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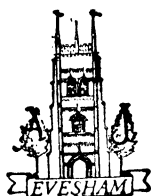
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LET GO AND LET GOD

LET GO *AND* *LET GOD*

Steps in Victorious Living

by
ALBERT E. CLIFFE



ARTHUR JAMES LIMITED
THE DRIFT, EVESHAM, WORCS.

“ The Drift is God’s Gift ”

Sold by and obtainable from
The Science of Thought Press,
Chichester, England.

MADE AND PRINTED IN GREAT BRITAIN BY PURNELL AND SONS, LTD.
PAULTON (SOMERSET) AND LONDON

DEDICATED

To

The REV. NORMAN E. PETERSEN, B.A., L.Th.

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Your Key

THE BIBLE SAYS, "In the world ye shall have tribulation." How much we have seen of this in the past few decades, with wars, more wars, and the threat of still another war to come!

These and all our tribulations have come upon us simply because we have not lived by the laws of God.

We have had the Christian Faith for two thousand years, and yet today we see the whole Christian world divided into sects, warring with and criticizing each other.

We have refused the basic teaching of Jesus Christ that we love one another, we have refused to learn how to get along with each other, and hence we see nations unable to live together in any way at all.

The Bible has taught us, however, in a wonderful way, the answer to all the problems that life can throw at each of us from day to day.

In other words, you can master life and walk successfully through all its vicissitudes with peace of mind, with hope, and constant courage to face whatever trials may come.

By faith in a living Christ, a resurrected Christ, you can gain such security that nothing can ever defeat you, no sickness can ever overwhelm you, and by the practice of this faith you can learn to gain victory over life and death.

As a bee needs a hive, a bird needs its nest, and a ship a harbour in time of storm, so do we need a refuge in time of stress and trouble.

This refuge is faith. Your religion, your trying to live according to the laws shown us by Jesus Christ, will give you that radiant, vibrant, living refuge.

The true purpose of religion in our lives is to give us the means with which to replace fear, our worst enemy; we need today not merely a formal dogmatic religion, but a religion that does things rather than merely thinks or speaks of them. This kind of religion is just as real at 7 a.m. on Thursday as it is at 11 a.m. on Sunday.

Every man and woman in these troublous times needs something to hang on to, every hour of the day—so that he or she can know how to deal with every difficulty which can ever face them. Faith in a living Christ within us teaches us how to *let go and let God*.

This book has been written by a layman who by means of simple faith has found God, and who has surrendered everything to God. From the pages of this book you will learn the basic ideas of how to get along with people in every walk of life, and how to overcome your trials, your fears, your past and your future.

Life becomes a daily thrilling experience when the love of God radiates from our hearts, for then the Christ within us radiates in our words, our appearance, our actions, and we see Christ in everyone we meet.

When we *let go and let God* we have the key to glorious living and, what is far more important—the key to an eternity with God.

Albert E. Cliffe

LET GO AND LET GOD

Let Go and Let God

WHEN YOU HAVE been through a period of worry and tension, your doctor will probably advise a holiday in some quiet restful spot where you can relax completely, forget your past worries and gain strength.

Very few people today know how to relax; they live in a world of rushing hither and thither. Each day is filled with work, engagements and no time for relaxation. Even when people take time off to see a film they usually select an exciting one, thus gaining more excitement for their already overworked nervous systems.

The average man at business is a good example of high-tension living. If successful, he tries daily to better his past successes. The excitement of successes keeps him in constant tension, and so fatigue remains unnoticed until he is in a state of mental exhaustion.

The busy doctor, teacher, stenographer are also good examples of high-tension living. These people find that after they retire to bed their active minds will not let them rest, but they go on planning further excitements for the future.

The rearing of children and providing meals for the family takes its toll from the nerves of the dependable mother. She becomes irritable, she cannot get her rest even when she retires to bed, and sooner or later she has to seek medical advice to soothe her nerves.

We have nowadays all kinds of machinery in the home to save drudgery, but they have not in any way relieved the sense

of nervous strain of the householder ; in other words, we are all trying to burn the candle at both ends.

We do not know how to let go our anxieties.

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In this present century man has forgotten how to live, how to enjoy the simple things of life: the sunshine, the garden, quiet walks along country lanes. All of us look over our budgets, our living costs, our economies, but few count the cost of life in terms of nervous expenditure.

Take the average man and woman of our present civilization. As soon as some little thing goes wrong, as soon as trouble comes what do they do ? They reach for a cigarette, a sure sign of nervous trouble, for they have become used to the solace of this potent drug.

Many times we find people who suffer terrific pains in certain organs, yet when the doctor examines them he finds not a single thing organically wrong with them.

Nerves, nervous tensions, can bring so much real pain to every one of us. For after years of struggling with life, we have never learned how to *let go our tensions and fears*.

Many children become nervous types because their parents give them too much attention, too much personal worry about non-essentials, too much being cared for and being watched over.

The causes of over-active nervous systems are many, so the doctors tell us, but of all these causes we must claim that the worst are our constant rush combined with the complex way we think and live.

In spite of the inevitable worries of everyday life, we must always keep before our minds our great need to relax, to get rest and healthy sleep, for complete relaxation is the sure remedy for this thing called nervousness.

Worry about the little and big things of life, worry about things which you fear may happen to you, all tend to bring

about tension. Worry becomes a real habit and if constantly practised can bring about death after much suffering.

What can you do about it ? Learn to relax, learn to face the tribulations of life without fear, stop crossing bridges ahead of time, for worry is the interest you pay on trouble before it comes.

Show me a worrying person and I will show you a person who does not know how to relax.

Our Christianity holds the complete answer to nervous troubles and tensions. A single constant affirmation that the everlasting arms of God are holding you up, repeated hour by hour until you become convinced that God is now your guide and stay, will often bring you out of worries and fears. But how many Christians will really *let go* their fears *and let God* handle them ?

Suppose you have a broken watch and you take it to a watchmaker, asking him if he can repair it. He takes out his glass and looks at the works and says that he most assuredly can repair it. Suppose then that you say to him, "Thank you," place it back in your purse or pocket and leave the store. Will you get that watch repaired ? Most certainly not, for you have to leave the watch with the watchmaker.

It is just the same with your religious life. You just have to get into the habit of leaving your troubles with God. For the only complete and sure cure for your bad nerves, as you call them, is to relax in the hands of God, knowing that He is now looking after your troubles, and guiding you into the quiet waters of inner peace.

If you have a poor tyre on your car, what do you do ? You drive more carefully than ever, avoid the bad roads, the side and gravel roads, keeping to the main highways. So it is with your body. If your organs have withstood very badly indeed the wear and tear of life, then you must learn to take care of them until you gain that complete healing which can only come from a real, earnest practice of your religion.

To him that believeth, all things are possible, says the Bible; but how many Christians really try to believe this statement?

The most wonderful thing that ever happened to me was this: many years ago *I let go* my past *and let God* take over my life. When I completely surrendered my life to Him, I lost my temper, my fears, my years of deadly illness and sicknesses. It meant facing life every hour with the truth that was in me to replace the negative thinking of a lifetime.

It meant an hourly contact with God, in the street, the bus, my own car, my laboratory—no matter where I went I had an appointment with Him. What came of it? *Peace of mind, health and spiritual prosperity.*

Are you willing, friend, after reading this chapter today, to find God? Are you willing to put Him first in your life? Are you willing to *let go, and let God* be your mentor from this day on? If you are, you, too, can have no fears, no tensions, no nervousness, no worries.

When you take His yoke upon you, your life is a converted one. No longer do the sins of the devil haunt you, no longer can the so-called powers of evil assail you, but you learn to live happily, healthfully, confidently, because having *let go*—you *let God* and abundant living come into your life.

Believing in Life

I BELIEVE with all my heart and soul that God our Father wants us, His children, to live happy, healthy lives, and I believe that the Christian Faith is the only way to a more abundant life.

Jesus taught us that He came to bring this more abundant life, not in any form of wealth, but in that peace of mind which is the secret of successful living.

We are burdened with the cares of life. Even our so-called pleasures take toll of our nervous systems—imposing a tremendous tax on our daily strength. We expend our mental energies so prodigally that it is no wonder so many thousands of us are tired, discouraged, and sick to the point of death.

If you are a motorist you know that your battery must not be overtaxed, that it needs recharging often if the strain of its daily work is too great. Our human batteries are charged with power for us to use, but only as long as we obey the rules and never waste our energies. Every one of us is made up of mind, body and soul, each vital to the other, each essential to the harmonious running of the whole.

Peace of mind is the greatest asset we can have for happy, healthy living. But this is an inner victory which only comes from knowing God intimately. When this is so, the material things of life no longer bother us—we live in a spiritual world, where spiritual values are the only real values.

We all have this power within us, and when by faith we learn to co-operate with it, then we can liberate it for our daily needs.

A woman came recently with a serious problem and said to me, "How I would like to get away from it all; how I would like to end my life!" For answer I described another case I had come across the same day, far worse than hers. Then I told how this other woman had got out of her fearful condition. This newcomer at once saw my point, was sorry for her selfishness and thereupon accepted Christ. She began to recover at once. Her pains departed, for her fears had gone because of an inner faith that God was now working for her betterment. Hitherto in her life she had always put the emphasis on the negative side of things, but when she got the positive uppermost, then she gained victory.

The cause of all our problems of living is not where we were born, our unhappy environment, our inadequate education. The reason is always within ourselves, our attitude to our lot. Fighting, struggling against life will never win us peace of mind. You have to make your own inner consciousness a citadel of peace, knowing that Christ lives there. You must become a member of the Don't Worry Club, by leaving your worries to Him.

We all need a safety valve every day of our lives, and we find it in our religion. Christ is the safety valve for our emotions, our wrong thinking. You cannot have a nervous condition when you open this safety valve.

* * * * *

When your body shows illness and fatigue, it is time for you to look into the matter. You must find out what has been wrong with your way of living, what sins are dominating you, what hates and criticisms are controlling your mind, and you must see how to gain mastery over these things. You must admit the wrong, and learn to meditate with God, who will give you a glorious victory over everything that has upset your past life.

When you show love to your fellowmen, even to those who

have hurt you, when you give service and money to your fellowmen, to your church, then you are in a positive state of mind.

If, however, you persist in being dominated by the opposites, hate, discord, resentment, criticism, then these forces, being negative, will tear you down and bring you suffering, poverty, and failure. Negative states of thinking bring nervousness and nervous breakdowns, which no mere electric shock treatment at any hospital will ever cure.

The little annoyances of your life often bring about your greatest troubles. Those little things which you say "get on your nerves" show you are a negative thinker, that you have no real faith in God, even though you do go to church and recite a dozen creeds.

Negative thinking will often lead to failure and nervous prostration; but positive faith—positive thinking—will lead you towards happy, healthy and abundant living.

The positive way of life is the Jesus Christ way—it is always the right way. Look at the face of a Salvation Army lass, radiant with inner peace, joyful, no colour on her healthy cheeks purchased from a drug store. She has been to God's own beauty parlour; she has got that "permanent" which is a permanent for eternity.

Wouldn't you love to have that radiance which comes from knowing the Master? Would you not love to be able to sing with her, "Nothing but the blood of Jesus can ever wash away my sins"? She knows Jesus from daily contact with Him, by surrender to Him. She believes in life, yes—indeed, the life everlasting.

Religion is and must ever be the basis of life, the key to the armoury of your soul. Its mission is to provide a channel whereby God's spiritual powers may come into your life.

These give us trust in our fellowmen, take away all our tensions and work so that our bodies are not only healed of sickness, but are toned up, reinvigorated. How can you get this peace I have been describing? Through confidence in the promises of Jesus Christ. Develop it daily just as you would

learn to play a piano. Constant hourly practice is essential. *Thou wilt keep him in perfect peace, whose mind is stayed on Thee.*

This then is why I believe in life. I know in Whom I have believed. I came to Him, I saw Him, and through Him I conquered all things that had hitherto prevented my knowing Him.

I believe most assuredly that Jesus came to bring us a life more abundant; I believe that trying to live His life, by following His precepts every hour, I shall know the joys of peaceful living, and that all my needs will be provided for until the day when He comes to take me to His eternal home.

What are the precepts *you* must follow to know this more abundant life? The next ten chapters will explain to you the faults of your past thinking—the way to change your life from negative to positive. I like to call them my *ten steps in victorious living*.

In them you can find the key to what has been wrong hitherto with your personality. By learning what God's laws are for you—you can then have the health and happiness you seek.

THE FIRST STEP IS

Getting Along with People

“Thou wilt keep him in perfect peace, whose mind is stayed on Thee.”—*Isaiah* 26: 3.

THE most important basis for successful living is the art of knowing—knowing how to get along with people, how to adjust ourselves from day to day to the different temperaments we meet in our relatives and friends, how to see the good in them and in their actions and how to ignore the evil they sometimes do to us.

The Bible distinctly tells us that God will keep any man or woman inwardly at peace and in goodwill when that person fixes his mind, his thoughts and his actions, not on material things, not on resentment, criticism and antagonism, but on God. Therefore, to get along with people, we first of all have to learn how to control our thoughts.

There was never a time in the world's history when men needed to know how to get along with people more than at the present time. Many years ago, men who could not adjust themselves to life might go away into far countries and live alone, finding a home for themselves in the wilderness, in the forest or on a lonely island. There they did not have to associate with people, and their negative personalities began eventually adjusting themselves to nature. Today, as one writer has said, “there are no islands any more.”

Every man and every woman wants happiness and harmony in life, but if we are constantly upset by the doings of

our relatives and associates, we cannot have this harmony. Therefore we must learn how to win their friendship and respect, and how to gain their co-operation every day of our lives.

We may be geniuses in some particular way, but unless we have discovered the secret of getting along with people, we shall never enjoy successful living.

To be a happy person does not depend upon who we are; it does not depend upon education; it is not just a question of brains; basically it is how we react to people and to conditions every day. We often judge people by the car they drive or the clothing they wear; but remember that we may see a man outside a theatre dressed almost like an admiral who probably has never seen the sea.

Anyone at any time can interest people, can influence them and lead them the way he wants them to go. If you are one of those people who say they do not care what others think about them, then I venture to make this statement: you are putting on a pose; inwardly you *do* care, because we all like to win friends and influence people.

When we were born, God gave us all the tools for successful living, but first we have to know how to use them to get what we want from life.



There are three factors involved: first, yourself; second, other people; and third, methods to follow.

First of all, do you know yourself? Do you recognize and admit your weaknesses? Have you tried to overcome them? Do you suffer from an inferiority complex? Are you timid, lazy, selfish, hot-tempered, cynical, critical, mean, jealous, sarcastic or conceited? These are the little sins that go into the making of your character.

We find that so many people think because they do not break

any of the Ten Commandments, then there are no other sins to worry about. But there are thousands of little errors in our thinking and in our actions which definitely mould our character, negatively. These are sins because in practising them we are putting them before God and this is breaking the first commandment which says, "Thou shalt have no other gods before Me."

An extremely shy young woman came to work for me in my laboratory. She was a graduate chemist, had taken a household science course at a university, and previous to that a complete stenographic course. She had tried several religious faiths, but did not know what she wanted to be.

In a park in Toronto, one noon hour, she came across a leaflet on "How to Know Yourself." She read it through on the park bench. Because the leaflet opened her eyes to her weakness she found herself and at the same time she found God. She changed her life. From that moment she decided to give herself to mission-work in which she became very happy, successful, and surprisingly able to get along with people.

If only we would learn to overcome those things in our character which are negative, to *let go and let God* take them over every day of our lives, we would all know what it is to experience harmonious living.



I come across many people in my work who are afraid of facing life because they are dominated by the idea that they are failures.

What do you believe about yourself? Have you always been a "yes" man in your place of employment? To be successful you must have a mind of your own, the courage of your own convictions—for this gives you stability of character.

There are thousands of people in offices, factories and stores who have no idea of where they are going. They are dissatisfied with their jobs and unable to get along with people. Yet the

man or woman whom you do not like in your place of employment has many good points. Through disliking them, you can only see their bad points, the evil in them. But before criticizing others you should see that there are no bad points in you.

Have you ever realized that God allows us to live a lifetime on this earth, and in that time He never once criticizes or condemns us? He gave us brains, free will, talents, and a book of rules to follow, the Bible. If with all this we cannot find ourselves, then the fault does not lie in God or our environment but in ourselves.

Some time ago I met a married man, father of three children, who was everlastingly seeking something he could not find. He devoted five nights a week to his church and his lodge. His continual absence from his home placed a tremendous load upon his wife and brought about her breakdown, followed by doctor's bills and other expenses.

One morning he opened the Bible at the text at the head of this chapter, "Thou wilt keep him in perfect peace, whose mind is stayed on Thee." He thought about those words all day. That night he surrendered himself completely to God, he *let go and let God*.

He soon realized that the load he had given his wife to bear was unjust. He now spends his nights at home helping with the housework and the raising of his children. Having learned how to get along with his family for the first time, he now radiates that inner peace, also evidenced in a healthy wife, a happy home, increased ideas in his business life, and successful living.

As we go through life every day, we meet many types of people, good people and bad people. Some we like at once and some we dislike the instant we meet them. This is the experience of others in regard to you. So if you want to gain favour with other people you must first of all build a better personality of your own which reveals a sympathetic tolerance of the other person's point of view. By adjusting ourselves to others, by being considerate of the things in their characters which annoy us, we undoubtedly build our own character.

Dolly Madison, wife of President James Madison, was asked how she gained such power over people. She replied, "I have no power over anyone. I merely made up my mind to love everyone, to see their good points, and in return these people see the good points in me and learn to love me."

Now, friend, if you are the critical, fault-finding type, if you are over-sensitive, be assured that these traits will bring you no friendships whatsoever. For these are faults in your character which you must learn to control and overcome.



I often think that the successful salesman or saleswoman has something called *Youpoint*—he or she understands immediately *your* viewpoint and handles you accordingly.

One of the first rules we have to learn in order to get along with people is *to talk to others about themselves and their habits, their sports and the things they like to do, instead of always talking about our own selves*. In this way we learn how to practise cheerfulness, tact, sympathy and gratitude.

St. Paul said, "I can do all things through Christ which strengtheneth me." Do you believe this statement? If so, then why don't you apply it? For life to us all is simply a series of adventures, of everyday lessons in living.

We must learn day by day how to develop this thing called character, to overcome the things we seem to have inherited from our forefathers. And we do this through our minds, by changing the patterns of our thinking, by becoming positive instead of negative thinkers.

If you will start the day, as you leave your home in the morning, believing that through Christ and His power within you, you can do all the things necessary to face that particular day, you will soon gain a wonderful conviction of the power which resides within you.

In our daily life we come across many people who show jealousy towards us. Please remember that no one in this world

is ever jealous of a fool, also that no one can hurt you unless you let them, by fearing them.

If you are the type of person who is kind to some people, but an entirely different person to others, then you are two-faced and unstable. By the law of return you will receive in later years this same treatment from others that you have given people in the earlier part of your life.

It is a strange thing about religion that many people appear to love spending Sunday with God, but oh how they balk at having Him as an everyday guest in their homes or places of employment! Next to God the most important person for you to know is self, your own self. Don't you know that, as a Christian, life was meant for you by God to be a happy experience, certainly not a miserable one.

Successful living does not mean accumulating material things; it means inner peace of mind. It means that gift of being able to adjust oneself to everyone else; it also means that all your needs for daily living will be taken care of by God.

Some years ago I had a stenographer who had occupied seven jobs in four years. She was very good-looking but a flirt; she was very vain, snobbish and critical. She had the idea that she could get any man she wanted. She was not interested in her work or in developing her remarkable talents. She was really a very emotional and selfish type.

I quickly learned her weak points, at the same time showing her the capacity she had for her particular post. I induced her to dress more plainly for the office. In a very short time she changed her thinking-patterns and began to study books which she saw in my office dealing with the power of thought. At a church meeting one night she gave herself to God. Shortly after that she met the right man and is now a very great help to her husband in his duties. But it was not until she found God, the indwelling Christ, that she found herself. Finding yourself invariably means finding God.

Are you afraid of being called religious? You don't have to show your religion by carrying a Bible, dressing in dark clothes, always having a long face—but *you do show your religious convictions by the way you react to people*. Many people think that when they accept religion they have to give up many of the things in life which gave them pleasure. Let me assure you that when you find Christ you don't give up anything good, because the wrong things in life automatically give you up and you are led into a wonderful enjoyment of living.

You also show your religious convictions by the things you do and say each day. You never show them by argument, because every man and every woman has the inborn right to worship God in his own way. Many so-called Christians are miserable, fearful, sick, because they just do not know how to apply the teachings of Jesus.

Oh yes, they can quote the Bible, perhaps from cover to cover; they may rejoice in telling you how many years they have been saved. But in so many cases these same people know only the letter of the law; they have never learned how to apply the simple teachings of the Master to everyday living. They do not get along with themselves and invariably get along with no one else.

Every day we must study people, learn their likes and dislikes and how to cater for them. In my work I never hesitate to give a pat on the back to the man or woman who does a good job. They always react marvellously to my compliments. So many employers are afraid to do this because they fear these people will immediately demand an increase in salary, but I have never found this to be the case.

When your newsboy, in all kinds of weather, delivers your newspaper with promptness; when your baker and milkman face the storms of winter to supply your needs; when your postman has to face every kind of discomfort to bring your mail; do you think of rewarding these people with a word, a smile or maybe a little gift? Every time someone does

something for you, no matter how small it may be, see that you in return give something to them or to someone else, for this is what makes the world go round. Read the Bible and learn how Christ behaved.

The Bible also teaches us that everyone on this earth, Catholic or Protestant, Jew or Gentile, men of every creed and every colour, is the creation of God. In the Christian Faith we are told that we are heirs to all that God has made; that within us is the Kingdom of Heaven. Have you found this Kingdom? If you have, then you know what it is to have harmony, health and happiness. You have gained the art of knowing how to overcome your sins, your sicknesses and your fears.

One gets a marvellous feeling when one practises the magic of believing in Jesus Christ, because he then knows that he is heir to joy, eternal joy. We live this life to prepare us for that wonderful life to come. Eternity does not start for you and me when we go through that physical stage called death. It starts the day we are born. Whatever we make of our lives every day is what we shall reap in the ages which are to come.

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Friend, life is a constant overcoming. The Bible says that in this world we shall have tribulations, but think what thrills and joy there are in overcoming every day some problem which faces you and has defeated you in the past. And with your consciousness of the Christ within, you can overcome all things.

What particular sin is in your physical make-up? What particular weakness? Try to find out after reading this chapter. Know that you can get rid of those negative conditions by simply believing that what Jesus said was true. Through faith in Him and what He did for you some two thousand years ago, you can become a new person. Study the Bible every day, believe your Bible every day and let no one at any time destroy your faith in it.

To master a piano, to play a good game of golf or tennis requires daily practice, and so does your religion—*everyday practice*. Jesus gave us two commandments to follow: put God first in your life, and regard your fellowman as yourself.

Surely it is not too hard to keep these commandments. So many people have the right aim in life, but they never seem to pull the trigger. Is this *your* fault? What aim have you got in life, and how have you used your religion to bring it about?

John the Baptist baptized with water but Jesus baptized with the Holy Spirit. Yet He did not give to us this baptism until He had been crucified. The Holy Spirit, received by the hundred and twenty people at Pentecost, is ready for you, but cannot be received by you until you are ready to receive Him.

If you will not consent to give up those things in your make-up which are wrong, then you are not ready to receive Him as the gift. If your prayers remain unanswered, you are as one with his foot on the hose-pipe linking you with Power; you have not yet completely surrendered to Him the wrongs and sins of your life.

Jesus Christ redeems us today and He will make the best even out of your worst "past." He more than forgives you. He will turn both your troubles and your liabilities into assets. He will make your self-made hells into Heaven. No matter how you have suffered from sickness, no matter how much you have tangled up your life, you can this very moment turn over this mess in absolute faith to Him. It has been said, "He unmesses the messer and makes an asset of the mess."

Jesus took an uneducated fisherman, lived with him for three years, and enabled this poor fisherman to become the writer of a Gospel which revolutionized the world. The Christ can take almost nothing and make it almost everything. It is the Christ who brings to us today a full and perfect salvation, and full and perfect healing from sin and from sickness. Friend, will you not therefore believe?

Test Him and see if you can prove Him even as you read this book. Remember that the longer you stay away from your

adventure of finding the Christ, the longer you will live in sickness and poverty. I can assure you that the Christ lives in each man and each woman, and we can find Him if we will only seek.

To get the art of knowing people and how to get along with them, we must do what I have been saying, find God first and so find ourselves; and this will bring us the true and lasting happiness which was the gift of Jesus Christ to men.

THE SECOND STEP IS

Freeing Yourself from Fear

“Love your enemies . . . do good to them that hate you.”

St. Matthew 5: 44.

TO GET along in life we must study human nature. It is the cause of things which come to us, and the reason we react to them as we do.

If someone makes us angry, does a wrong deed against us; if someone does a good deed to us, makes us a gift of some kind, the manner in which we react to all of them is always determined by our own particular nature.

For instance, the slow phlegmatic person always takes things calmly and is not easily ruffled, while the sensitive person is a nervous type and gets upset very quickly.

Now the best way to make a friend of anyone is to appeal to some special characteristic. Try to learn how to understand the various characteristics of your friends and associates. Find out what things they like and what things they dislike and watch how they react to changing circumstances.

What is your reaction when someone slams a door in your face just as you get there? Do you call him all kinds of names, do you say and think how rude he was? This is wrong, and if you want people to like you, you must first of all learn to like people, no matter what they may do to you. Learn how to overlook the things you dislike in them, see their good points and magnify those points.

The secret of good living is how to know and understand

yourself. The events of every day in the business world are often of a disturbing nature, but if you allow these things to depress you, then you have not learned how to understand human nature.

If you do not get along with people, you either do not like them or you are afraid of them. Many years ago I worked under a manager who was very hard to understand. All the employees in every department were very afraid of him. Then one day I discovered that his main hobby was Egyptology, and being interested in the same subject, I asked him if he would lend me two of the books in his library. He was surprised to find that I was interested in this subject and that I had once written a thesis upon it.

From that day on I had no fear of him and we became great friends. I had discovered a characteristic common to both of us, and through an understanding of human nature I solved the problem of our business relations. In another company which employed me, the president had a mania for neatness and a hatred of wastage. One day I was going to the president's office with the manager under whom I worked, whereupon the president noticed a pin on the floor and told the manager to pick it up as he might need it some day. It was very humiliating for the manager to have this happen before me, his junior.

Some time later it was my job to see the president in connection with some concessions we wanted from him. As I sat down in his office, I picked a pin from the floor and placed it on the pin tray on his desk. He immediately reacted by saying, "Well, I am glad to know that my chief chemist does not waste pins any more than I do." I gained every point which I wanted from that time on.

I knew his characteristics and through that little experiment I was able to overcome the arguments which otherwise he would have presented to me; in other words, he liked me because he discovered something in me of which he approved.

The young child when he is born into this world has only three emotions, fear, rage and love. As he goes through life he

gets many more emotional complexes, some of which he learns how to control and some of which, unfortunately, control him.

We fear many things which have no existence in reality. Maybe when you look from a bridge to a river below you are overcome with nausea and fear of falling. When you come suddenly face to face with an unexpected situation, when a serious illness of some kind overtakes you, fear is the thing that dominates your mind. You must learn to face the thing you fear or you will be a defeated person.

It was my job on one occasion to call on the Brothers in one of the monasteries in the Province of Quebec. As I parked my car I saw a huge mastiff with a heavy fifty-foot chain tied to his neck. There was a big sign in French saying, "Beware of the Dog !" He was very savage indeed, but having no fear of animals, I walked up to him, and spoke gently in French. Gradually his ears dropped and he lay on the ground. As I got close to him he suddenly jumped up, put his big paws on my shoulders and started to lick my face. At this moment one of the monks came up from the barn. He was terrified because he thought the dog was about to eat me. But I had conquered the dog by showing no fear, only love.

Before keeping my appointment, I drove down to the village and bought him some bones. On every monthly visit to the monastery since, that dog knew the sound of my engine, and as I drove into the yard his ears would be pricked up, his tail wagging, and he would bark joyfully because—*he knew he had a friend in that car.*

How do you react when you hear someone make a mean remark about you? When someone borrows your things without permission? When someone opens your desk in your absence?

How do you react when your boss tells you to do a job that someone else has shirked? It is knowing the answer to these problems in a positive way, knowing human nature, that makes you know how to get along in life.

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This emotion called love will teach you many things, for you have to practise love every hour of the day when living with people. Love in your nature will make people want to agree with you. It will make you want to associate with people who think as you do, who have the same religious views as you have. Love will make you want to do things for others. And love is the enemy of fear.

Fear is one of the strongest emotions with which to influence people. Take the old-fashioned evangelist with his threats of a fiery hell in the after-life. Take the patent-medicine manufacturer who says that if you do not use his product you will suffer from various terrible diseases. Unfortunately much of the advertising in our magazines today has a fear background. Some vitamin advertisements we have seen for years were designed, in many cases, to appeal to our fears.

You must try to learn to understand human emotions, and to identify people by their reactions to them. But first learn how you yourself react, and then you will understand human nature.

Samson was the strongest man in the Bible, and able to accomplish wonderful deeds, until a certain day. That was the day he gave away the secret of his strength. This applies to you. If you want to live successfully you have to learn when to keep silent. God gave you two ears and one mouth, so that you could listen to twice as much as you say.

By quoting someone incorrectly, by passing on a confidence, by misunderstanding a remark, you can cause oceans of trouble for yourself. You must learn when to speak and when to say nothing. Human nature is the thing that makes some men hewers of wood and other men drawers of dividends. We all have the same kind of brain. We all have the divine gift of free will. We all have the power of thought, but it is according to our human nature that we attain successful living.

How many Christians try to see the Christ in the people they mix with? Are you full of criticism of people who belong to churches other than the one you attend? One Church woman

told me that she often spent three hours a day in prayer with God, but she never got the answer to her prayers. She was a very sick person, and a very self-righteous one. She said she never broke any of the Ten Commandments. Yet she detested her next-door neighbour because he went to a certain church; in fact, no one was going to Heaven except those who belonged to her little sect.

I eventually managed to convince her of the wickedness of her criticism of others. When she asked God's forgiveness for those things and really believed she had received that forgiveness, she gained a healing from her diseases. We too must get an inner conviction of the power that is within us.

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We are told to love our enemies, to pray for them that curse us, and to do good to them that hate us. This means that forgiveness is basic teaching of the Christian Faith. Since Jesus forgave the men who tortured and crucified Him, how much easier it is for you to forgive those who wrong you daily. Without forgiveness on your part, you will never attain to happy living.

Jesus knew the secret of how to get along with people. He taught us how to do it. He sensed the personality, the inner thoughts of everyone He met. You can do this too.

There is no room in your heart for fear and worry of any kind when you are a Christian, for then you know and apply in your daily living the truth that makes you free. If you do not control your emotions, or if fear of some kind dominates your life, you can without doubt look forward to trouble coming to you later.

The one technique to apply is to develop faith in Jesus Christ, to affirm every hour positive thoughts, to know God is ever aware of you, ever beside you.

Recently, when in a taxi, I became aware that a collision with another car was imminent, for the other driver was coming out

of a side street at terrific speed. I had no fear, I relaxed completely; not for the crash which was to come but for the crash which was not to come. I knew that God was there. As we pulled up a little further along the street, the taxi driver, with perspiration running down his face, exclaimed, "God was in my car tonight." This gave me a chance to explain to him how he had proved God by that experience and how he could prove Him every day of his life.

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Going to any church should be a refresher course in faith. It should be a re-conditioning centre where your mind gets an overhauling once a week to enable you to gain greater faith, to learn lessons in how to overcome the problems which are about to face you.

Some time ago a woman told her minister that she was no longer going to attend his church. She said she preferred to attend my Bible class for the simple reason there was no collection and it did not cost her anything. Are you that kind of Christian? Are you the kind who spends money during the week for entertainment but does not want to give anything to God, or to His church, on Sunday? What have you ever sacrificed to God? According to the law of giving and receiving, you will get nothing back if you give nothing of yourself in service or money.

The more you sacrifice in this way, the greater will be your reward. According to the Hindu teaching, this law is called Karma, and Karma means come-back. What you sow you reap, and that of course applies to giving.

Ask yourself what you have sacrificed for God that you might have the things you need in life. I can assure you from practical experience that I did not know successful living until I learned to be a successful giver.

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The New Testament to me is a book on how to gain power, how to know people, how to enjoy radiant living and how to insure myself for all Eternity. From it I learned to accept the Christian Faith, the teaching of the Master in all its fulness as given by my Bible. I had to learn to master my weaknesses and my errors of thinking. When I learned to do this, I discovered the secret of human relations.

In my laboratory it was my job to prove certain formulae. In my religious life, I prove God often, many times a day. My religion is faith in Jesus Christ and His atonement for my past sins and sicknesses. That faith applied hour by hour gives me freedom from sickness, teaches me how to understand human nature, gives me all the things I need in life.

As a scientist I know that the very air we breathe is full of terrific atomic energy. So I believe that God's energy is round me, at all times available to me, whenever I choose to take the good which God offers so freely.

Chemistry is based upon laws, laws which I can prove every day. Those laws never change. For instance, I take two parts of hydrogen and one part oxygen and I get water. No matter how many times I mix these gases in this proportion, I get the same result.

Now, Christianity teaches you the same kind of laws. Once you come to believe in Christ, that through Him you can do all things, you contact that invisible power which is always flowing within you, and, as that power flows through you, it brings fulness of life.

This faith, this contacting of God's laws is what makes sick people well. The more you believe, the more your faith develops, the more you will come into this thing called *attunement*—attunement with God. To tune in on a radio you tune in to a broadcasting station, and the vibration tuned in to puts your instrument in harmony. Your religion as a Christian is to tune in to the source of life which will give you a perfect broadcast, the Christ within. Your full realization of this will

teach you how to understand His nature, and from that moment will come a complete understanding of human nature.

Let go, my friend, of your fears, your tensions, your worries and your anxieties, and let God.

THE THIRD STEP IS

Practising Kindness

“Be ye kind one to another, tenderhearted, forgiving one another.”
Ephesians 4: 32.

THIS TEXT conveys the beautiful teaching of the Christian religion—love, kindness to one another, always forgiving one another. How often do you find these qualities in the church you attend? This to me is the great weakness of Christian people today, for we find within church organizations so much resentment and criticism and condemnation, which is the exact opposite to the love which Jesus Christ demonstrated so magnificently.

Human beings are very complex creatures. We are all alike fundamentally, but we are vastly different in our minds, sentiments, interests, abilities and activities. We are very much like a wheel. At the hub we all have the same basic common sentiment, but at the rim we are all different from each other and seem far apart.

We all start off at the hub in our childhood with two simple fears, of noise and falling. As life progresses and our experiences vary from day to day we acquire characteristics, fears and habits different from those of anyone else.

Take two boys attending school, probably born in the same social class, living close to each other, their family and other ties alike. Once they leave school, with their different talents, they meet different people and have different experiences. These two boys grow up into young men and

into mature age with entirely different likes, dislikes and temperaments.

Though we can classify people into certain set patterns, we have to look into the question of personalities to solve the problem of getting along with them. Take the case of a wife who is the dominating, aggressive type. She is usually a good talker, a gossip. On the other hand her husband may be very retiring, completely dominated in his home life. Many active, progressive men have wives who are quiet and reserved and who seldom take part in public life.

The best way to understand the differences between people is to divide them into two categories, introvert and extrovert. The former is usually shy and retiring and likes spending his spare time alone in study, or with some favourite hobby, or just reflecting. The extrovert has many social, public and other interests. Generally speaking, musicians are introverts while successful salesmen are typical extroverts.

The introvert is usually hypersensitive, easily embarrassed, writes more fluently than he speaks, does not make friends easily, worries a lot. He often spends a great deal of his time day-dreaming. He generally resents being ordered to do anything but is easily spurred on to do things by praise. If he plays any game he is invariably a poor loser. The extrovert is the exact opposite.

If you are learning how to get along with others try to sense these qualities in the people you meet and you will know exactly how to handle them. If a man or woman is hypersensitive and easily hurt then you must be extremely careful what you say. You get along with the extrovert by getting him to talk about himself, about his sports and his outside interests. Be a good listener. Let him talk. He will talk about his conquests, his business, his ideas, and the sports in which he is interested. He is the type who acts quickly on impulse and very seldom worries about what happened yesterday or what is going to happen tomorrow.

Every person has some of both qualities but those which predominate put him into one or the other class. For some

years I employed a research chemist who was a typical extrovert. He had a great complex of superiority because he had a doctor's degree. He was also extremely argumentative. He could not get along with the men at the laboratory. I finally gave him a laboratory to himself. This worked very well for a while but eventually he looked to other fields for employment. In fifteen years he held fifteen jobs simply because he did not learn how to adjust himself to others.

Once I knew a girl stenographer who was an introvert, extremely shy, did not like meeting people, and seemed to get tongue-tied when thrust into company. She had lived for years in a room at the Y.W.C.A. She did not attend church meetings or socials of any kind and kept to herself. In the office she did not get along with the other girls because she was hypersensitive. Then she suffered a nervous breakdown. Her psychiatrist did his best to teach her how to know herself. One day she came to see me privately, telling me she was a very defeated person. I tried to show her the weaknesses in her character and got her a job in a summer hotel where she had to meet the incoming people. She had to mix with different people after hours and she got a new slant on living.

She changed her appearance, became very attractive and today she is the permanent hostess in that hotel, having married the hotel manager. Yet this change did not come about until she learned how to overcome her introvert nature.

With these keys you can unlock anyone's character and know how to adjust yourself to him. Nevertheless we should remember that in some measure we have all the qualities of both introvert and extrovert. If we were a hundred per cent of either, we would be insane.

Suppose you come across a man who does not seem to make friends, changes his mind a great deal and is very often stubborn in his ideas. This being the case, never do anything to bring out his stubbornness and certainly never mention to him that he is unstable, unreasonable. Find out his other characteristics and keep his good qualities in mind.

I knew a man who was employed in the same position for

nearly twenty years by one company. He was an introvert and there appeared to be no future for him. By bringing this tendency to his attention and by his learning how to overcome it, he was able to change his personality and is now the personnel manager.



To understand people we must be kind to them, respect their ideas, their religious viewpoints, their sensitivities and their qualities.

Many years ago the head of a large farm called me to see the calves, forty of which were seriously ill with pneumonia. The veterinary surgeon had ordered them to be shot, but they were very expensive, bred carefully and meant a great deal to that farm. We prayed about it right in the barn beside the calves, and thanked God for having begun their healing. Immediately an idea for a medication to use came to me. I used it and all those calves were saved.

That one kindness, that one demonstration of faith in God, resulted in the company, for which I worked, getting orders totalling thousands of pounds from that particular establishment.

Kindness must come before all things in our lives. The text which heads this chapter tells you to be kind and to forgive one another. How often do we find tremendous hatreds and bigotry between our different church denominations, yes, even between churches of the same sect! We see this exemplified day after day. This is not the fault of the churches but of those who profess and call themselves Christians and yet are so filled with their own self-righteousness that they forget all about being kind to one another.

There is a dual tendency in every man and woman, a tendency to good and to evil. Each of us has a little of Heaven and a little of earth in his make-up. We live on this earth to prove that Heaven is within us in our daily lives, so that we

shall also have Heaven in the life we are to live when we leave our physical bodies.

No one ever just *finds* life worth living. Each one of us has to work to *make* life worth living. The real proof of a Christian is his loving kindness to his neighbour, his relatives and his friends, in every sort of condition. This kindness works wonder over him, and it works wonders over everyone else. There isn't anything in life that will work so many miracles as love and kindness.

* * * * *

What is your relationship to your Creator, God? He is never what we picture Him as being. It is not primarily what we think about God that counts, but what He thinks about us. How have you proved in your life your divine relationship to Him?

His was the mind, the Divine Mind, that created the earth, the universe, and you. You are made in His own image; your soul is the essential part of you and as eternal, everlasting and indestructible. Your mind is one of the ways through which God works and by means of which you can contact divine power.

Pass beyond the old ideas of a God of wrath, a God who sent sickness to punish you, and demanded an eye for an eye and a tooth for a tooth. Jesus told us His Father is a God of love. He is all love, and when you show love to any person, or to an animal, you are expressing God.

Our main reason for being on this earth is to express God. Everyone of us is a means by whom God does His wonderful work among men. Therefore, when you are dominated by criticism or resentment or temper, you cannot express God. You are breaking His laws and will have to pay the price for the breaking of those laws.

Into our cities are brought power lines of high voltage. At the outskirts of the cities there are gigantic transformers where the high voltage is stepped down to a voltage low enough for

use in our homes. This is an exact example of what the Christian religion means. Jesus is the transformer of God. He is the only "somebody" no one has yet been able to match, this man Jesus Christ, the teacher.

We must first believe that He came and inhabited human flesh. The Christ came down from the Father and was made man. He taught us a way of living so that we could live more abundantly. We must try to follow that pattern not just on Sunday but every hour of our lives.

Jesus said that no man could get to the Father except by Him. When I came to a realization of what Christ could mean to me, I became a conqueror. I got a living, vital sense of His presence which took away all fear of men, of evil, of disease. If, however, I make a serious mistake, if I fall into error, then I have to take the punishment that goes with the breaking of a law. I have also to realize that I have not walked with Christ as I should.

You will become a revitalized person when you come to accept Jesus Christ. In our churches we usually see a cross made of brass or wood. It is not there for adoration or worship; it is only a sign or symbol. It is usually an empty cross, a token to me of a man who died upon it two thousand years ago for my sicknesses and my sins, but who became a resurrected person. His Spirit lives within you and within me. It is up to us to believe this. If you do, then you too will have a resurrection from every error, from every wrong that comes into your life.

The Christian way of life is not just sanctity; it is sanity, for you cash in on the promises of God when you learn to walk in His way of life. Your devotion to Him transcends all other things. Thus you gain a healing from sin and sickness. You develop a happy, radiant, successful personality, confident that all the details of your life, all your needs on this earth are now being taken care of by God.

I had to prove the theories of my science every day in the laboratory. In my religious work I prove God every day by prayer. You can do this too. Realize every moment that God

s now waiting to operate through you, and that your mind can now open to His super-power to solve every difficulty. All you have to do is to tune in your mind to His wave-length, and all other wave-lengths will be blotted out.

How do you tune in to God's wave-length ? By faith, faith that God lives, faith that God is good, and faith that all the hosts of Heaven and earth must move to an increasing purpose when attuned to His power.

Make every day a testing time for your happiness. Wake up and live in the reality that with Christ at the helm you can have life, and have it more abundantly.

When this change comes into your life you will no longer see the evil in other people. You will see the Christ in them because kindness and love become your dominating impulses.

In chemistry I learned that coal under heat and pressure becomes diamonds. The black sticky-looking tar from coal gives us aniline dyes, beautiful colours, all the colours of the rainbow. Even the slag refuse produces wonderful crystals, whilst mud is made into costume jewellery.

So it is that the stresses and tribulations, the trials of your life, can produce many wonderful things for you. When you have the abundant faith of the Christ within you, the hard knocks that you may have to take will change your coal into diamonds, your sorrows and sickness into beauty. The mud of your defeats you will transform into jewels of kindness and love, because through your faith, the super-atomic power of God is now at your disposal.

Make this affirmation : "*I am, therefore I will, I do, I have.*" Say to yourself, "I will now arise and go to my Father. Nothing can stop my progress from this day on because I believe that God is ever with me. Through this Spirit of Jesus Christ within me I am never alone and I have nothing to fear."

Let go your problem, *let go* your anxieties, *and let God* fill you with kindness and love.

THE FOURTH STEP IS

Getting on the Right Track

“And if thy right hand offend thee, cut it off. . . .”

St. Matthew 5: 30.

POSSIBLY the above text has puzzled you. It would be a very serious thing to take it literally and cut off one of your hands. Its meaning is hidden and metaphysical. It means that if you have any characteristics in your nature preventing your spiritual growth, your success in life, or which hurt other people, then you must cut them out and replace them with love. Love must predominate for it is the whole basis of Christian religion.

The Bible tells us that if a man says he loves God, and yet hates his brother, he is a liar. There is hardly a day in our lives, hardly an hour in which we do not think critical thoughts and say critical words. But before we criticize anyone in any way we should first see that our own lives are free from error. We are so prone to see the evil in another but seldom do we see the wrongs in our own thoughts, our own actions and ways of living. So we must get to know ourselves.

Nowadays, more articles, more books, more “bunk,” are written about character analysis than about anything else. For years we have been meeting people who profess to read character from the tea leaves in our teacup. But if we really want to know people, we must develop the skill of reading their characteristics. It must never be guesswork.

Thousands of people follow astrology, phrenology, palmistry: all of these, put to the acid test by scientific men, have been

found wanting. How then do you size up people? Do you think that tall men are more attractive, more dependable than short men? Have you found, or do you believe, that fat men are more likeable than thin men? Do you think that tall men are invariably better leaders? Have you a conviction that the bumps on your head indicate your good and bad points?

The constant habits of a lifetime, the same reactions to the same conditions definitely affect your face, your body and your nervous system. But the best clue to a person's character is to watch how he reacts to certain things. Watch what he does when he is surprised, shocked, disappointed, pleased or condemned, and make a mental note of his behaviour. The constant practice of watching your friends will tell you their inner thoughts.

You know very well that, when fear comes, you pale and possibly tremble. If you are sad, tears will come. If you are happy, joy will increase your heartbeat and give you a better colour. The changes you see on the faces of people are always reproduced in their inner organs. This is why the constant thoughts of fear or failure will bring about physical and mental upsets.

Shock very often produces the disease known as diabetes; resentment carried over a period of years often produces forms of arthritis while worry brings many ills such as stomach ulcers and heart diseases.

Early in life every man and every woman should start practising the art of controlling the feelings and emotions. If you laugh a great deal, you get happy little lines at the corners of your eyes and your mouth. If you worry a lot, you get wrinkles across your brow and long deep lines down your face. If you hold feelings of inferiority, you generally shrink away from people and possibly develop round shoulders.

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In going through life you must remember that the man to watch most is the man behind the man in front of you, yourself!

When the executive of a company is interviewing a prospective employee, possibly for a sales department, he may suddenly say, "Well, what do you think you can do for us?" Very often the man becomes disconcerted; he is taken off his guard, but by the man's reaction to that question a great deal can be learned of his characteristics. The executive sizes up a man very quickly by constant application of this type of psychology. He does not want a "yes" man, nor does he want a man full of his own importance.

In one school in Canada, when the boys line up each morning they are checked over by one of the masters for cleanliness and for neatness. Every boy has to have a handkerchief in the top left-hand pocket of his coat, and one in his trouser pocket. His shoes must be shined, his teeth cleaned, and his hair brushed.

Boys who go to such a school quickly get out of slovenly habits. When those boys grow up to be men, that habit of neatness has developed so that they cannot leave the house without checking those details which mean so much to their appearance.

Neatness in appearance always shows an orderly mind and orderly thinking. The woman who does not replace a button on her coat or who is careless about the sewing of a loose hem on her skirt, the girl who does not care about the way her hair is dressed or whether a button is missing from her blouse, is never successful in the business world, or the social world. These little points show her mentality very plainly: sloppy, untidy, disorderly thinking. Such a person is generally undependable.

It is a part of your lessons in living to learn to study the characters of those with whom you associate. Some time ago I spoke to a man taking snapshot photographs of people on the main street of our city. I found that he was most successful because he studied people. He said to me, "After you shoot pictures of the first million, you know whose photograph to take." The people wearing smart clothes invariably bought photographs. He never took a picture of an old man or woman,

never wasted his film on a man with an old hat. He could tell from the way people wore their clothes who would be willing to pay for a photograph. This man, by practical experience on the streets of a big city, was a good student of psychology, and therefore most successful in his line of work.

In reading character, try to find out what pleases the men or women you want to understand. Find out what angers them, what amuses them, what frightens them and what hurts them. Many people carry poker faces all day long, but you will get beyond the poker face by studying their reactions to the simple problems they have to face.

A coloured man told his minister that he had got religion. The minister said to him, "So you are going to drop sin !"

"Yes, sir," said the coloured man, "I has done it already."

"Well," said the minister, "are you going to pay your debts ?"

"Oh," said the coloured man, "you ain't talking religion now, you is talking business."

How many of us think this way ? When your business is touched in some way or other, when your business is affected by religion, which do you forget about ?

Religion is something we do not just practise once a week, it is something we must live—in our thoughts, in our actions—every hour of the day. Not by telling people how good we are and how sinful others are, is religion truly practised, but by love and kindness to our fellowmen, by studying people, saving them embarrassment, trouble and fear in every possible way.

Christians should be the finest folk in the world to get along with, but are they ? I am afraid that thousands of Christians, members of churches and regular in their attendance, are very hard people to get along with simply because they have not learned how to find themselves.

Money, fame, position and wealth are the material things that have no reality. They do not last and are very easily lost. They seldom bring peace of mind, for many millionaires do not know harmony, peace of mind, or the happiness which every Christian should have.

To get a direct answer to prayer is the finest lesson in how to live because it teaches you how to get peace of mind, and shows you the joy of living.

To know Christ, to realize that the Christ Spirit lives within you and within every person you meet, will give you a revitalized life due to the magic of believing. Your life is made by what you think every hour of the day. Where you are in life today is due entirely to your past thinking. You are what you think. If fear dominates your life, you reap that fear in sickness and poverty, but when you substitute faith for fear you gain dominion over all negative things, you gain success.

When you learn to believe in God in a very simple childlike way, you get answers to your prayers. Criticism and resentment never find a place in your thoughts. You gradually come to see Christ in everyone with whom you associate. You start to radiate that personality which was in Jesus Christ. Your positive thoughts, when properly applied, are always healing thoughts.

To me, any church should be a reconditioning centre where you can go to get your mind overhauled, for all of us need a great deal of mental conditioning. When we get our minds renewed we live in a positive way and life is then a very different experience. Religious faith puts terrific fight into a man so that he develops resistance to defeat, to failure and to sickness. Then the obstacles you meet from day to day, the tribulations you have to face, all become stepping stones to happiness.

Believe that God is now answering your prayers, believe that you are now receiving and (according to Jesus Christ) all things shall be added unto you. Faith without works is dead. We must act on the inspiration we receive as the direct result of positive prayer. We all need inspiration, and we get new ideas from God every hour of our day when we put our trust in Him—but we have to follow that inspiration up with perspiration—we have to work to prove our faith. The bee that loafs round the hive collects no honey.

It is always well to remember that faith is far stronger than

fear and that God is far more powerful than any supposed devil or power of evil.

A good chemist will tell you, by an analysis of a cake, the percentage of each ingredient that went into it, and he can duplicate the formula. Such a thing is very easy to prove in a chemical laboratory. But have you realized that it is easy for you, when you start adventuring with God, to prove that He is God ?

When he has had a decisive experience with God, it is easy to read a man's character. He radiates something that the godless man has not.

The more you realize the faith, the power of God within you, the more easily you gain mastery over all the problems of your life.

Some time ago I met a man, extremely successful in business, but completely defeated in private life. He had no faith in God, no religion. He had a very unhappy home and was at logger-heads with his wife. Though he did not drink, had no wicked sex-life, he just couldn't get along with his partner. He came to see me on the eve of a divorce action. Then he accepted my teachings about God, and gained an answer to his prayers. He made a demonstration, he proved God.

A few days later he told his wife of the change that had come into his life, but of course she had seen it already. She came to see me the following day, for through the change that had come to her husband she had now gained a happy home whilst he had gained success in his private life as well as his business.

Possibly you think that because of your evil life God has deserted you. But God has never been absent from your life since you were born, not for one hour ! He has been there with you, waiting for you to follow His rules, and to find Him, waiting for you to live up to the code of Jesus Christ.

The prodigal son took his substance, and spent it in riotous living and the joys of a material life. He tried everything once. Possibly you have done the same and have imagined yourself to be far away from good, away from God. But, like the

prodigal son, you can come back to the Father who is all love, who is waiting to receive you this moment. He is always willing to forgive, to receive you back into His fold, into His family and to give you health, happiness and peace of mind.

Christianity is not just a way of living, a membership of a church, it is vitality, it is vibrant energy, it is life itself.

Christianity correctly practised is a healing, throbbing, vibrant, creative energy available to all. It is a deep therapy which can drive to the very roots of society by breaking down sins and infected centres. It will rebuild your life, mentally, physically and spiritually. It will give you the overcoming of all things. The Bible says, "In Him was Life." The life that was in Jesus Christ is also in you. In Him is creative energy, and this is the tremendous dynamic energy of life itself.

If you, with the reading of this chapter, will start a new page of your life, if you will accept the cross of Jesus Christ as your symbol of redemption, you can be resurrected today from all the failures that have been yours. You can begin right now to eliminate from your character the things that have made you a failure.

Will you not then *let go* your past *and let God* put you on the right track. If you will do this in all sincerity right at this moment, you will experience the thrill of Jesus Christ as He touches your heart. All things will be added unto you now and through all eternity.

Establishing Right Relationships

“And whosoever liveth and believeth in me shall never die.”

St. John 11: 26.

AS WE JOURNEY through life we learn how to get into right relationships with people. We stop seeing their defects, we forget and forgive the wrongs they do to us, we show love and kindness and are sincere with everyone.

If you thoroughly believe in and live the Christ-life, you will never know the slow death that comes from the lack of right relationship with God and people. To believe with all your heart and soul in Jesus Christ is to ensure that you will always get along with people.

As I have said previously, to get into right relationship with people, we first find out their special interests, their views on religion, their pastimes; we must talk to them about the things they like. Be sure to keep free from criticism or condemnation, especially of any other religious sect, remembering that all good roads lead to God, and that every person on this earth has a right to worship God in the way that suits him best.

Never start to discuss political or religious views with those you want to please. It is always more effective to touch upon what a person does outside his working hours than upon his occupation.

A good salesman tries to see his products through the eyes of his customer, thinking how he would react if he were the

buyer instead of the seller. We too must always try to see ourselves as others see us rather than as we see ourselves.

Experience has shown that it is also a good idea to get the other person interested in you for some reason or other. A young woman of my acquaintance was seemingly detested by the head of her department until one day she discovered the manager was a collector of hammered brassware. She had some very fine pieces brought by her parents from India, and she took them for her manager to see. That was the beginning of a new understanding. They established right relations because of one common interest. I know of another case where a collection of stamps was used by a man at loggerheads with his chief, to establish common ground between them.

Are you the type of person who does a great deal of talking? Maybe you have plenty to say about nothing when you do speak. You should remember that a good listener is always popular.

Every man and woman greatly values sincerity. When you start to cultivate a friendship, do not use pretence; also keep confidences in the strictest manner. In establishing right relations it is always well to remember that patience, moral integrity and humility are qualities that you need very much indeed. To win friendships, you will probably have to learn how to swallow your pride as well as how to control your emotions, but these are easy when you learn to know yourself.

If you are a highly critical person, you will find that everyone criticizes you. If you are hypersensitive, then the sooner you stop hitting at others, the quicker you will overcome your sensitivity.

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“**W**hosoever believeth in me shall never die.” If you accept Jesus Christ as your redeemer, your guide, your friend, then you have a sound basis for successful living with people of every creed and colour, for you have established right relations with God.

When you have a daily, yes, an hourly appointment with God, you become so confident of His presence and guidance that you withstand all the trials of life; you overcome your hereditary characteristics; you overcome sickness and you lose your fear of death. There is no death—it is merely a passing over, a release from this physical life into a wonderful spiritual life for all eternity.

When you come to believe that the Spirit of Christ lives within you, His intelligence becomes your intelligence, a source of ideas, inspiration and guidance. When God controls your mind, you lose every fear you ever had and you believe with all your heart and soul that He is mindful of your every move and is standing by to fulfil every righteous desire of your heart.

The Bible says that we must be reborn. Indeed, we must be born again mentally and spiritually before we come to this wonderful understanding of God. Our thought patterns must be reborn, completely changed, and we must recognize our errors and fears. We must learn how to overcome conditions which have been long getting the better of us. Then, and only then, can we begin to find the Kingdom of God within us. Every day will become a spiritual adventure with God, enabling us to rise above every difficulty and temptation.

A captain in the Canadian Merchant Marine had lived a very materialistic life. Yet on three occasions when his ship was sinking he was saved by his prayers. But he still doubted God. He laughed at all evangelistic messages until one evening he came to a lecture which was meant for him.

That day, in simple faith, he accepted the fact of what God could mean in his life. He asked His forgiveness for his sins, was born again, and became a completely changed person. He did not have to give up his drinking habits and other evil passions: they gave him up. He lives today a new life. He knows that God is with him on the bridge of his ship.

Jesus said, "Be of good cheer," to a person whom he had healed. This means "Cheer up. No longer will you have a life of sickness or dullness." By accepting Jesus Christ in all His fullness, your tendency to have a long, sad, sanctimonious face disappears. The smile of Christ radiates from your face and you are automatically cheered up even when the greatest difficulties cross your path.

Some time ago a woman came to see me filled with all kinds of fears. She had lived a life of pleasure as a leader of society, but after thirty years it had brought her the disease known as claustrophobia. During her first visit I told her the simple story of Jesus, how willing He was to forgive and forget. In fact He was now washing her past away and she was beginning a new day—if only she would surrender to Him.

She broke down with violent emotion. At the end of my prayer for her, her tensions were gone. She was released immediately from all her fears. From that day on she practised the simple magic of believing; she believed that her sins and the errors of a lifetime were washed away on Calvary two thousand years ago, and consequently she has become a radiant personality spending most of her time in social work.



Friend, you are *not* alone. You are *not* facing life alone, you are facing a future, an eternity, with God. I do not know nor do I ask *what* the future holds for me, but I do know *who* holds my future. I know with an absolute faith that God will never let anything come my way that He and I cannot handle together.

So with you. First you have to surrender, then you have to supply the willingness and the tools, and amazingly God supplies the power. When God becomes a reality in your life, anxiety goes. But when anxiety dominates your mind, then God goes.

The head of a girls' college, after a nervous breakdown, came to see me. She was filled with deep fears over a past experience. She had built a wall of negativeness between her staff, her pupils and herself.

All her life she had been a strict martinet for discipline, always demanding too much of others and herself, with no room for the emotion of love in her life. A completely repressed and defeated woman ! Her psychiatrist had been unable to help her and now it was very hard for her to believe that she could be reborn after years of living without any faith, and that God would remake her.

However, she accepted my teaching of child-like faith. She threw open the windows of her soul to Christ and an amazing change took place in her personality. The causes of her school irritations disappeared. She now looked for the good in her staff and in her pupils. She radiated in her voice and presence her new convictions. As the months went by she was able to establish perfect relations with all those she met.

What Christ did for this woman He can surely do for you. Are you filled with nameless fears ? Are you filled with doubts and worries ? Then let them go and let God take over your life. If you will let Him, He will remake your entire life and you will reap the harvest which Jesus promised, a life more abundant.

The greatest thrill comes, not through sensation, but with the knowledge that a complete surrender has been made of our life to Christ.

When Christ rules your life completely, all negative things fade away and you gain the health of mind and body that God expects you to have. When you feel the touch of His hand, the thrill of new life will glow through you, and sickness and need will never dominate your life again.

If we would only spend half the time in prayer that we spend in learning material ways to bring success, we would gain a thousand times the results we otherwise obtain.

All my life I considered that I had established the right relations between myself and God through my church. I lived very strictly according to the letter of the law. I acknowledged

my sins, but within myself I did not have a personal relationship with God. Therefore, I did not know how to establish right relations with my neighbours.

Then I came in simple faith to the foot of the Cross; I came to love Him with all my heart, my body and my soul. With my rebirth came my healing. Instead of fearing a God of wrath, I came to accept divine love from a Saviour who died that I might live. The joy of triumphant living is mine, but nevertheless only so long as I live according to the teachings of the Master.

Day after day we have to make conquests over temptation, day after day we must gain in a spiritual way, but at the end of each day comes the knowledge of having again *let go and let God*: thus do we reap the thrill of another day's adventure in right relations with God and men.

THE SIXTH STEP IS

Building a Name

"If any man be in Christ, he is a new creature."

2 Corinthians 5: 17.

EVERY WORD we say, every act we perform, helps to make or mar the impressions the world has about us. Courage and self-confidence make good reputations; fear, failure and distrust destroy them.

Many people who read this book are not getting one-half the success out of life they should, for they have not yet learned to use the tremendous power locked up within themselves.

There are clear-cut principles for building a reputation. First make up your mind what kind of a reputation you want. Then try to show the characteristics that will achieve that end. Be consistent every hour of the day. In no circumstances belittle yourself, for you are a son of God.

People will talk about you every day. They will remark that you are timid, boastful, kind, selfish, intelligent, stupid, cheerful or sad. They will say that you are worth knowing or a person to be avoided. Remember that a good reputation makes the process of getting along with others easier, and gains for you real rewards in the after-life.

Shakespeare said, "The evil that men do lives after them, the good is oft interred with their bones." The good you do is so soon forgotten when a mistake you make becomes known. It can be held against you throughout your life. Very often the

people who boast about their Christianity are the most unwilling to forgive our mistakes.

You cannot just sit still and gain a good reputation, for you must do something to build one. Try to get a clear picture in your mind of the kind of man or woman you want to be: then think and act according to that mental picture. Live up to your best ideals every hour of the day.

A good choir leader has a reputation for getting the best out of his choir; a successful chef gains a reputation for bringing crowds into the restaurant.

A lady, watching an angler landing a catch, exclaimed, "O, the poor little fish!"

"Yes," said the fisherman, "but if he had only kept his mouth shut he would not be on the end of my line."

Is this your weakness? Has your reputation been marred because you never know when to be silent? I knew the manager of a large company who boasted about the sales and production of his company. That one mistake cost his firm a fortune. He didn't know how to control his tongue. Many a secretary loses her job because she talks to others about the contents of letters she types.

Knowing when to speak and when to hold your tongue is a wonderful characteristic; it plays an important part in the reputation you wish to create. You must also be kind, helpful and tactful if you want people to like you. Knowing when to say the right thing is a great asset; but a caustic, sarcastic tongue will never reap a good reputation. Meanness means unhappiness for the one who is mean.

The housewife who keeps her home in perfect order stands in good repute with her friends. The person who watches the clock, who just does the things he is supposed to do and no more, builds the wrong reputation, never receives advancement, never gets on in life.

I know a saleswoman in a large store. She studied at night all she could about the manufacture and printing of linens and cottons. She became so interested that she devoted a holiday at her own expense to visiting certain mills which made the

goods for her company. She gradually built a wonderful reputation and eventually became the manager of the company in a few years.

Another woman worked in the silver-ware department of a store. She took a correspondence course on silverware which included the setting and arranging of tables. This resulted in her being made adviser for special luncheons and various other functions. She did not have an expensive education, yet today she is in charge of a huge department for advice on parties and catering. She built a reputation.

Just as these people I have cited, every person who reads this book has talents and abilities waiting to be used. Your mind from day to day will be filled with ideas, but it's up to you to use them according to your faith. Generally speaking, people want to find out how much they can rely upon you, your knowledge, your wisdom; so it is wise for you to know your abilities and to prove you know what you are talking about. If you have no confidence in yourself, how can you expect your friends or your employer to have confidence in you? Remember that we have no reputation at all when we are born; it is something that grows with us. Every hour we are building the reputation we will have later in life.

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One of the greatest weaknesses among people is inconsistency. We find people who are kind today and unkind tomorrow; who offer help to some and turn their backs on others. To prove the dependability of our character we should always act in a friendly way to everyone we meet. Remember, too, that a reputation for telling the truth is one of the finest assets in life. We must stop our first attempt at lying to get us out of trouble, or else the consequences can lead to our undoing.

The Bible says that if a man be in Christ Jesus he is a new creature. This means that if we live the Christian religion, if we live in Christ, He lives in us. Our minds are filled with His

Spirit, and we talk to Him, we pray to Him until the presence of God becomes a reality to us. Old things become new. With Christ at the helm, your past reputation can be overcome and you yourself be a new person.

Many Christians think they live up to the rules of the Ten Commandments, but how often are they merely self-righteous? They think that because they do not steal or lie or commit adultery they have complied with the whole law. Yet how often do they suffer illness and disease and poverty because they never dream that Jesus Christ died for their sicknesses as well as their sins. This type of person often has a reputation for meanness, for lack of charity towards his neighbour, especially towards those who attend different churches.

My "Lessons in Living" work has taught me that the world today is crying out for God. He has never forsaken us, but in these pagan days humanity has forsaken Him.

Today the power of God within every person is like a sleeping giant which must be awakened by faith so that He may spring into action. How would you like to start right now to use the law of life?

Would you like to prove God right at this moment as you read this book? Would you like to prove that tremendous power, His life, His love available to you at this moment, no matter how great your depression or sickness? Then believe that you are one with God whenever you wish to be. Every moment God is a dynamic, vibrant force, a living reality just as available to you as electric power when you touch a switch. Jesus Christ built for Himself the finest reputation held by any person who has ever inhabited this earth. If you will accept Him right now with faith, you, too, can start building a wonderful reputation.

When a man who is defeated in life, on the verge of bankruptcy or suicide comes to me, it is my job to teach him in simple words how to re-pattern his life, how to change his fears into faith, and how to put God first. For no matter what your ability, the world will defeat and break you if you do not gain the consciousness of Christ. When you accept Him you have

then not only your own ability and power but that mystic force as well which is backed with indescribable resources.

As we go through life we may get the advice of specialists and various experts, but if we would only remember that the one supreme authority is God, what new creatures we should become ! He is the only real expert who can turn your sadness and failure into happy living. Would you not like to close this book with the assurance that no sickness will ever come to you, that your job will now work out successfully, that no one can hurt you, that no situation in your life can ever again be hopeless ?

Then make up your mind to come to the Saviour, to find the Christ within you, to let go and let God take over from this moment on. He will be the friend of a lifetime ; He will never turn you down. He will start building for you now a new reputation, and He will give you proof hourly that life is not for dying ; life is for living.

Do not just read these words and let them go by without trying to discover this power which I have found. Get the conviction that the Christ Spirit is within you now, that His power is your power, that His love will be directed through you to others, and you will begin to gain a reputation that will take you through eternity.

Let go your bad reputation and let God build you a new one.

THE SEVENTH STEP IS

Adjusting Your Life

“He that doeth good is of God. . . .”
3 John 11.

IN OUR last chapter we spoke about the traits of character people like to see in us. But how can we bring our good traits to the attention of the other fellow so that he may recognize them?

This is an easy matter, for believe me it is far harder to hide your real nature than to reveal it. People judge you by what they see and hear. Their ideas are formed by many pointers: your expression, appearance, actions, interests and motives. From these they form a conclusion as to whether they like you or not.

Try at all times to look as if you had confidence in yourself. Your height or weight does not matter, for you can get along with people whether you are thin or fat, short or tall.

In New York a very tall girl found her tallness a bar to her progress. She found it difficult to get boy friends and she became very sensitive to her supposed handicap. So she began designing and making her own clothes. People began to look at her because, though tall, she dressed in such a way as to minimize her height. They had something new to notice. Next she conceived the idea of starting a dress shop for tall women, giving them ideas on how in their dress to reduce emphasis on their height. So today she is the head of a large

concern, developed through adjusting to others her own handicap of extreme height.

The clothes you wear are very important. No one can help noticing how you dress, whether you are a man or a woman. They show whether you are neat or untidy ; whether you have good taste or lack it ; whether you are conservative or radical. Clothing very definitely has an effect on the people you meet, so it is well never to go to extremes.

I came across a woman with a very untidy appearance: no care about her hair, safety pins instead of buttons, holes in her stockings. All this showed untidy thinking. When I took her to task about the matter she said that God looks on the inside, not the outside. That, of course, was the wrong way to regard herself because, had she known God, she would automatically have adjusted herself to Him, and neatness in appearance would have followed.

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The expression of your face is of the greatest importance. People with a sour expression usually have a sour and selfish disposition. People with a scowl give the idea that they do not like others whilst a well-wrinkled forehead often shows lack of confidence, and excess of worry.

Look at your face every day in a mirror. If you are a Christian, your habitual expression must be a smile. Think joyful thoughts, because joyful thoughts give happy lines to your face. Learn how to be alert every moment of the day, and your face will automatically have that alert expression. Feel confident about your place in life, and your face will show confidence.

Every thought in your mind reflects itself, for the thoughts you think radiate from your face. If you are a worrier, you invariably show it. If you are an optimist, you show it also, for the play of emotions is always reflected by the play of your

features. You can't assume a course of action whereby your face is to show the same expression. You have to adjust yourself to the particular men or women you are meeting in particular circumstances. One person might be impressed by a business-like appearance, another by your gentle tolerance, and another by your sense of humour.

You have to practise adjusting yourself to the different natures of the people you meet. A girl with several boy friends does not try the same tactics every time; a man does not use the same approach with every other man in his office. Remember that people will try to find out your real motives in what you say or do. The key is always *to have* the right motives towards everyone.

We like people who are helpful; we like people who appear to like us. So we must learn to like others and adjust ourselves to them. This means forgetting the bad points and seeing only the good.

Two men met on a train and one said, "What is your occupation?"

The other replied, "I am a missionary from India, where I have led five thousand people to Christ."

"Well," said the first man, "I lived in India for years, and never saw a Christian."

"Then what did you do in India?" said the missionary.

"I was a government official and I used to hunt tigers. In my life I have killed scores of them."

"In the thirty years I spent in India I never saw a tiger," said the missionary.

One was looking for tigers, and found them; the other was looking for people he could help, and he helped them. Neither saw what the other sought.

It is the same with you and me. We find what we look for. Unfortunately we always seem to look for the evil, to try to find a hole in the other's armour, seeking to discredit him, refusing to see the good in the other man.

If we are tolerant of other people's errors and mistakes, we can expect them to be tolerant of our own. Everyone has some

good qualities and we must see those qualities and magnify them. The person who tries to pull down another's character is usually a type with many weak spots.

People like to feel their own importance, so give them a chance to talk about themselves. People also like to grant favours. It is often a good point to ask a favour of someone you want to get to like you. Most people have hobbies of some kind. Find out what they are and discuss them sensibly. People like to be asked for advice. I repeat, this is often a good way to start a real friendship, for people like to share confidences.

I knew a man who could not get on with a Welshman in his office. One day he said to him, "It is very strange, but do you realize you belong to a race that has never been conquered?" This hit very hard at the heart of the Welshman, and was the beginning of a real friendship between them.

The key to adjusting yourself to any person is to act as if you liked them. Get the Boy Scout motto deep in your mind and do a good turn to someone every day. The constant practice of this is basic Christian teaching.

"He that doeth good is of God." Do you realize that you were placed on this earth by God so that He could express Himself to men through you? For God can do nothing except through us. We are the keys on His piano. God is all good; every good deed, every good thought is a means for God to express Himself through us. This brings us to the point of seeing the Christ in everyone we meet.

We are told that Jesus Christ was a carpenter's son, yet His mission on earth was to teach men the spiritual laws He knew and to construct a spiritual temple in the hearts of men.

We are all apprentices in His workshop. Every day we work to unfold soul qualities like those expressed by the Master to make us loving, kind, forgiving, and perfect. Love is the most powerful and attractive force in the universe. The more love you show your fellowmen the more good things will be drawn into your life.

The greatest happiness in life is found by expressing love wherever we can. If we would realize the law of love, there would be no bad relations, no bad marriages, no need to fear the rapidly rising divorce rate.

The way to love is to give service. If you have never learned to give in money or in service to God, then you have not yet learned to love God. In failing to serve Him every day of your life, you are disobeying His rules for living and working against His Kingdom.

The Bible says, "Do good to them that hate you." Why? Because when you persistently do good to people who wrong you, you eventually make them like you.

It is well to remember that the only treasures, the only permanent treasures, we can lay up are those in the heaven of the mind; the only gold that can be trusted and continually depended upon, is the gold of spirit. We are told that Jesus never owned anything; yet how rich He was in the treasure of spirit, the treasure we need so much in this materialistic world.

Some religious leaders have said it is a Christian duty to be poor, but to me this is not the teaching of the Master. He definitely said He would give you all things you might need in life if you would put love for Him and your fellowman before everything else.

You are not a Christian simply because you follow some creed or ritual. You become a Christian only when your heart becomes centred in Christ. You may belong to a church, you may have found Christ in that church; but you may also have lost Him in the same place because you have not lived up to His teaching.

Do you show love and friendship to all the members of your church, or are you filled with criticism towards some members of the congregation? When you believe deep down in your heart and get into a personal relationship with God, you become centred in the Christ within you and receive in return an abundance of health, happiness and harmony.

You never have to beg or coax God to bring His good into your life. God is like the sun; He shines on everything. It is

up to you to get out of the shadows, to grow out of the basement in which your mind has lived so long. Open the windows of your soul and lift up your faith with conviction, and your life will become what you wish it to be.

As you close this chapter, consider your own life. Think of the people whom you have not been able to get along with ; then make up your mind to *let go* the evil you saw in them *and let God* bring you a new vision.

Change your thinking habits and let God adjust your life.

THE EIGHTH STEP IS

Using the Force of Ideas

“For whosoever hath, to him shall be given, and he shall have more abundance.”—*St. Matthew 13: 12.*

IT is well-known that the average man and woman find it easier to do things when prompted by their emotions rather than by their reason.

In our daily contacts, therefore, we should try to avoid arguments of any kind. Arguments create bad feeling and often result in a sense of humiliation.

In my life I have known many managers who seem to take delight in making employees feel small in front of other people. These are the most detested men in the organization.

As a result of an argument you may convince someone against his will that you are right but, invariably, in so doing you lose a friend. The best way to annoy people is to try to prove your knowledge is superior.

Human beings love to discover things for themselves; they like to form their own judgments. They usually resent being told what conclusions they must reach. To get someone to do something for you, plant an idea or suggestion; then train their imagination and their emotions the way you want them to go. In making a suggestion, turn a person's attention to your particular object.

The power of suggestion is stock-in-trade in any profession. The magician on the stage uses the power of suggestion

to the nth degree to make you believe the very opposite of what he is doing.

How often during the day do you encourage the negative thought that it is impossible for you to do what you want to do. You are beaten from the start.

There is a story of a certain prize fight between a big man and a small man. One of the crowd near the ring said, "It looks like Sullivan and Corbett all over again." The little man heard him and, getting the idea that again the little man would be beaten, was taken completely off his guard and thereby defeated.

Many people are contrary by nature. Dealing with them it is simpler to suggest to them the opposite course of action and not the one you want them to follow. You will nearly always win out. The medical man often uses strategy of this kind. In my own spiritual work I have interviewed many people who were on the verge of suicide. Such find a sadistic pleasure in hurting relatives and friends by threatening to do away with themselves. When their bluff is called they certainly do no such thing.

A mother sternly forbade her daughter to keep company with a certain young man. The father took the opposite tack, and told the mother to invite the young man to the house. After the visit, he praised his daughter's friend, saying what a nice man he was. At this the mother was very upset and later told her husband it was dangerous to say what he did. The father replied, "Yes, but not so dangerous as placing obstacles in her way."

The mother's open detestation for this young man might have caused an elopement, for she was a very determined girl. The father, by encouraging the young man to come into the home, turned the tide, and the infatuation did not last a month. The daughter at last realized that the man was not suitable as a husband.

Nevertheless it would have been unwise to have laughed at the mother's fears for her daughter. We must never laugh at the fears of other people, because often they are very real to them.

We should not attempt to remove them by argument. It is good policy to listen to their tales of woe, then gradually submit adroit suggestions which help to lead them away from their stupid obsessions.

Suggestion is the most potent of forces used by publishers, politicians, and even evangelists. Take, for example, a new book—let some book critic give a particular work a splendid write-up and you will find thousands of people flocking to buy it. The same applies to a film or a play: the greater the crowds, the more people there will be to follow those crowds. We see mass suggestion at work every day of our lives.

If someone arrives at the office in the morning looking pale and out of sorts, he may go home before noon really ill if enough people tell him how sick he is looking. This is the power of suggestion in operation.

The women of our day commonly use cosmetics. This gives the suggestion of good health, and this very often enables the user to feel better than she would otherwise have felt.

Your subconscious mind produces in your life evidence of the thoughts you send back to it. The constant repetition of fear, anxiety and worry thoughts will bring upon you the same thing multiplied many times over. The constant practice of positive thinking, making affirmations hour by hour that God is healing your fears and worries, *will bring magnificent results.*

How many times have you heard the phrase, “believe you can do it and you will do it”? Belief enables you to do things that were otherwise impossible. The act of believing is the starting force which leads to accomplishment.

The more you believe, the more power within comes to your aid. The practice of suggestion is used by all coaches of football and other sports. The more the coach gives his team the conviction they will win, the more sure is their victory.

If you were suddenly frightened, say by a ghost on a dark night, you would run with unbounded energy. There are great reserves of strength in your subconscious mind which give superhuman energy to meet all fears.

The Mohammedan has a religion which compels him to pray five times a day regardless of what his work may be; at prayer time he stops everything, kneels on the ground and says his prayer ritual. This gives him a great conviction that God is with him. In Haiti there is a cult of Voodoo, which is entirely a religion of mass-suggestion. Dictators like Hitler, Mussolini, Peron and Stalin owed a great deal of their success to the mass-suggestion of pictures placed in every corner of their countries.

Many years ago, in Canada, we would see a sign on every farm fence and barn, from coast to coast, advertising a certain baking-powder. This was really mass-suggestion to make people think that the only baking-powder to buy was the one mentioned in this advertisement: it was a profitable suggestion. I can assure you there is magic in believing and power in suggestion.

The story in the Bible of Jacob, and how he became so wealthy, reveals his mastery of the art of suggestion. Moses, too, was a past-master at this art.

Today we read in newspapers and magazines that the world is on the verge of a depression. When these suggestions circulate, money runs to cover, and the depression we talked about and pictured in our minds becomes manifest only because we take part in this wrong suggestibility.

We read many articles in the daily newspapers that war with Russia is inevitable. The more we talk about it, the more we get a fear complex and the faster we produce this catastrophe which need not occur.

There will never be another depression or war if the people of every civilization will realize that it is their own fear thoughts, suggestion en masse, which create the ideas of these so-called hard times and international conflicts.

Success in life is caused more by mental attitudes than by anything else; so is failure. The Roman Catholic Church places great faith in the ceremonies of the Mass. During that service certain things take place, all of which are suggestions that exert a tremendous influence over those who participate.

Good luck charms, sacred medals, talismans and amulets have no power of themselves. It is the magic of believing in them that makes them really effective. Alexander the Great was convinced he was a superhuman individual, and he became so because he believed it.

You can do this too.

St. Peter, at the suggestion of the Master, began to walk upon the water; so long as he believed, so long as he did not look upon the unstable water, he was able to overcome a physical law.

“For whosoever hath, to him shall be given, and he shall have more abundance.” This means that to him that has faith, shall be given the truth that will make him free of every negative thing. It means that more health, more happiness, more harmony in living will be added unto him. It does not only mean wealth in £. s. d. But it does mean that if you will accept the suggestion that Jesus Christ was God and His spirit lives within you, then by practising His teaching, you will never doubt that you can overcome everything negative.

Faith is greatly helped by suggestion. The more you believe in the affirmation that God is now healing you of sin, sickness and poverty the more you will become convinced of its truth and the faster you will receive the perfect answer to your prayers.

In my spiritual work I met a woman who had suffered from bad nervous headaches for many years. She could get no relief. There were many negative things in her life, fits of temperament and resentment which she had to learn to overcome. When she came to Christ really convinced that He was now healing her, she lost the desire to do these erroneous things. She saw the Christ in her enemies and her nervous headaches ceased.

A man visited my clinic completely discouraged and defeated because he was heavily in debt. He also had the difficult

task of trying to find a new home. He applied this magic of believing. He made affirmations every hour, thanking God for having begun to find the home he needed.

In one week, the home he was seeking was found. While moving, he found a trunk in the basement of his old home which contained what he thought were old worthless gold stocks. He took them to a broker and found that they were now worth a lot of money. He sold them and paid off his debts. The lesson to be learned from this story is that he had riches all the time in his own possession.

You have riches available to you, for within your own consciousness right now is your future happiness, your future health and your future success.

First believe; then make use of the power of suggestion that Jesus Christ, who is now your captain and your pilot, has begun to give you strength, also to give you ideas and happiness. Make this your belief, your affirmation, every hour of every day.

An artist came to see me who had had several nervous breakdowns. She had tried many different religious faiths but never gained the answer to her prayers. She attended a lecture on the magic of believing and, on asking God's forgiveness for her lack of faith, she decided to rely upon the Christ within herself. Right away she began to thank Him every hour for having begun to solve her problem.

The next morning she rose out of bed with a new idea and, within four days, she had painted her first picture in many years. Her religious fears and troubles had vanished. This new picture portrayed real life far better than her former ones. This improvement came from her new consciousness of God. It was the beginning of a successful career.

Remember to look upon God as a friend. Remember that all your life must be lived according to His laws. Believe that He is willing to give you *now* His Kingdom. Trust that He will solve every problem you have to face.

The way to get along in the world lies in the thought, the suggestion, that by simply letting Christ be the dominating

factor in your life, by believing that He is now showing you the way to a life free from error and a life more abundant, then the self-locked prison you have lived in for so long will disappear.

Learn how to *let go* the negative suggestions of the human side of your nature, and learn how to *let God* bring you happiness. You have the ability for successful living. You have the tools. The power you use is faith and the tools are your thoughts and ideas. Learn today how to use them.

Thus you will become a radiant, happy Christian, living in Christ and He in you, and you will have gained every righteous desire of your heart.

Discovering Underlying Motives

“God so loved the world that he gave his only begotten Son.”
St. John 3: 16.

PEOPLE GIVE many reasons why they do things, but seldom are they the real motives for their actions. Sometimes it is a case of shyness; sometimes they are afraid to hurt another's feelings; sometimes they don't want the real facts to be known.

It is your duty, if you are to get on with anyone, to find out to which emotional class he belongs. By appealing to that dominating emotion, you win your request.

Possibly you want an increase in salary, and the boss says you are worth it but he can't afford it. How can you find out the real reason?

Suppose you are the head of a Sunday school and the attendance is dropping off. Maybe the students are not interested. How can you discover the real cause?

Suppose you own a restaurant and wish to increase your clientèle, to what interest can you appeal other than that which responds to reasonable prices, good food, and a clean restaurant?

To understand why people do what they do, you must be able to discover the motives which underlie their acts. You will often find that the real reason is something far removed from the one offered.

You will notice that leading men in your town often head drives for charities. To a certain extent they are chosen because

of their place in the community, but one reason may be because they are men who love publicity, who will do wonders and give plenty when they see their names in print.

I remember a lady whose little boy complained of a headache and could not go to school. At eleven o'clock he got out of bed, dressed and was very anxious to have his lunch. His headache had suddenly gone. His mother discovered afterwards that he was to have had a school examination that morning. That was the real motive for his headache.

Perhaps your chemist will offer you a more expensive product than the one you want to purchase, saying that it is superior to the one you had in mind. But is it? In many cases he gets a better profit on the article he is trying to push. You must always try to discover the real motive.

Be very careful of the gushing person who tells you how wonderful you are and how much he appreciates you, for this is often proof of his insincerity. People write to me in glowing terms about my work and want to meet me as soon as possible. When I get down to brass tacks and discover the real motive, they usually want a position in my particular field of interest.

People are often actuated by motives of which they seem to be unaware. A woman told me that her marriage was a failure because she had discovered she did not love her husband. On discussing the pros and cons of her life, I found that she did love him but he had a superior education and wanted to mix with people of the same cultural background, among whom his wife felt inferior. Through the years she gradually felt out of place and developed an inferiority complex.

Once this was straightened out between husband and wife, the whole situation changed beautifully, and they have lived happily ever since.

When ironing out your problems with others, do not take only the obvious facts into consideration, for apparent reasons can be very misleading. Try to find out the hidden motives.

In church organizations and clubs we often find friction common among members because of different temperaments.

When we hear of these frictions the real motives are not always given by either side; so we must study the emotions and the conditions involved to discover what these could have been.

A very good helper with me in religious work suddenly stopped attending my afternoon meetings. When I asked him why, he said that he hadn't been going out at all in the afternoons. This was obviously an excuse and so I began to look for the hidden motive.

Knowing his temperament, I soon discovered that I had given to another man some task which he felt should have been given to him. He had allowed resentment to build up in his mind, and this had stopped him from attending my meetings. When he knew that I had discovered the real reason, we straightened the matter out and he became a very useful man again in the work.

Possibly the plumber who comes to repair your furnace or your water pipes will give you a sales talk on the use of gas or electric heaters. The real motive may be that he gets a better profit from selling one of these than he would for the repair work he is then doing.

To succeed in any phase of human activity we must work in harmony with others, win their friendship, respect and co-operation. People of every nation, every creed and every colour can get along together when they have the right motives.

“For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” The real motive behind the coming of Jesus Christ was not to give us a formal church in which to worship, not a creed, a lot of dogmas, or a theology, but to show us a way of living, a way to happiness, and the only way to life everlasting.

Every one of us has been given special talents and abilities which we must develop mentally and spiritually every day of our lives. Jesus came as a human being to live as we do, to face the same temptations, to have the same physical make-up and the same emotions. He had to face the same diseases of the flesh as we have, but He conquered all. He not only conquered disease but he conquered death so that you and I

could gain the Kingdom of Heaven. He sacrificed everything for you—what are you willing to sacrifice for Him ?

Jesus often said that it was the Father within Him who did the work. He told us that *this power is now within us*. Marvellous, unlimited spiritual power which we can contact by means of faith, will bring to every person peace of mind, health, joy and harmony. The things which have made your life unhappy can be completely eliminated by use of this power.

How can we contact this power ? I have to keep repeating—by faith, by the magic of believing, by constant, hourly contact with God in prayer. Jesus told us of His relationship to the Father, and He showed us how we are all related to the Father in the same way.

Many Christians follow the teachings of Jesus Christ with the idea that God, in any form, is outside men ; they think we can all call upon Him—but He seldom answers us.

Yet to live a Christ-life is to follow Jesus' instructions, to find God's presence dwelling within us, to be filled with life, love and power—all of which are ready and willing to flow forth abundantly the moment we are willing to give up our errors and to take Him as our partner for life.

A man came to me in the depths of despair, utterly unable to face up to life. Full of doubt and fears of what he knew not, a complete introvert, he too felt the time had come for him to end it all. He had no knowledge of God but, from attending two lectures, he learned something of faith. So he came for an interview and was taught how to pray. Whilst he asked God for forgiveness for his past, what counted most was that from that moment he came to Christ. He had now begun to find the Christ within him. Alcohol, and other evils which had dominated his life now left him, and desire for them disappeared.

I advised him to pray every hour, wherever he might be, to thank God for the guidance he was now being given. Also at my suggestion, he took a sales psychology course to help him to gain further confidence. He is now a happy, successful salesman. And, moreover, he regularly keeps his hourly appointment with God, for he knows that when he began to seek the

Kingdom of God within him, he got at the real motive for living. He *let go his past and let God*.

What fears have you who read this book? Are you afraid of your future, your health, your finances, your job? Then, in silence, when you have finished this chapter, close your eyes, hand over all your fears to God in absolute faith, and pray, believing that you are now receiving that for which you ask. Thank God for having begun to bring health and happiness into your life. This is positive prayer. It completes the circuit between you and the power called God. The answer to such a prayer will astonish you.

Simply believing that Jesus died on a cross for you is by no means sufficient. There must be much more than this. There has to be a real change in you, a real call, a real merging of your soul with God. The healing Spirit of Christ is here today, available to every one of us, to meet all our needs, to revitalize our lives, and to regain for us the Kingdom of which Jesus spoke so often.

Won't you right now accept Him in simple faith? The real motive in life is for us to find the Christ in ourselves and in everyone we meet. When you make a sincere effort to find Him you are gently led from the canyons of despair into the fertile valleys through which run the waters of everlasting life. You who seek truth, health, peace of mind—these things come only from the fountain-head—from God. They come only when you learn to lean on Him in absolute faith.

Won't you discover right now the real reason why you are on this earth? God has a plan for you, and maybe this book will bring a realization to you at this moment of how changed your life can be.

Try at this moment to let go everything that has brought you failure and fear. Really give God a chance, and let Him take over the control of your life.

To *let go and let God* means a complete overcoming of the bad motives in your life and the glorious realization of eternal happiness with Him forever and ever.

Overcoming Any Feeling of Inferiority

“If God be for us, who can be against us?”

Romans 8: 31.

STRANGERS WE MEET are apt to take us at face value. If we have a feeling of inferiority towards them or towards life, it will very quickly show. We must therefore do something about it.

The Bible tells us why we should never feel inferior to anyone. In trying to improve our position and to adjust ourselves to others, we should tear ourselves mentally apart to find out if there are any traits of inferiority in our characters.

The cross-eyed develop an inferiority complex because of this handicap. People who are shy or timid, weak by nature, who have a secret sin upon their consciences, dislike meeting people because of a sense of inferiority.

Possibly you have developed a dislike of meeting new people. Possibly you may find it difficult to remember people's names. Hence you withdraw from the public as much as possible. You may not have had a good education, and cannot discuss with people some things with which they, because of their superior knowledge, are familiar. So you avoid discussion.

Now whether your handicaps are real or imaginary, the results are the same. You become whatever you think. If God is with you, how can you possibly feel inferior to anyone? You

have equal access to all the good that comes from God. Moreover you can demonstrate your faith in His ability to give it to you by living His life. So change your thought patterns right now. Make up your mind to beat this feeling by faith in God—and you will.

He can who thinks he can !!!

As we read through history we find that Julius Caesar, Napoleon and Edison, all developed a feeling of inferiority, yet they were great men. Do not be ashamed of your inferiority complex. Do as they did, and conquer it !

In our age we have a doctor known as the psychiatrist. When a patient goes to him filled with fears, anxieties and worries, he analyses his past life, his ways of thinking, and from that deduces the reasons for his troubles. He says what the patient should do in order to overcome those fears.

Many years ago, I had a secretary who was filled with a sense of inferiority. The first day she arrived she told me that she couldn't possibly do my filing. She was also afraid of the dictation she would take from me because it would be full of technical words.

The story of this girl's life was very interesting. Her previous position had been a very depressing one with unpleasant people. She was the only child of two invalid parents. All her spare time had been devoted to them because they had no other to care for them. Conditions at home had added to her misery and caused her to become obsessed with the idea of being inferior.

While she was in my office she heard nothing to dispirit her and no negative remarks. She was given nothing but positive thoughts every day. Gradually she was taught not to be afraid of technical words or phrases. She began to find the work extremely interesting, refused to accept feelings of inferiority, and gradually I saw a wonderful improvement in her personality. In five years, or thereabouts, this girl was *the finest secretary I had ever known*. She left me to take a position as private secretary to a big executive. Today she is a very successful woman.

The people who succeed in life are those who, when they get into wrong ways of thinking and seem to face mountains of difficulty, refuse to accept them as final. They refuse to believe that conditions, or people, or events can ever daunt their ambition or their spirit, or that any condition in life can interfere with their success. They know that nothing in life can hurt them unless they let it.

If you have had thoughts of failure, defeat and inferiority, get this idea now that the Bible means what it says. When you begin to live right, within the laws of God, you will find that your negative tendencies are gradually overcome because of the power within you, in which you are now trusting. Of course, this power is God.

It is not that most people have had a failure or a defeat which has beaten them, but their holding of negative thoughts, the anticipation of failure in their own minds. They convince themselves they are inferior to certain of their friends or neighbours. The longer they hold this thought the more inferior they become.

One very wet and cold Monday morning in the month of March, I got into a taxi. The driver was a veteran who immediately began to rant in no uncertain terms about the vile weather. As I sat beside him on a long trip, I discovered that he was a bachelor with a good war record and that previously he had had two years' university training in engineering. On his return from the war he felt that he could not complete his education, so he bought a taxicab whilst his sense of inferiority grew to the point of an obsession. I discovered, too, that he had many characteristics which go to make a good salesman. Eventually I told him that with his background and education he should try to obtain a job in engineering sales. He said this was exactly what he wanted to do, but how could he get it?

I then quoted to him: "If God be for us, who can be against us?" He showed interest. He said he went occasionally to church with his mother but God did not mean very much to him. However, in that taxicab, he came to a sound conviction,

and before I left him I prayed with him, thanking God for having begun to find him the right job. I gave him my card and told him to come to see me when that job arrived, as I knew it would.

Ten days later he came into my office, quite a different person, radiant with happiness. He told me that the Saturday before he had picked up a man to drive him to the airport. The man noticed the newly-found optimism of this driver, who, though it was a dull morning, had said it was a beautiful day. Before they reached the airport the passenger, a sales manager of an engineering firm, had asked the young man to come and see him when he returned. The driver did this and was immediately placed on the staff as an engineering salesman. He was just the man the sales manager had been looking for. Now after almost two years in that post he is a success. He had gained a complete mastery of his inferiorities, but not until he—*let go* his fears and his doubts *and let God*.

Remember that thoughts of victory, thoughts of overcoming even small things, are just the seed from which victory springs, and you, while reading this chapter, can, right at this moment, sow the seed that will give you victory over the things that have defeated you.

Several thousand years ago a noted philosopher said, "Man, know thyself." This simply means know your power. When you realize your own power of thought and what you can do with those thoughts to contact divine power, you can overcome every obstacle and every tribulation that may happen to you.

Do you know that there is enough atomic energy in the body of every man and woman to destroy the whole of London? As this is a scientific fact, how can you have a sense of inferiority towards anything, when this power is within yourself? Similarly, there is enough power in you to withstand every sickness you have to face.

If you believe there is no future for you, that through certain conditions you have no chance to get anywhere, then that is actually what you will prove, for you will become what you imagine yourself to be.

People who get ahead in life, who defeat their inferiorities, are those who refuse to accept them, for, as I said before, it is the thought of defeat which produces defeat.

When we believe in a divine power within us and practise thinking thoughts of absolute faith, we realize the meaning of spiritual victory. From day to day we learn how to deny the power of evil in our lives.

Train your mind every hour to think victory and, *by the magic of believing, victory will be yours every day of your life.*

An inferiority complex is a disbelief in your own self. This to me is a sin, for every human being has been made in the image of God.

We all come across people who suffer from pride and conceit which, strangely enough, are usually indications of an inferiority complex, methods of hiding a feeling of inadequacy. You will notice how some small, short men like to be in the forefront a great deal. They like to strut about and seem very sure of their abilities. Yet how often are they not obsessed with fears and doubts and depending upon this bold front to hide their inner complexes?

A woman complained to a newspaper because her picture had not appeared in its society column. As a baby this woman had cried for her rattle and her toys, and someone had always handed them to her.

All through her life there was someone ready to do things for her. She expected to be "babied," and so developed a strong sense of inadequacy. Later in life, this developed into a complete manifestation of inferiority and made her resent being left out of anything.

Two frogs fell into a pail of thick cream. One frog was filled with fears and inferiority, so he didn't swim round very much before he began to be choked by the cream and was drowned.

Not so the other frog. He knew he was going to get out of that pail somehow. As he looked over his shoulder at the drowning frog he said to himself, "That isn't going to happen to me!" So he placed his front feet against the pail and started to paddle furiously with his back feet. In no time he had made

a pat of butter. As soon as he felt that firm island beneath his feet, he hopped out.

This illustrates in simple words the problems we all face in daily living. We go ahead with good intentions to tackle something new, but when an obstacle confronts us we often feel incapable of tackling it, and our new proposition becomes a failure. We have to show stamina like the frog, knowing there is some way of getting out of a pail of trouble.

But we have more power available to us than has the frog. We have God-power—the greatest power in the universe ready for us to use whenever we change ourselves and become converted from error into a life of radiant living.

Know yourself—change yourself now.

We can all do this if we will believe that “if God be for us, who can be against us?” If you will simply believe this passage and practise it every day, you will gradually develop tremendous faith in God. You will find that this faith releases forces which come at once to your aid.

Religious faith puts power into every man and woman to gain complete resistance to, and demonstrate a complete overcoming of, defeat. Start now, believing that if you really trust God, really try to live according to His laws, you are building on a solid foundation. Every day thus train your mind never to accept inferiority, never to accept defeat.

Has your Christianity been practical? Does your faith in religion act as a working instrument to solve the problems of your life? I assure you that when you constantly live in tune with God, your inferiorities change into power and the impossible things of your life become the possibles.

During my spiritual work I interviewed a young woman who had made a serious mistake and had got herself into a great deal of trouble. She worried about the child, and she worried about her sin, until she came to the point of suicide. Though she had asked God's forgiveness, *she had not learned how to forgive herself*. This one mistake brought her a feeling of inferiority and fear towards everyone. Eventually she came to the realization that God had forgiven all, including her

momentary error. She lost her inferiority complex and later became happily successful.

It was not until she let go her fears of what friends might think about her and let God take over her life, that she achieved this overcoming.

Today we find on every hand signs of a complete decline in orthodox religion. The world seems to have cancer of the soul.

If your religion is simply formal, mere attendance at church on Sunday, it is time you did something about it, time indeed that you began to believe in this power called God.

This being so, how can anything in opposition to God ever exist? For God is a very loving Father, always willing to give us the Kingdom if we will learn to believe in Him, to know Him, to love Him.

There came to me one day a lady who had lived a very selfish, very sophisticated, and a very sinful life. Though she had plenty of money, she was most unhappy. All her life she had been chasing butterflies which she had never been able to catch. She came to ask me to teach her how to pray, for she could not believe that God, whom she had entirely forgotten, would ever forgive her selfish life.

I assured her that He would, and we prayed, believing that we were now receiving. I taught her the meaning of Calvary and how, through that Calvary some two thousand years ago, the errors of her life were now erased. She learned how to practise, in a simple way, praying every hour of the day for one minute, in thanksgiving to God for having completely wiped out her sins. Thus she gained that much-desired peace of mind. It is now a pleasure to talk to her because she carries the light of faith in her eyes and every day she experiences the joy of helping someone in need.

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You have no doubt noticed, in pictures of Saints, that a halo usually surrounds every holy person. Do you realize that every one of us is surrounded by an aura of light? This light which

comes from our thoughts, radiates from every part of our body, and this attracts or repels other people. This is how you sense whether you like or dislike new people whom you meet.

Remember that the whole world is run on the law of cause and effect. Every effect in your life is produced by a cause. These causes usually are actions which come from your predominating thought processes. How careful we should be with our thought patterns, because for every thought we hold predominantly in mind, we shall see the effects outpictured in life. If we continually think thoughts of fear and inferiority, then those things will be produced as natural consequences or effects.

Though you are a Christian, you possibly do not wish to give up certain wrong things in your mind: the way you manage your emotions or your temper. If so, then by the law of cause and effect, you will never know spiritual success. Happiness of a permanent variety will never be yours in this life or in the life eternal.

However, if you will from this moment begin believing in God as a tremendous source of divine energy, if you will believe that He is intensely interested in your life, and that His laws must be adhered to, you will begin to think of God first, and yourself last. Then this Christ Power within you will demonstrate the complete overcoming of everything that has defeated you. When you first come to this conviction, you are what the Bible calls "reborn," born again, and your eternal salvation starts from that moment. That is the moment when you really start to live.

There is an old hymn which says, "Come to the Saviour, make no delay." If you are willing to believe those words, they will bring you to the fount of joy which will enable you to convert your inferiorities into success, your sickness into health, your poverty into abundant living, your fears, your doubts and your sorrows into a wonderful awareness of joyful living.

Every one of us as he goes through life must die daily in a mental sense, for our negative or evil thoughts must each day

die in us. New ideas, new thoughts, positive instead of negative ones, new faith must be born in us from day to day. It matters not what fears have beset you in the past, what inferiorities are holding you back. It matters not what you have reaped in life hitherto, if you are willing today to make a new seeding-time, believing that tomorrow holds promise of a harvest that will bring you life more abundantly.

It is the easiest thing in the world to learn how to *let go* your sense of inferiority *and let God*; for if God is for you, what and who can be against you ?

Your Code for Life

“Be ye transformed by the renewing of your mind.”

Romans 12: 2.

IN EVERY chapter of this book I have tried to show you how powerful is the action of thought, and I can assure you that thoughts are things.

In the last ten chapters, in particular, I have tried to give you specific steps in victorious living that will make those thoughts the right things.

Your whole life, your health and happiness and your success are determined by your thoughts. Whether you think constructively or destructively, positively or negatively, you build up your thoughts and carry them through to action. These actions produce results which mean victory for you and a complete overcoming of everything negative, or they can mean complete defeat and years of ill-health.

The power of right thinking is the power of faith. It is only through faith in God, absolute steadfast faith, that we fulfil the requirements of the code for happy living.

The basic teaching of my “Lessons in Living” Bible class is that we are to see the Christ (the good) in everyone, instead of the evil. A real, lasting faith in all good things, a faith in spiritual powers, works out successfully for those who constantly and consistently hold that faith.

A woman once said to me, “I wish I had the faith you possess.” Every person on this earth has potentially the same amount of faith as I have; those who meet failure and defeat are those who allow their faith to be dominated and governed by fears.

Suppose you cut your finger, you immediately place a bandage on the wound and forget about it. A day or so later you take off the bandage and look at your healed finger. You had no doubt, you knew it would heal, and so it did. But it is really God's power within you that performs that healing. Now, if through a demonstration of absolute faith a cut finger can be quickly healed, why not use the same faith to overcome any sickness, any disease? This faith that healed your finger is the same faith that will solve your problem, because it is faith in the God within you.

What kind of a person do you want to be? Have you *really tried* in the past to overcome your fears and your failures, to develop the personality you like so much in others? We are told by a great school of learning that out of all the people who attain successful living, only fifteen per cent have a college education. Eighty-five per cent of those who develop attractive and successful personalities do so without the benefits of a university training.

Possibly as a child you were taught in your religious faith that this world was a very dreadful place to live in. It may have been painted to you as a vale of sin, sorrow, sickness and misery. If you accepted this type of religion and constantly think negatively about the world, you will produce exactly that kind of a world you have built up in these wrong mental pictures. You will completely fail in meeting your life's problems. If, however, you acknowledge Jesus Christ as your guide, if you accept His teaching as the code upon which to base your life, then you will find this world a very wonderful place and you will realize the joy of living.

Doubts, fears and sicknesses will come your way, but these things will no longer hold you back for, by means of your devotion to Jesus Christ, every tribulation, every sickness overcome, must prove a stepping-stone to your success.

Remember well that Jesus Christ said, "I am come that they might have life, and that they might have it more abundantly." If you have not been enjoying more abundant living, the fault is yours.

If you ever take a trip to the Rocky Mountains, you may see a most amazing plant, bright green in colour, known as saxifrage. This plant grows on the flat faces of steep rocky slopes. You will wonder at this miracle of nature, how any plant can withstand winds and storms when it has no soil in which to anchor its roots. This plant makes its own soil for its roots; its seeds contain a strong acid which rots the rock, and so creates its own soil.

Now this is a secret for you to take note of because you can become an "overcomer" if you are willing to create from your thoughts and your deeds the soil that will give you courage, faith, ideas and initiative to overcome everything that life can throw at you.

You can achieve miracles by doing what others, with less creative minds, and less determination and faith, say cannot be done.

Saxifrage keeps bright green at all times upon a bare rock. You too can keep your life green and thriving if you will keep your thoughts and your spirit undaunted. Never fear man nor devil, for within yourself you create the substance by which you rise, by which you achieve your dreams.

Saxifrage adjusts itself to certain conditions, and very rigid conditions at that. Have you realized that all life is an adjustment? The secret of getting along with people is being able to adjust yourself and your temperament to the conditions in which you live.

You must be willing to learn from your weaknesses and your failures. Every one of us has God-given power within to overcome life's obstacles, but it depends entirely on the code chosen.

I read a statement regarding practical faith in practice which said, "To be a good Christian, we must get religion like a Methodist, experience it like a Baptist, stick to it like a Lutheran, pray it like a Presbyterian, glorify it like a Jew, be proud of it like an Episcopalian, practise it like a Christian Scientist, propagate it like a Roman Catholic, work for it like a Salvation Army lassie, enjoy it like a Holy Roller."

What is your code for living ? If you belong to any particular Christian denomination do you automatically criticize other branches of the Christian church ? Do you believe that only your sect has the secret of happy living ? In our difficult age it is essential that we have an undivided Christian faith. We must overcome the hundreds of divisions ; we must see and know and experience Christ as He meant that we should. Theology alone does not give us the essential code by which to live ; the simple teaching of the Master applied is the only way to happiness in this world and the next.

His code is the only code to follow. Once you come to a complete conviction of what God can mean to you, once you realize that His power is available at all times, then that is your day of salvation, that is the day when you change your thinking pattern and make up your mind *to live*.

I knew a chemist who had a very phlegmatic personality. He was satisfied with the small things of life. He never made head-way in the company that employed him and never offered any new ideas that could be of use to his employer. He was just content to go on in the same routine manner.

He went to church regularly, but God did not mean much to him until he came across a book that awakened in his mind the tremendous latent power within him. This gave him courage and enthusiasm. As he practised his new-found faith, God, now a reality to him, brought new ideas to his mind. He quickly achieved a new and positive personality, was able to adjust himself to others and in a few years rose to the top of his organization.

All his life he thought he had believed in God but he had never made his faith real until he was faced with defeat. By *letting go and letting God* he demonstrated an overcoming of what had been one long series of defeats, sickness and failure.

The greatest things in life are faith and character, for these give you mastery over all things. As you develop them you begin to find that no power on earth can hurt you unless you let it. Faith and character comprise the armour you need to

withstand evil temptations and wrong emotions. The person who develops a character marked by integrity, honesty and truth, is the one who wins the greatest rewards.

Success must never be judged as the attaining of fame and fortune. These things cannot go with you into that life everlasting to which we all must go when we have completed our training period on earth. The material things in life are very unreal for they have no permanence. The only real and lasting things throughout eternity are the spiritual values, and these, of course, come from your mind.

The Bible passage at the head of this chapter states that we are transformed by the renewing of our minds. This simply means the changing of our mind from a belief in fear and failure to a belief in faith and happiness, from sickness to health, from poverty to abundance, from negative to positive. You can transform your whole life by the renewing of your own mind, by the gaining of a real spiritual experience.

We often hear the word conversion used in connection with religious meetings. To me, this word simply means the changing of our mind, the recognition that we have lived without God for so long and have reaped the natural harvest which follows such a life. Suddenly we have a religious experience which gives us a proof of God, and in this way we make a demonstration.

Whenever you see the word "demonstration" in my writings, you will know that it means an answer to prayer when one has prayed, believing. It is a proof that God lives and that He is always willing to answer when we live up to His laws.

What kind of life have you lived? As you read this chapter are you overwhelmed by problems you cannot solve? Have you lived a life of empty pleasure and sin? Have you tried to find happiness in alcohol or other pleasures of this world? Then learn to realize that none of these is real, none of them has lasting values, and none of them will bring you successful living. You must begin *to practise faith in God*.

Jesus Christ came to show us a way of life and though He

lived on this earth some two thousand years ago, He, by His life, solved our problems of today. His death took away our errors and our sins and our sicknesses. When His physical body left this earth He gave us a Holy Spirit, who can live within every one of us. And it is up to us to find Him (the Kingdom of God) within us.

When Jesus was asked where Heaven was, He did not say it was a place of pearly gates and golden streets to which we go in an after-life. He said the Kingdom of Heaven is within us. If we have been experiencing sickness and failure hitherto, we certainly have not found that Kingdom. "Seek ye first the kingdom of God and his righteousness and all these things shall be added unto you."

The Christian Faith is so simple in its basic teaching that when you accept that faith as your code for living, and genuinely try to live up to it, you will see all things added unto you.

When you look upon the form of a cross, do you think of it as the arms of the Master outstretched to you, saying, "Come unto Me all you who are in sorrow, all you who are heavy laden with worries and fears, and I will give you rest"? Rest here and now, not just eternal rest after death. Are you willing to believe that Jesus Christ is now awaiting your call, at this moment; that He wants you to follow His code, that He wants to prove to you that He lives, that He wants to give you the joy of living?

There is a statement in the Bible which says, "He was in the world and the world knew Him not." How true this statement is today—for we find even in many churches a complete lack of the living Christ. To be sure, we have plenty of theology, we see plenty of the ritual and formal type of religion. We hear about learned divines constantly arguing over set forms of church teaching and dogma but all this will never give us a way of life. It is essential that we come to Christ ourselves.

What kind of a religion have you? Is your religion a Sunday one? Do you think you alone have found the road to Heaven?

If you are a member of a church, then practise the faith of that church; find the kingdom of God there and prove God through your faith every day of your life. Mere attendance at church once a week will never, in itself, give you a realization of the Christ within you.

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I interviewed a woman who had suffered nervous strain for years. She told me she was tired of praying to God. She had always prayed, if it were His will, would He please cure her, but she had never received an answer. Subconsciously she had accepted the fact that it was not His will to cure her. So, month by month she continued to suffer.

However, when she was taught to pray with the conviction that it is always God's will to heal, she made a great effort to believe that she was now receiving. From that day she lost her nervous pain. It was no miracle, it was simply a case of what the New Testament calls knowing the truth; for, when we know the truth, it makes us free from evil.

How anyone can believe that God, who is all love and who knows nothing else but love, sends poverty, sickness or trouble to anyone, is hard to understand. These things happen to us all but they are never sent by a loving Father. He allows them to exist so as to refine our characters. But He has given us a way, through the teaching of His Son, of overcoming all obstacles.

We should realize that all the health and all the financial supplies we need are ours for the asking. This is what is meant by the Kingdom. "Ask and ye shall receive." You never have a care about sickness, never a fear about your position, never a doubt about being able to pay your debts, when Jesus Christ comes into your heart. Then you learn to love God with all your heart and with all your strength. You learn to hand over your problems and the things which puzzle you, to Him, and thus enter into the joy of life.

Jesus sometimes told the people He healed, to cheer up and do things ! And He says to you every day, "Cheer up, children of God, live according to my pattern." Renew your mind in the pattern of God.

The name of Jesus ! What magic there is in that Holy Name ! There is no other name whereby we can be saved from sin and sickness and fear.

What have you ever given to God, in service and money ? We can get nothing in this world for nothing. Before we ask God for anything, we should be prepared to make a sacrifice in service or money to Him.

You cannot draw water from a pump until you first pour water into that pump, after which you get an abundant supply. You have to give to the pump first. This is the Christian code of life. You must always be ready and willing to give to God, for, by an automatic law, whatever you give will be returned to you many times over.

The only code to live by is the code of Christ. Try to learn a lesson from this chapter and you will embark upon the most thrilling experience of your life ; you will have begun to find the Kingdom. By consciously using this code of Christ you will be what you want to be ; you will learn to let go the past and to let go all anxiety.

The power you need is within yourself right now. It is not necessary to look elsewhere for the key ; you, and you alone, have *the key to successful living within you.*

Your Guide to Happiness

“He that will love life, and see good days . . . let him eschew evil, and do good.”—1 *Peter* 3: 10-11.

HOW MANY people who call themselves Christian really love life ? How many really love living ?

Some Christians seem to believe that we live in a very sinful, depressing, wicked world ; that there is no happiness on earth for a follower of Jesus Christ, and that the only happiness for those who follow the Master comes in an after-life.

No wonder we had a long Victorian era when it was considered a sin to smile in church or to wear bright clothes. The teachings of those days produced the conditions which dominated the thoughts of the people who lived in that age.

If we hold negative thoughts until they dominate our minds, if we look for sin and sickness in everyone, we will certainly find it. Every day can be a blue day, every night just another night of misery. You produce in your life these very things by constantly impressing wrong ideas upon your mind.

Every person on this earth is as he is because of the pattern of his past thinking. If your life has been unhappy up to now, then it is time to change your ideas and begin to practise a Christianity that will radiate happiness.

Many of you enjoyed, no doubt, during the last summer a wonderful holiday, going to new places, seeing other glories of nature, meeting different people, all living very different lives from your own. You came back with a thoroughly different picture of life from that which you had before. After being

absent from your daily toil, your daily worries, the people who annoyed, you came home refreshed.

Oh how you have enjoyed the change ! How happily you had lived during your holiday !

It was not a miserable world to you then. Did you not love the beauties of the sea, the forest, the countryside, the sky? Was it then a hell on earth to you or a picture of God's perfection ? No, this complete change of scene brought you peace of mind.

In those few holiday weeks you changed the pattern of your thinking, and in the beauties of nature you found God and heaven on earth. You loved life then, didn't you ? Then why is it not possible to enjoy this happy living three hundred and sixty-five days a year ?

The Bible saying, "He that will love life and see good days" tells you very definitely that the Master, Jesus Christ, knows all about life, knows all about the good in life, all about good living, and He wants you as a child of His Father, to share that good life, to be happy with Him.

Can you imagine the Master, Jesus, as a sad-faced, weary, miserable-looking person, a man without personality, a negative individual thinking only of misery ? Would such a man have brought Lazarus back from his eternal home to continue on such an unhappy earth ? It isn't common sense.

We read in our newspapers about atomic weapons and wars that will wipe out our present civilization. But God gives us the insight into the power of the atom, not for war but for peace. Man, however, with his selfishness and sinful nature, uses atomic power for his own evil purposes. It is not the will of God.

People who are most worried by these articles on atomic warfare are those who have never found God. The only answer to this threatened Armageddon is to change our standards. Nations must get back to God. I venture to say that the so-called churches of God must get back to the simple teachings of the Master.

No United Nations, no meetings at Lake Success, can ever be the means of changing this world into a world of peace. We must change the lives of individuals. We must begin to think rightly, to live rightly, according to the laws of God. Peace will then follow.

Everyone, regardless of his age, can completely change himself. This change will help to influence those with whom he associates. Our happiness and the happiness of our relatives and neighbours depends upon every one of us. Once we find Christ, we radiate that light to others and can change our home life, our occupational life, our community life, and, eventually, the life of the nations.

A member of Parliament wrote to me about his completely changed viewpoint on Christian living, since applying the teachings of my book. The book showed him what a selfish individual he had been. Through his new conviction he overcame a disease. Now he puts God first in his life and his politics.

A mother told me of how her faith and religious convictions had been completely restored through the study of my writings. Oh yes, she had been a regular churchgoer, but at home she lived in constant fear of sickness for herself and her children. She suffered constantly from nervous prostration, and she practised a nagging habit towards everyone. She was too tired to go out with her husband in the evenings.

What a difference in her life and her home when she began to practise the teachings set forth by our Lord. The children now have their friends visit them in their home; the mother does not rail at the disturbance they make; the constant irritations that occur every day in a mother's life are taken sensibly. Hitherto the mother had thought her duty to God was simply to go to church every week; now she finds the Master with her in the kitchen, at the washtub, or wherever she may be occupied. Of course, all this needed constant practice, but, having found the guide to happiness, she persevered.

You too can find this nearness of the power actually within yourself. You too must come to the realization that it is a very

happy and practical thing to be a Christian and to radiate this happiness and health every day of your life.

Many years ago I met an old lady of eighty-six who lived in a small thatched-roof cottage in Ireland. Every day of her life she had to descend, by a narrow path, a five-hundred-foot cliff.

She raked the seaweed after the tide went out, dried it, then burned it and carried the ashes to the top of the cliff. These were sold to a factory which gave her about three shillings a week. She paid a shilling a week for her house and, radiantly, she told me how happy she was and how good God had been to her. One of the sons raised in this tiny cottage won the Victoria Cross in the First World War.

What about you ? Could you be happy for blessings untold in such conditions ? You can make your life a happy one if first of all you will forgive and forget the past, if you will learn to live one day at a time, believing that a radiant future is yours.

Fears and diseases will disappear when you learn from the depths of your heart how to let go the evils of your life and let God take care of you.

There is a simple technique for living the Christian life. First of all you must believe in and accept the teachings of the Master. You must read about Him every day in the Gospels. You must make an appointment with Him every day to talk to Him. Through this simple faith you will demonstrate a life of overflowing abundance and overwhelming happiness.

You will learn how to put yourself last and your fellowmen first. You will then have a most powerful mental attitude towards life. This is faith indeed. The Bible is full of stories of what faith has done for others and what faith in a living vibrant Christ will do for you. Nothing in this world will be impossible.

What about the promise, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them" ? What a marvellous promise this is, and how true you can prove it to be.

Stanley Jones says that it is much more fun being a Christian than going to the devil ; one nurtures a life, the other gratifies an impulse ; one brings joyous living, the other ends in disaster.

Many things will happen to you when you take Christ as your guide. Many little 'coincidences' will happen which you have previously looked upon as good luck. But they are all part of that divine plan, for the world is created by a God who runs it on laws, and when you live by those laws, when you *let go and let God*, the joy of living becomes a daily 'coincidence' with you.

On leaving my Bible class one Sunday afternoon, a woman felt so uplifted by the message that she put all she had into the love-offering-box. When she got into the bus she had no money or bus ticket and had to ask a friend to pay her fare because she had given all she had. "Well," said her friend, "Dr. Cliffe tells us that when we give one ticket two come back." As they got off the bus, lying on the road in front of them was some money. Yes, you say, but this was mere coincidence or just good luck. Oh, no! When you really learn what it is to know Him, God looks after the little things as well as the big things.

A man came to see me who had failed in business. Whilst he seemed to have good ideas, he did not have enough working capital. Discussing his life with me, we discovered that his life was dominated by criticism and resentment of former employers. He had to ask forgiveness of God and of his employers. He had to seek peace and follow it; he had to surrender his life to Christ. This done, he had his answer. Several offers of capital now came to him from sources he had never known before. The more he practised living with God one day at a time, the more he forgot his erring past. Success came to him.

Do you believe that God wants you to live a miserable life? Do you believe that He wants you to have worries, anxieties and sicknesses? That is not the teachings of the New Testament. He wants you to be happy and to radiate that happiness.

We all want to be happy but we do not know how. We seek happiness from the material things of life; but do we often see happy faces leaving a movie or a cocktail bar? Not really happy faces.

When I think of the proud Christians who tell you how long they have been saved, who think it a crime to smile in church, I often wonder why so many of them frown so much in their daily lives. They don't realize that it takes twenty-seven face muscles to form a frown, and only eight to make a smile. So the frowning Christian overworks his face.

The teachings of Jesus make us happy, radiant, joyful, successful. Jesus makes you glad; He makes you sing. Does going to church make Christ a reality to you? If you do not find Christ there the finest cathedral in the world is only a pile of stone.

Your guide to happiness is the Christ—His way of life.

Do you want it? There is a price to be paid. You must surrender your whole self to God through Jesus Christ. Pray for it, believe it, act on it, and you will begin to feel His power in you. Plant this idea firmly in your mind, affirm it every day, strive for it. Try to make yourself worthy of being a temple for His Spirit.

Bury your sins without doubt or fear, and your fondest dreams for happiness will come true. There is not a soul upon earth who cannot make his or her life a marvellous thing, a tremendous experience.

Let go those things in life which have kept you from happiness, and let God.

There is Magic in Believing

"If thou canst believe, all things are possible to him that believeth."
St. Mark 9: 23.

As you go through life you will find that people are more interested in themselves, their own health, their own success, than in anything else.

The Bible says that any Christian can achieve any good thing if he is willing to believe strongly enough in it. This believing is a force which few Christians seem to realize and, not realizing it, they fail to use it to achieve success.

Yet many leaders in the world have reached the top of the ladder because they have found this force within them. The science of right thinking is as old as man, for the Bible says, "As a man thinketh, so is he."

If you have not been able to succeed in life then you are lacking in belief, you have not yet realized the power of the Man inside you, the Christ within. But if you are willing to believe in this power which you cannot see, feel or touch, and practise that faith every hour of the day, then all things will become possible to you.

Yet for every one of us there is genuine magic in believing. But, if you constantly think about past failures, if you allow past sins to bother you, if you hold resentment against someone who has wronged you, then you have no faith, then you become a failure.

A woman who had studied the magic of believing for several years was suddenly left a widow. After the funeral expenses were paid, she had a credit balance of only ten pounds in the

bank. But in these intervening years she has become a successful business woman and now owns outright her own hotel, worth over thirty thousand pounds. She had proved her faith was magical.

Many of us hold the idea that, because we read our Bibles each day, say routine prayers, and attend church once a week, we are the only real Christians. This sort of worship is often based on a faith that goes no further than the lips, whilst real service to Almighty God comes from the heart.

A woman came to see me suffering from a nervous rash which a dermatologist had been unable to heal. On discussing her problems we discovered what was wrong with her thinking. She gave to Christ that wrong thought and her rash disappeared in twenty-four hours. It has never returned. Her constant fear was of something that had happened years ago ; this fear caused the rash. The moment she gained faith in God, through the magic of believing, her "incurable" condition disappeared.

In hospitals today, every recovery from a serious operation depends on this faith. The person who will not release his or her fears after an operation will not make a speedy recovery.

Are you afraid of certain things happening to you ? Are you afraid that some disease is in store for you, or that you will be left without means to support yourself ? Then these things will happen just as you plan them in your own mind, because you are using wrongly your power of believing. You are placing your faith in wrong thoughts, in evil thoughts, instead of the good which God expects of you.

We produce in our lives whatever we think, whatever we fear. A beautiful building, beautiful clothes, any work of art, a radio, a steamship, an aeroplane—all had their origin in thought, in the minds of men. No empire, no fortune was ever built without thought. Yet have you realized that your thinking patterns can make you successful too?

In many universities the power of thought transference is being studied. It has been definitely proved that thoughts are things. Every thought you think goes out from your mind on

an electrical impulse, on an ultra short wave. It is possible to train people to be receptive to thoughts.

We hear a great deal about the science of hypnotism. It is easy for a psychiatrist to demonstrate how your subconscious mind believes everything it is told. I have on many occasions seen a psychiatrist hypnotize a person, stick a postage stamp on his hand, and then tell him this was a super mustard plaster that would blister his hand in three minutes. Exactly three minutes later the victim would shout with pain, and in each case a blister covering the same area as the postage stamp was visible.

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We should all learn how to make positive statements, positive affirmations. As we leave our homes in the morning we should say to ourselves, "Underneath me are Thine everlasting arms." And with that conviction will come complete freedom from fear of anything evil that might assail you.

Such positive assertions, faithfully repeated, will build up in you the realization that God is now protecting you, doing wonders for you, to bring you into happy living.

On the other hand, of course, repeatedly denying God's ever-present help, will gradually wear down your resistance to evil things, because you have built up the evil in your mind instead of your God-power. Tomatoes were once believed to be poison, and many people died through eating them, because they put their magic of believing to work in the wrong direction.

I often wonder why so many Christians look on the dark side, fearing the future, fearing death, and fearing life. This world was made by God for our happy living. It is man's negative thoughts, man's selfishness which have produced the very things he fears. No follower of Christ need ever suffer sickness or poverty or be without the good things he needs. All that is required is to follow the principles of the Master and

practise the magic of believing in God, every hour of every day.

As a chemist I have faith in science, and I can prove it every day. The salt we use is made up of two deadly poisons; combined in a certain manner they produce a commodity which is absolutely essential for us all. This is the magic of believing the laws of chemistry.

Christian faith is the greatest spur to success. The Maid of Orleans had a dream which convinced her she would become the leader of her country. Her firm belief in God's will for her enabled the armies of France to rid her country of its enemies. Today this simple maid is revered as a saint.

When a boy is young he lives in a world of imagination. He plays cowboys and Indians and, as he plays, believes that he is a cowboy or an Indian. A girl as she plays with her dolls lives in a fairyland and believes she is a little mother. Look at the happiness our children get from practising such beliefs. Jesus said that we could not enter the Kingdom of Heaven unless we had the faith of a little child. Only by the magic of believing in Him will we find the Kingdom of Heaven.

Have you thought that you probably produced your present insecure position through believing in wrong things? Maybe you have lost control of your emotions. Maybe you thought it right to be modern and to ridicule the old-fashioned ways of your parents. Such attitudes are wrong and will undoubtedly produce suffering later.

The basis of all healing is faith. To recover from sickness a person must have faith in his doctor, his surgeon, his nurse, and medicines. Without this faith, it is unlikely the patient would recover. How many times have you not seen a patient go down hill when his doctor told him there was no hope?

Once I was asked by a doctor to visit his wife, who had suffered two strokes, was partially paralysed, and whose blood pressure was so high that she was in imminent danger of a third. This woman listened to what I had to say and her faith became so strong that in two days she was out of bed, taking a bath and dressing herself.

When all human endeavours had failed, the magic of believing in Jesus Christ destroyed her fears and brought healing to her physical body.

When you learn to swim, to ski, to ride a bicycle, you are using this thing called faith, believing you can do these things. It is just as easy to fasten your faith upon God, who is willing to work wonders if you will let Him.

Think of God as a wonderful Father, and picture yourself every day as a happy, healthy person; then make it come true by the constant hourly practice of tuning in on God, handing over your problems to Him—and you will reap that abundant life which Jesus came to bring.

I am no theologian and I have no desire to study orthodox theology. I simply believe that God is my Father and that I am His son and that my mind is an image of His divine mind—and by this magic of believing I can be in tune with that tremendous mind of His. By so doing and believing, I can obtain the answer to any problem.

I believe with all my heart that Jesus Christ is divine and that He came to show me the way to live, the way to love. When I came to Him, giving Him my heart; when I placed Him first in my life; when I told Him it wasn't what I wanted to do but what He wanted me to do; then this communion with God brought me release from all my past mistakes.

This communion with God is simply communion or fellowship with the principle of life. This is what gives us ideas and brings peace and harmony in our lives.

What you get out of religion is entirely up to you. You can make your faith a super atomic dynamo or you can make it just a routine affair. You can be healed right now and your healing can start regardless of how serious your condition may appear to be. Let go your fears and give God His rightful place in your life.

You cannot afford to refuse Jesus Christ.

Yesterday Ended Last Night

“Seek ye first the kingdom of God, and his righteousness.”
St. Matthew 6: 33.

WHAT DO you want most from life ? If it is good then the Bible says that you can have it.

Many people feel they cannot have successful living without first being impeccable. The Bible does not say that you have to be perfect as Jesus Christ, but it does say that you must seek His Kingdom first. Try to find God by devoted living.

I do not believe for one moment that saintliness is the answer to this question. It is righteousness. The ancient Greek meaning of righteousness is the dictatorship of the kingdom within. In other words, let your life be dominated by God, let go of evil emotions. Let go of wicked tempers and evil thoughts. Believe that His creative Spirit is now working for you, and His Spirit within your mind will solve your problems. *Let go and let God.*

Only by daily contact with God, thanking Him ahead of time for the things He is going to make possible in your life, will you gain abundant living. Jesus Christ used and taught this method. It's up to you to follow His teaching.

If we look in the Old Testament, we find that David thanked God and praised God with his Psalms, particularly when he was in trouble. Daniel thanked and praised God when he was in the den of lions. St. Paul sang hymns and praised God when he was in prison and, as a result, God opened the doors of the prison and let him out.

Wherever we look, we see people living in prisons of their own making. Many people suffer day after day through constantly thinking of their past evil living. Many are shackled by that devil called alcohol, which they continue to drink knowing full well that each additional drink makes the bonds stronger than ever before. These people have never learned how to turn their thoughts to God. They do not believe that their bodies are temples of His Holy Spirit.

How many people are held in the prison of a bad temper? It is all very well, when your evil tongue has done its work, to say the devil was to blame. No devil tempted you. You are just passing the buck instead of taking the blame upon yourself for allowing your temper to hold you in bondage.

How many today are living in sorrow and sickness because of their resentments toward people and conditions that brought them misery in the past. They will not let go the memory of a past.

So many Christians let little things, the non-essentials, disturb their peace of mind. For instance, one person who attended my lectures in Toronto refused to sit in the church. She preferred the Sunday school, because she did not like to see me dressed up in vestments. She wonders why her prayers are not answered, yet she stubbornly refuses to drop this stupid resentment.

Maybe you have failed to find life worth living. Maybe you have married the wrong man or woman. Maybe you have got into debt and feel that your life is an utter failure.

No man on earth ever failed in life who retained his faith in God and day by day sought the Kingdom of Heaven.

All through the years I have been engaged in spiritual work, I have found that most people need a lesson in how to forget the past. It is not easy to forget how someone deliberately hurt us, but unless we are willing to forget and forgive as Jesus did, how can we expect God to forgive us our errors?

I had to begin seeking the Kingdom within myself and, once I found it, by faith, by hourly practice of turning to Him, I

gradually gained a greater consciousness of the powers available to me.

I had to learn first that all my yesterdays ended last night. There is no yesterday to remember, there is no future to worry over; it is only *today* that exists, and each day we make history for ourselves. The day we make the decision to put God first in matters great or small is the day of our salvation. No enemy can invade your heart, no alcohol or emotional reflex can dominate your life when you trust the power of God.

Please believe me when I say, right at this moment, that all your yesterdays with their records of failure, resentments and hatreds—ended last night. No longer need you live in fear of the past, no longer need you fear the sicknesses you once suffered, if you will only put the past behind you and live for today. If you refuse to do this, then your life will be a failure, not only as long as you live in this physical world we know now, but in that life which is to come.

Some time ago I met a woman whose daughter was an epileptic from birth. Before the child was born, the mother had fallen into a certain type of sin, and, from its birth, she was subject to incessant fears, believing that God had sent her an epileptic child as a punishment. In these conditions, the child made no headway and so it was essential in this case, as in many others, to heal the mother first. How the child came to be an epileptic is not for us to know. The mother had to be taught that she had been forgiven long ago and she had to learn how to accept forgiveness.

I told her that God did not want this sin brought up in her consciousness from day to day when He had forgiven her many years before. I explained it was sufficient to know that God's grace was enough to heal the child and, if the mother would surrender her past fears and let God take over, then not only would she be healed but the daughter would also recover.

And this is exactly what happened. From that day to this, that child has never had another epileptic attack.

A great man said, "Duty and today are ours. Future results belong to God." Have you realized that there is no limit to

God's goodness to you as His child and that you are deliberately limiting God's goodness when you are not willing to forget your past? No matter what you may think about hereditary conditions that have come down to you, your past existence and its evils, God can and will redeem it.

Many years ago the cotton industry in the United States was almost ruined by a bug called the boll weevil. When this happened, did the planters get scared and run away from their country? No, they began to fight with every weapon of science available and they beat it completely. It is now only a memory.

May I ask you, as you read this book, what bug, what fear is sapping you? Do you think because your parents died from some organic disease that you will inherit that disease? Have you been told there is no hope for you as far as your bodily health is concerned? Then, if so, a fear-bug has got you within its grasp and, if you continue in this way of thinking, this fear-bug will master your life. You should remember the things that are impossible to man are always possible to your Father, God.

A short time ago I received a letter from a woman in a coastal town, thanking us for the marvellous healing that had taken place in her son, who had been detained for several years in a lunatic asylum. She had written for my literature and requested my Bible Class prayers. She was taught to pray positively, believing that she was now receiving. She was taught not to look back into the past, that God had already forgiven and had begun the boy's healing.

She was no more a saint, no closer to God than any one of us, but she let go her fears, her yesterdays, and in a very short time her boy's mind came back to normal. He returned home happy and sane.

A man came to my Bible Class and told me that he had come from a distant city six months before for treatment in one of our hospitals. He suffered from chronic neuritis of the legs. He could not walk and he was being sent home as incurable when he heard a sermon by me on the subject, "Healed by a Touch."

This sermon came through the hospital radio, and, as it ended, he said he put forth his hands from the bed and said, "Jesus Christ, I am touching the hem of your garment. Now my healing has begun."

One hour later he discovered that he could bend his knees in bed. Then he got out of bed and found he could walk. After one week he was able to come to the Bible Class; he left for home without the aid of crutches or a walking-stick.

He was a Christian man but had never come into such a consciousness of God until that Sunday morning in his hospital bed when he suddenly let go his fears and—God took them away.

When you begin to practise a consciousness of God, you get what is called righteousness. When you learn to thank God for past lessons and realize that all your yesterdays ended last night, then the worries of those yesterdays no longer have any hold upon you.

Our physical bodies can be placed in prison but no one can ever imprison a thought. No one can ever cage an adventurous spirit. This is what makes human beings different from animals. This is what the Bible means when it says, "For as many as are led by the *Spirit of God*, they are the sons of God."

Would you not like to feel that you were a son of God? That you have for your Father the greatest power in the universe? That you will never again feel alone in this world? When this conviction comes to you, when you realize that Jesus Christ suffered tortures and death for you, then you will have an urgent desire to put Him first.

No longer will you say it cannot be done. *It can be done if you say it can.* So be aware of the reason for your failures. Ask forgiveness for your past and thank God for having begun a new life for you today.

The Bible tells us there is but one power. So forget the devil and all his works. Deny his mythical ability to hurt you. Throw him out of your heart and mind. Believe that you can do all things through Jesus Christ. You will then learn that life is for living, happy living, radiant living.

All your yesterdays ended last night. Today you start adventuring with God; so plan to begin the finding of that Kingdom of Heaven within you right now. Find His righteousness, and you will learn the secret of how to *let go* the failures and evils of your life *and let God*.

The Ten Commandments

—and You

IN THE course of my work I have found it quite common for people to think they live up to the Ten Commandments when they do not deliberately break any one of them.

Such people do not lie or steal or commit adultery, but they fail to realize there are many sins not listed in the commandments that are definitely in the same category.

Let us take the first commandment, "Thou shalt have no other gods before me." To the majority of Christians this means we must not worship any pagan god. But the metaphysical or spiritual interpretation of this commandment, as it is worded, does not mean just that.

Of course no Christian would worship a statue, a crucifix, a religious relic, or any pagan god; but when we put pride, resentment, criticism, condemnation or hatred first in our lives, we are placing these before God.

In this way we break the first commandment and, in so doing, we have to suffer the punishment that goes with it. God never punishes but we punish ourselves because in holding wrong thoughts, in performing wrong deeds, we, of our own free will, disobey God's laws.

Likewise, the man or woman who puts money, social position or other forms of false security before God is also breaking this first law.

The average Christian would not like to be accused of bearing false witness, but do we not repeat idle gossip? And how many people mar their happiness by coveting other people's

possessions, their success, their health, instead of going direct to the Father who is waiting to grant every righteous desire of their hearts.

I cannot think of a single person who can truthfully say he never breaks any of the Ten Commandments. It is well for all of us to find out how, in a thousand little ways, we break God's laws. Let us learn how to *let go* and *let God's* laws work for us.

The Law of Cause and Effect

“And the fruit tree yielding fruit after his kind.”—*Genesis* 1: 11.

ONE OF the most important lessons we learn from the Bible is that everything in nature, everything in life, everything in mind, reproduces its own kind. The farmer knows only too well that what he sows he will reap. He never expects anything else.

In the Bible, we find the story of Elisha and the widow who had a little oil. When Elisha blessed it, he brought unlimited wealth to her, not in money, but in oil—after its kind.

When the multitude had no food, Jesus took five loaves and two fishes, blessed them, and produced enough bread and fish to feed the hungry throng. Again, the law of reproduction was observed.

So it is with us. What we think, what we allow to dominate our minds, we reproduce in our bodies. If we think fear and poverty, then we will reap according to the law. By the same law the reverse is also true. Thoughts of health and abundance will bring both into our lives.

You may have met a person who says, “I can’t afford to give. I am too poor.” This person has built up a negative idea of substance and will never have anything to give, because he will never receive.

Our abilities and talents, the skills we possess, are all forms of power and, if we want to increase our stock of these things, we must put them to work. We must have faith in them by thinking success, thinking health, thinking happiness, thinking victory.

We read in the New Testament of a man who gave talents of

silver to his servants. One of them was so afraid of losing his money that he buried it. For his lack of foresight and faith, he was discharged.

Every man and woman has ability but so many bury their talents. I once heard a lecture which was an inspiration to all. The lecturer could also write, and paint, but she only had these abilities because she had used the talents which God had given her.

A general manager of a large business once told me the story of one of his women employees. She had great ability for organization but she failed to control her temper. Because of her violent temper, she was much disliked by her co-workers, so her ability to organize was useless.

Unknown to me, she began attending my lectures on "Lessons in Living." Gradually she improved as she learnt the secret of how to control her temper and develop the positive side of her nature. The general manager mentioned this because he and his company were grateful for the change that had taken place in one of their valued employees.

We all want happiness. We all want to have a shilling or two to spare. We all want the ability to overcome failure. We can have all these things if we will but use our talents and learn to put faith in that power which guides and inspires us with new ideas and confidence. That power is God working through us by way of the Master, Jesus.

A woman was left a widow with two children. She had no money one Christmas to buy gifts. So she prayed earnestly, believing she was receiving. One night she had a dream. She saw a Christmas tree filled with envelopes. As she looked at the envelopes, she saw the name of a friend or relative. The next day she sat down and wrote words of courage to her friends and letters of sympathy to sick relatives. She wrote ten letters of blessing. Yet all her life she had believed she could not write in this way.

One of her friends said later that she had received a wonderful message from her letter, which had brought peace of mind. An uncle wrote that his troubles had been solved through her

advice. What came to her in return ? The blessing of happiness ; greater than she had ever known. From then on she started to write. Today she is a well-known columnist on a newspaper.

A minister I knew felt a great need for Church funds but the congregation was poor. One Sunday he decided he would take up the collection at the beginning of the service and ask all who had received blessings from God to give well—to God. He was surprised at the amount of money given.

In the Jewish faith and the Buddhist religion people are taught that before they ask for a blessing of any kind from God, they must first of all sacrifice some material benefit.

Many people come to see me privately, asking for advice, for help. Many of them never remember to give anything to God for the benefits they are seeking. The world is filled with people who want something for nothing, who fail to realize that one of the basic laws of life is that we must give before we can receive.

The Master said that he that findeth his life shall lose it, but he that loseth his life for His sake shall find it. What does this imply ? Simply that he who gives his life to the service of his fellowmen shall reap the benefit of happiness.

During my life I have met couples who decided to keep their business careers and refused to have a family. I have seen many of these couples grow rich, but invariably there was a reckoning when one or the other, sometimes both of them, would become seriously ill, requiring months of treatment. Where did their money go then ? What they had hoped to keep for themselves they lost.

* * * * *

During our life God works through men and women. He cannot be shut out. He must be expressed some way every day. All of us come to the realization that we are inseparable from God.

In the spring the farmer sows his seed and awaits the harvest. He waits in perfect faith, knowing that the law will bring him his reward in the autumn. And so, in the fertile soil of your

mind, this law is just as dependable. Sow your good deeds and in due season you will be rewarded. In this way you store treasures in Heaven and they never fail to wing their way to you in time of need.

If you have said or done something unkind or mean, then look out. For this same law will bring back sorrow and trouble. When you do something good, that something brings you closer to God. In this way you allow yourself to be a channel or an outlet for God and automatically you will reap the harvest.

I met a young woman who had no peace of mind and suffered from sleepless nights. Eventually she had a nervous breakdown. Years before, she had deliberately lied to her employer. She was many years older than she said she was. She now felt she was about to be found out. When she spoke to me, I said, "Go to your manager and confess. Tell him why you did it and what you have suffered."

She did this, recovered her peace of mind and with it freedom from nervous trouble. Her manager very kindly forgave her. She had been worrying for months about losing her job and being unable to find another.

People think it does not matter to tell lies, but every lie they tell will come back to cause them embarrassment or dismay. What I have said is no lie !

Change your pattern of thinking. Take God as an active partner into your business, into your life. God is always willing to wipe out all things that are wrong. You can be assured that God's wealth, God's health and God's success are yours for the asking. "I am come that they might have life, and that they might have it more abundantly."

The law of cause and effect means that what we think or do in life will come back to us, returned with interest exactly in kind. We reap what we sow.

There is No Death

“They shall hunger no more, neither thirst any more . . . and God shall wipe away all tears from their eyes.”—*Revelations 7: 16-17.*

THE BIBLE tells us that in our after-life the beauties of the world to which we go will be greater than anything we have ever seen.

We have no conception of the magnitude or the greatness of the beauty that we shall see after we have crossed the valley of the shadow. Every tear will be wiped away and no fears, no anxiety, no debts, no worries shall beset us.

Something beautiful comes to people when they reach the end of the road. I have seen a happy light in the eyes of those passing on.

As I sat by the bed of my unconscious father, he suddenly looked up and recognized me and other members of the family. Then he read the text on the wall beside him and said, “I certainly do know that my Redeemer liveth.” He told us that round his bed he could see his mother and father, his brothers and sisters who had left this world. His face lit up with a holy light as he talked to us. Then suddenly he was gone.

Was this imagination? Certainly not! For a few seconds he had hovered on the edge of a new life, seeing the physical as well as the spiritual. I have seen this on many occasions. It is part of God’s goodness that after a lifetime of tribulation we have, if we wish, the joy of living with Him forever.

Are you certain of that joy? Could you write a letter to God today and say, “. . . faithfully yours.” When you reach

the end of the road, will God say to you, "faithful servant," or don't you care?

The Bible teaches us that life on earth is but preparatory to permanent happiness in Heaven. Whether you are born poor or rich, whether you live with society or with the poor, it makes no difference whatsoever. All of us go to Heaven with but one possession, our character.

The house you live in, the money you accumulate, are all left behind. These material things have no value when you come to the end of the road. You came into this world with nothing, and you leave it with nothing—except your character.

What handicaps have you overcome? What sins have you fought and conquered? Is the world a better place because you lived in it? Is anyone happier because of your goodness? What have you done for the Father? If you have answered these questions Christ's way, then you have fulfilled your purpose on earth.

* * * * *

What is this separation called death? It is not death at all; it is the gate to eternal living, and to the rewards we have won through our faith in God, and Christ, His Son.

In the New Testament Jesus said, "She is not dead but sleepeth." And again, "Lazarus sleepeth, but I go that I may awake him out of sleep." Jesus looked upon death as sleeping. Surely it is clear that the body is but a temporary home for the soul and that death is the beginning of another and far happier life.

Is this happy land to which we go located in some distant planet? Oh, no! Heaven's right here, round you every day. Death is simply a transference from a physical to a spiritual plane, each interwoven with the other. There never has been a beginning for God, and there will never be an ending. The continuity of your life is not interrupted by death, because there is no death to the soul that has found Christ.

The Bible says the soul that sins shall die. So if we die in sin, we shall never see God. Dare you take a chance of dying like this? Can you risk an eternity away from love, away from God, just because you prefer the thrills and material pleasures our world provides?

Yet you, and you alone, can decide whether or not your soul shall see the beauties of Heaven . . . and God.

I have met many people obsessed with a terrific fear of dying; and yet when they came to that final day they found it just a peaceful passing. They got a glimpse of the glory, a glimpse of their loved ones waiting for them to come over. Rest assured that there is someone to meet you when you leave this plane.

When you came into this world the loving arms of your mother received you; so, when you leave this world, loving arms will be waiting again to welcome you into that beautiful land where sorrow is no more.

We are apt to shed tears and to mourn the passing of our loved ones. But as Christians, with a real faith in Christ, we should never shed tears that reveal lack of faith. If we fear for our loved ones we hold them back from progressing along the heavenly road. And remember, those tears may be induced by self-pity and fear of your own future.

If your son should win a scholarship to a university, how happy you would be. Look upon death as a scholarship into the best university of all. So why fret and cry about it, why fear it?

Do not dread the coming of this crisis into your life. It is not a dark lonesome road; it is filled with light, joy and happiness.

The Chinese people wear white at funerals to show their joy at the release of their relatives from a world of trial and sorrow. We should do the same thing for *we know* our loved ones have won their reward. If you have tried to live with Christ, then you too will win your reward, the greatest in your life.

Through my life I have had many psychic experiences which

have enabled me to look beyond the veil. These experiences in my religious work have grown, and during healing services I have seen many glorious sights. My psychic researches have taken away all fear of death because I know there is no death. It is a gateway to life everlasting.

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A clergyman was visiting a dying member of his flock when the man's dog scratched at the door to be allowed to enter. The sick man said, "I am like my dog. He does not know what is in this room, for he has never been in it, but he knows I am here. That is good enough for him. He wants to come in. Just so, I do not know what is in the many mansions of Heaven, but I know Jesus Christ is there. That is enough for me; I ask no more of Heaven."

Many of the subjects I have given in my Bible class have been dictated to me by my loved ones long since passed on. This does not mean that I wish to be labelled a spiritualist. In my psychic work I have seen the great danger to people who try to look beyond the veil. We must remember that while we are surrounded by powers of good, we are also surrounded by thoughts of evil. I know from experience that many a medium, in giving an answer, is simply tuning in to the subconscious mind of the individual. The message does not come from the spirit world.

It is not our purpose to spend our lives peeping into that other land. When God wants us to see, He will open our spiritual eyes to let us read the lesson He wants us to learn.

The Holy Communion service passes on to us the teaching of Jesus when He gave this fellowship as a symbol on the night before He died. During this wonderful service we join in a spiritual fellowship with God and all our loved ones. This fellowship gives the greatest confidence to those in need.

I do not think God allows those who have preceded us to

stand aside while we suffer. I earnestly believe that, when good can be accomplished, they are permitted to intervene in human affairs.

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The physical body is used as an instrument of the soul just as a fountain pen is used as an instrument of the mind. If you lose your pen you don't cry about it, you find another. The loss of a pen does not silence you.

As you go through life, no one sees the real you, only your physical body. As I preach, you cannot see me, you only see the house I am occupying. You cannot see my sins, my virtues, my hopes. Yet what am I but the total of the component parts of my soul, which are indestructible and eternal ?

I do not believe in the hell as painted by some people. It is not a place of fire and brimstone, filled with devils and their pitchforks. It is a place of complete separation from good, from God. Can you imagine a worse punishment then to suffer the pangs of eternal remorse ? This is far worse than fire !

The paradise to which we go is a place of rest and growth. Our loved ones in this realm are sent to help us along the path we must travel, and their instructors are angelic beings. What are angels but thoughts, messengers of God ?

I was called to the bedside of a lady who was frightened of dying. Her family did not want to tell her there was no hope, but she sensed it. I told her of the beauties of a Christian life, and she prayed very earnestly with me. Immediately she lost her fear of death. Then something told me to pray fervently for her recovery. So we prayed, believing we were receiving. She made an amazing recovery from the edge of the grave.

Today she is living a happy, healthy life. She has no fear of death any more and is ready whenever the call comes. The end of the road does not mean the end to her, for she knows that divine beings are waiting on the other side to receive her.

What about you ? Can you face God if He calls you home this very moment ? If not, then it is time for you to think what you can do to change your way of living. Learn how to make

your faith a realistic one. Make your religion live every hour of every day by putting God first. If you do, you will conquer everything, including death.

You will thirst no more and God will wipe the tears from your eyes.

There cannot be death where God is, and God is everywhere !

What God Means to Me

As a child I had a very great fear of God. To me, He was always trying to catch and punish me for doing something wrong. I well remember the second commandment and what it meant to me, "For I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me."

How terrifying was the picture of a vengeful God, and how wonderfully different is the picture of God given by Christ: a loving, merciful, devoted Father always willing to forgive His wayward children.

Throughout my life as an Episcopalian, I have certainly believed in the Christian view of God. I always realized my sinful ways, but I did not realize His power was mine to use; that Christ lived within me.

After many years of illness, with but a year to live, I suddenly discovered the God within. This wonderful discovery brought me many years of freedom from illness and gave me life more abundantly.

According to my church, I gave myself to God at my confirmation but now I realize, I really did not know Him nor did I have any idea of the healing power of Christ. I believed that God forgave my sins—oh, yes; but I did not think He released me from sickness as well. Many a time I prayed for healing, but when the healing did not come, I believed it was God's will for me to suffer.

A book called *In Tune with the Infinite* brought me a new conception of the Divine Being. On my knees I gave myself to

God, thanking Him for my conversion and giving Him in all sincerity my heart and my devotion. Practising my new-found faith hour by hour, daily overcoming temptations and fears, I found that my healing had come from many years of sinus, hay fever and stomach ulcer troubles. I found the Kingdom of Heaven within me and, oh, how my ideas of God changed!

Years of careful study and hourly prayer put me in constant touch with the Infinite. Demonstrations of my beliefs came daily to me. I received answers to my prayers and my attitude towards life was completely changed. I learned and proved that Christ came to bring us a life more abundant. That I must live from day to day, resting at all times in the consciousness of God's presence within me. I went to the communion table of my church with a new conviction, a new reality. I discovered it was a power-house, and I believed that in taking the sacrament I was indeed receiving strength and power to conquer all ills.

The more I studied the spiritual meaning of the New Testament, the more I got out of my faith. Then I came to understand that God was the one creative power in the whole universe. My Bible said that God was spirit and that they who worship Him must worship Him in spirit and in truth.

God to me is all life, all power, all love. You cannot see spirit, you cannot see love, you cannot see wisdom, yet these are all manifested in our loving Heavenly Father. Where there is life, there is God. They are inseparable. Every human being is the highest manifestation of divine creation, divine energy. Therefore is it any wonder that God, as told in Genesis, gave man dominion over all other things on earth?

Once I realized this, I came to the conviction that I had dominion over all germs. How could a cold draft give me a cold? How could wet feet produce cold germs in my system? I refused to let such things have dominion over me. I realized that all food was God's food, so how could any food of any

kind give me indigestion or stomach ulcers? I learned, oh, how truly, after years of suffering, that *stomach ulcers come not from what we eat but from what is eating us.*

Once I gave up worry, anxiety and resentment, healing came to body and soul.

God is the name given to that unchangeable principle which is the source of all life. As God He is impersonal to many, but as we come to know Him, He becomes personal to us, a very personal, very loving Heavenly Father. Every person of every colour and creed becomes a child of God when he learns to live in Christ and according to His teachings. Then, verily, we all become sons of God. We seek more and more for the good that is in us and we find more and more the good, the Christ, that is in every person whom we dislike and resent.

My new-found faith in a loving God brought me daily proofs that He is indeed the giver of all good things.

For the past few years I have been blessed with a constant stream of answered prayers; all of them givers of joy and happiness. The more my prayers are answered, the more I want to spread the glorious message of what I have found. No longer do I ask God to heal someone "if it were His will"; it is always God's will to heal. I pray, believing that I am now receiving. I have complete and absolute faith, and have been able to pass on this faith to thousands who have likewise found release from suffering. God means to me "perfect everything." The more I devote my life to Him and His work, the more He shows Himself to me in everything I do.

Scientific books tell us there are thousands of lost arts, completely forgotten. The greatest of all these is the art of living as shown us by the Master. Yes, we recite creeds, we attend church, but we have lost in the Christian church the art of living with Christ. Many of us found Jesus, but how easily we have lost Him in the maze of materialistic existence. Mary found Him in the temple where she had lost Him, and so, too, must we seek Him where we lost Him, within our own selves!

Each day I see the lives of men and women recreated by Christ. Each day I wonder at the goodness of the God I have come to love so much. Each day I see how easily and surely He forgives sinful living when the heart is opened to Him. This is a miracle, indeed.

A man was in bed with a creeping paralysis. He had lost the use of his legs, feet and toes, and had only partial use of his hands. I talked to him over his bedside phone. He did not know God, for his life had been filled with making money. I taught him how to pray, believing. We remembered him daily for the next week.

When I visited him the following week, he had the use of his hands and his legs from the knees down. He came to Christ that day.

That is what God means to me—Christ the forgiver, Christ the healer, God, all divine love.

The secret of living with Christ can be yours if you are willing to pay the price by taking up your cross, following in His footsteps, looking at life as He does. You will then reap the reward of life more abundant.

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For a long time religion has been regarded as a science rather than an art. We have taught it in precepts, in dogmas and in creeds; not in realities, not in absolute faith.

Since the second century man has, through the church, formed varying dogmas, hating, detesting those who refuse to accept them. In the Middle Ages, the church devised devilish means of torture to force its ideas upon those who refused to accept them. This was done in the name of a God of Love !

Let us all try to find this Christ within, so that we may all worship Him in spirit and in truth. In spite of our so-called differences, may He fill our hearts as we all worship together.

To me, God has come to mean the source of all my supply, all my strength, all my happiness, all my needs, and my life itself. He has become my daily guide, my loving guard and pilot in everything I do. I have come to love Jesus with an undying love, and with this increase of my faith has come the living in a spiritual world.

What does God mean to you, friend?

Healing by Faith

WE ALL know what the world owes to nurses, doctors, medical science and research. Disease can be fought by a change of climate, medicines, good nursing, doctors and surgeons. Yet without faith none could succeed.

Without the faith and will of the patient, medicines and doctors are useless. Victory lies within the patient. Within every man and woman there is an instinctive "something," an instinct of the supernatural.

The stimulation of this instinct, brought about by religious rituals and teachings, is responsible for many remarkable healings of so-called incurable illnesses.

Most physicians realize what a decisive part faith plays in overcoming sickness. This faith is activated by the mind, the intellect. If your heart and your head will share in a common belief, the result is faith, and through faith all things are possible.

In the Christian Faith we have been taught little about the power of thought, yet it is true that our thoughts and emotions affect every cell and function of our bodies.

In my nutritional work I have been able to produce certain diseases, called deficiency diseases, by taking from the diet of laboratory animals certain vitamins or minerals. I have also witnessed what part fear, anger and nervous tension play in the health of such animals. When we get a combination of deficiencies, together with nervous tension, the result is fatal.

We live in an age of tension. We rush about our daily work from morning to night, filled with fears, worries and anxieties. Is

it any wonder that we have so much physical and mental illness today? These conditions are fatal to every one of us.

In our lives we gain experience, and it is how we react to these experiences that we develop the pattern of our lives. If we live in the past, we are, so to speak, turned to salt; and if we live in fear and anticipation of a nebulous future, then, too, we shall be destroyed.

Have you realized that God placed a microbe in a drop of water and it lived and prospered? He gave an ant a little piece of ground and it lived victoriously. God gave the lion a forest and it became its king. But God gave man dominion over all things, and what has man done? Man has the mind, the will and the gift of choice, yet he has closed his eyes to truth. So we have wars, famines, hatreds and diseases.

We read of the great strides medical science has made in overcoming many diseases, and the remarkable developments of surgical science. But, to me, the greatest of all healings are those of the Master, Jesus, when He said, "Go wash in the pool of Siloam," and sight was restored; "Go show yourselves to the priests," after the lepers were cleansed. His life was a record of healings of incurable diseases.

Even though Christ's body was destroyed on Calvary, these miracles are still possible. He lives, His Spirit is within you, to heal and give you the power to overcome all things. If you surrender to Christ the errors of your past you will grow daily in the consciousness that Christ is now leading you into healing waters.

Your body needs physical food but it needs more spiritual food. Only you can provide this spiritual food; only you can operate the controls to release the tremendous power within you.

The universe is operated by laws which God ordained. When through wrong thinking and living we break these laws we have to take the punishment. But all sickness and unsuccessful living do not necessarily come from sin or error; we often suffer for the sins of others. Jesus never sinned, yet He suffered and died for the sins of the world. Jesus never claimed to be different from other men. He said the things that He did

we could do also. He told us that the Kingdom of Heaven was within us. The only thing that stopped us from finding this kingdom was our lack of faith.

The woman who was healed by touching the hem of Jesus' garment, touched at that moment the principle of life itself. Touching wholeness brought her wholeness. This is available to everyone today. We can and must come to Christ as she did. We, too, can touch Him and gain that healing for which we have so much need.

God does not withhold good things from us, His children. God is never vindictive. But the one who needs healing from hate and resentment, from a lack of belief in God, must first of all learn to love. To gain happiness, we must first give happiness to others.

The punishments we receive, the unhappiness we endure, often the sickness we suffer, are the results of our acts and our thoughts. When you learn to believe, when you learn to study spiritual principles, you will see things which you will think miraculous.

"If thou canst believe, all things are possible to him that believeth."

I visited the home of a man who was not expected to live more than another week. He had a serious heart ailment and was propped up in bed, finding it difficult to get his breath. He was a good Christian but he had given up hope. The doctor had told him the worst. I chatted with him and then we prayed, thanking God for having begun his healing. He fell asleep and slept for many hours. His healing had begun.

The following afternoon he sat in front of his living-room fire having tea. The following Sunday he was in church. The healing had been accomplished. His minister was amazed to see such a rapid improvement. He had thought the man close to death, for his prayers had not altered the man's condition. Why? Because the minister had prayed hoping, wishing; for he had never seen a healing by faith.

Two parents came to me with a boy of three. The child had been injured at birth, was dumb and could not use his legs.

I asked the parents if they held resentment towards the doctor whose instruments were supposed to have caused the injuries. They said, "Yes." I told them that God could not heal until they had asked His forgiveness and also the doctor's. They promised to do this. Then I prayed, thanking God for having begun the healing of the child. In ten days he had spoken several words and the use of his legs came back. Three months later I saw him running around and speaking well. God cannot heal if there is something blocking the power of faith.

A mother came to tell me that she was going to be turned out of her flat and her goods sold to pay three hundred pounds back rent. She had two sons, both of whom thought only of alcohol and riotous living. We prayed that God had begun to heal her desperate situation. I believed that God would show us the solution. As she was leaving my office, a thought came to me to tell her to go and see the executor of her husband's will. I knew nothing of him or of the husband. I have no idea how that thought came, except that it came from God. She went and this man gave her, not loaned, a cheque for three hundred and fifty pounds on condition that the sons were no longer allowed to live with her.

Absolute faith took care of this deserving widow. God will take care of you and your troubles in exactly the same way.

★ ★ ★ ★ ★

The most wonderful thing to me in the Christian Faith is God's marvellous power of forgiveness. He is ever willing to forgive your past, no matter how vile it has been. If you want happy, healthy living, start now to believe. Devote some time each day to God; read His textbook, the Bible; be regular in your church attendance; and leave all your fears and worries to Him, for He cares for you.

This is the only way to develop faith—faith that moves mountains of fears and troubles. God has never deserted you, but if you suffer you have deserted God.

The prodigal son returned home to find wonderful gifts awaiting him. The father had never deserted him but he had separated himself from his father. What about you? Are you not a prodigal son, too? Then take Christ at His word—Come to Him now, and He will give you peace of mind.

If you will only *let go and let God*, you can climb the steps to victorious living.

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