

SPIRIT in ACTION

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THE DRAMA OF LIFE

BY NONA L. BROOKS
TAKEN FROM DIVINE SCIENCE DAILY STUDIES
OCTOBER 1932

The Drama of Life. It is a drama with a large cast. Some are playing their parts well; others do not seem to understand the plot or to comprehend the meaning of their own particular role and they put no vigor, no power to the play. Perhaps none of us plays his part to his perfect satisfaction. This is well for the higher ideal spurs us to greater endeavor. As we attain, the ideal moves always a little beyond our present level; this draws us irresistibly toward greater achievement. Thus the drama moves on to its climax.

The setting, of the Drama: An abounding universe. A being, man, richly endowed to understand and enjoy the universe about him. The writer of the creation story in Genesis saw this when he represented God as saying: Let us make man in our image, after our likeness. Paul saw it. This is shown by such statements as: "He hath given us of his spirit" and "Ye have the mind of Christ."

The dénouement: Good will triumph over evil. Justice will displace injustice. Strength will conquer weakness; right will prevail over wrong. An attractive picture is it not? And true, that is the supreme thing about it so far as you and I are concerned. For we are engaged in this drama. Its movement will be fast or slow; its events will be satisfying or disturbing, according to the way we play our parts. If we are wise we will study to understand the spirit and the motive of the great Artist; and endeavor to carry out His purpose in every detail.

The difference between the drama of the stage and the drama of our lives is that we have freedom in choosing our roles, and in determining the immediate character of our play. We have shown by our choices how ignorant we were. We have been learning during the past generation much that is interesting and helpful, and many are playing their parts worthily.

How shall we, you and I, play our parts in the very best possible way? First of all we must devote ourselves to knowledge—to the discovery of Truth. Then we must live by the Truth we have learned. There will be no further comprehension come to us if having found certain principles to be true we are indifferent to

them and careless in our living. Truth to be of value must be lived.

There is another attitude that is important: Not only must we be true in our thinking and living to what we know but we must also maintain an open mind, we must be ready and willing to perceive new truth even though it is the reverse of what we have believed. We must not let ourselves be bound by what we conceive to be the highest teaching. If we do this we get into a rut. Our outlook becomes limited, we are likely to become fanatical—"Every one is wrong who does not see as I see." Such an attitude makes one unlovely and unloving. It warps us and eventuates in spiritual dullness, in stagnation, and stagnation is death.

We must keep alive, growing; that is the Law of Life. When I first studied this teaching, I thought I had been given the last word. This true in one sense, when one is shown the Fundamental Principle of Life, Omnipresence—that there is one Presence, one Power, every where at all times; he has been given the supreme concept of the universe. However this is but the starting point. There lie before him vast areas of thought to be discovered; his comprehension of the meaning of Omnipresence is continually expanding, if he keeps an open attitude.

When I speak of this expansion of consciousness, I recall a beautiful experience I had a few years ago in Wet Mountain Valley. A friend and I had risen before dawn to see the sunrise, which we had been told was especially fine in this region. We stood on one side of that great valley (two hundred miles long, I think, and from seven to ten wide). In the darkness we kept our eyes in the direction of the lofty mountain range on the opposite side; we knew that first hint of light would come from there. In a few minutes the faint glow of dawn, then line of brightness on the top of a peak. We watched this slowly widen when, glancing back of us at the majestic range which we knew was there, we saw that the tops of the peaks on that side were brilliant; glorified by the first rays of the sun.

We stood for a long time looking alternately at the sun as it rose higher and higher

in the sky and at the mountains behind us. It was a most impressive sight; quietly, steadily the light crept down the side of that magnificent stretch of awe-inspiring peaks. It gilded them with a glory I had never seen before. Where there had been darkness and apparent nothingness now was teeming with life in an infinite variety of forms. All of it beautiful, fascinating. The light had revealed what had been there all the time, but the darkness had hidden it.

Then it flashed upon me how similar this phenomenon in the objective world had been to my experience in the spiritual realm. At first only peaks of thought were illumined with the light of truth; all else was darkness and to us did not exist. But the light of consciousness within us grew and as it expanded it included much that we had not comprehended before, much of which we had denied the existence. Our understanding deepened, our vision broadened, our world became richer, our lives more powerful, more satisfactory, more joyous. And the light is still expanding, and will ever continue to do so. This is one of the enthralling experiences of life—this continuous expansion, the constantly enlarging view.

Let me be still more definite, lest some do not catch the wonder of it. There was a time in my development when I thought that Truth was to be applied to health alone; the light increased and I came to see that Principle was all inclusive and was to be demonstrated in every phase of my existence, in my environment and my relationships as well as in my body.

The light continued to expand and now I realized that nothing was to be excluded from my consciousness. I had been denying certain external processes, they did not seem good to me or they seemed not to be consistent with the fundamental principles I had learned so I said, 'This is delusion, it does not exist in reality.' Often we form our decisions, even after a very thorough study of advanced thought, from personal prejudices. In my childhood I had been taught to reject evolution as a device of the Devil's, a clever scheme to divert us from the true concept of the creative fiat of an all-powerful God. It took me some years to get

over this view of this great life process. Then it began to dawn on me that evolution, with its evidence of law, order and power, was God's method of creating, a marvelous Life process. Not to be eliminated from our thought-world but to be understood and interpreted aright.

By such gradual unfoldment, my individual consciousness has been greatly enriched. The universe in which I live is larger, more wonderful than I had conceived possible. The experiences of the day are much more significant and vital. My realization of companionship has extended far, far out beyond the confines of those earlier days. I live in a universe that is alive, conscious at every point. A universe that responds to my every call, which fulfills my every need.

I also get joy in knowing that all of this beauty companionship will increase as I live true to my vision and keep open to the ever expanding consciousness within me. In this way alone shall I play my part well in the Great Drama, which is moving toward the dénouement of justice and right and truth prevailing in the heart of men—Triumphant Good is the goal.

HAPPY IS THE MAN

**The 10 R Plan of Life through Thought Control
by F. Bernadette Turner, Ph.D.**

The idea of the 10 R Plan of Life through Thought Control as presented in "Happy is the Man" was initially written in 1937. Through Divine Guidance, the manuscript was revised and published twenty five years later, in 1965.

PREFACE

Are you happy? Have you ever thought very much about the stuff that Happiness is made of? Both Happiness and unhappiness are self-created and they perpetuate themselves. Happiness depends upon your approach to Life.

Your approach to Life depends upon your Thought patterns. You may ask, "What are Thought patterns?" Thought patterns are the way you tend to look at things. We form habits of Thought just as we form other habits. God promises Happiness to those who "findeth wisdom and getteth understanding." As we progress along the continuum of Spiritual growth through wisdom and understanding, we become less self-centered and more God centered. We become more vital, more productive, more successful and more lovable. We become happier individuals. Through Thought Control we can accomplish these things. Thought Control is a method of thinking whereby we eliminate destructive, negative, resentful and unloving Thoughts about persons, places and things. We set our sights on our Objectives and move toward their realization by allowing God to express through us. Since we create our own unhappiness by our Thoughts, it behooves all of us to carefully evaluate our Thought-habits. THOUGHTS is the key word. You can experience the Happiness you desire and the Happiness God desires for you, which is one and the same thing, if you are willing to put forth the necessary effort to change your Thought patterns. It is the purpose of this little book to help you "findeth the wisdom and getteth the understanding" which will bring you Happiness. Amazing results await you if you follow the 10 R Plan of Life.

**CHANGE YOUR THOUGHTS AND
CHANGE YOUR LIFE**

"Ask and it shall be given you; seek and ye shall find; knock and it shall be opened unto you; For everyone that asketh receiveth, and he that seeketh findeth; and to him that knocketh it shall be opened." Matthew 7:7-8

CHAPTER ONE Life is Recognition

Life is Recognition. This is the first step in the 10 R Plan of Life. To recognize means to take notice of. You must take notice of the Thoughts you think. The best way to discover your Thought patterns is by carefully, honestly and consistently observing your random Thoughts. Random Thoughts are those which come and go aimlessly throughout the day, before you fall asleep at night or before you fully awake in the morning. Random Thoughts are, likewise, those distracting Thoughts so annoying when you are trying to concentrate on something.

In order to find out what your Thought patterns are, try keeping a record of your observations. Carry a little note book with you and jot down these scattered Thoughts. Do this for three days, not for three consecutive days, however, but for any three days during a ten day period. Then tally these Thoughts under the following descriptive headings which should be amended according to your particular needs. Do my random Thoughts about myself, persons, places and things tend to be: Kindly, Resentful, Spiritual, Depressing, Negative, Optimistic, Selfish, etc? So far so good. Now count the Thoughts you have recorded under each heading. You can see for yourself, probably, for the first time, what your Thought patterns appear to be.

The second step toward recognizing your pattern of thinking is by listening to other people. Objectively appraising their Thought patterns will help you to more accurately appraise your own. After you have listened to others, listen to what you say, in your face to face or telephone conversations. What do you usually talk about? Do you dwell on subjects pertaining to sickness, other people, bad times, fears about the future or are you cheerful and kindly in your remarks?

A third step toward helping you discover your Thought patterns is by taking notice of your reactions to TV

programs and movies you have seen; concerts, sermons and lectures you have heard; and books and articles you have read. Do you generally react favorably or unfavorably? You may answer, "It all depends." You are right. It all depends upon how you think. We often develop a Thought pattern of criticalness about what we hear, see or read which through rationalization fairly glistens with justification. We tell ourselves that our criticism is constructive, when actually; it is merely an extension of our need to be critical. It is not implied that we should always react favorably to everything. Criticism can be constructive. Nevertheless, unless we go to the trouble of finding out what our Thought habits are, we will never know what is behind our criticism of persons, places and things.

You can further scrutinize your Thought patterns by your reactions to new people you meet; new places you visit; and new things you see.

Another way of finding out more about yourself is by asking two of your friends who know you reasonably well to describe you. Ask them to do this independently. Tell them to be truthful, because through their truthfulness, you can be truthful with yourself. Check their findings against your own.

If you have followed these steps conscientiously you have learned considerable about yourself, and should be fairly accurate in deciding what your usual Thoughts are in relation to people and situations. It is now time for you to reconsider the several headings under which you recorded your random Thoughts. On the basis of the combined findings make any changes deemed necessary. Do this as objectively as you possibly can. After you have decided what you believe to be your Thought patterns, it will be comparatively simple for you to recognize your approach to Life. Life is Recognition.

With this knowledge about yourself you should be motivated toward developing new Thought patterns which would enable you to live more spiritually, more effectively and more abundantly. If you work toward this end, you will become less bothered about little things; less concerned about what other people do; less worried over finances; less upset over delays; less frustrated over problems; and, generally, less disturbed over what seems to be.

Make your daily Prayer, "Oh God! Help me to keep my thinking straight." At the moment you accept the unalterable fact that your Happiness depends upon what you think, you will appreciate the importance of turning to God. "Thou shall make thy prayer unto Him and He shall hear thee..." Job, 22:27. You must recognize the necessity of practicing Thought Control, the elimination of resentful, unloving Thoughts. You must think discriminately. You do not take just anything into your stomach. Neither should you make a garbage receptacle of your Mind. You crowd God out when you absorb all this rubbish. Recognition of the devastating effects of wrong thinking can be the beginning of Happiness. "Happy is the man who findeth wisdom and the man that getteth understanding."

Life is Recognition.

<p style="text-align: center;">CHAPTER TWO Life is Reformation</p>
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Life is Reformation. This is the second step in the 10 R Plan of Life. To reform means to go from worse to better. To leave old Thought patterns behind requires patience, time and concentration. It requires, too, the prayerful obedience to the Will of God. God does not impose Divine Will upon us. God expresses through us. The Kingdom of God is within.

Through consciousness of God's Presence we will have Peace of Mind. We

will be receptive to Beauty. Absorbing or drinking in the Beauty about us can be a very rewarding experience, especially, if we have gone along blindfolded and unappreciative of the things along the way. If this applies to you, begin now, this very moment, to change your Thought pattern of indifference to one of Absorption. Notice a child's happy smile, a puppy chasing his tail, a spire of a Cathedral, a lovely rose in a floral shop or someone feeding the pigeons. Notice the children at play, the stained glass windows of a Church, a bird chirping in the tree top and the myriad of other things you have failed to appreciate. There is so much to see. Let us wake up and live. God wants us to see Beauty in everything.

As you have feverishly hurried down the avenue, probably with knitted brow, mulling over your troubles, disappointments, and unhappy experiences with people, you have missed so much.

We have no right to selfishly go through Life unaware of God's Creation. We owe more than a passing interest in the Universe of which we are a part. What we exclude we go without. We must be alert, alive and aglow. A person who exudes Life is a joy to be around. If you have few friends perhaps you should look for the reason. Perhaps you show little interest in anything or anyone outside yourself. With a healthy curiosity about persons, places and things you will discover that people gravitate toward you. When our conversation is not petty and personal; when we rise above all the sordidness, we merge with the Universe. We reflect a Oneness with God. We accomplish this kind of thinking through Thought Control, the removal of all these trivialities. We think Big. By reforming our limited approach to Life in favor of new thought patterns we will not want for

friends. They will be seeking us. Life is Reformation.

Let us consider a self centered person for a moment. He cannot go anywhere because he is too tired; he cannot watch TV because he has no TV to watch; he cannot see the movies because he does not have the money. "Others have so much more than I do; if I could only see a show once in awhile, I'd be so happy," he bemoans. He talks about making the best of his lot in Life. If he would practice Thought Control and eliminate his pessimistic thinking, he would open an unobstructed freeway leading straight to God. Through Prayer and Meditation he would enjoy a serenity that passeth all human understanding. He would reform his thinking patterns. He would not settle for making the best of his situation, he would make the most of it. There is a difference. He would look out his door or window with eyes toward the sky and discover that God puts on a show every night. The moon, the stars, the moving clouds - what wonders to behold. Look up. Change your Life from worse to better. Life is Reformation. We must realize that we create our worlds. We can be as happy as we want to be, or, by the same token, we can be as miserable as we want to be.

For further understanding of yourself, it is suggested that you casually ask someone, "What did you notice on your way to work this morning?" Try this a few times on different people and when you get the frequent answer, "Oh nothing in particular, why?" you will feel a personal responsibility to help these people "particularize the nothing". Seeing this lack of observation in others will help you become more conscious of things about you. We can make Life such a humdrum existence instead of a stimulating experience through our indifference.

In our search for wisdom and understanding we must have knowledge

of the Universal Laws. These Laws are immutable. They operate the same for everyone. As an example, there is the Law of Attraction. Let us suppose that you are looking for employment. You are well trained and personable. Regardless of your qualifications, you are filled with fears and doubts during the interview with your prospective employer. Your Thoughts are negative about being accepted. Consequently, your expectations win out. You do not get the job. You wrote your own ticket. The Law of Attraction was operative. You went to the employer with a mental picture of defeat instead of Knowing that you would find the right position. We can use Universal Laws constructively or destructively. We should never forget that we attract our good. The key word is Knowing. We must Know that we already have what we are seeking. "Lift up your eyes, and look on the fields, that they are white already unto harvest." John 4:35. These words assure us that what we want we have. If you ponder for a moment you will realize that you have always known this. Everything we see, pictures, automobiles, houses, whatever, was an idea in the Mind of someone, the painter, designer or architect. He must have had a mental picture of the finished product. The product (effect) is the manifestation of Thought (cause). This is common knowledge.

Let us think about the Law of Love. If you think loving Thoughts you beget Love. As you become more lovable you become more loved. The person who remembers that Thoughts and results are related will want to reform his Thought patterns. He will understand that what he reaps he sows.

To further understand your way of thinking it might be well to take special note of the kinds of experiences (effects) some friend of yours has in relation to his Thought patterns. You will see that if he

habitually anticipates good and does not try to achieve at the expense of others he will enjoy prosperity. Take notice, too, that if the person gives generously to the Church or ministry from which he receives his Spiritual support, he will likewise, prosper accordingly. "Give and ye shall receive" is an undeniable Truth. Read and re-read the Scriptural passage "For verily I say unto you, that whosoever shall say, 'Bring ye all the tithes into the storehouse, that there may be meat in mine house and prove me now herewith', saith the Lord of Hosts, 'if I will not open you the windows of Heaven, and pour you out a Blessing, that there shall not be room enough to receive it.'" Malachi 3: 10. What more evidence do we need? When we return to God what belongs to God by supporting, financially, the furtherance of God's Work, we are heaping Blessings upon ourselves. If we have nothing to give financially we can give in other ways. There are so many kinds of love offerings. Let us think loving thoughts.

We must have Faith. We must believe. "For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, what things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:23. Again, what more evidence do we need? We cannot disassociate Faith and desire.

Thoughts are Things. Our Thoughts are loaded with Power, Influence and Action. We are what we think. Reforming our faulty Thought patterns is necessary if we are to achieve Happiness. "Happy is the man who findeth wisdom and the man that getteth understanding."

Life is Reformation.

CHAPTER THREE

Life is Resolution

Life is Resolution. This is the third step in the 10 R Plan of Life. To resolve means to determine or decide. We must make a definite decision about certain things and with firm determination work toward their achievement.

First, you must decide the kind of person you want to be. Perhaps the following suggestions will prove helpful. Think about people you know and pick out desirable traits which you would like to develop. Think about Biblical characters and persons whose biographies and autobiographies you have read and select those traits which you would like to copy. After thinking about these combined characteristics until you have crystallized your thinking form a mental image of yourself possessing these qualities. Be determined to be this person. Life is Resolution. Look in the mirror every day and see the person you want to be (the person you are) looking back at you. "But we all, with open face beholding as in a glass the Glory of the Lord, are changed into the same image..." 11 Corinthians 3:18.

Every day think of yourself as an honest, likeable, loveable, successful, healthy individual. Do not be afraid to think of yourself as having the things you desire. "Fear not, little flock, for it is your Father's good pleasure to give you the Kingdom." Luke 12:32. Remember what you want you have. With a mental picture of yourself as a perfect Child of God possessing all of these admirable traits, you will act differently; you will exhibit the loveliness you claim for yourself. Resolve to follow this plan. Life is Resolution.

Secondly, you must be determined not only to change your Thought patterns about yourself but you must be, equally as determined, to change your Thought patterns about other people. Strange as this sounds, as you love yourself more,

your Real Self, you will be able to love other people more too. When you do not like yourself you feel that other people do not like you either, therefore, you treat them in such a manner that it would be difficult for them to like you.

Along Life's Highway all of us have been associated with someone, for any of sundry reasons, who may have treated us badly, perhaps in some extreme cases, even with contempt. If you know such a person, be it a parent, sister or brother, husband or wife, friend or mere acquaintance, you more than likely see him or her only in terms of his or her behavior toward you. Determine to neutralize these negative Thoughts and see them in relation to their Divine Self. Life is Resolution. Because he covers his Divinity with unkind actions caustic remarks and acid words that hurt you and bring tears and probably send you into a deep depression (if you allow yourself to be so affected) does not mean that you should return in kind. Retaliation will not right strained relationships. Nevertheless, there is no reason to be willy-nilly about such treatment either. Firmly tell him that he cannot hurt you because you refuse to see him as he appears to be but that you see him only as the kind of person he really is. His response is not important. He may laugh this off in some flippant fashion but what difference does it make. He may not be able at this time to express what he really feels. Through Prayer and Meditation if you see him as a perfect Child of God he will eventually respond in a more acceptable form of behavior. He, too, will unfold spiritually. Through Thought Control, the elimination of resentful, unloving Thoughts, he will gradually change his mental picture of himself and become a more lovable person. Love begets Love. Decide to be kind in the face of unkindness. You will never regret it. Life is Resolution.

Paradoxical as it may seem, those whom we have allowed to be problems to us may be the means through which we make our greatest gains in wisdom and understanding when we react to these persons with Divine Love. When we so react, we will have advanced along the continuum of Spiritual growth. Consequently, a new Life may open up to us. We may discover new avenues of endeavor and new worlds to conquer. We may attain Heights beyond our fondest dreams when we transform unkindness into Love. "And be ye kind to one another, tender hearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 5:32. In your humblest Gratitude you may say to the individual who seemed against you, "thank you from the bottom of my heart." He, too, may be thanking you verbally or silently for seeing him as a Perfect Child of God. This may have been a reawakening and a rebirth for him as well. "He that dwelleth in the secret Place of the Most High shall abide under the shadow of the Almighty." Psalms 91: 1.

Another way to achieve Happiness through wisdom and understanding is to give a sincere compliment to someone every day. For instance, "Mary, you looked so pretty at the party last night." "John, your speech was excellent; I heard several express the same sentiments." "Mr. Peters, I have wanted to tell you for a long time how much we appreciate the interest you take in the tenants in your building." "Mrs. Oakes, your little son was so well behaved in Church this morning." Resolve to join the One-a-Day Club. Never let the sun go down without having given someone a little boost along the way. We never know what one word of kindness may mean to another person. It may be the turning of the tide for him. At that moment he may have been at the Crossroads. If we would only let God express through us more often. We would

be so richly rewarded. Rewarded with an inner Joy that words cannot describe. Life is Resolution.

This world is so hungry for Love. You may say that the world is in such a mess that what you could do through Love would be but a drop in the bucket. If this is your attitude you are not practicing Thought Control. The world situation is the result of faulty Thought patterns on the part of all of us. If every one of us would think constructively, the condition of the world which is a manifestation of our Thoughts would change. The world, as we generally conceive of it, is the sum total of our individual worlds. The world in which you live is created by the Thoughts you think. Determine to build a world of Love. Your world would influence adjacent worlds. We exert a far greater influence upon the thinking patterns of others than we possibly realize. The Laws of the Universe can be used to our benefit or to our destruction. "Great Peace have they that love thy Law ..." Psalms 119:165.

We can exert an evil influence, too, if we do not make intelligent use of these Laws. Knowing how important we are to the Scheme of Things should motivate us to develop our Divinity instead of adding to the world's confusion. We can do this by being God's ambassadors of Good Will. Life is Resolution.

The journey to Happiness may be a long trek but as we change our Value System we see first things first and the customary frustrations accompanying the appearance of imperfections which are real on the human level lose their potency. "Therefore I say unto you take no thought for your Life what ye shall eat; neither for the body, what ye shall put on. The Life is more than meat, and the body is more than raiment." St. Luke 12:22-23

With determination to know Happiness you should tackle your Thought patterns with a vengeance and declare

in a loud voice, "This is not for me". Supposing you discover, in your vigorous determination to achieve your Goal that you as an illustration are one of these misguided individuals who enjoys poor health. You may question that anyone would enjoy feeling badly but actually there are those who derive a kind of satisfaction feeling this way. They shop around among the physicians to find a diagnosis that substantiates their morbid thinking. They delight in telling their friends and others who may be willing to listen, "The doctor told me that he has never seen a case like mine before." They discount the competence of doctors who upon the basis of their findings say that there is nothing organically wrong with them. These people who seek attention and sympathy through their alleged poor health credit others who are happy and well as being favored in some way. These dear people, God Bless them, need so much to change their approach to Life. "...let the weak say I am strong." Joel 3: 10

As we grow Spiritually we see these persons enslaved by their negative thinking through kindlier eyes. Perhaps we can arouse in them a curious interest in our approach to Life, and at that time, by God expressing Love through us, we can help them. In the meantime we can bless them in our Prayers and Meditations.

"Happy is the man who findeth wisdom and the man who getteth understanding."

Life is Resolution.

CHAPTER FOUR **Life is Retrospection**

Life is Retrospection. This is the fourth step in the 10 R Plan of Life. To retrospect means to go back over the past. Through retrospection we can live again those moments of the past which enrich today and build a treasured memory for the future. Memory is a Spiritual Gift. In reliving our yesterdays, flickers of both joy and sadness come to us at unexpected times.

Such is the dichotomy of Life. But who of us for the sole purpose of eliminating the tears would forego the ecstasy that comes through memory. The past is ever in the making. Life is Retrospection. Let us live wisely today that the present, the Now, may be more fruitful; the past, more beautiful; and the future more bountiful. Life is the sum total of human experience. Let us fill our memory chest with good Thoughts on which we may draw from day to day.

As we travel along the Highway of Life, the edge of humor seems somewhat dulled by trying situations, but through recollection we can step into a patio of pleasant memories and walk among the flowers. Retrospection is not to be used as an escape hatch. We must guard against such excursions into the past for the sheer joy of escaping problems of the present.

A retreat into the past through Thoughts of a by gone day long enough to serve as a respite that we may return to the task of the moment refreshed and better able to solve current problems; or for the wonderful experience of reliving pleasant happenings and associations is, on the other hand, a constructive use of the retrospective aspect of Life. An example of a destructive use would be to call forth memories of unpleasantness. A storehouse of hateful Thoughts is as danger-ridden as a keg of dynamite. If we kept our thinking straight we would not hoard them in the first place. Through Thought Control such Thoughts are dissipated. They lose their potency. If we attached a hose pouring forth clean water into a tub of dirty water eventually the tub would contain only clean water. Are we filling our mental-tubs with clean Thoughts? As an illustration of the wrong use of retrospection consider the person who blames others for everything that goes amiss in his planning. He digs down in his memory chest, pulls out all of his resentments. He pins his unhappiness on

some particular injustice he feels was done to him thereby perpetuating his own misery.

Our attitudes stem from the interpretation we place upon our experiences. Through retrospection we can trace the origin of these attitudes. This can be very helpful in our desire to affect a more satisfying approach to Life. When we chart the history of our Thought patterns we may detect a trend. We may see a pattern of carrying grudges, for instance. The person with a tubful of dirty Thoughts is a grudge-carrying individual. Such a person has cut his communication lines. He has severed his connection with God. Through Thought Control he clears away the debris and renews his contact.

In our quest for Happiness through wisdom and understanding we come closer to our Goal. We are on our way. Let us not be discouraged. If we practice Thought Control on a mature level we do not dwell on the long trek ahead, instead, we remember when we first began practicing Thought Control and rejoice in the distance we have already traveled along the continuum of Spiritual growth. Life is Retrospection.

We should have a healthy curiosity about Life. A self-centered person, however, can only ask questions. He does not wait for answers. Answers are found through prayer. Self-centeredness and God-centeredness are not team mates. We cannot serve two masters. Let us turn back the pages and truly evaluate our experiences in relation to our Thought patterns and see where we ran amuck. The abandonment of all this cluttered thinking frees us to dwell upon our Spiritual concerns. We can read the Bible in Peace.

We must subordinate our wills to the Will of God. Each one of us has a Mind and that Mind is part of Infinite Mind. This term, Infinite Mind, means God's Mind. God expresses Himself through us.

Therefore, we are not fighting God nor is He fighting us. It is not a competitive relationship. "God and I are one." When we accept this truism as fact we are better able to "let go and let God."

Another attribute of the retrospective aspect of Life is that we can draw upon past experience in formulating new plans. We can thus avoid making the same errors twice. We should be grateful for memory. God has armed us with all the Tools necessary to a good Life, a Life filled with Happiness for those who "findeth wisdom and getteth understanding."

Thought Control is a time saver. With all of this wasted thinking out of the way, we have Time to live, Time to love, Time to work, Time to dream and Time to solve our problems. When we repress our problems instead of solving them we are only fooling ourselves. Such a method impairs good health. Eventually our feelings will out. Not perhaps in their true colors but in some disguised form. There is nothing therapeutic about repression. To cover hate in our hearts with lullabies and liting words only adds to our frustrations. We must face every situation, not alone, but with God. To repeat, let us never try to escape from Life. There are no short cuts. We must take each day as it comes and make it what we will.

We may wonder if we would have problems if we practiced Thought Control and followed the Will of God. Even the most dedicated practitioners of Thought Control because they, too, are human, slip back from time to time and allow unkind Thoughts to enter their Minds. This, however, happens less and less frequently through Spiritual Unfoldment. We, as Jesus did, need a Gethsemane. Through Prayer and Meditation, away from city din, we develop our Strength and Inner Resources. We grow in Spiritual understanding. Through this Silent Communion we know that God loves us. We know that God is always standing by.

Consequently, we have less frustration. We know that God will always help us with our problems if we will only turn to God in Faith.

Should we have problems related to our interpersonal relationships we must never try to hurt anyone. It is not our responsibility to mete out punishment. "... For God is Judge Himself..." Psalms 50:6. Yes, it is human to have problems but it is Divine to react to them on a Spiritual level.

A Mind filled with discordant Thoughts is the inferno in which unhappiness smolders. It bursts into flames and brings havoc in its wake. "Happy is the man that findeth wisdom and the man that getteth understanding."

Life is Retrospection.

<p style="text-align: center;">CHAPTER FIVE Life is Revolution</p>
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Life is Revolution. This is the fifth step in the 10 R Plan of Life. To revolve means to turn round or to rotate. If we thought of our behavior as a large wheel turning round or rotating before us we would probably see a lot that missed our attention before. We would see, probably, too, a lot that we would like to root out because we know that these undesirable behavior patterns are standing in the way of our Happiness. We need not be discouraged. We know that through Divine Guidance as we gain knowledge about ourselves we are gaining wisdom. "For the Lord giveth wisdom; out of his mouth cometh knowledge and understanding." Proverbs 2:6.

Regardless what the old patterns have been we can use them as stepping stones. As John Heywood wrote, "An ill winde that bloweth no man to good." When we turn the wheel round and round we can view our approach to Life from all directions. We can turn our problems slowly before us and see their many sided nature and see them in proper

perspective. We may see ourselves for the first time perpetuating problems which, had we looked at them from all the angles we could have found a solution, forgotten them, and gone about our business. Life is Revolution.

We may discover, too, as these problems are viewed from all sides that the best approach to their solution would be inaction. Of times it is infinitely wiser to let a situation lie for a day, a week, a month or even longer, allowing the Therapy of Time a chance to make its contribution toward a solution rather than to rush in feverishly and add to the magnitude of the difficulty. "...Their strength is to sit still." Isaiah 30:7. Through Meditation we can seek God's Guidance.

We witness the revolutionary aspect of Life all about us. The physical appearance of the individual is ever changing through the revolutionary process of daily experience. Worry, hate, revenge, all representing unloving Thoughts, show on our faces. Thoughts write themselves upon the countenance of Man. We see written upon the hopeful face of childhood, Prophecy; while upon the face of the aged, History. Everything which we experience perceptually, emotionally, mentally and spiritually is a process of change in our personalities. Life is not static. Life is Revolution. We grow in the turning of events; we develop in the continuous movement of daily living. Within the Mind, through Thought Control, we may enjoy the Serenity of Peace and Contentment. The Universe in its Totality is God.

Like the stage in the theatre that revolves before our eyes portraying the unfoldment of plots with heroines and heroes, so it is likewise true in the Theatre of Life. We write our own script. We make our own plot. We play the leading role. It is our performance. We set the stage and we act upon it. As our play revolves, we can see, those of us who want to see,

how we could have improved the plot and put on a better show. Through Thought Control we make intelligent use of the Principle of Rotation. Going round in circles in a frustrated immature fashion is a far cry from a beneficial approach to the revolutionary aspect of Life. Life is Revolution.

Turning our past performances over in our Minds with an attitude of inspection can be a very profitable experience. We might well recall the beautiful Prayer, "We have offended against thy Holy Laws, we have left undone those things which we ought to have done; and we have done those things which we ought not to have done; and there is no health in us."

We become so bewildered at times. Our problems stand like mountains or immovable boulders in our path before us. But through the turning of day to night, we slip away in refreshing sleep and when morning comes around; we re-robe these problems in brighter colors. The relaxation and the rejuvenation of quiet slumber helps us to keep our thinking straight. We free ourselves from distorted thinking through Thought Control and readily accept God's Guidance. Problems vanish with the answers. Life is Revolution.

Life is Order. The Wheel of Life turns but God is the unchanging Center. We can appreciate the Orderliness of Life through Nature. We should appreciate also that Divine Order is the natural and right state of our affairs. "...yet am I with you in Spirit, joying and beholding your order." Colossians 2: 5.

There is something tranquilizing and restful about the fields, the trees, the mountains, the stars, the ocean, and the clouds. What is more inspiring than a rainbow arched across the azure sky?

We probably have never thought much about it but we live and have our being in the revolutionary process of Life. Birth and death are the two extremes of

the continuum of Life. We rise with the sun, we work by day and we sleep by night. We live by God's Order. Life's experiences change, yet, Life itself is changeless. Universal Laws remain constant and impersonal. Conditions and situations vary but beneath these variances Creation remains steadfast. Our Faith is built upon the Orderliness of the Universe. We find Strength in the predictability of Creation.

When we use the revolutionary aspect of Life wisely we can avert, avoid, and bypass many unpleasant heart breaking outcomes. If we saw an obstruction down the road we would not, if we used good judgment, drive into it. Take, as an example, a couple contemplating marriage whose basic philosophy of Life is definitely incompatible. Their evenings together generally end up in arguments and tears. If they viewed the relationship from every angle, turning it round slowly and examining all the facets, there could be but one answer. In one breath they will say, "We love each other; we want to get married." In the next, "we know what we should do." Needless to add, they were not getting anywhere. They refused to listen to God who was trying to tell them to act wisely. "We know what we should do" was the Lord's unheeded message. They turned the problem round and round but they closed their ears to what they heard. They married. They did not use the revolutionary aspect of Life constructively. They resorted to circular reasoning instead. There is a difference. God is ignored many times as Infinite Mind tries to point the way.

Life does not have to be the tedious struggle we so often make it. Anyone can conscientiously practice Thought Control who will go to the trouble to discipline himself to where he can refrain from purposeless, unrelated, unloving Thoughts and form the habit of listening, "Be still

and know that I am God..." Psalms 46: 10. God has afforded us the revolutionary aspect of Life so that we will turn things over in our Minds, accept Spiritual Guidance and develop a greater conscious awareness of the Christ-Self within. "Happy is the man who findeth wisdom and the man that getteth understanding."

Life is Revolution.

Chapters Six through Ten will be presented in January's issue of Spirit in Action. ---Editor

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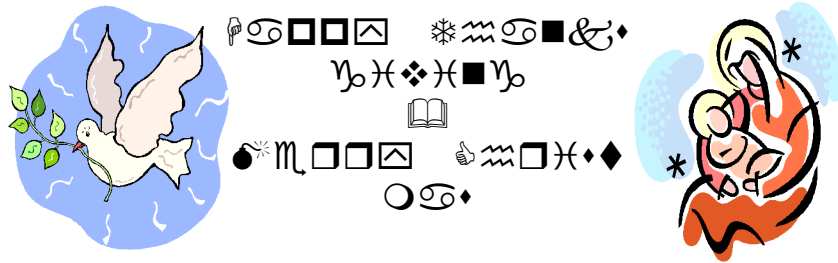
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A PRAYER

Oh Father of us All! As we turn
to Thee in Silent Prayer -
We Know that wherever we may be
Or for whatever reason we may be
seeking Thy Guidance
Thou art Near. The Kingdom of God
is within.
Oh Father of us All! We turn
to Thee. Amen.

F. Bernadette Turner