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LIVING WITH SOUND MENTAL HEALTH

MIND - BRAIN

Man has no mind. Man IS MIND. Man has only a brain. This brain is one with the one mind, the universal mind which is in and through all creation.

I give MIND another definition.

There is one mind and that is the mind of god, that is the mind that I am using now and that is the only mind that is or ever will be.

The usual definition for mind is as I would define the brain. The definition says of mind: it is recollection and memory, the complex of elements in an individual that feels, perceives, thinks, wills, and especially reasons; the conscious mental events and capabilities in an organism; the organized conscious and unconscious adaptive mental activity of an organism; intention, desire, the normal or healthy condition of the mental facilities; opinion or view; disposition, mood and intellectual ability.

The usual definition of the brain: a portion of the vertebrate central nervous system that constitutes the organ of thought and neural coordination, includes all the higher nervous centers receiving stimuli from the sense organs and interpreting and correlating them to formulate the motor impulses, is made up of neurons and supporting and nutritive structures, is enclosed within the skull, and is continuous with the spinal cord through the foramen magnum. It is the intellect, mind, intellectual endowment and intelligence.

The mind is the universal center of intelligence. It is the one source of all understanding and wisdom. It is the thinker thinking through all its creation. It is the universal being individualized through which it thinks and acts and experiences itself.

The brain however is a mechanical device which carries out the thoughts of the mind and executes these thoughts. The brain is part of the

temple of the living god. It is that which acts upon the thoughts thought through it. It does not think creatively or independently. It thinks only after the universal thinker thinks through it.

The mind is always thinking its thoughts through the brain of mankind. Although not a robot or an automaton, mankind accepts from the universal thinker only those thoughts that it chooses to think and responds to only those imaginings from the infinite intelligence which appeal to it at any given moment.

This is why I know I have freedom of choice to do as I please. I am the universal mind in expression but I express only that portion of the infinite wisdom which I choose to acknowledge. It is all mine to use right now if that is my choice, but the choice is made definitely and specifically, then the results of that choice take place in my life and my world.

I use my brain to execute the thoughts of the one mind. I use my brain to select which thoughts I will carry out in my world. I use my brain to filter the infinite thinking its thoughts through me to determine if I want to accept such a grand view of all it has to offer or limit that view to what I can conceive for myself. I accept it based on what I have seen in my world up to this moment. I determine what it is that is important for me. I tell myself some things are not possible so that I will not have to respond to them. I say that some things are irrational, are impossible, are not natural, are foolish and foolhardy, I use all sorts of excuses to ignore the divine wisdom in me. In this way I am free to choose unwisely and act basing my decisions on limited information and hence receive only a limited amount of the infinite allness.

Why I choose to do this is based on one thing: previous conditioning of my brain. I have created such an effective filter for my brain, that its receptive powers of the infinite expressing through me are short circuited in such a manner that I receive only a ghost of an image of my divine reality and I think that this is the allness that is. How sadly mistaken I am. But I choose to live in ignorance rather than to be responsible for living up to the allness which I am. To live up to that allness requires that I enjoy only perfection, right action, peace, life, love, harmony, joy and abundance in my world. My old friends of limitation, lack, unhappiness, sorrow, sickness, and death have no place in the divine pattern of reality—they are only illusion.

Perfect mental health comes when I begin programing my brain with the truth about itself. The mind exists perfectly right where it is doing just what it is doing and being just what it is. Nothing needs to be added to the mind to make it more complete or more fulfilling. It is complete in itself.

It is the brain that I may work upon to clear out all of the old concepts which limit and bind me in the world as being unfulfilled. How do I begin to put a new program in my brain so that I may live more vitally and more joyously?

To program my brain requires one thing: new input.

I do not have to clean out the old concepts, much as it would seem the most practical thing in the world. Nothing can ever be removed from the brain. Even though the brain is merely a physical instrument, it is one with and as the one mind of the universe. Nothing is ever forgotten, nothing is ever lost, nothing is ever released. All is in the brain via the one mind and is there forever.

The only thing that can be done is to program new information into the brain so that it will respond to the new information and will no longer act upon the old information which no longer is useful for its operation.

Seeking to clear out the old information merely draws my attention to the old and is as though I were programing it in my consciousness new once again, programing it into my brain with a new vigor and enthusiasm.

The very act of ignoring the former concepts, the ideas which no longer are valid for me, the imaginings that once served an apparently useful purpose, causes these to fade away and slip into the file cabinets of the brain and mind so that they are not “up front” any longer and chosen as the current information which must be acted upon. The information is still there, but tucked away permanently, but not on the main stream of my thought system.

I choose now to effectively direct a new program for my brain to act upon based on what I desire to experience.

POOR MENTAL HEALTH

Poor mental health results when I fail to let sleeping dogs lie. When I fail to allow the old concepts to be filed away and ignore them. Each time I renew them in my thought I give renewed interest to them and my body and affairs must respond to this current data, albeit old and only now brought into the forefront of my attention. A wasted effort, but what happens is that I mentally go off balance and no longer see things from a stable point of view. I place undue importance on issues that died long ago. I listen to a discordant harmony that long since was put to rest as ineffective in my life.

Why I would ever want to be mentally unbalanced is a question I never seem to come up with a good answer for, I seem to “want” the problem. It is like I am saying, “Stop the world, I want to get off.”

I do this when I do not want to take responsibility for my world and my choice. It is when I do not claim the reality which I am. It is when I look at life as too complex, too demanding, too unsettling. I do not want to intelligently take responsibility and hence I enter into the twilight zone of my consciousness. It is not that I belong there. I have created this twilight zone as a hideaway from facing reality and being the divine creature I am.

It is also most interesting. As I run away from being myself I find that I am surrounded by those others who equally do not want to be themselves, who do not want to take responsibility for their own world. I recognize that the entire world, as far as I am concerned, has abandoned their privilege of being master of their world in favor of allowing others to be guardians for us in this twilight zone.

This journey is permanently ended for me!

I HAVE PERFECT MENTAL HEALTH

It does not matter how large or how small my attitude and conditioning may be about myself, it may only be undue worry about my employment, an ineffective love relationship, lack of success in my career or business, feeling sorry for myself that I had to discipline my son, kicking myself around the block for thoughtlessly saying an unkind remark to a friend—it could be so small and yet at the moment so very large an issue in my thought.

It could be a chronic illness, a very real sickness that is claiming my very life, and it could be a mental boogie man that frightens me, it matters not, these are all real to me as I am facing them.

For me to experience perfect mental health I begin with this statement:

Right Now I Have Perfect Mental Health.

This simple statement sets the stage for wholeness for me in the face of all appearances, all illusions, all false attitudes I may have had about myself.

I am the master of my consciousness, should I choose to take this responsibility. Right now I wisely take this grand responsibility and claim my perfect mental health!

My thinking is always clear. I listen to the divine within me and hear the pure thoughts from the universal mind thinking through me. I pull out all of the stops right now and let the mind that is allknowing speak through me and say what is my purpose for myself. I let this infinite wisdom reveal to

me the pathway to my highest good—to my high road of adventure of being all that I am capable of being.

EXERCISE

I take out my notebook of life and write in it these positive words of truth about myself:

My brain is now clear of all previous conditioning and I am completely responsible for all information that is put into my brain and for all of the responses that come out of my brain. I am master housekeeper in my brain.

The filters of my brain are completely removed. I am open to the infinite consciousness of god expressing through me as me in me now. I am one as the allness of divine intelligence and know the right thing to do under all circumstances.

My purpose in life is to live fully and well. I now live fully and well. I now claim my wholeness and experience it completely in every area of my brain and my body.

By speaking my word I create an entirely new brain in which I live move and have my being—in the divine me which is the expression of the perfection which my brain is now and always. I am sound in mind, body and affairs. I express my divine intelligence at all times in me.

I no longer have a need to escape from life.

I enjoy life fully and live it completely now.

All of the relationships I have are wholesome and very supportive of my harmonious mental attitude. I like me.

Everyone in my world looks at me and sees a healthy person living a totally responsible life here and now.

As I put these conditions to work in my mental storehouse the old thoughts have no room and must move into the storage area to be forgotten.

As I dream of the new me, the new reality of me comes shining forth like a joyous dance to which my world is not yet accustomed. I walk awkwardly at first. Soon the inept feeling leaves and I feel more at home with this new me. I feel that I am on the right road. The road seems to be somewhat familiar as though I had been there before oh so long ago. It is as though I had seen the scene before in a long distant age that I had almost forgotten. Yet here it is new and fresh, I am experiencing it now as a happy traveler on this highway of fulfillment, peace, love, joy, happiness and success in every possible way. I am a new creator, indeed.

As I enter the arena of mental health I find that doors that have long been closed to me begin to open miraculously. I find that the illumination that I thought only those high toned adepts, the mystics and gurus of ancient days knew, now I know it too. I feel right at home in this new land of spiritual integrity, of material worth, of recognition of the control that I have over my brain to benefit me in myriad ways. By doing this I establish a new cause in my life which is followed by a new effect. The new cause is that I can make my choice of what I want to experience, what I want to do, what I want to be, where I want to go, how I want to get where I want to go. All these ideas are so wonderful and so very new to me. It is a glorious time I am now having.

DOORWAY TO GENIUS

For so long my brain has been clouded over with the veil of ignorance. I now release this veil and pull it aside, take it off and throw it away. It no longer has any use in my life. Once it served a useful purpose, perhaps, but now it is only a cloud which keeps me from recognizing my purity and my wholeness, my inner genius.

The technique to release the inner genius is simple enough. It is so simple, in fact, that I have not used it because I feel foolish doing what is to be done to let my genius express the I am within me.

To express my genius I just say:

I AM A GENIUS!

I am a genius, that is all there is to it. My brain awaits my command. It does not say that I am or am not a genius. It awaits my decision to be.

Once I say, I AM A GENIUS the brain begins to put out all of the information necessary to being a genius. In whatever area I seek to express myself as a genius the brain floods forth all the data necessary to accomplish that end.

My brain does not object. It just accepts the fact that I consider myself a genius and responds in like measure.

In what field do I consider myself a genius? My brain is one as my infinite universal mind and no longer filters through the information from the infinite, but rather it is an open stream of wisdom flooding forth in my consciousness.

I listen to my divine reality all of the time.

I do not ask my brain what I am to say or what is the answer that I am seeking. I merely open my mouth and begin to speak. Naturally the brain is my channel through which flows the infinite knowledge of the universe from the very source of all within me. I do not need to refer to books or to check on the validity of the information given to me, it is always faultlessly correct.

Before, when I had this filter over my brain, over my consciousness, the veil was such that it hid from me the wisdom that I would know. Or if it did not hide the ideas from me, it so filtered them through misinformation, misunderstanding and limited awareness that what came through was a far cry from reality.

It is because of this long standing relationship with my brain on its limited basis that I have grown accustomed to feeling that it could not give me correct information. That I had to refer to reference materials, that I had to look for better sources than my own brain because I did not have a clear channel through to my perfect self.

Those days are now past.

I have seen the technique and I put it to use.

Miracles are taking place in my life.

I am now tuned in with my reality domain and I am now living completely for the first time here on planet Earth. It is such a hallelujah moment that my heart is soaring with the new found happiness of who and what I am.

EXERCISE:

Today I take out the notebook of my life and I write these ideas in it for me to live my genius by:

I select the area in which I choose to be a genius.

The choice is entirely mine.

Now that I have chosen in which area I am a genius I put it into practice. I think:

I AM A GENIUS IN THIS AREA OF MY LIFE

As I have made this choice now I begin to use it. I ask questions of myself in my area and then immediately I listen to what my divine within says to me and I speak directly from this information. I know exactly what to say and say it clearly and effectively.

When I listen to my inner self I do not have to “guess” what it is that the purity within me wants to say—I know without a doubt. I know clearly what is being said and I just repeat what is going on in my head.

When genius speaks, when the eternal wisdom of the universe reveals itself to me I can repeat it, I know it and I am fully aware of what it means completely.

There is no symbolism when the divine in me speaks.

When my genius is revealing itself it is not in halting words, or in imagined dreams, it is definite and final.

Genius from the divine center within me is always said in the most perfect manner. It is always understood by the person for whom it is spoken.

Though I may not fully understand the ramifications of what I say when I am speaking to and about another person, the other person knows without a doubt what is being said, for they know the circumstances, they know the conditions, they know the people involved.

This is not mentalism or the work of a “medium” who speaks in symbols or the work of a person who with a crystal ball sees into the future. This is the act of the divine wisdom revealing itself in perfectly understandable terms to me or to the person to whom I am speaking.

I thoroughly enjoy listening to the genius within me say my wisdom to myself and to those in my world. I like me and I like what I say of myself and others.

Sometimes people ask me to tell them their fortune, to tell them their future. To tell the future is pure foolishness. For what makes up the future from what is real today may not be the actual future tomorrow. For I am free to change my past, to change my present and to change my future at any point that I wish. I am not locked into whatever I perceive for myself today. For today I know my ultimate awareness based upon today. Since I am free to change my future at anytime, what is my future today may very well change because I have the right to change it at any time and I DO!

PRACTICING MY MENTAL PRESENCE

I am master of my mental world. I live in this total awareness and enjoy the mental presence of my reality. It is so beautiful and so fulfilling. I am purely one with all and as I am one with all, I experience the peace this awareness brings to me.

Practicing my mental presence is something that is so very exciting that it is difficult to share the concept with others, but it is such fun to live.

To practice my mental presence I take the time to enter into the awareness of myself. This means that no matter what I find the time to sit quietly and listen to my inner music. I often call this meditation, but I will share meditation later. Right now this inner music is my theme for myself.

I wake up in the morning and I say to myself:
Good morning love, it is a good day indeed. I talk to myself and enjoy
a conversation with myself. This is my inner music.

I listen.

I quietly listen.

I close my eyes, I gently run my hands over my body.

I take within me the picture I saw in the mirror of my perfect body.

I stand quietly before the mirror with my eyes closed.

As my hands gently touch my body, softly caressing my skin, I feel a
goodness flooding through my being. I feel a peace flowing over me. I feel
electrically alive. I feel the vibrations of my being begin to tingle.

Shortly I feel that I am not my body but I am the pure electrical
energy of the universe manifesting itself as the vibrations of harmony and
love. I feel very alive.

Little by little I forget that it is my skin. I begin to feel that I am
caressing pure energy.

The pure energy sends shivers of color through my finger tips. The
sensation is unimaginable and unspeakable. The color is so pure. In different
parts of my body the color is different and the intensity is different.

I wonder at the different intensity of the vibrations at different levels
of my body, but it does not disturb me, it only excites me and thrills me. The
ascending power of the vibrations are so magnificent that I feel as though I
am floating. I am all pure energy.

I must sit down.

As I sit down and continue touching my body the great vibrations
continue in power and texture. Mentally I see my color aura, my color
vibrations, and I know that this is the product of my thought. How I view my
vibrations is, it is my very thought demonstrating itself as reality in my
being.

Now I lie back on the floor. No longer touching my body but the
sensations continue to grow and expand. I am now enveloped with the
energy power manifesting itself in waves that continue to oscillate with ever
increasing frequency. The fluctuation of electrical current caused by my
gentle caressing of my body has started an action that now begins to return
to me as a musical harmony.

The harmony sings out in a melody that I have never heard before. It
is the song of my own being. It is the song of my mind that inclines me in
oneness with my universe.

Though now I seem to recall hearing these notes, these ripples of
sound through my mind, now is the first time that I remember that I could

recall it. I know it is my very own vibration, it is my very own symphony, my very own music from a celestial string in which I harmonize myself.

Now I more quietly listen.

The vibrations take me mentally into another world. I am no longer lying on the floor in front of my mirror, I am in a heavenly clime. I am beyond physical feeling and emotions. I am beyond hearing with my ears, feeling with my senses, beyond tasting, touching or smelling. I am in a magnificent vibratory frequency that only knows its own pure self. I am in a level of awareness that reminds me of illumination. I am enthroned in a new vista.

With eyes closed, looking with my inner eye, I begin to see crystal pure light and color. First it is a swirling of energy, mixing up all of the colors yet each retains its own distinct hue.

Suddenly all color is gone and only the purest white remains. I am immersed in this white light. I am this white light. I am one as all. I am no longer me. I am eternity. I am the universal allness. I am infinity seeing the finite.

Now, for a few moments (perhaps an eternity) I am unaware of my presence. I am the presence. I am the total illumined beingness of all. I am without form. I am without meaning and purpose. I am just one as all. I am now without beginning or end. I am the totality of the absolute.

Soon I return to awareness of my physical self. I am back lying before my mirror. I am fully aware of myself. I am not the same person who stood here only moments before. I am now a person who is aware of eternity. I shall never be the same again.

Does it matter how or why. Not in the least.

Practicing my mental presence is an event I now give to myself every morning. It takes only a very few minutes but it allows me to live in this human physical yet divine body and thoroughly enjoy the life that lies before me. I now make the grand adventure again and again, and will forever more.

ULTIMATE MENTAL BEINGNESS

Sound mental health begins with a happy idea about myself. Once I like myself and enjoy my own company I can live inside my skull, inside my brain, inside my mental self to the highest and best that is within me.

To do this means that I let go of all of the things that I have held dear to me throughout my earthly existence. This includes the relationships between me and my beloved, me and my children, me and my parents, me and my brothers and sisters, me and family and friends, me and business

associates, me and my home, me and my business, me and the objects of my life—car, boat, cabin, houses, clothing, jewelry, mementos, everything.

It is not a ripping away from me. It is more of a full release. A feeling of not needing or wanting this any longer but yet being able to thoroughly enjoy all of them. It is the feeling of freedom. No longer having responsibility to and for all of these things.

So long as I feel a bond and a need to have a relationship, so long as I am possessed by my possessions, so long as I think I would feel lonely without my beloved, then I am still possessed by them and still have need of them.

I do not make this feeling of release happen. I do not do any outward thing to let go of the world I have grown up in. Rather an inward experience takes place wherein my values change. The values which sing to me the truly important issues of life and living, being one as my inner divine self and enjoying this awareness right now.

If this change in myself is in consciousness, how do I prepare myself to experience it and enjoy it? Is there anything that I can do to open my readiness for my ultimate mental beingness?

As I carry out the exercises of this course of study I begin to feel the closeness of the indwelling light. I begin to sense that ultimate mental beingness because it is a road I can understand. It is a pathway I can get the feel of and move comfortably along.

I look at the lives of many whom I consider masters and feel they are so far along the path. However as I look at their lives and study deeply into their awareness I realize that though they are magnificent beings, so am I. That though they are spiritually illumined creatures, so am I. That though they have demonstrated fantastic spiritual and mental agility, so have I even though I may not have been aware of it nor counted these blessings before.

Those who have shown master consciousness are those who have not always released things from their physical need. Many are intellectually aware, physically advanced, and in so many ways seemingly superior to the place where I am on the pathway of spiritual evolution, yet they need their “show” of opulence. They need their grand cars, lovely clothing, big and impressive homes, large institutions, and many many followers, All of these things can own me. Should I have a want or need for them, then they do own me.

One wintery morning I journeyed in the northland with a friend in my lovely big expensive convertible sports car. I was turning around in a difficult place in the snow when the interior of the car started to smoke, between the dashboard and the engine fire wall. Searching through the car I

could not find the cause and extinguish it. I emptied the car seeing there was little I could do for the car. Standing back in the crowd that gathered to watch this lovely car being totally demolished by fire one man said to another, "Whose car is that?" The other man pointed to me. The one man said, "If it were my car I would be crying, it is so beautiful and so sad." The car was utterly reduced to molten metal unsalvageable. No matter. I released it. I owned it, I enjoyed it. I loved it. However, IT DID NOT OWN ME!

I would greatly enjoy having another luxury automobile however I am quite pleased with the vehicles I have. I do not need more, or need even what I have, but I do enjoy them.

I do not need or want beautiful clothing. I do enjoy them and have created a world in which they manifest from time to time though totally unsolicited or sought out in any way whatsoever, they just appear when "others" feel the "need" is there. I am always perfectly happy with what I have to use and enjoy.

I enjoy my family and friends but do not need or want them. They do not always understand the statement. That is most natural. My family and friends do understand my lack of needing and wanting them because when I am in their presence I unconditionally love them. I just enjoy where they are on their spiritual path. I just enjoy them where they are in their own world. I take little part in their world but observe and enjoy. I am not superior to them. They are not superior to me because of the worldly wealth of things they have amassed or because of their spiritual awareness. I am just walking my path and they are walking theirs. When my path crosses theirs and we have a feeling of mutual illumination, that is a glorious feeling. It is not necessary or important, it is thoroughly enjoyable, however, and that is nice.

Reveling in the presence of family, children, grand children, loved ones, is a joyous time, The precious moments are treasured as they take place. Remembered with love. Then filed away as a completed experience. No longing. No wishing. No feeling of desire to repeat the experience. It has been complete in itself and needs nothing more to fulfill it. This is the freedom that opens the inner doorway to my reality domain.

The world has taught me that family is so vitally important. It has served its purpose. But for me since I am ready to move on in the business of finding myself during this lifetime, this too must be set aside. For the nostalgia of family can be a tie that limits the expansion of the soul and the awareness of the spiritual verity transcending the ethical, aesthetic, religious, philosophical and physical nature of living.

The act of releasing is not a forced effort. It is the expression of an inner freedom. Whenever I have to force myself to release anything, that

thing still possesses me. I still have a need for it in my being and hence I am not free.

So long as the desire for anything is still there, I engage in it fully. I saturate myself with it. I satiate myself with the fulfillment of the desire. As I do this I no longer have any further desire for it. Naturally when I am sate I am complete for that experience. This is not the best way to handle desires, it is true, yet it is most effective.

The best way to handle desires so that I no longer feel any need for them is to mentally enjoy them. Once having thus enjoyed anything, it is more completely enjoyed in this way than in any other possible manner, the desire is fulfilled. There is no further need or desire to be honored and I am free of the worldly expression.

Fulfilling my ultimate mental beingness takes me into many byways in life. I see life from all possible viewpoints and from all possible areas of enjoyment. Vicariously I may enjoy them while in fact not experiencing them. And here I may come to a most remarkable conclusion: Whenever I enjoy anything vicariously, I am enjoying it in fact. I am there actually present in the experience as much, if not more, than if I were physically present in the activity. So saying that it is a vicarious experience is not saying it is one that is not real, for it IS very real.

Fulfilling my ultimate mental beingness opens me to a freedom I have never known before.

Experiencing the ultimate of love.

Experiencing the ultimate of peace.

Experiencing the ultimate of inner illumination.

Experiencing the ultimate of nonattachment.

Experiencing the ultimate of unconditional love.

Ultimate Mental Beingness—the desire of my heart—I know it and experience it best when I love most. This love at times can own me and so often appears to do just this. As my heart opens to the thousands who come into my world I am yet taken into their world. They do want what I am finding for myself. They greatly desire the pathway I am going. They love me freely and openly, even as I love them, then it is easy to feel that I want to “remain” in this love.

Whenever I get this feeling that I want to remain in their love I immediately become distant. It is a way of not needing it or allowing myself to want this relationship.

People say to me that it is lonely on the top, wherever the top is. They say that walking the spiritual path, the pathway of ultimate mental beingness, is one each of us must walk alone and hence it is lonely.

This is not true.

There are a host of others walking with me, even as all are now. I am surrounded by an infinite number who are right where I am and it is a joyous journey.

Far from being lonely, it is almost crowded, if I can say that. Perhaps everyman calls the path he is now walking crowded because he sees so many on the way with him. I see so many on the way with me. In fact, it is these that I have created in my world, absolutely magnificent beings who are exactly like myself in their desire to experience the ultimate mental beingness.

I shall always experience this.

It is the way of life. And it is so filled with joyous experiences. The journey is FUN as it should be.

It is in entering into this love relationship that I keep it on the basis that is consistent with what I desire to accomplish by allowing it to take place. For loving relationships are just that—allowed to happen. They are not made to happen, they are allowed to happen. For when I am in the state of loving awareness my life is flooded with people and relationships which are loving. This is the law of the universe. This LAW OF CAUSE AND EFFECT says: Whatsoever I turn my attention to that am I now.

So with definition of purpose I turn my complete and undivided attention to love and my experiences are totally loving, fulfilling, revealing, rewarding and in every way a time of happiness leading toward my ultimate mental beingness and my awareness of it fully.

I live in a state of absolute peace. I look at the world about me, in which I have chosen to live, and be as serene as a statue, untouched by what happens. Always in charge of the activities that take place about me. Wherever I am all sense infinite peace. All know that there is something special about what happens when I am there. It is not that others look at me and say, here is a master presence. It is that whenever I am present I carry with me that which I am and I am perfect peace.

This peace is expressed about me continuously. I walk into the most terrible battle or war that man can wage against one another and while I am there the fighting ceases. I walk down the street people smile and laugh where only moments before they were expressing a different nature. I am peace. I radiate peace. Only peace can express itself wherever I am.

I am illumination. I always see from the inner self of me which is the completion of my reality domain.

My ultimate mental beingness expresses itself perfectly as I listen to the reality within me. The inner illumination is the only illumination. The

outer world may be a great inspiration to me, it may be uplifting in its majestic beauty and its purity of effect for my consciousness, but only the inner vision will ever fully satisfy my cravings for oneness with all. Only as I look to the purity within myself will I see purity all about me. Only as I look at beauty within myself will I see beauty in the objective world.

For I can only see outwardly what I have first seen within.

The inner illumination is always there for me. It does require that I close my eyes to the world and turn within to the center of my being and recognize the essential values of all life and be one with them. As I do this my inner and my outer illumination are one. Arriving at this point in my consciousness I can walk through the universe which I have created and absolute harmony will reign supreme.

Nonattachment is one of the greatest experiences I have on my journey through ultimate mental beingness. For in nonattachment I let go of all of the concepts that once held me in bondage to their limited awareness of the universal. Nonpossessiveness and nonattachment are the most refined levels of spiritual and mental consciousness. For expressing these I am one with all.

It is simple to experience attachment.

This is the attachment of places and things. Their presence makes me feel complete and good.

Often people have said of me that I was attached to my mother. Naturally. This is a most normal conditioning. At one point this was true. Then I realized the fragile nature of such an attachment. The very lack of security that exists there when physical death can take away a beloved one—attachment becomes a most ludicrous state of affairs for it is entirely unreal, it is entirely without possibility of being realized.

This is one of the first circumstances that a master consciousness learns to release. Be it a pet, a child, a loved one, a friend, a house or a dream, all are of so fragile a nature that attachment to any of them is seen unattainable.

Possessiveness keeps me under bondage to that which possesses me. I must take care of it. I must curry its favor and I must be sensitive to its needs so that it will continue to be in my presence. I must be subject to its whims so that it will honor me by its attendance in my life.

Being owned in such a manner is one of the chains that has bound humanity in all eternity. Freeing myself from this by finding fulfillment in the divine reality within me frees me so beautifully that I am able to open myself to newly experiencing really meaningful actions that lead to a deeper

awareness of myself. Thus it is the peace that passeth all understanding floods forth in me.

At one time I was controlled by both attachment and possessiveness. Now I have chosen to allow them to be an issue of the past, forgotten, never more given power in my experience.

There are those who have called me cold and unfeeling because I would no longer allow myself to have possessions and attachments. I however knew better. I know that on the path of my ultimate mental beingness there is no place for such games as that. I am now free and I now open my eyes to the reality of all.

For my sound mental health it is vital for me to be in charge of my total being. Not just my intellectual brain and my body, but my emotional and spiritual self as well; I AM!

Experiencing perfect mental health I live in the awareness of unconditional love.

Unconditional love in line with a sound mental being is a unique condition. As a mental being I have taught myself that I must be very careful of the experiences I have. If I allow myself to have any experience which is contrary to my being, to my mental and emotional self, I am thereby tainted by the experience. This can be true but does not have to be true. Many times it shows me things I do not want to have as an experience again. However this attitude is primarily a human feeling. The divine in me knows all things and does not have lessons to learn.

Living in my mental atmosphere in the vibration of pure unconditional love I see the world in which I live quite differently from how I formerly saw it. From unconditional love I see the REALITY and not the appearances. For each of the appearances is so temporary. What lies behind these many appearances? What is the reality that stands forth from each of these illusions that seem so real? As I illumine my vision and see from the purity of unconditional love I see only the truth about any circumstance, not the changeable facts that are involved.

Unconditional love makes no judgments? This is false.

Unconditional love is always judging. Unconditional love chooses to see only the wholeness, the goodness, the everlasting truth relative to any situation, any circumstance, any person or any thing.

Unconditional love is unaware of that which is not true to ITS nature.

Unconditional love can only see in the world about it the perfect reflection of what IT IS. It sees no appearances, no illusions, no temporary expressions of anything. It sees only its illustrious self in its pristine beauty

and glory. This is most certainly judgment, the determination to know only itself in its world.

Like it or not, what I see in my world is a pure reflection of myself and what I believe about myself. It is a glorious picture too! And it is the greatest barometer in the universe for me. It is judgmentless in that it merely reflects back myself. It does not say that self is better or worse, higher or lower, successful or not, it just reflects. It is I who make the decision whether the reflection is what I want to continue participating in or whether a change is in order.

For my sound mental health and to achieve the ultimate mental beingness is a simple thing to do. I just listen to the divine within me illuminating me with my divine design.

MENTAL CONDITIONING

The mental conditioning that I am experiencing is the way that my consciousness works.

From this moment forth I choose to be the factor behind determining what are the things that will condition my mind.

I begin my day at *evening* time.

My body needs are met with a light renewing meal primarily of vegetables with an abundant supply of fresh liquids. Following my evening meal I bathe myself in pure water letting my body soak in the warm precious liquid. As I do this all tensions are released from my body. My body is refreshed and relaxed.

If necessary, I dress, as uninhibited as possible, only providing me comfort and warmth. I do not want to have my body draw attention to itself as I prepare for my brand new days activities.

I find a place wherein I may feel peaceful and gentle. I find a place that is quiet and where the surroundings will not intrude upon my work time, the most important time for me.

I settle down in a totally relaxed position.

Gently I let my hands and feet touch. My body is an electrical circuit and selfcontained. I close off all of the outer ways the energy may be siphoned off. The power remains within me. I generate more power within myself.

Now in this peaceful mood I close my eyes and listen only to the pure vibrations within.

I take control of my body and my mind as I let my spirit manifest itself as the absolute actor on the stage wherein I live my life.

I speak to my body. I say to my body:
My body is the temple of the living god. It is absolutely perfect right now. Every organ, action and function of my body is in perfect harmony.
My feet are relaxed and peaceful now.
I can feel the balls of my feet smooth and supple.
I feel the ankles are relaxed now.
The feeling of relaxation flow up over my legs and knees over my thighs and up my entire body.
My arms are relaxed and at peace. My entire body is in a state of suspended animation, totally relaxed.
I roll my head about on my neck, first one way and then the other, ever so gently, and I am now beautifully and wonderfully at peace.
All of the tension from my face is gone.
Around my eyes the tiny wrinkles of smiling are smooth and peaceful.
All of the organs in my body are at rest now.
My lungs and my heart, as well as all of the many other functions of my body, work perfectly operated by my autonomic nervous system.
I leave my body in its care in perfect ease. All of my life my body has been harmoniously operated by my autonomic nervous system and I leave it there now.
I make the journey to the center of my being now and in the stillness of my divine self I am illumined.
My introspection has begun. I am sensitive to every thought and every nuance of my inner self. I listen.
In this self examination of my mental conditioning I am aware that whatever my thought was before entering into this stage of understanding, so will be the direction of my search to the universal intelligence within me.
My thought is upon understanding the conditioning of my indwelling self. I freely let go of any feelings and enter into this self examination of myself, my indwelling being.
The voice within me speaks:
I am the wisdom of all and dwell within every being. I know that I know that I know god in me is the answer. Listening to this reality within all is known to me, whatsoever I desire to know, is known for the I am knows it and it is known to whomsoever would seek it as it is to be known within every being.
Whatever thought I have in my thinking I experience. I am the master of my universe, the master of my world, the master of my life and the master of myself. Whatever I conceive my experience to be, so it is.

I conceive my inner mental conditioning to be awareness of my oneness with all. I am in perfect harmony with all of the creation in the universe, whom I have created. I am in joyous oneness with each and all, for all are only me, all are only ONE even as I am ONE!

For me to know what another is thinking it only requires that I think the thought and the completed realization is there full blown, fully expressed, clear and lucid. Always effectively understandable and understood. In all things! The wisdom is clearly known.

I condition my thinking to recognizing that this body in which this brain and beingness function is absolutely perfect and fulfills its purpose of being a vehicle for this consciousness.

I now condition this body from within and so it is in the without. I visualize the body as the purest substance with all of its functions operating in a most magnificent direction. With all of its purposes fulfilled in compliance with its divine design. I understand the divine design of my body. I understand each function of my body and see it being performed wonderfully now. I see all of the body whole and complete now, regardless of what it may have ever physically experienced before, it is whole and perfect right now.

I mentally observe each nuance of my body and as I do so the vibrations of the universal energy within it makes known its perfection in and through itself. Whatever it is or desires to be, it is now fulfilled in itself.

Now is the time that I enjoy creatively creating of my body and its functions. Though the functions and parts are divinely designed, a new and better design always lies at hand and can be brought forth by the thoughts in my mind. However unusual or unexpected I may create my body new at the inception of a new thought about it. I am fully its creator, its master, its director and I take full charge of this great privilege.

I come to the conclusion of my meditation.

Each evening it is upon a different aspect of my beingness and sometimes it is the same theme again and again as I come to a beautiful awareness of who and what I am.

I have set the cause in motion for my perfect function.

My body is in a perfect state of relaxation. I stand up and prepare for bed. My mental conditioning is set. I have prepared my thinking for what I am and what I choose to be effective in my experience. As always, I am the master.

I tell myself before I go to sleep:

I make my affirmations of my reality.

I am the master of my world.

I think beautiful thoughts and experience beautiful things in my world.

My body is the perfect temple of the living god.

Every organ action and function of my body is now perfect.

Now as I lay my head down on my bed I immediately fall asleep and sleep soundly through the night until I choose to awaken. I sleep harmoniously. I arise in the morning fully rested and ready for a fantastic time.

Tonight as I sleep all of the mental conditioning that I have placed into motion for myself manifests itself perfectly and the results are immediate.

I am a free spirit and I live in this freedom.

(As morning arrives)

I awaken fully refreshed.

I sing my affirmations as I prepare for the hours that lie before me.

I see the time as already completed. I see the minutes fully spent in loving awareness of the divine reality which I am.

I see my time filled with beautiful people sharing the philosophy of me which is so dear to my heart.

I see the statements of my meditation time being fully realized during these hours.

I let go and accept that it is done now and this is the extent of the action I take for my new mental conditioning of my beingness.

(The hours that follow)

Whatever I am doing during the day I am always thinking my positive thoughts. I am always considering everything that I do from the highest point of view. I am always looking at everything in a favorable light. I am total master of my world and of my thinking. I am master of everything that I do and that I say. I make my choices and my choices are always based upon the finest and best that I am.

Regardless of the experiences that come to me during the day I always find the beauty and the good in them. I always find the love and harmony in the world about me. I am the one who makes the choices and I make my choices wisely and well. I like me and everything that I do.

I am the only one who will allow anything to enter into my mind. From this point of view I take full charge of my life.

During mealtimes I bless my food seeing that it has come into my life by my choice. While it is not necessary for my wellbeing I thoroughly enjoy eating it. I thoroughly enjoy the happy times of sharing at mealtime even

when it is by myself. For I am sharing the infinite substance of the universe and it is a joy to participate in such a feast.

I recognize that the substance has manifest itself out of my consciousness and that it has come forth from my own understanding. I know this, I accept this and experience only that which I choose to in my day and all that I accept is good and very good.

All of the people whom I meet during the day are the expression of my own consciousness. Whatever thoughts I have had in my thinking, these people are an example of the reflection of these thoughts. Whatever my thought, the people that I see tell me better than one hundred thousand words what I am thinking in my brain.

All of the experiences of my day, of my night, of my life are the perfect reflection of my consciousness and my consciousness is absolutely faultless. I accept this awareness and this responsibility in me. I know that I am the master of my world, my thought and my life. My life is the very best because my thoughts are the very best.

I accept this responsibility and live in harmony with what it requires of me, to experience the best from it.

What I do from this moment on will have the greatest affect upon my life and will cause me to experience a newness of myself and my life beyond my present comprehension.

SOUND MENTAL HEALTH IS LEARNABLE

No matter what experiences I may have had in the past, I can set a new cause in motion to experience perfect mental health, if this is my desire.

The way that I choose to learn sound mental health is to use the principle, the LAW OF CAUSE AND EFFECT. For every cause there is an effect that follows equal to it.

So I decide that I choose to have absolutely sound mental health. I choose to have my head properly in place at all times. I choose to live in the state of my absolute genius and not fall over the “line” of genius-insanity. I choose to live in the true awareness of my divine potential. I choose to express my divine reality all of the time.

To accomplish this I speak my word and say that my brain is in perfect divine order. The only reason I may be mentally unbalanced is that I have instructed my brain, my computer, improperly. My computer brain is eager to work on whatever instructions I give it.

Today I give my brain computer the specific instructions that are necessary to operate my brain in a sound manner. To do this I place these thoughts into motion for myself:

My brain is a stable instrument for me to use.

My brain is absolutely sound right now.

My brain operates upon the basis of right thinking, right acting and right doing.

My brain listens to every statement I make about myself and acts upon my concept of myself. Today I determine a new concept of myself. Today I choose to act from an entirely new format. This format is based upon the realization that I am the master of my world. I am the master of my consciousness. I am responsible for my brain action and my body action. I am now and always the master mover in my life.

My brain hears and responds to me.

I like to take responsibility for all of my thoughts. I am a happy person. I enjoy having other people in my world. I live for myself alone. I look at the things that others are doing and say to myself, "What they do is their business. I free them to act in any way that they choose. They are free agents and may take responsibility for their actions. It is none of my business."

I like to take responsibility for all of my thoughts. I am a satisfied person. I look about me in my world and see all of the things other people are doing and I take delight in their accomplishments, in their successes, in their way of doing things. I have only a feeling of great joy in the successful accomplishments of others. How they achieved their good is totally up to them, it is their responsibility and the action of their choice.

I like to take responsibility for all of my thoughts. I am a creative person. I look at everyone in the world and I know that they are doing beautiful things. I look at my own achievements, at my own accomplishments, at my own creations and I am thoroughly delighted in what I have brought forth. I compare what I have done to others only as a measure of the greater possibilities that lie before me to bring forth in my world. I am not in competition with anyone except the lovely excellence of myself, the potential yet to be reached in myself. However, as I look at my potential, it is with the feeling of joyous freedom and contemplation, not impatience and sadness over what I have yet to do, but the joy of looking forward to future magnificence that I shall do.

I like to take responsibility for all of my thoughts. I am a sensitive person. I feel the heart and life of others in the very depth of me. I am fully aware that what I feel is but a reflection of the emotions that are within me.

If I see anything in the outer which does not make me happy, I look within myself and set a new cause in motion to bring about a new effect in my world. Since I am the master of my world I can bring forth any effect I choose, freely, easily, now!

I like to take responsibility for all of my thoughts. I am a capable person. Whatever I imagine myself doing I do with great ease and abandonment. I have skills and talents I have not yet used. I can work in any capacity that interests me and I do so with great competence. I am the master of my world, my thoughts, my actions and my dreams. I speak my word now and bring forth out of the universal substance the dreams of my consciousness.

I like to take responsibility for all of my thoughts. I am a divine person. I turn to the wisdom of the universe that is within me for any guidance that I desire. This inward wisdom is always pure and perfect. This inner wisdom which I listen to provides me with all that is necessary for me to conduct my life in a sound, sensible, courteous, thoughtful, self reliant manner. I always know the right thing to do.

As I follow these perfect precepts for sound mental health I am always expressing the perfection within me to its highest and greatest potential.

Everyday I turn anew to this indwelling wisdom and listen to it. In its gentle and positive manner it informs me of all of the great possibilities I may experience this day. I am guided into utilizing all of the potentials within me to their ultimate expression.

Everyday I turn anew to this indwelling wisdom and listen to it. It reveals my great probabilities which I had never dreamed I might one day manifest. The probabilities are the sly hidden reserved me which pretended that I was not able to do the great things it suggests to me. Now with the courage and strength of believing in myself, listening to the divine within me reveal its pattern for me, and the sound mental health that I now realize for myself—I do it with great ease and facility.

EXERCISES IN THIS LESSON

Throughout this lesson have been many exercises. Each is self explanatory. As I do each one as I come across them I find that each leads into the next one and brings me to an awareness of hidden mental health that I have sought for myself over the years.

Now, following these suggestions, I easily surmount all of the previous objections I may have had to bring forth in my life all of the possibilities and probabilities that were but a dream so short a time ago.

Now as I practice these exercises and put them to work one by one, great results take place and the doorway of my consciousness is wide open to enjoy a new me that was but dimly perceived before.

This program is designed to be done on a daily basis. Each of the exercises are a daily exercise. Working on one lesson for 30 days I find that by the end of the month I have programed these beautiful concepts into my thinking system so beautifully that I am able to continue doing these suggested programs for the rest of my life.

While not all of the exercises are ones which I may want to do day after day, there is a sufficient variety to choose from to establish a pattern of activity for my spiritual life and my ultimate mental beingness.

I know that this program has been developed by some of the greatest brains of this century gathering upon the myriad of other great thinkers who have demonstrated these and other psychological processes effective in laboratories around the world.

I place these exercises in motion for myself knowing that they are effective and have worked in the lives of hundreds of thousands of men and women and children throughout the world. These effective and efficiently directed exercises accomplish for me what personal psychological therapy and counseling could never do in a million years—because I am making the choice of what I desire to achieve. Because I am doing the programing. It is not being done to me by another. I am doing it to myself and I am enjoying the fruits of my participation in this course.

It is totally my choice and I love it.