

SPIRIT in ACTION

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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. *Continued from December 2008 issue*

CHAPTER SIX Life is Restoration

Life is Restoration. This is the sixth step in the 10 R Plan of Life. To restore means to renew. To begin each day appreciating that Life is renewal is to find comfort in daily living. "... Be ye transformed by the renewing of your Mind..." Romans 12: 2.

We may feel that we failed yesterday, but that was yesterday. Today is a brand new start. Perhaps we learned something which will give us added knowledge for the next try. If we have a

positive approach to Life we will see progress in mistakes. "For behold, I create heavens and a new earth; and the former things shall not be remembered, nor come to mind." Isaiah 65:17. Unless we find hope in the renewal aspects of Life, we warp our outlook, cramp our vision, and lose our charm. We keep harking back to yesterday. We deplete our energy and spoil today. What we have is "now", let us make the most of it. "Behold the hour cometh..." John 16:32. Life is Restoration. We are given the opportunity to once more face whatever comes, unflinchingly and with determination to see the situation as a challenge.

Through Thought Control we become scientific in our approach to Life. We remove these irrelevancies and keep our sights on the target. We should feel triumphant when we get up in the morning knowing that God does not hold anything against us. He is a forgiving Father. If we would forgive ourselves our past miscarriages of judgment and accept Today as another chance to make good, we would give evidence of our wisdom and understanding. We should feel

triumphant because we would be overcoming destructive thinking through Thought Control. Thought Control is not a short assignment. It cannot be compared to an assignment in school where the student stays up long hours into the night, writes the paper, and hands it to the teacher in the morning with a sigh of relief. "Thank goodness, that's done." And then spends the following days worrying about the grade he will get. Thought Control is a lesson of a Lifetime. It requires Patience and Faith. Eventually, it becomes our way of Life.

So far in this little book we have not considered the material side of Life. Lest it be thought unimportant, it should be explained that we live in a world where things have definite meaning too. Some believe that it is sinful to like pretty clothes, enjoy good food, live in an attractive house, have fun, own jewelry and cars, or look forward to an exciting vacation filled with adventure. Material things are likewise God's Creation. Does it not seem unreasonable to assume that God would take exception to his own Creation? To consider material possessions as first; to buy luxuries and to neglect to financially support the Church of our choice; or to own things at the expense of others, obviously, is not what we are talking about.

By the same token, there is nothing sinful about enjoying possessions. We may treasure an old locket, a pressed leaf in a book, a strand of hair tied with a baby ribbon, a dinner ring, a faded letter, an old watch that stopped ticking a long time ago, a tarnished bracelet, an antique car, a pair of diamond cuff links, a hand tooled wallet, to mention a few things in a list that could stretch miles and miles. Whether the articles we treasure fall in the category of those mentioned above or are more valuable, price-wise, is not important. It is the value we place upon things that counts. If we place first things first in Life we are free to enjoy material possessions too.

Living in an attractive home; taking a restful vacation; or driving in a comfortable car is restorative. A quiet evening in a home among those we love is revitalizing; vacationing in the hills where Nature abounds is regenerative; driving along an avenue of trees on a Sunday afternoon is relaxing. In these moments of renewal, we seem so close to God. We feel His very Nearness. We may in the flicker of a passing scene reach Depths we have never known before. A whole new Life may be opened unto us. Life is Restoration.

There seems to be such morbidity in some religious thinking about human beings enjoying themselves. A positive approach to Life looks for the good rather than the evil in things. Those who practice Thought Control do not think of suffering, punishment and denials as God's prescription for a Christian Life. Many are guilt-ridden because they cannot reconcile their limited comprehension of what constitutes a good Christian life, and their normal healthy desires to enjoy material things. They place so much under the heading of sin. Let us never lose sight of the fact that God wants us to be happy. God knows that most of us have acted wrongfully at some time or other in our lives. Certainly God does not, nor should you, condone such behavior; however, there are many wholesome activities, which because they bring us pleasure, does not make them necessarily unChristian. We should continually ask the Lord to help us keep our thinking straight. When we do act in ways which are wrongful, even then, if we repent, God forgives

"Wherefore I say unto you, All manner of sin and blasphemy shall be forgiven unto men..." Matthew 12: 31. We should seek God's Guidance in helping us to do the right things but, by the same token, if we err, we should not feel like social outcasts. Each day gives us a never failing chance to right our wrongs. Life is Restoration.

When we stop and think about it, the

renewal aspect of Life goes on even into the night. When evening comes, drowsiness overtakes us and we succumb to sleep. We breathe in the fragrant air while we rebuild our Strength, restoring our physical and mental capacity to go on with more vigor and hope for the morrow.

Life restores itself through Prayer. In every home, be it a mansion or cubicle, there should be some favored corner, a Sanctuary, as it were, where one can steal away and in Silence, ask that he may always be attuned to the energizing Current of Life that runs through all of us; and that he may be helped to develop self discipline, Patience and Faith in order to live Abundantly. God's gifts are limitless. "But my God shall supply all your need according to his riches in glory by Christ Jesus." Philippians 4: 19. When we are most disturbed, distraught and from all appearances hopelessly involved in some situation, we can find through Prayer—the restoration of Spirit and the Strength to carry on. "He restoreth my Soul" Psalms 23:3 "Happy is the man who findeth wisdom and the man who getteth understanding."

Life is Restoration.

CHAPTER SEVEN

Life is Reservation

Life is Reservation. This is the seventh step in the 10 R Plan of Life. To reserve means to keep back. Reserve is a counter which stands between us and a man made world. Reserve keeps us from entangling alliances which rob us of our dignity. Reserve is the Mystery that gives Human Beings magnetic power. Reserve furnishes those whom we meet with assurance that there is more to us than meets the eye.

To lay our innermost Thoughts upon the bargain shelf of Life to be handled and mauled by the populace is to empty the Chalice of Happiness and drain the Cup of Contentment. Happiness and

Contentment are born of Silence. Through Meditation we Commune with God. There are Sacred Hours, pulsating Moments, and peeps into the Great Beyond at unexpected times when the Door of Eternity seems ajar which give us that Blessed Opportunity to envisage the Whole of Life and bask in the reflection of a Divine Inspiration. These experiences we can only share insofar as others are influenced by us. Influence is not a tangible Thing. Influence of a subtler sort is something which Human Beings feel but cannot explain. These Heavenly Glimpses do *something* to us. They give us Reserve. Life is Reservation. These Glimpses make us realize there is so much to Life; so much about which we speak in hushed tones or speak not at all. This 'keeping back' is not selfishness or possessiveness. It is our Spiritual Nourishment.

Reserve gives us Vision. Reserve gives us Strength. We are not speaking of reserve - that assumed role taken by those sometimes who try to impress others with their claim to social rank - but a reserve that originates within. A reserve which is characteristic of those who have reached Depths of Spirituality. They require less of the superficiality of too much human association. To be with people part of the time is mutually fruitful; to be with people most of the time may or may not be of positive value and being with people all of the time is nothing short of grand larceny for it robs one of the Opportunity of knowing himself. He is left emotionally impoverished and Spiritually bankrupt. We must be alone long enough to get acquainted with our Inner Life. We must be alone long enough to understand the workings of the Mind. We must be alone long enough to be at home to Him, who, through Thought Control directs our way. We must be alone long enough too, to enjoy other people. Obviously, it is not suggested that we live in isolation but when we get involved in these smothering relationships we eventually cut ourselves off from humanity. A reaction is bound to

follow.

A continual association with constant, purposeless talking and empty planning depletes our energies and closes the Door afforded by Meditation. We become intoxicated with all this clatter. We lose our sense of proportion. We must keep back some part of us. Life is Reservation. Through reserve we can ponder awhile, pushing aside this misdirected thinking and develop mature Thought patterns. There is so much Strength in reserve. We should enjoy our aloneness with our Thoughts. When we think well of others, are kind and considerate, refrain from gossip and dispense with hateful, competitive attitudes, then the time we spend with ourselves, free of regrets, can be cherished moments indeed. God, in these moments, seems so Near. If we have a little pet, he, too, will enjoy these times he spends alone with his master. Life is Reservation.

We talk too much. We say so little. We burn up our energy and waste the stuff that Life is made of. Reserve gives us that chance to envisage ourselves in relation to the Universal Plan. We channelize our Inner Force toward the achievement of our Objectives. When our emotions run rampant and we throw all reserve to the winds, we often behave in unbecoming ways. To express every emotion is markedly common. Freedom in sundry ways is peculiar to the unreserved. We must keep back. We must not fling ourselves naked upon the Table of Life. Life is Reservation.

To love every one indiscriminately is one thing and to love the Divine Self in everyone is something else. We have the right to choose our friends and we should choose wisely. This right applies to all of us. You may say, "On what basis should I select a friend?" Our friends should be persons in whose company we can grow. The times we spend together are rewarding, enriching and soul-satisfying and not emotional upheavals. A friend is one with whom, at times, we can be silent

without the usual comment, "a penny for your Thoughts". Our reserve is understood. Life is Reservation.

Without Thought Control, wayward Thoughts creep into our Minds, determine our actions; color our logic and distort our vision. We must "get together" with ourselves. What do we believe? What is our platform for every day living? What is our Code of Life? Unless we can answer these questions one way or another we are floundering. We must remember that Peace of Mind comes from having convictions. Harboring contradictory beliefs causes mental and emotional conflict. As we grow in Spiritual Understanding we undoubtedly will have convictions to which we consistently adhere, but we should have some ideas to amend at every stage of our growth as we progress along the continuum. Through reserve we create an atmosphere of solemnity. We resolve our contradictions and prayerfully come to terms with ourselves. Gradually through Thought Control we know where we stand. The tug of war within us ceases. Straddling a fence never was too comfortable a position for anyone.

It would behoove many of us to utilize the reserve aspect of Life and calmly stop talking, stop asking and stop telling long enough to learn why in the face of our knowledge and whatever other attributes we may claim, we are not achieving our Objectives. Regardless what we may think we know or how much formal education we may have to our credit, unless we are experiencing increased Happiness through wisdom and understanding we have not tapped the Great Reservoir of "know how". We may know books but we do not know God. We may be in kindergarten still, spiritually speaking. Even this should not be discouraging. If that is where we are; then that is where we are. But all we have to do is move on. We can evict ourselves from where we are by becoming more God-centered. In our next place of abode, figuratively speaking, let us remember that the Kingdom of God is Within. Let us make

our acquaintance with the Master and drink the cool Waters of the Reservoir.

To reserve a part of every day for Quiet Times with Him is nourishing to the Soul. By habitually reserving these Quiet Times we will soon feel a Divine Presence, an aura, for want of a better word, throughout the day. We must reserve time for Him in our daily lives. "Happy is the man who findeth wisdom and the man who getteth understanding."

Life is Reservation.

CHAPTER EIGHT

Life is Repetition

Life is Repetition. This is the eighth step in the 10 R Plan of Life. Repetition means to say or do again. Thought Control requires a lot of doing but every ounce of time expended brings multifold Blessings. Every loving Thought, every kind act, every unselfish deed not only brings pleasure to the receiver but it brings untold pleasure to the giver. Repetition of these kindnesses attracts much good to oneself. From this standpoint, giving could almost be considered selfish. Giving to get and giving from the Heart however are not the same. Giving from the Heart is God expressing Himself through us. To demonstrate this Truth do something extra special for someone, perhaps someone whom you do not even know. The world is filled with so many neglected children, shut-ins or friendless persons who would so appreciate an unexpected visit, a ride in a car, or a little gift wrapped with loving care. Follow this suggestion and see what happens—to you. You can read books galore on religious subjects; you can listen to a thousand sermons and you can intellectualize God all over the place but unless you know out of your own experience what God centeredness is, you are not Spiritually oriented. "Happy is the man who findeth wisdom and the man who getteth understanding." As you give of yourself your days will be brighter and Blessings will be added unto you.

There is no gamble in this approach to

Life. There should be no need for sales talk. As these Blessings are bestowed upon us, we can see for ourselves that Love begets Love. We must demonstrate our good. It should take no persuasion for us after we have seen, felt, and have known the effect of loving Thoughts, to dedicate ourselves to make kindness our standard practice. This is a large order. There would be times we would slip from grace but, at such times, all we need do, is rededicate ourselves, and begin again. Life is Repetition.

We must trust God. We must have Faith. "...if ye have Faith as a grain of mustard seed..." Matthew 17:20. Read a few Scriptural passages each day and see what God has promised. Remember the Master never reneges on His promises. Enlarge your Faith. Life is Repetition.

Increase your Patience, Power and Prosperity. Hitch your star to the three P's and watch Happiness unfold. Wisdom and understanding unfold with Patience. "But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with Patience." St. Luke, 8: 15. Wisdom and understanding unfold with Power. "God is my Strength and Power and He maketh my way perfect." II Samuel 22: 33. Wisdom and understanding unfold with Prosperity. "If they obey and serve Him, they will spend their days in Prosperity..." Job 36: 11. Ponder over these Biblical passages. It is shown so clearly that we must put forth some effort. Jesus did not teach that salvation was free. He said, "Give and it will be given unto you..." St. Luke, 6:38. We must never allow ourselves to forget that our Happiness depends upon our wisdom and understanding.

To the contrary, if our usual approach to Life is to be unkind, selfish and inconsiderate, we perpetuate these unbecoming traits. Hence repetition can be evil as well as good. Life is Repetition. However, when we experience the Glow of Lovingness we should be convinced that there is no other way. It is a sick Mind that

wants to hurt others.

Much of what we do when we stop and think of it is habitual. We get up; we go to bed; we eat three meals; we read the paper; we take a shower; we answer the telephone we tip the waitress; we brush our teeth. We do these things time after time without a second thought. In fact, sometimes we cannot even remember whether we did them or not we do them so unthinkingly. It seems so reasonable to suppose that we would want to develop an approach to Life equally habitual with us which would guarantee our Happiness. Brushing our teeth is a short term operation. We do it and forget it until we brush them again. When we think loving Thoughts and act upon them we set up a chain reaction. It is much like throwing a pebble into the water. The contact sets up a series of ripples an amazing distance from the center. Our Center is God. When we express Love our ripples of Love become far reaching too. Life is Repetition.

Life is predictable. We should repeat daily to ourselves "... Surely as I have thought it shall come to pass..." Isaiah, 14:24. By so doing we would be indoctrinating ourselves with a positive approach to Life. When we repeat certain Truths long enough they become a conviction with us. Life is Repetition.

There is nothing subtle about Life. Life could be comparatively simple. However, when we clutter up our Minds we clutter up our lives. Life soon loses its simplicity. It takes less energy and less time to walk down a smooth Path than it does to stumble over the cobblestones that we ourselves have strewn along the way. We must make straight thinking our repetitious thinking. Life is Repetition.

The old adage, practice makes perfect, is as true today as it ever was. Pianists spend years practicing their scales; pilots spend hours in the air; and cooks spend weeks in the kitchen. Accomplishment is the reward of effort. Repetition becomes tedious when we lose

sight of our Objectives. We sometimes get bogged down by the means and forget the end. When work becomes a labor of Love it becomes Love and not labor.

We must be careful, too, that we are not repeating the wrong things. Complaining, gossipy or disagreeable persons are individuals who are certainly guilty of this. If, perchance, we fall in any of these categories let us make a switch and begin repeating the right things. Life is Repetition. Much hope should be found in the repetitious aspect of Life. Repetition of a new Thought pattern may be our way out of a kind of behavior which we unknowingly have repeated until it has almost become a part of us. Remember the word "almost" which shows that it is not necessarily here to stay. Let us improve our form of behavior. Life is Repetition. "Happy is the man who findeth wisdom and the man who getteth understanding."

Life is Repetition.

CHAPTER NINE

Life is Revelation

Life is Revelation. This is the ninth step in the 10 R Plan of Life. To reveal means to disclose or make known. "...but those things which are revealed belong to us and to our children forever that we may do all the words of this law." Deuteronomy, 29:29.

We have made reference to several Universal Laws in this little book. Knowing about these Laws is not enough. We must act upon them. We must reveal in our lives that which we have learned. An intellectual approach to Christian living without anything to go with it is meaningless. An I.Q. befitting a genius without anything else is equally meaningless. Intelligence in no sense of the word is to be underrated but a learned man may not necessarily be a happy man. In fact he may be utterly miserable in his fruitless attempt to intellectually find the answers to his deepest queries. Intuition cannot be disregarded. "Happy is the man who findeth wisdom and the man who

getteth understanding."

God reveals Himself in so many ways. We feel God's presence in the rosebud, the blue sky, the child's face, the little. Guinea pig's expressive eyes, the chirp of a bird – God is proclaiming, "Here I am." Awareness of God in Creation is generally the forerunner of seeking God within. Life is Revelation. We should never feel alone. When we do it is because we have not practiced Thought Control. Through Thought Control we keep our Thoughts on the good Things of Life. This brings us closer to God therefore we do not have that frightening feeling of separation. We determine how happy or unhappy we want to be. Knowing this should be most revealing. Life is Revelation. To discover that we, ourselves, are in control of our own Happiness should be challenging. You are not at the mercy of someone else. You need not consult anyone as to what course you should take; you need not wait for someone to tell you what to do or when to do it. You make your own timetable. First, Pray, Meditate, and Commune with God who has been waiting patiently to be called upon. The way will be opened unto each of us. Now is the Time to change your Thoughts and change your Life. "I will lift up mine eyes...my help cometh from the Lord." Psalms 121:1, 2. "Now therefore stand and see this great thing which the Lord will do before your eyes." 1 Samuel 12:16. "Ye shall know the Truth and the Truth shall make you free." John 6:32. The Bible has all the answers. Through it everything we need to know about the good Life is revealed to us. Life is Revelation.

Because there has been so much emphasis upon the Bible does not follow that one should be a religious fanatic. These overly religious zealots can be pretty mixed up people. Talking about the Bible all of the time and behaving according to its basic Truths do not always go together. The former is trying to convince himself. The latter is already convinced and walks noiselessly in the reflection of his Spirituality. As an illustration of one who apparently has

not reached these Heights, was a person 'of the cloth' who was having luncheon with several of his flock in a restaurant one day. He offered a lengthy Blessing with much pomp and gusto. After he had finished, the waitress served the table. By mistake, she had brought him the wrong order. He became very annoyed. He upbraided the waitress. This was an embarrassing incident for all concerned. Naturally, no one could condone such behavior. By the same token, practitioners of Thought Control would neither condone nor condemn. They would try to see beneath the facade, the personality, to the person's Perfect Self. Such a charitable reaction would help him exhibit more kindly behavior next time. God wants us to help each other.

We need not talk about being Christian. Less talk and more demonstration all around the clock would be true Christian living. When we see someone who professes something he obviously is not practicing, let us not be quick to label him as "hypocrite". We might better make a self-inspection tour. More than likely we will find a little or a lot of the same thing we are criticizing in ourselves. We have so much homework that we really do not have time to criticize others. Life is Revelation.

If we look for good we will find it in every human being. God is everywhere. One is reminded of the little boy who said, "I'll give you a penny if you tell me where God is." The other little boy answered, "I'll give you a dime if you tell me where God is not." "...and a little child shall lead them." Isaiah, 11:6.

Perhaps one of the greatest revelations we have is the knowledge that we can be forgiven by God if we forgive others. Too often we give lip service to forgiving while at the same time we expect a clean slate with God. We hear the much used cliché, 'I can forgive but I can't forget'. Truly silly this is. If we cannot forget we are harboring resentment. Resentment and unforgiving-ness are synonymous. "But

if ye do not forgive, neither will your Father which is in Heaven forgive your trespasses." St. Mark, 11:26.

There is no valid reason why any of us should be floundering around like rudderless ships on a stormy sea. There is nothing to debate, question or doubt. The Bible sets forth the facts of Life in no uncertain terms. God never wavers. " ... Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of Life freely." Revelation, 22: 17. Remember the final Word is COME. "Happy is the man who findeth wisdom and the man who getteth understanding."

Life is Revelation.

CHAPTER TEN

Life is Resurrection

Life is Resurrection. This is the tenth step in the 10 R Plan of Life. To resurrect means to rise again. Those who have learned the meaning of Life through Resurrection are travelling the Road that leads to Peace. Life is Resurrection through Spiritual Growth. Life unfolds itself through daily living. However far we may have fallen down the Ladder of Christian endeavor, we can rise again. Feeling a Oneness with the cycle of Nature can help us climb, rung by rung, toward greater Spirituality. Life is Resurrection.

To have gazed upon a tranquil lake with its colors of green and blue is to see the Paintings of Life. To have flown across a moonlit sky in the stillness of the night is to feel the Wonder of Life. To have stood upon the deck of a rolling ship amidst a stormy sea is to know the Power of Life. To have watched a bird with its throbbing throat as it sings its cheery note is to hear the Music of Life. To respond to the greatness of Nature is to live in a World of Love.

The day we learn that Life is Resurrection is the day of our Dominion. We free ourselves from human weaknesses

when we rise above the disturbing influences of every day. We must appreciate the fact that Thought Control, through the elimination of all this meaningless, discordant thinking is the only method whereby we can rise again. Life is Resurrection.

Christ showed us the way. "If Christ be not risen, then is our preaching vain, and your Faith is also vain." 1 Corinthians, 15: 14. Through Thought Control we rise and behold the Fullness of Life. We rise and behold the Splendors of Nature. Through Thought Control we are enabled to sift the nuggets of gold from the tailings of disappointment. The Shafts of Life hold boundless wealth. Life is Resurrection.

To bask in the summer sun; to breathe the winter air; to stroll in the autumnal season of turning leaves; and to watch spring declare the Awakening of Nature should arouse us from our lethargy, determined to go forth untouched by human transgressions. There is so much to Life. To be frugal, practical and wise is not enough. To show ability in meeting the obligations of Life is still not enough for one must live not only to budget incomes but to grasp the meaning of the Cosmos—the Universe—the Overall picture of Creation.

Stranded Souls are we who catapult ourselves into a blinding impatience in an effort to make Things happen. We must rise above the ticking of the clock. We must Let Things happen. Thought Control demands sufficient time to be constructive. Our Thoughts without direction merely clutter our mental arithmetic. We, in the end, add to the problem, subtract from the answer, multiply the complexity, and divide the losses with ourselves. We must be patient. We see examples of this impetuosity in matters of Love, in choosing a career, in so many things. Rather than abide our time, evaluate all the factors in the situation, "we rush in where angels fear to tread" in the words of Alexander Pope. We feel impelled to act. If we practiced Thought Control which gives us the Insight through Directed

thinking to follow our Designated Goals, we rise above this need to make quick, reactionary decisions. Life is Resurrection. As John Burroughs so beautifully wrote,

*"Serene I fold my hands and wait
Nor care for wind nor tide nor sea;
I rave no more 'gainst time or fate
For lo! my own shall come to me."*

Unless we can rise above the sense world we will never know that Life is Resurrection. We set our boundaries. We make our own horizons. The Universe is limitless, shore-less, boundless.

We are nearing the end of this little book, "Happy is the man..." From its pages it is hoped that you have developed increased wisdom and understanding, and a better approach to Life through changing your less desirable Thought patterns in favor of something more challenging and rewarding. Happiness unfolds. Life is Growth. Happiness is always in 'a state of becoming.' We may experience today a Happiness which in contrast with a Happiness at a later time in our lives would seem diminutive. We are ever climbing.

Even Death is a furtherance of Happiness. In Death we enter the Larger Life. We must accept the Universal Hour. Through Thought Control even Death can be understood. Death, like Birth is an Event of Life. A graduation as it were. He who fears Death fears Life. Although death leaves an abysmal chasm in the Hearts of those who are left behind, Thought Control, the abandonment of all this cluttered thinking, creates a Sanctuary wherein we catch Glimpses of God which gives us Strength to meet even death, death of loved ones, and death of ourselves as well. Death needs no explanation--wants no apologies, for death is but the Gateway to a Larger experience. We slip out of our earthly trappings, our bodies, and our personalities, and go on. Life is a process. May we Pray that Some Day at that Last Banquet to which all Souls will be invited,

that we, as One, may hold high the Chalice of Faith and drink to this toast:

*Here's to God within us
Here's to God Everywhere
Here's to Truth, one Substance,
One Mind, one Spirit
Here's to God -
God is good, God is Omnipresent
God is Love, Life, Eternity -*

BEGIN THE YEAR WITH HOPE!

Wayne R. Elloitt

God is All

May Posterity in fingering through the Necrologies of time find your Name inscribed upon the Scroll of Life among those who practiced Thought Control. "Happy is the man who findeth wisdom and getteth understanding."

Life is Resurrection.

"Hope springs eternal in the human breast," someone said. That is good, because we cannot live without hope. Many in metaphysics scorn hope as a quality not positive enough. But think of the word *hopeless*, meaning "without hope." What a terrible thing, to be without hope. It is certainly more positive to know than to hope, but without hope, there would be no knowing, no faith. There would be no joy, no satisfaction, no love, as well as no faith. When we have hope, we can live successfully no matter how much difficulty we experience. With hope we can go forward.

Hope! Write that wonderful word indelibly on your mind today. It is a bright word, shining and scintillating and dynamic, forward-looking, full of courage and optimism. Let us start the New Year with hope!

What lies beyond the threshold of this year we do not know. We can *only hope*. We do not take too much stock in the bleak predictions so prevalent at this time of year. We keep our hope strong. Inescapably, we must cross the threshold of another year just as we must face a new day each morning. With the golden gift of hope, we can cross that threshold confidently, eagerly, optimistically.

Life is not always easy, but no matter how much pain we may encounter along the way, if we

do our best and never lose hope, the storms will pass. In Psalms 42: 11 King David tells us how he handled problems: "Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God." Do you see how he gave himself a pep talk? You too can *decide* that you are going to fill your mind with thoughts of hope, and praise that friendly Power that is all around you and in you and with you.

I like the story of the two boys who were spending the night at their grandmother's house, and they awoke in the night to find a terrible storm raging. The wind was twisting and tossing the tree outside their window so violently that they ran, screaming, to their grandmother, fearful that the tree was going to be blown down. Grandma calmly took them out on the front porch and asked, "Isn't it great to feel that clean, cool rain on your face and isn't the wind exciting?" She said, "Look at how that tree is playing with the wind; it yields and bends one way and then the other. God is in this storm, and all storms ultimately pass. Let's go to bed." Fifty years later the tree was still there, larger and stronger than ever.

Like the tree, you and I have weathered many storms too, and we are stronger and wiser than we used to be. We know we need that bending quality Jesus spoke of when he said, "Resist not evil." Resistance makes us rigid and inflexible and breakable, but practicing nonresistance keeps us bendable and mentally supple. However, we can never practice nonresistance without hope. Nonresistance is being flexible, not giving up.

Shakespeare wrote, "The miserable have no other medicine, but only hope. It is a great and healing potion." Hope is a "medicine" that opens you to the power of the Christ in you. When you have hope in your heart, there is an inner realization that you can cope and your mind is filled with healthy thoughts.

Prayer therapy or a good counselor can help us to cleanse the mind and heart of destructive thoughts and emotions, so that we can reach hope. With hope, power can flow and inspiration can reach us. A Divine Science Practitioner can help to lift our consciousness above the level of the problem. It is like having the car serviced – a clean engine can deliver power! If we get the hate and fear and conflicts out of our thinking, hope naturally flows in, along with the power to be happy and healthy, and to accomplish. With hope come alive-ness, enthusiasm, and vitality. There are definite ways of complying with the Law of Good.

Never lose hope. To give up hope is to deny God. It is saying that God is unable or unwilling to handle some situation in your life. It is denying the

presence of God in you or in someone else, in some condition or in some part of the universe. Without the presence of God, all would be hopeless; "but with God all things are possible."

Elbert Hubbard wrote: "Do not fear being misunderstood and do not waste a minute thinking about your enemies. Try to fix firmly in your mind what you would like to do, and then, without veering of direction, you will move straight to the goal. Keep your mind on the great and splendid things you would like to do, and...you will find yourself unconsciously seizing upon the opportunities that are required for the fulfillment of your desires. Picture yourself as the able, earnest, useful person you desire to be; the thought you hold is hourly transforming you into that particular individual... Preserve a right mental attitude--the attitude of courage, frankness, and good cheer... We become like that on which our thoughts are fixed."

These words, written a long time ago, contain a sound truth. What do you habitually think about yourself? Do you think of yourself as old and weary? Sick or discouraged? Do you see yourself as having no ability? Defeated? If so, get some hope into your being and change those thought patterns, for otherwise your living will be as negative as your thoughts.

Paul said, "This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

David said, "I will fear no evil; for thou art with me."

Joshua said, "Be not afraid... for the Lord thy God is with thee whithersoever thou goest."

And Jesus the Christ said: "In the world ye shall have tribulation: but be of good cheer; I have overcome the world." And so can you. Truth overcomes everything of this world. Christ in you is your *hope* of glory.

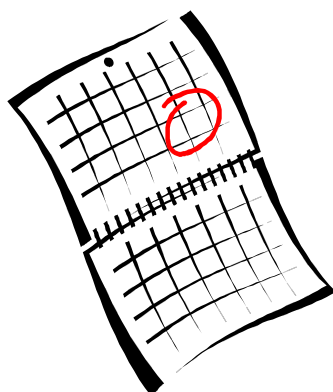
The old year is over and a fresh, New Year is beginning. It is time to pull ourselves up physically, mentally, spiritually. We do so by systematically changing our thoughts, words, and deeds and letting hope blossom in our lives. Let us resolve to live with hope, knowing that we will weather all the coming storms and that we shall grow in the process. We do not enter the New Year alone but in the presence of the One Mind and Power of the universe. God dwells in us, and God wants this to be our best year yet. It will be, if we let it be.

Faith

Faith is the foundation
on which my life is built.
I know there is One Power
at work in all of life
and my faith rests surely
on that Power forever.
There is One Love
which gives me warmth
and a constant joy of life.
There is One Wisdom
guiding my every footstep.
An abiding, growing faith
is the firm cornerstone
from which my life builds
upward into a space of Light.
—Elizabeth Searle Lamb

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Save The Date!!

International New Thought Alliance
2009 Annual Congress

The Congress will be held in the Chicago, IL
area at the Hilton Chicago/Indian Lakes
Resort.

Dates are August 24-28, 2009.