking. I do not discipline my great thoughts, but I discipline the every minute, every second, every day thoughts. While it is true the great thoughts have a great impact upon me and my universe, the small thoughts have an equally impressive impact upon my world and all the more because they are the dominant thoughts in my life.

Should I desire to say "I do not want to think little unimportant, undesirable, unrewarding, unsupportive thought" I would find myself in a tug-of-war constantly with what I should think and what I should not think. This is a tussle that is not beneficial to me or to any experience in my world.

There is one way that I can develop the positive and beneficial thinking pattern in my life and that is through consciously determining what kind of life I desire for myself, knowing what kind of thinking will bring this kind of life, and then thinking those kind of thoughts.

### **SIMPLE!**

Yes, so simple! It is so simple because these are just words. It becomes more difficult when I take these words and determine just what they are to do. What does it mean to determine consciously what kind of life I want, then what kind of thoughts will bring this about—so far, E A S Y—now comes the part that really requires the discipline: **THINKING BENEFICIAL THOUGHTS TO ACCOMPLISH THE KIND OF LIFE I DESIRE FOR MYSELF!**

### **What Kind Of Life Do I Desire?**

For me to think of the kind of life I desire for myself is really not as simple as I have led myself to believe. For to say that I desire a life of bodily comforts is good. To say I desire a life of harmony, peace, right action, success and abundance is MOST certainly good. To say that I desire a body that experiences perfect health under all conditions is a marvelous realization. To say that I desire to live in a mental universe one with the infinite intelligence of all and be aware of it, is fantastic. To say that I am a spiritual effect of a spiritual cause is super, however difficult to believe. This I call my dream time. It is fun. It is open. It is free-wheeling. I don't have to believe it, I let my flights of fancy, my flights of

imagination, my flights of wild wishing flood out into my conscious awareness and know that I am not at "this" instant required to make something happen.

### **What Kind Of Thinking Will Bring About This Kind Of Life?**

However, part two of this dialectic in which dialogue I intellectually investigate ideas, expose false beliefs, elicit truth while studying eternal ideas—and yet in the very foolishness of my syllogistic thinking, believe by my crafty argument that I can make my brain accept as true something which on the very surface of all is an obvious, blatant, apparent lie to all of my senses—baffles me!

Regardless how powerful are my arguments, how skilled a syllogist I am as I syllogize my concepts, what I see still reaps its harvest in my brain which conditions and subjects itself to the physical senses.

How can I escape this predicament in which I find myself?

I can think the thoughts regardless of the appearances. As a child I was told I could not do certain things because I was yet a child. As an adult I was told I could not do certain things because I was not still a child. Life will always throw its dichotomy, dividing, dividing, dividing, always dividing life and the world into two mutually exclusive and contradictory groups, I choose not to be a dichotomist. I choose to recognize that all is one and as one whatever I think I achieve. When the dichotomy takes place confusion sets in and this dualism or doubt brings a nullifying effect to the very causes of joy I put into motion for myself.

I choose to think thoughts that will build an effective response in my universe. I discipline my brain to accept and effect those thoughts that are beneficially positive to me and my world. All other thoughts are PROGRAMED out of my consciousness. All other thoughts have a "self-destruct" instruction which I choose to program into my brain so that no matter what the thought is, if it is non beneficial and non positive, it is immediately released from my thinking and given absolutely no power to continue its existence in my awareness.

This is not negative programing, it is positive programing. It is a matter of awareness wherein I tune into the universal allness and receive those transmissions which are harmonious with MY TUNING!

It is totally unimportant what others may be tuning into about me, to what others are "listening" to, to what others are "seeing" in their world, to what others are "feeling", and to what others are DOING I alone am the master of my world, of my brain and of my thought. Hence, I experience that which I choose to know and feel. All else I let go and give no power to whatsoever. Thereby it has no permission to come forth as an appearance for me OR for anyone else in MY world.

### **Thinking Positive Beneficial Thoughts**

I see an incident:

In my consciousness I immediately take charge and say that I see everyone concerned in perfect divine order, regardless of appearances. I see every person IN MY AWARENESS EXPERIENCING WHOLENESS RIGHT NOW. The big point here is, in my awareness. I am not in charge of what some person, place or thing experiences in ITS WORLD FROM MINE, but when IT IS IN MY WORLD, then I am in charge of what my thought is about IT!

It does not matter what appearances are. I immediately take charge and establish the cause I DESIRE and then the experience I DESIRE manifests. Appearances notwithstanding!

The result: Every person is whole and perfect and if I so choose, even the incident is non existent, if I choose to pre-program this in my life. Naturally this is the best discipline I can have—pre-programing the kind of life I choose to experience daily.

I see an "ill" person:

First off I discipline my thinking daily that everyone in my world is whole and perfect. All people who come to me are now experiencing the divinity within them. All people in my world are whole and perfect BECAUSE they are a perfect mirror and as such a reflection of what I believe about myself.

In nonjudgmental unconditional love I allow each person to experience whatever they choose. Should they choose wholeness and perfection, they MAY create me in THEIR world. Should they desire to live in the illusion of illness or in the appearance world of problems, I choose that they do not create me in their world as they experience that condition. For whenever they create me in their world I create them in my world as PERFECT. And so in my world they are perfect, while in their world they may be enjoying their condition, whatever it may be.

This takes definite discipline of my thinking so that I am always totally on top of my personal attitudes. So that my "human" side sees only that which is magnificent and good for everyone in my world, including me. My human" responses are my downfall. So I discipline myself to not be "cold" but to be responsive only to the TRUTH, THE ETERNAL TRUTH ABOUT EACH PERSON IN MY WORLD, INCLUDING ME!

An effective way of doing this is to do it now by now, instant by instant, moment by moment, day by day, week by week, month by month, year by year, lifetime by lifetime throughout eternity. We can never be sufficiently practiced in this art.

The great teachers of the ages remained HERE to continue to put into practice what THEY BELIEVED. It was not as though once learned forever known and practiced. True, once learned, forever known. But once learned, continually practiced so that it brings results. A master has no permission to use the eternal principles incorrectly and subvert the principle or law for his personal choice. A master always lives WITH THE LAW in perfect harmony. There is no mutual exclusivity in this universe. All is one. The sooner I program my thinking to realize all is one and live in this oneness, the sooner that I will dwell in that

harmony and enjoy the fullness that I am and always will be. To program my thinking is a daily experience and the fruits thereof are manifold.

#### **EXERCISE:**

Before every exercise I practice my deep breathing so that I will be relaxed, releasing all strain from my body, harmonizing myself on my exterior with my interior so that all sense of separateness vanishes and I feel oneness with all, which is my reality.

I breath in deeply ten times, holding each breath for a moment. Then completely exhaling it so that my lungs are completely empty of all air. Then breathing in once again so that fresh oxygen floods through my lungs and the small blood vessels in each lung are saturated with this purity and they pass it on to the entire body.

Then breathing normally I sit in a complete relaxed position allowing nothing to be binding on my body and placing my entire attention on my inner thinking process in which I am absolutely in harmony.

The words and the thoughts that I say during this exercise are of such vital importance that it is well that I repeat the exercise three times every day. I say them upon arising, sometime in the middle of the day, and before going to sleep. These are the last thoughts I think before dropping off into a **deep** refreshing renewing, reinvigorating, rewarding **sleep**. As I say these ideas I give them absolute power in my life. With an absolute abandonment I repeat these phrases three times daily and watch the miracles happen in my life.

#### **THREE TIMES DAILY FOR THIS MONTH I SAY THESE THOUGHTS:**

**I create my world. I create my body. I create my circumstances. I create the people in my world. I create every activity in my world. I am absolute master now!**

**My brain is perfect in design and function. It is now perfectly programed to experience a world of absolute purity and wholeness every moment of every day.**

**My brain is the activity through which I interpret and implement all of the circumstances of my life. Right now I enjoy EVERY EXPERIENCE harmoniously, peaceful, abundantly, successfully and fulfillingly.**

**I am the master creator and I create beautiful people filling my world.**

**Every person in my world is a spiritual master.**

**Every person in my world is a pure reflection of me.**

**Every person in my world is warm, loving, whole now.**

**Every person in my world eagerly unconditionally and nonjudgmentally loves and accepts me totally.**

**Every person in my world lives in perfect harmony, in abundance and in peace one with the other and with me.**

**Every activity in my world is surrounded by light and pure love.**

**Every activity in my world is absolutely beneficial to me and to everyone in MY WORLD.**

**Every relationship I have in my world, with people or with activities, is fulfilling and rewarding.**

**As master of my universe, I see every circumstance, every activity, every person, every experience, and every incident perfect, loving and whole now.**

**I am the absolute master of my life and my affairs now.**

**Every thought I think bears instant fruit.**

**Every idea passing through my mind is beneficial, loving and supportive to me. I am both the source of all wisdom and I am all wisdom. I am the source of all power and I am all power. I am the allness of all right now and always.**

The activity of disciplining my thinking to accomplish that which is beneficial to me is not difficult, but it does take a definite time every day to work on it. It does take establishing a habit in thinking beautiful thoughts. It does take a certain changing of my thinking from the previous thoughts that said I had no control over my world to the new realization that everything that takes place in my world I am absolutely responsible for it happening.

No longer can I say others caused circumstances in my life. No longer can I give up responsibility for my own life and what I have brought forth in my

experiences. I am total master and I KNOW NOW that I am total master. As such, I look with a new vision at the old ways and recognize them for what they were—old ways!

I choose to discipline my thinking and experience my reality domain here and now. There is no other person in the world who can benefit me as much as I alone can benefit myself. Every being on Earth creates his own life, his own experiences, his own friends, his own relationships, his own success, his own health, his own enjoyment and awareness of his immortality.

I choose today to experience all of this right now. I am the master and as the master I am free to choose beneficial or anything else that "pleases" me—and of course what PLEASES ME IS WHAT I CONCENTRATE IN MY ATTENTION AND THOUGHT UPON.

There is purity and goodness in my world for this is all that I choose to think about and that is all that I choose to know.

## **DISCIPLINE CORRECTS OLD MODELS**

Discipline does NOT correct anything.

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Why do I use as my subtitle here that DISCIPLINE CORRECTS OLD MODELS? I use this statement to forcefully tell myself that DISCIPLINE DOES NOT CORRECT ANYTHING!

It is so easy to fall prey to old concepts that I must DO something. I must MAKE something happen. I must get on my old clothing and WORK at it to get results. I must do something other than THINK to get results in my life.

This is totally false. I do not have to DO anything. I merely THINK and it is so!

So often I have been programmed that I have to work to accomplish the reality of this world. It is only in thought that anything takes place. For this reason I keep my thought pure and perfect. For every thought that I think brings forth the product of its content.

Too often I have let miserable thoughts into my thinking and I have wondered why I have had limited conditions in my world. The reason was so obvious but I had not been trained to see it. Now I know the reason. Now I know the solution. Now I am absolute master of my thought.

Discipline cannot correct old modes of thinking. What discipline does is to put a NEW MODEL OF THINKING into process and thus the new modes of thinking bring forth new results.

An example of a new mode can be explained in this way:

Before I was experiencing unhappy relationships.

There were people who thought miserable things about me. (Of course, the only reason they thought miserable things about me was that I had both miserable thinking in my brain and miserable actions in my body.)

I was unhappy with those old results and wanted to correct the old models of thinking. I thought of every denial I could. I denied that people did not like me. I denied that they thought I was a miserable person. But the more that I denied these thoughts the more I thought them. The more that I denied ANYTHING the more I BELIEVED it to be true about me. And naturally so did everyone in my world.

Then I realized that I am working with the law of Cause and Effect. This law does NOT know NOT. It is like a computer which is unable to compute something it has not been programmed to compute. Hence whenever the word NOT comes up in the law it merely says it cannot compute that and so then nothing happens, and the same condition continues as it had in its abundant form, for more and more and more and more attention was given to it. The law could only hear the idea: "**I do (not) have miserable relationships.**" The law deletes the idea "not" and the status quo merrily continues its natural way.

If this is the way the law works why not say this? "I am (not) rich. I am (not) (un) happy. I am (not) joyful. I am (not) healthy." For if this were the case the law then would bring riches, happiness, joy and health to me.

The reason the second example is not true is also the working of the law. The law works by not working. When I say I am not happy, I have a belief that I am not happy. I have a deep inner knowingness that I am not happy. While the law desires to "deliver to me" happiness, I would not have the wisdom to see it, in fact as it stood directly before me I would discount it and call it fake. This is the nature of the human brain. This is the nature of humanity. This is being **in** the world or being **of** the world. When I am in the world and of the world I limit myself to what conditioning the world has for itself and to the race consciousness of the world and thereby do not even open my eyes to the goodness that is all about me so abundantly.

To achieve the greatest effects from the law of Cause and Effect all I have to do is to change my thinking.

One of the best ways to change my thinking is to count my successes in the use of the law. In other words, count my blessings. As I count my blessings, counting the great and wonderful things that daily happen in my life, then there is no limit to the NEW THING that transpire for me. It is so very exciting and so rewarding.

As I am consistent and remember I do not correct the old nor do I deny the past or present. I put the law of Cause and Effect into motion for an absolutely magnificent NOW and so it takes place for me!

## **MOLDING MY MENTAL AND SPIRITUAL FACULTY**

The frame through which ideas find expression is a beautiful mold when this frame is constructed out of truth.

The idea sometimes is itself the mold from which manifestations form.

A matrix is likened to the womb in which the idea of a child forms. So the mold is something within which something else originates or develops—the die itself. As the wind molds the waves; as the artist molds the candles; as the politician molds public opinion; so I through my thought bring forth out of the infinite nothingness all that is in my world through that mold in my consciousness.

My mental and spiritual faculty is my innate ability and power to bring forth out of the infinite any thought that I have in my consciousness. The only limit I experience is the limit to myself to accomplish. When I am unlimited in my awareness of what I can do—so I do all!

Developing my innate faculty is a joy that I have not given myself until now. I have taken for granted all of my talents and abilities I have expressed to the moment, but now looking at the grander possibilities that lie before me I realize I have been only cooking on the back burner, I have not been using my full capacity and power.

The way in which I can use my full capacity and power to achieve my complete mental and spiritual faculty is first to know what this faculty is and then how to bring it forth in my experience. For knowledge without wisdom is void.

There is no book written to develop the mental and spiritual faculty within me. There are many who have told their way. There are many who have beautifully experienced a most marvelous journey to the great "within"—but it is as always "their" trip and not my own.

No matter who I read or what I hear, it is my own inner journey that is so vitally important. It is my own awareness that leads me to the spiritual fountain of all truth directly within me. I might want to follow another who has walked the way so fantastically and seek after the illumination that one has found, but it is not to be. For no matter who might show me the way to go home, I must walk the pathway within myself alone.

To develop my spiritual and mental faculty I recognize that my spiritual and mental faculty are one. These are not two separate talents or abilities within me. It is only one. This is an extremely important consideration.

First there is one mind in the universe. That is the mind of the eternal equally present in all creation. As it is the mind then that is the mind that I use and that all creation uses to the degree they have facilitated themselves to be aware of it and intuned with this infinite knowingness.

What I use is my brain. It is not "my" mind. There is one mind and that is the infinite mind which all use alike. It is the infinite thinker thinking through me and all of creation equally. Thinking the same pure thoughts, thinking the same realization of goodness, thinking the same wisdom, BORN EQUAL!

The difference is in how clear is my receptor. How clear is my brain. How well does my brain receive and interpret the infinite wisdom which I am and all is. Is the receptor clouded over with false concepts about itself or is it now and always shining forth as a DIRECT COPY—the infinite thinking finitely through itself as mankind.

**The great desire I have is that I am a pure direct copy of the infinite thought thinking its unlimited self freely through me expressing its allness in me as me through me.**

This happens as I clear my brain of the miscellaneous information which in the past has limited it, which has in so many ways told the brain what its function was—falsely—but nonetheless, the brain was programed to act in accordance with this faulty information and hence "made the body feel" that it too was limited, that it too was the pawn of the chessboard of life rather than the great interpreter, the great translator of all the wisdom of the universe through the body of man—myself!

My spiritual and mental faculty are one.

My spiritual self is my divinity. This is my oneness as all and in all and through all. With this great oneness I am able to think the greatest thoughts ever thought. I am able to interpret the most complex concepts and come forth with the result in the most simple wisdom for all to know—instantaneously.

**My choice is to not so much to mold my mental and spiritual faculty but more to prepare a mold through which this faculty may manifest its allness in my experience.**

**I prepare the mold by my thought.**

I know, I repeat this again and again to myself.

This is a never ending series of statements to myself to insure to myself that this is the way that it works and to have results—**simply work the plan the WAY it works!**

*My mental faculty is the universal mind active in me.*

*My spiritual faculty is my divinity. This is my oneness with all that is.*

Naming these two concepts is not in any way to indicate they are separate.

As psychologists say the subconscious mind and the conscious mind. They mean one mind. They mean a physical human type mind which is more readily called the brain. The brain has the ability to file in its storage or memory department, psychologists call this the subconscious mind. The ability to think does not lie resident in the mind, it is rather the universal thinker thinking through the "brain" of man and interpreted by the pre-programed information stored in the brain, psychologists call this the conscious mind.

So the mental faculty is the universal intelligence active in the universal mind expressing itself through the brain and interpreted by the brain via its pre-programed informational storage in the brain. No thinking is done in the brain. In the brain is word processing, idea processing, emotion and physiology processing. The thought processing takes place in the universal mind which I am too.

However it is NOT THE BRAIN

My spiritual faculty, one with my mental faculty, is my divinity. This is the oneness which I am as the universal beingness in me as me through me.

There is no separation between the universal thinker and myself. I am one as it and I am it. It is me and I am it. It is the allness even as I am the allness, yet I am finite as I believe I am finite and I am infinite as I AM INFINITE whether I believe it or not. It is so!

Utilizing the perfect pattern, this ultimate matrix, the perfect mold, I create in my world the perfect human. Perfectly!

What is a perfect human?

The perfect human is infinite man pretending it is not infinite man yet at the same time being infinite man in a finite circumstance. The finite circumstance is not a finite circumstance, it is just a circumstance that is viewed as finite and thought of as finite, but in reality it is infinite.

As I can never make something be that which it is not, so I cannot make something that is not, be something that is. Ibid: Hence an illusion is always an illusion; an appearance is always an appearance; never having any substance within and of itself. While that which is, is always that which it is even when it appears not to be that which it is.

### **Discipline Perfects My Mental Faculty**

**Once again discipline is expressed through my thinking.**

**To perfect my AWARENESS or my mental faculty I affirm:**

**There is one mind.**

**That is the mind of the infinite.**

**That mind is everywhere present.**

**That mind is all knowing.**

**I am that one mind now.**

**I am all that that one mind is and I know it.**

**I speak my word and demonstrate the infinite wisdom of the one mind in all that I do now and always.**

**I am the expression of this infinite mind in all that I do, think, speak, create.**

**There is no other mind in the universe than the infinite mind of all which dwells in all creation and in me!**

**I know that I know that I know, god in me is the answer**

**I know that I know that I know, god in me is the answer**

**I know that I know that I know, god in me is the answer**

**As I affirm these statements daily I experience them!**

### **Discipline Perfects My Spiritual Faculty**

**I am divine.**

**I am the creator of my world.**

**I am the creator of every person in my world.**

**I am the creator of every experience in my world.**

**I am the creator of every other world in my world.**

**Every person, place and thing in my world is perfect.**

**I see all of the world as perfect mirror of what I believe about myself!**

**I am that I am, absolutely pure, good, perfect, loving, joyous, harmonious, happy and abundant.**

**I create every circumstance according to my desire for it through my recognition that it is perfect.**

**Every person in my world expresses wholeness, purity and goodness in every area of their life by MY choice.**

**I love everyone in the universe unconditionally.**

**I accept every being in the universe nonjudgmentally.**

**Everyone in the universe loves me unconditionally and views me in all the circumstances of my life from the nonjudgmental circumstances that surround me.**

### **DISCIPLINE REVEALS MYSELF AS A DIVINE BEING**

Should I desire, I could create the illusion of myself as a finite being with all the foibles of a human being, with all of the limitations of a human being, and with all of the desire of a human being. However I am divine and I know it.

How do I know it?

If I were to know it it would seem that I would never part from the way of the divine? If I **knew** beyond the shadow of a doubt that **I AM DIVINE** there would be none who could ever encourage me to believe differently.

Within me from time to time come flashes of illumination and this illumination is so clear and perfect that my heart knows it is right and good and true. I know it to the very tip of my toes to the crown of my head. I know it so within me that I can never be dissuaded from this awareness.

However from time to time I act less than divine. From time to time I pretend that I am human because it is fun to have the tenderness from humans, it is fun to have the feeling of caring humans share as sympathy, brotherly love, as social comradeship, as human intercourse in all of its various facets. Is this bad? Is this less than divine? Is there a divine moralism here?

No this is not bad. This is most certainly an aspect of man's divinity. There is no moralism here only a beingness.

Wherein then lies the problem?

The problem lay in whether there is a NEED or not!

If I need social intercourse than I am owned by it. If I need humanism, then I am owned by it. If I need anything, that thing owns me. And this TOO is OK! For in all games I first get excited about the game until I learn it. Then I treat it objectively until I master it. Then, once I have mastered the game, I treat it with great disdain.

This simple illustration brings home the point so very well how humanity operates.

Humanity needs humanity until it finds that it is truly DIVINITY. At this point it feels a great disfavor for humanity and an aloofness to its fellow human beings, not so much out of scorn rather out of disgust for having also been there so recently.

Then this fades and the recognition of the journey which all man travel becomes evident and not so much as compassion as an eagerness to have the fellow traveler know the truth floods forth from each and each becomes the great evangelist for the new awareness.

The great challenge to me is to maintain myself on the pathway—on the road moving daily, instantly, within myself to my divine integrity. It is a challenge because the human world all about me would have me "enjoy" more and more of itself. The world about me would have me "think" that I was still tied to this humanness. The world about me WHICH I CREATED BECAUSE I STILL WANT THE WORLD ABOUT ME seems to have such great pulling power for me that it is a solace, it is so very difficult to separate myself from it.

It is as I say to myself time and again that I am divine, that I am pure, that I am perfect, that I am god, that I experience what this means.

It is not like a bolt of lightning out of the blue that says to me "this is so!" And I hear it powerfully and follow the new path. It is a gentle nudging, a gentle flutter of angel wings in my heart, it is a solace, it is a peace more than a thunder that awakens the divine in me.

And so it is that many are called but few there are who answer. The gentle word of truth resounds through every heart, through every brain, through every media of the land from some plaintive voice again and again and again, but it is not heard. For those who have ears will hear and those who have heart will answer and those who have the spirit will go forth triumphant, alone, into that inner sanctuary of peace within themselves and never be disturbed by the human world again. A fulfilled life results, a spiritual life evolves and then it is finished.

This inner doorway is open to everyone and anyone.

No one can EVER force me to take this path, but I know that it is mine and I know that I am happy there.

What often delights me is that others say to me I should have more needs and wants. I should desire more clothing, I should desire more objects, I should desire more things. Yet every moment I turn around all of the things I could ever want flood into my experience. More food than I could ever eat is mine. More love than I could ever encompass is mine. More of life's joys surround and enfold me than I could ever have believed possible—and never once had I made a request to have these things. Never for anything and still it continued to flood forth in my life.

## **DISCIPLINE ESTABLISHES IN ME MY PHILOSOPHY OF LIFE**

Throughout my life my philosophy was pretty much governed by what was expedient. What had to be done, where the next dollar was coming from. What the "boss" required of me. What my family required of me. What my parents expected of me. What my peers so naturally called forth out of me.

But, there was something else within me that was calling me too. It was an indescribable something that had no name or within my breast seeking its own special fulfillment.

As I listened to this inner voice I heard a music that was for me alone. I could not describe it to another. I could not even tell another for I was that unsure that I heard the gentle music calling from the depth of my being.

Then a conviction whelmed up within me that could no longer be ignored. I felt that all that I had ever learned before, though good and beneficial, must be released. I felt that I had to let go entirely of the past and live in the absolute present.

As I did this, I found that all of the old wants and desires also faded away. I found that all of the old hurts and sadness that had once lain heavy in my heart were lost. I was free for the first time in my life of feelings I had never known existed, because before this time I had never given them recognition, I had never given them a name. They were nameless intruders in my inner consciousness and I had never known that they were there.

Even now they had no names.

Even now they were nameless intruders in the night who had been there and now were no longer. I made no attempt to discover who they were, I dwelt in the happiness that was free in a way I had never been before. It was a great and glorious feeling.—albeit a nameless feeling!

Every morning I walk my meditation path. I speak my word and claim the truth about myself. My meditation path is wherever I am. It is in the great cities of the world, the rural rustic woodlots, the high alpine peaks or the desert basin, wherever it is I am the peace for I am within myself. I discipline myself daily to continue my meditations regardless where I am or what I am doing. This is my time with my indwelling presence and I would not miss it for the world. It is a joyous adventure. But it is an adventure of great discipline.

As I walk through the blizzards, the hot sun, the heavy rains or the sweeping winds—and yet more than likely I create the solitude of a peaceful atmosphere most of the time—speak my word about myself and as I do this the power of the universe floods through me and I am peace. In this peace is the feeling of greatness. In this peace is the awareness that I have all that I can ever be within me now. In this quiet time I walk in the awareness that as god I go forth this moment to create a new day in a new world.

## **EXERCISE:**

As I walk in my mornings through the mist, the fog, the rain, the hail, the sun, the wind, the mountains of the world, in the valleys, or through the cities of the world, I say:

**I am god, god I am!** (I repeat this hundreds of times. Yes, I know that it is true, but the rhythm of these words beat the staccato in my consciousness and I feel a power that is unimaginable!)

**I speak my word for the affirmations of my day. I look into every area of my life and see it completed and perfect. I look into every activity of my life and see it as already manifesting the perfection that it is.**

**I speak my word for the successful venture of my staff who work so diligently for me. I see them enjoying the full abundance of the universe. I see them dynamically active conducting the business of the organization with great freedom of spirit, with great genius, with great love and joy in their hearts. I SEE IT DONE! I recognize all of those who have written to me asking for guidance and love, I see each of their hearts filled with an inner wisdom and that each know right now the answer to the great question which lies within their hearts. It is fulfilled right now!**

**I see my own talents fulfilled magnificently. I see me traveling around the world speaking to the people of every land in their native tongues sharing the wisdom of this philosophical reality. All accepting lovingly!**

My philosophy is a knowingness that there is peace of Earth and it began with me in my consciousness, in my heart and it is so for my world. It is a great awareness.

## **Health**

I believe that my body is the temple of the living god and it is absolutely perfect.

The reason my body express something less than health is because somewhere in my consciousness I had chosen to think and experience something less than health.

The moment that I choose to have a perfect body, I change my attitude about my body and my body changes according to my new attitude about myself. My body can only be as perfect as is my idea about it. If my archetype of my body is in any way flawed in my thinking, then it is flawed in the appearance. If I have a false concept of what must be in me, then that is what is in me, and that is the reason it is there.

Body illnesses are caused by either thinking that I am unworthy of wholeness or thinking that in some way I **must** hurt myself because of something that I have done.

There is never an illness from an outside cause. Illness or appearances of any kind, are always formulated by some mental attitude of the mind. Great sicknesses suffered by masses of people are the effect of race consciousness having its sway. It is not for everyone. It is for those who choose to fall prey to the concept of the sickness. It has been found scientifically that those who "should" have fallen under a plague or epidemic, have not done so, while the "healthy" were the ones who suffered the illness. The projection of the reason from the medical authorities was that there must have been mental acceptance on the part of those who so suffered.

Some say it is a matter of resistance to an illness.

This is not the case either. The resistance was not found in many who had it and was found in others who had it.

I am the cause and the effect of everything that happens in my world. I can read great scientific journals and see what science thinks today. Tomorrow new attitudes are shown and the scientific community, which is the knowledge community, has new theories to expound. This is not to belittle the scientific efforts of the world's great thinkers. Rather it is to indicate that these men are thinking. They have had the standard education which has placed in their consciousness conditioning of information, conditioning of what is acceptable syllogistic thinking out of the universal source. However the veil over their infinite awareness is the very education which would open them into the spiritual truths.

I am always an advocate of education. I love learning for learning sake. I find it joyous, challenging, exciting and fulfilling in so many ways. It is another way of entering into an inner awareness and an inner understanding of the eternal principles—however it IS NOT the eternal principle. It is one of the many pathways leading to understanding of life and what it is all about.

Health is native in all bodies. It is its natural state, the reason bodies do not experience health eternally is that the residents have mentally flagellated themselves to such a degree that their bodies have taken the brunt of it and have experienced illness of any variety of kinds.

So, the return to health, is the return to the awareness of health and thus the experience of health. It does not matter how "far gone" the appearance may be, so long as a change in consciousness takes place, the change in the bodily effect takes place equally—however, EQUALLY!

## **Success**

Success is the reality of every being. The reason I might not experience success is that I am putting more emphasis on manipulating success to work for

me than I am with seeking to enjoy the very thing or product which would be the cause of the success.

As a successful person I first love myself. I am so in harmony with myself and what I am that my fantastic charisma is the very sales program that sells whatever it is that I am providing, be it service or product or idea. It matters not. The very love I have for myself flows out through myself into whatever it is that I am doing and what I do is an absolute success. Once I truly love myself and I love my product or service, the next step is to open an expanding account in the bank for it will certainly be needed.

## **Relationships**

I am the master of relationships. Everywhere I turn I find people I love and who love me. The world is one great love affair for me. I love myself so completely that it is most natural that as I look about the world I see in the mirror of my own consciousness a pure and marvelous picture of myself. It is a beautiful experience and I love it and look forward to its expanding daily.

It does not matter the race of people, the color of people, the education of people, the health of people, the religious background of people, the life style of people—all are absolutely magnificent. Why? Because all are the purest reflection of what I believe about myself.

In taking a course in another language there were students from every nation in the world virtually. The course was given in the native language of one country alone. Everyone had to listen carefully yet in the perfect native tongue explain the grammar of the language. In two months everyone in the course basically understood the teacher and each was able to speak with the other on basic topics. The "mutual" language was the one being taught. Most of the students had not had previous training in the language. The love of learning, the joy of sharing, the desire to speak and a natural love for one another made the learning easy.

All of the various classes were loving. But I believe my class was the most loving because I was there. I blessed each of the students and became personally associated with each one in some very special way. Each one wanted to be close to me because I loved myself and because I LOVED THEM. I am the master of my life and the creator of my world. Everything in my world is beautiful and filled with love. Here I was in a group of students from around the world and it was only love that was the cement of our relationships. I gave freely of my love and it was returned one hundred fold. All relationships are founded upon love, nurtured in love and expanded in love. Love knows no bounds and knows its own perfect self.

Every relationship I have is created out of my desire to be myself and to share that which I am with others. I have no desire to take from the relationship. I only give. And as I give totally of myself, expecting nothing in return, the flow is irresistible back and forth. The return is frosting on my cake and it is wonderful that it is so wonderful that it is so—but such is my own creation.

## Harmony

The only harmony I will ever know in my world is the harmony that issues out of my own heart. There is no harmony that can ever come from another. It is only from my own inner self that all harmony flows.

Should I ever desire or expect harmony from another, it is a sure thing that I will not find it. For whatever harmony I expect to find from another must first come from within me. Then I will notice that the harmony will not come from outside but it has issued forth from within me all of the time and was no where else.

All issues of the heart, the brain, the brain of man are issued by the divine within. When I listen carefully I hear the reality of my nature. When I do not listen so carefully I find that I get a garbled transmission and this garbled report confuses me and so I act confused to others. Naturally this does not stimulate harmony, but confusion. Thus, confusion begets more confusion and harmony is lost. It is as I return to the purity of my own awareness of myself and as I understand that I am peace within myself that I experience harmony on the outer.

I am the source of the universe FOR ME

No matter what is my desire for myself, it issues forth from the center of my being. If it is relationships, first it is harmony within me that stimulates it. If it is wealth, it is the harmony within me that manifests it. If it is success, it is first the successful consciousness within me that opens any outward picture that shines forth this in my life and in my affairs.