

Eighth Week

First Day

You and Those You Love Are One

You love that which belongs to you, is a part of you, is identical with you. To love something or someone means to take it unto yourself, assimilate it into yourself in spirit, and make it a part of yourself. What you love you actually become. Love Light and you become Light. Love Love and you become like Love; you spread Love. Continue to love Love and you finally become Love itself. As God is Love, to love Love in yourself or in others is the highest thing you can do.

To love a person or a thing means to realize your **UNITY** with the person or the thing you love. Now the sense of Love and the sense of unity can never come on a low or materialistic plane. Love and unity are in essence spiritual terms. Realize your unity with anything and it simply means you are lifted to the realm of spirit, and the spirit of the thing meets your spirit

Now the **SPIRIT** of anything is its essential goodness. For instance, even the spirit of loaning and indebtedness is good. The spirit which makes possible the loan and debt is Trust. So when you go out of pay a debt which has theretofore seemed a nightmare to you, you will meet the Trust which was behind it.

And when your love for a person is so perfect and complete that you and he are one, then you are in heaven on earth.

And the glory which thou gavest me I have given them; that they may be one, even as we are one; I in them and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me. (John 17:22-23)

Eighth Week

Second Day

We Find Each Other

I believe that God has selected those persons who are to belong to my life's Plan, and through proximity, mutual attraction or need we are continually finding each other out. I believe in praying for ever-increasing capacity to love and serve, and for greater worthiness to be loved and served by others.

I believe in asking my Heavenly Father for those things which are mine according to the Providential Plan. Thus I am relieved of all anxieties and uncertainties, all jealousy and resentment. I have faith and courage to do my work, whatever it may be, with no thought of the rewards.

I realize that if I try to measure what others are or are not receiving according to their divine Plan, I minimize my own power to receive blessings.

I believe that when I am hindered from receiving what I desire or doing what I wish to do, God closes the door. And on every closed door there is a sign pointing to another door just ahead, with far greater blessings and opportunities inside.

I believe that only my own blindness, deafness and disobedience cut me off from God, and that God uses the resulting trouble and failure to help me find the inspiration, guidance and power I need to overcome my weakness.

I shall ask my heavenly Father and Friend, who dwells within me and who has given me this vision of life, to help me to realize it more and more fully every day, and to share with others the peace and joy which are mine.

For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; But ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. (Romans 8:14-17)

Eighth Week

Third Day

The Kingdom of Heaven Is Within

In heaven, whenever you wish to be with a person, at that moment he also desires to be with you, and instantly you are together. When you crave another, those about you vanish instantly to fulfill similar desires of their own, and you are left with the one you need at the moment.

In heaven, whenever you wish to express beautiful ideas to make others happier, exactly the right inspiration will come to you, or it will come to others who will immediately pass it to you.

It is this coming and going of blessed persons, this coming and going of blessed ideas, this perfect synchronization of desire and fulfillment, that makes life one perfect symphony. It is more beautiful than sound alone can produce, or light or color or perfume. For this is a whole symphony of souls, a symphony of love and wisdom and happiness—the perfect synchronization of your inmost being with all other beings. It is that which makes heaven the immeasurably beautiful place that it is—the abode of perfect fulfillment and bliss.

This heaven may be discovered whenever a man turns to God—utterly, completely. Its faint forecast is shown wherever love overcomes hate, and humility overcomes pride, and charity overcomes greed. It begins way down there on earth. So, take it wherever you go—bear the good tidings that the kingdom of heaven is at hand, that it begins within you.

And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, the kingdom of God cometh not with observation: Neither shall they say, Lo here! or, lo there! For behold, the kingdom of God is within you. (Luke 17:20-21)

Eighth Week

Fourth Day

Is it a Safe Hit?

Many ballplayers will say that they know when they are making a skillful play BY THE JOY WHICH THRILLS THEM JUST BEFORE THE ACCOMPLISHMENT. A great basketball player once told me that he knew when the ball left his fingertips whether or not he had made a basket. Baseball players often know at the instant their bat meets the ball whether or not they have made a safe hit. Golfers know too, when the club first contacts the ball, whether the stroke is right. In every case an inner joy takes rise before they make the play and extends for some time afterward. So it would seem that joy begins with a subconscious sensation of perfect mind and muscle co-ordination, and actually makes possible the perfect result of the physical effort.

With prayer it is the same. The more joy one can put into prayer—joy based on unselfish, God-conscious thought, and not an ephemeral thing of “self”—the more quickly will come the reward or manifestation of God’s answer to prayer. For joy binds man to God and it is by joy, born of a certainty about the greatest Realities, that man is forever united to that which is good. So often is this immediate sense of joy the accompaniment of the answer to prayer that it is difficult to know whether that sense is the cause or the sign of fulfillment. Probably it is both; joy synchronizes with the answer and is, so to speak, the partner of fulfillment, while the primary inner realization that we are one with God inspires the joy that passes our understanding.

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11)

Eighth Week

Fifth Day

You Can Overcome Fear

Are you afraid of water, fire, thunderstorms or some animal? Then discover your unity with it and it cannot harm you. To discover the underlying unity of all creatures and natural forces, and to realize their significance in the divine scheme for the universe, is to raise your thoughts from *things* to the *spirit* of Oneness behind all creation. Thus you overcome the general effect of seemingly dangerous elements, by coming up over the ideas of the average race-mind.

Love and Unity are the only paths leading upward from things and personalities to ideas and spirit. In short, Love and Unity take us from the carnal to the spiritual realm of living.

The early Greeks gave a “god” to every element apparently beyond their control. For instance, when a Greek set out on a journey by boat he first saluted the god of Water and the god of Travel. Thus, in his childlike, crude way he discovered a unity with natural

forces and overcame his fears before he began the journey. Such faith has sustained men of simple belief through all kinds of dangers.

Now we know there is no other God, but the Father. And when we realize our unity with *all* that He has ever created, we discover our unity with Him is perfect and complete and nothing can separate us from goodness. Fear is overcome the moment we begin to *come up over* our instinctive concept of things, and rise to a consciousness of God's ever-present Love and Power and His Will to keep us in perfect peace, as we live and move among creatures and influences that belong on the earth.

For the Lord is a great God, and a great King above all gods. In his hand are the deep places of the earth: the strength of the hills is his also. The sea is his, and he made it: and his hands formed the dry land. O come, let us worship and bow down: Let us kneel before the Lord our maker. For he is our God; and we are the people of his pasture, and the sheep of his hand. (Psalm 95:3-7)

Eighth Week

Sixth Day

He Walks With Me and He Talks With Me

Try taking a Three-mile Jaunt with God!

The first mile should be dedicated to achieving a perfectly blank and relaxed mind. Just swing along at an easy pace, in rhythm with the whole universe about you, and looking only where it is natural to gaze, with no purpose whatever except to become as unSELF-conscious as possible. Look up at the sky or out at the world, and feel that solid undergirding of earth beneath you feet.

Now the second mile should be dedicated to renewal and recuperation. Feel the thrill of new life flowing through your veins. Enjoy the health you feel in every responsive muscle. Breathe deeply—not only of the air, but space as well. And dwell on any ideas which come to you naturally and gladly, but only on these. For you are to enjoy to the fullest the experience of walking with God, your head held high and balanced happily on top of a straight spine!

The third mile will be dedicated to inspiration. Open all of the windows of your soul. Look upward with joy to God and outward with love to all your fellow men. And your mind, made blank the first mile and clean and happy the second, will be a receiving set for God's truest and divinest inspirations. You need not judge or check any of your concepts now. They will come in perfect sequence and perfect order, for God will reveal to you a pattern for your life in terms of His Divine Plan. When you reach home you will know He is truly "closer than breathing and nearer than hands and feet."

Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations. (Psalm 100)

Eighth Week

Seventh Day

Time and Space

When we abide in such stillness that everything we do is free of self-conscious effort we make a great discovery: Time and Space are two toys which God has given to man, and man uses them to amuse himself while he waits outside of the Garden of Heaven. Whenever we put on the colored glasses of Space our entire life on earth appears to be a constantly moving process; whenever we put on the colored glasses of Time our life on earth appears to be a constantly growing process. Through the lens of Time everything seems to be growing and decaying; through the lens of Space everything appears to be coming and going.

But are the angels in heaven pestered by all this coming and going? Are they bothered by all this growing and decaying?

Suppose for a moment we took off the spectacles of Time and Space and saw the world as the angels see it: a simple Temple in the midst of Infinity and Eternity. It would then be revealed that all the Love which ever was, is, or will be exists at this very moment, is everywhere present and is instantly available whenever we need it and seek it. It would be revealed that all the friends we need or crave are seeking us. And we would discover that all the sunshine we need is already pouring out continually through the solar rays, all the gas and oil and coal is already under our feet waiting to be mined, and every poem, symphony and sonata is deep in the mind of mankind, instantly available when the poet or composer calls for them.

True, these riches within ourselves or within the earth or within others do not come at every haphazard call. They await some inner, inscrutable Plan worked out in the blueprints of the Master Planner. When we yield ourselves to the Divine Plane of this Master Planer all things seem able to come to us in perfect sequence and perfect order, in exactly the right way, at exactly the right time. As Catherine Mendenhall writes: "Time is a Teacher; and Space is a Friend to keep us from traveling too fast and too far. We have to learn Patience and then we can blend with the Time and the Place wherever we are."

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. (Isaiah 40:31)