

## WHAT IS THE UNIVERSE

The universe is created by thought and is the whole body of things and phenomena whether observed or postulated. This universal cosmos is a systematic whole arising by and resident in everything. The entire celestial cosmos is an orderly harmonious systematic universe—complex and self inclusive—and mankind is its sojourner as well as one with and as its creator.

The cosmogony of this universe has the simple root of thought as to how it was created. The origin of the universe and this world is the infinite thinker thinking creatively. Its cosmology as a metaphysical consideration and as the origin of this orderly universe as a whole, dealing with its beginning, its structure and function, its space-time relationships for the entire universe, emerge from one basic causality—the divine seeking to express itself as itself through its creation.

As all things are both material and immaterial, the universe is formed as a thought in the universal mind before it is manifested. Before anything comes forth it is first an idea in consciousness. Then the exact replica of the thought in mind is brought forth in the physical form. From time to time material manifestations remain long after they have played out their role in the universal scheme of things and a mutant results as the form seeks to mutate itself to fit into the changing environment or with the new emerging life forms. When this happens a cataclysm, called a clean sweep, is made of the “playground” of the infinite being its finite self. At such times things like gigantic storms, earthquakes, ice ages—all apparently violent geologic changes—take place on the earth’s surface to provide a clean slate for the action of the infinite creative intelligence of all being itself. The universe is an orderly and systematic organism that is both living and procreating itself constantly.

My human body is not sacred. It is not something that is to be held in awe and respect. It is a physiological function that has been created by the infinite to be the vehicle for the life force which is my connecting “something” with the divine reality which I am. It just is. It is a temporary illusion providing my reality with a vehicle in which to function on planet Earth.

The question is often asked: which came first the most finite creative form or the vast universe which contains the most finite form? The answer is: *all emerged at the same instant*. For all is first an idea in the universal mind and as the completed idea it then revealed itself into function and form.

Then the question is asked: if all is the perfect creation of a perfect infinite creator why is all in change?

All is NOT in change!

This is the illusion of my finite consciousness. All IS and it IS perfect and it is always being its perfect self under all circumstances. The apparent change, the illusion of a change, is the CREATION OF A NEW IMAGE, A NEW FORM.

The universal creative consciousness which has brought forth all that is and is itself all that is, does not make mistakes. It does not need to “re-think” what it has done because it has made an error in its projections, in its calculations, in its action. The creative cause of all is in itself absolutely perfect and complete in each of its forms and creations at the moment of creation.

## **ALL CREATION HAS FREEDOM OF CHOICE BEING CREATION**

This includes the stars in each galaxy, one of an infinite number of systems each including stars, nebulae, star clusters, globular clusters and interstellar matter that make up the universe. The universal mind is and is present in each atom which dwells in the entire cosmic whole. For before anything could form and come into being it first is a thought in the universal consciousness, in the infinite thinker of the one mind. The infinite thinker thinks only of its pure self and makes no comparisons of itself with itself, for there is nothing in its beingness other than itself.

Most of its *creation*, which also is itself, however, think of themselves as other selves created by itself and in this comparison have found a duality of being and have found another through which they operate their freedom of choice to be the other while all the while each is the one or the self which knows only itself, its perfect and complete and whole self, and lives in the awareness of this oneness.

Hence the appearance of change and in a word instability appears to be present in the cosmos, in the apparent crashing about of the stars and nebulae as well as in the apparent confusion in the individual lives of mankind.

As a thought thought by the infinite thinker which both I am and it is, the universal cosmos is formed. It is vastly beyond finite comprehension, but

the moment I choose to act out of my infinite awareness—I know all things. I am only limited to how much I allow of the allness to be as itself in me as me through me, for it is me and I am it.

It is I who have separated myself from my reality. My reality is always one with me and I am always one with it, it is only in my AWARENESS that I have forgotten this oneness.

As I am the only consciousness in the universe who knows its divine cause and its divine self I am fulfilling my infinite beingness right now, but I am not aware of it. This is not my destiny to be aware of it, it is my reality! There is quite a difference in destiny and reality.

In every game I create, first I create a game board upon which to play the game, a field in which to exercise my genius at playing whatever game I choose to create. So I have created the universe in which I live. With its star clusters and its galaxies, all vibrating and functioning forming themselves and forming grander and greater nebulae more beautiful and colorful, each newly formed as my idea is constantly new about them. The seeming confusion and chaos in the universe is the game design grander than the observer can conclude. I am free to create a new present, a new past and new future at any moment that I choose, for all time is now and all space is here. There is only now and here. Because of this, what appears to be confusion is only the new idea I have about the present being executed in my own beautiful way. Change is only my *changing awareness*.

I love drama. I love action. I love theater. I love music, I love harmony. I love vitality. I love involvement. I love interaction between myself and myself in the allness that I am. For I am myself in all of my creation and my creation is itself in me. We are one!

I never forget who I am.

My creation can forget it is me and I am it—this is the interesting aspect of the game I have chosen to create my creation playing. For me it is fun watching my creation remember who and what it is. It is interesting for me to view my creation and see it finding itself, time and again, until it arrives at the point of total awareness and oneness with itself which is the universal I which I am. The purpose of the game is to have fun. Nothing more, nor anything less! When my creation forgets its purpose is to have fun the game becomes tedious and my creation feels it “must” do things which indeed it must do only if it chooses to must do it.

I have created a positive orderliness to the universe. I have created this because order is my nature. Even the apparent change is an order that is part of my nature. There is nothing incorrect about the apparent change or apparent lack of order. Rather it is the thought **by my creation** that this

apparent lack of order or change is in their thinking and not in the universal thinker thinking through them. There is always order, there is always direction and wisdom behind all that is or ever will be.

The purpose of my creation is to realize that it has only begin to touch the surface of the allness it is.

The “order” of the physiological universe is but a game. It is not reality. For the cosmogony of the universe suggests an order that just does not exist.

Out of my thought I have created the universe. I have given it rules which govern its action. And so long as it exists these rules give it an apparent stability and order. However, these rules are only the rules for THIS GAME and in no wise apply to the infinite number of other games that I play in the timelessness of the now in an infinite number of other relationships in the unseen universes now known to the dwellers of this universe in which these words are being written.

As with any game the rules apply only to that game. The rules of one game can not correspond to the rules of another game. For if they did correspond it would of necessity be the same game. And since I am an infinite creator and am being myself in an infinite number of circumstances, playing games on an infinite number of “here-ness-es” it is obvious I have a variety of sets of rules for each of the games being played.

The reason some of my creation have had “difficulty” in playing the “game of life” is that they have not chosen to be aware that there are rules, they have not chosen to accept that these rules are simple and definite and when the game is played by the rules it is a very satisfying adventure, a very satisfying game indeed—in another word—FUN!

Because I like drama and color and vitality I have the star clusters imploding upon themselves and exploding out of themselves. It is such fun. It is like a fire cracker, noisy and dramatic, colorful and startling, fun! It neither changes the world about it nor destroys anything, it is just itself being itself for the amusement of those who choose to be amused at it. This is like the game of the universe on a somewhat smaller scale.

As new IDEAS OCCUR TO ME I create new worlds, new universes in which to experience them. My life is filled with new and wonderful experiences expressing my divine nature, one and all. The ideas occur to me and I think them in my thought and they manifest in my world. The only principle that exists. The law of Cause and Effect. It says that for every thought thought an action equal to it is revealed in my environment.

Whatever I postulate in my thinking manifests. Whatever hypothesis I suggest to my thinking to express a concept I may have I do it. It does not

have to be logical or empirical or in any way presumably beneficial or nonbeneficial. It just is and that is the only purpose for its being.

ALL IS ORDER—though the order may not be evident to the untrained eye, all is perfectly planned by me to be me in my world for myself.

That is sufficient reason for existence.

## **I AM THE CENTER**

The universe has no other purpose to be other than to be a playground for me. The universe is the source of my joy. The universe is the field in which I play with my ideas and my thoughts. I give my thoughts life and vitality, drama and enthusiasm, color and form, all out of my desire to see my thoughts come alive in the objective universe I have created for that purpose.

To say that I am the center does not preclude that every other creation of mine is also the center for itself. I am the center and I am the circumference.

I can only see my universe from MY EYES.

I am the only one who can see through me as me in me. I am the only one who can understand me, who can love me as I am to be loved, who can create for me what I in me desire to create and be in my creation. I am the only being on the face of the Earth who understands me and knows why I have chosen to do whatever I have chosen to do in just the way that I have chosen to do it.

Hence I can only be the center of my universe for myself. I am the only one who can think my thoughts. I am the only one who can be me in the fulfilled way that I am me being myself in my universe. And I love being me.

From this center from which I operate I view all of my creation as good and very good. I am totally nonjudgmental about my universe. I am unconditionally loving to all of my creation. I see all in my world from the purity of my own thought, my own consciousness about each expression now.

## **I AM THE CAUSE OF ALL EXISTENCE IN MY UNIVERSE**

I am the cause of everything that comes to pass in my life and affairs. I have brought it into being and have given it life and substance. It is because I am and I am because I choose to be in just the way that I am.

Every thought that I think brings forth that which I think about. It is the cause that brings forth all that is revealed in my existence.

I look about me and though I choose not to judge I assess every circumstance, every condition, every action that takes place and determine whether it is desirable for me or whether I could choose to create it new and more beneficially for me. This positive assessment accomplishes whatever it is that I desire for myself. It does not limit anything but rather expands all things to the newness which I am every moment of my experiences in life.

While one moment it might be thrilling and exciting to be falling in this physical body, another moment it might be undesirable since to have the physical body fall in just this way might bring the cessation of life to the body and this at this point is undesirable to me. So I create the body not falling, I create the body landing safely, or I create an entirely new illusion in which I take complete control of my life and my experiences.

I have been taught by the physical world in which I live that to violate the law of nature is both impossible and in seeking to do so brings greater problems to those who do this. However this is far from true. There is no law of nature. There may be rules of conduct. There may be ways in which things have been expected to react and they react in that way because they are expected to so react. This is only the “way” things have been told they are to react and thus they, as my creation, react in that way.

As the cause of all existence in my universe, it is necessary for me to take control and manage my thoughts so well that these thoughts bring forth out of the universal the function and purpose for which they have been formed.

I am the cause of the earthquakes, the floods and the holocausts that ravish the Earth. I am the cause of the love that brings forth the greening of the Earth. I am the cause of the music that floods the universe with harmony and joy. I am the cause of the terror by night and the wars between men. I am the cause of the illnesses that plague humanity and I am the cause of the perfect health and strong bodies in which man lives. I am the cause of all.

No matter what happens, I am its cause.

I have thought the thought that has brought this experience into MY LIFE and into MY WORLD and into MYSELF. I am the one who has manifested my thought and experienced it in my life just the way that I have. I am totally responsible for every thought that I think, for every action that I experience and for every new thought I may choose to have.

I CAN CHANGE MY THINKING  
WHENEVER AND AS OFTEN AS I CHOOSE

I play the game of being myself in my universe.

My place in my universe is at its very center. To live and express myself from the center of my universe: I am aware what the center of my universe is; where the center of my universe is; how to go to the center of my universe; and what I am to do with the information that I find there at the center of my universe.

To live and express from the center of my universe I turn within myself. There is no technique for doing this. I merely do it. I become quiet in the outer. I let go of all of the busyness of the world about me and think the thoughts of my indwelling peace. I think about a vast thinker within me. I think about an unlimited source of infinite wisdom at the center of my brain—since the brain is the center of my bodily activities—and “tune” into that wavelength, to the vibrations of my inner self.

Once I have taught myself to love myself, this tuning into the center of myself is all the easier. I like me and liking me I am happy with the information that I find here.

As I listen with a quieted outer self, I hear a flood of ideas that are both interesting and uninteresting. I know the thoughts that are everpresent in my brain. So at this moment I become selective which thoughts I will give interested attention—not all thoughts that are presently active in my inner self are those which I want to experience right now and so my selectivity takes place—and this selectivity is very easy. It is so simple! I act upon only those ideas that are pleasing to me.

When I love myself I select those thoughts and ideas which are beneficial to my wellbeing.

It does not matter whether thoughts plague my brain for attention, I make the selection. I can change my thinking as often as I choose. I do not have to continue working on a given thought just because I have given it a lot of attention previously. I am free to change my thought as often as I like and the only thing that matters is the thought which is being given attention at any one moment.

My place in MY UNIVERSE is determined by that upon which I am currently thinking. That also is my current place in my universe.

If I am currently thinking thoughts which tell me I am limited and unable to take full control of any or all circumstances, then this is the limitation that I experience.

### **EXERCISE:**

However, if the thoughts that I am thinking currently tell me that I am limited, I can at that same instant say to myself:

I AM UNLIMITED.

I AM FREE.

I AM MASTER OF MY WORLD.

I CHANGE MY THOUGHT AS OFTEN AS I CHOOSE.

I AM MASTER OF THE UNIVERSE IN WHICH I LIVE.

THAT UPON WHICH I THINK—I AM !

I REVIEW MY THINKING CAREFULLY AND DETERMINE WHAT I DESIRE TO EXPERIENCE IN MY LIFE. I THINK ONLY THOSE THOUGHTS AND OF THE EXPERIENCES THAT DESIRE TO HAVE IN MY LIFE.

I LIKE MYSELF AND THINK THOUGHTS THAT SUPPORT THIS!

This exercise done daily for 30 days sets into motion a very powerful direction in my life.

This exercise, though it appears very simple, establishes the principle in my consciousness so firmly that every idea that comes into my thought system is analyzed so fully and carefully that the choice of my highest good is always paramount and always given first priority in my daily actions.

Establishing this new priority in my thinking I determine what it is that I will act upon. My brain no longer makes the determination based on old thinking, based on former conditioning, but now it is based on new conditioning and thinking. I wisely determine that which will support my new attitude about myself, my new philosophical conceptualization which plants in me a dynamic realism. Nothing else can enter my thought system. Only that which supports my reality domain has any power from this moment on.

ALL EXPERIENCES I HAVE ARE CREATED  
TO HAVE FUN AND TO DEMONSTRATE PRINCIPLE

Daily my life is filled with grand and glorious people, places and things, and the awareness of my divinity.

I live in my spiritual reality. I live in my body. I live in my home. I live in my occupation. I live in my social life. I live in my professional life. I live in my recreational life.

Each is extremely important. Each is a reflection of what I believe about myself. Each represents a segment of my inner personality, my identity with my divine self, my awareness of who and what I am. None are called useless or unimportant. Each is so vital to my total beingness that each deserves to be considered separately.

I am living now, in this place, doing the things that I am doing and being the person that I am because I have chosen to play this game of life from the standpoint of myself and who I am, where I am, how I am and why I am that I am.

To pretend that one aspect of my beingness was more important than another would be to deny the wholeness of my being. I am here to be a total being. A spiritual person in a physical body in the material world in which I now express.

My feet of clay are generally concealed or unobserved but marked as a weakness or frailty in my being, and are the why I am here at this time in this place in this universe. I am here to master these “feet of clay” and be divine.

### **Fun Living As A Spiritual Being**

What is my spiritual being?

My spiritual being is my awareness that the creative cause of the universe and I are one. Being aware that the creative cause of all created me and I am it and it is me.

I learn from this inner self, my only real teacher, my divine self. The playful spiritual being that is my real self is always nudging me to be greater than the physical self that I have been experiencing for so many years, thinking that was all that I am.

Just for the fun of it I stop thinking that I DO NOT KNOW! Just for the fun of it I say I KNOW ALL THINGS! As I begin to say this truth about myself the inner wisdom that has always been there begins to emerge as though from in a cocoon hidden from my perspective. The more I depend upon this inner wisdom, the more I call it forth, the more I enjoy using it and

trusting that it is correct, the easier it is to bring it out. It is but awaiting my belief in it, my trust in it and my USE of it.

My saying, just for the fun of it: I KNOW, THAT I KNOW, THAT I KNOW, GOD IN ME IS THE ANSWER! Brings forth the answer so clearly, so precisely, so perfectly that I wonder why I had not used this useful phrase before. I have felt it within me and I have heard others using it, but I felt shy in using it because I thought it was TOO EASY!

All spiritual principles are easy. It is only up to me to put them to use. This I choose to do NOW!

### **Fun Living In A Spiritual Body**

My body is made up of flesh and blood, of bones and hair, of physical atoms forming the mold which I conceive myself as having. My physical body has life from my inner spiritual self and without the inner spiritual self the physical body would not exist. Hence my physical body is more a spiritual body than a physical body. It is caused by the spiritual reality which I am and it has continuity only as long as the spirit is present and chooses to utilize this pile of atoms formed into the body I call mine!

The playful spiritual being which is my real self is the inhabitant of my physical body. So my physical body is but a plaything, a “toy” of my spiritual being. It is used to have fun and thrill to the universe it creates about it for the joy of it.

As I love my physical spiritual body it responds to me as a joyfilled body. It manifests the perfection within it so long as it is loved. When the physical body is “not” loved, it responds in like measure. It has problems and maladies. It expresses *a non beneficial perfection* which disables it from being the joyful physical form which delights in all of life.

So I mentally create the type of physical body that pleases me. I create out of the substance of the universe, which I am, the essence which I am in beneficial harmony. As I do this my physical body outpictures the inner picture I have of it. It does this not because I want it to do this, but because it is its nature to *form in the mold* which is held out for it to take. The atoms of my world know only how to form into whatever mold I hold out for them to become.

### **Fun Living In A Spiritual Home**

Home is wherever I am. The house in which I live is the reflection of my mental attitude. The building in which I lie myself down to sleep; the

place where I share love with those I love; the home which houses the table from which I eat; all are my spiritual home. True, my body is my real spiritual home, but the physical building in which I live is my “home” too. And wherever I am, in whatever “home” I may dwell, I choose to have fun living there.

Wherever I go, and I travel the length and breadth of the land, I am at home. I carry with me the aura of my total vibrations. In every place I am I carry with me those inner feelings of purity and goodness. Whatever I do wherever I am it is the inner playful spiritual being manifesting itself as the fulfillment of all life: FUN!

Great personalities of all time often report coming from a home of humble birth. The place where they were born and where they grow into the spiritually fulfilled beings which they had always been was usually not what others would call a noble house—but it was *a noble being who dwelt there*.

I dwell in joy wherever I am. Wherever I live I bring with me the perfection of my being. Every home in which I lie down to sleep is a noble dwelling—for my presence has made it so. I bring happiness, joy, harmony, peace, thrillfilled and funfilled experiences to my home because I am there.

### **Fun Living In A Spiritual Occupation**

Whatever I do to make a living is my occupation. It is a funfilled activity which consumes much of my day. I like what I do. I like the people I work with. I like the theme of my occupation. I like all of the experiences that I have every moment of my day EVERY MOMENT!

If at any moment I am involved in an activity in my daily occupation which is not harmonious for me I take an about face immediately. I instantly change my attitude about what I am doing. I say to myself:

**I am a spiritual being.**

**I am master of my world.**

**I create every experience in my world.**

**As creator of every experience I create only good.**

**This experience, right here, right now, is happy!**

**I love what I am doing and only do those things which are joyfilled and funfilled in my occupation.**

**This experience is perfect.**

**I find the fun in this experience.**

**I establish my attitude from my spiritual self.**

**I am harmonious with myself and my world NOW!**

Taking immediate control of every situation and circumstance it does not get out of control and it does not make me feel that it is my master—for I am always the master and always have fun doing whatever I do whenever I am doing it. I enjoy my occupation and my occupation fulfills my desire for happiness and joy every single day of my life. I do not work to support myself or my family. I work because it is fun! Any other reason is faulty thinking.

### **Fun Living In A Social Spiritual World**

What in heaven's name is *a social spiritual world*?

Wherever I go, my spiritual self, my divine reality, my total beingness goes with me. I am never alone. I am never by myself. I am always my triune personality. I am always my inner funfilled spiritual self, I am always my physical outpicturing of what I believe about my inner spiritual self, and I am always my thinking nature operating through my brain establishing the *social spiritual world* that pleases me.

From the very outset of my existence on this planet Earth I have chosen the parents I have, I have chosen the body in which I live, I have chosen the environment in which I am finding out who and what and why I really am, and that I am in absolute charge of whatever experiences I have in my social environment.

I create my social environment, my social spiritual world, to have fun in. I do not do it carelessly. I do it with intense interest, with designed programing so that it fulfills my desire of fun in that area of my livingness. I am the master of the activities which take place in my life. At no time do I leave this area of my life to chance—since there, indeed, is no chance—but I selectively choose what will be the outcome of every adventure into which I flow.

I am a fulfilled spiritual being. Every person in my life is a fulfilled spiritual being. As we meet socially I am always in harmony with them as a creation of my consciousness and we mutually vibrate on the highest lever of MY thinking and of MY expectations for MYSELF! It is great.

### **I Am A PROFESSOR Of My Indwelling Playful Self I Have Fun Living In My Spiritual Professional World**

My universe is a spiritual professional world. It is one in which I determine all of the causes that are put into motion and one in which I determine the effects or results that follow because I put each cause into motion for all of the responses I enjoy.

I am a professional. I am no amateur expressing my spiritual reality. I conform to the standards of my awareness of my divine reality. I am a **PROFESSOR of my indwelling playful self**. I demonstrate the art and skill of being my spiritually illumined self by listening constantly to the indwelling playful spiritual self that constantly informs me of the best way to express my reality domain and that is me in my totality.

There are no amateurs in my world. I live in a world filled with professional beings who live what they believe, even as I live my spiritual self having fun in everything that I think, say and do. For this reason all of the things that happen in my world happen purposefully. I do not make mistakes. Whatever I do, I do because I expect those results and the results I expect happen to me. I am totally in charge of my thinking. Every thought that I think manifests itself in my world. Therefore every thought that I think is extremely important. There are no careless thoughts in my thinking. There are only thoughts that are thought so that they may bring specific results that are desired and fun.

As a professional spiritual being I do not choose to be an example for others. I live to be an expression of my own indwelling playful spiritual self. I am that I am now!

### **Fun Living In A Spiritual Recreational World**

Since the very purpose of my life is FUN I determine to make recreation my greatest direction. In my recreational pursuits I spend my time in a freshness of living. I create new every attitude of my brain. I restore, revitalize, give new zest to all of my living. In doing this I have fun. I have a happy time. I see all of those in my world living from this spiritual recreational awareness of themselves too.

Life is a GAME!

I learn the rules of the game and do not take the game seriously. That is, I do not think I must do anything. For if I think that I must do anything, then the very things that I think I must do become burdens for me and my seriousness about them makes them onerous for me and no longer fulfilled.

Recreation is the game most “play” when their “work” is done, while for me, recreation is the happy time everyday from the zero hour through the twenty-fourth hour. Every moment is filled with joy, with happiness, with vitality, with FUN. As I make this choice I surround myself with those who have the same aspirations, the same aims, the same desire for themselves. This way there is no conflict for me in the world in which I live. I choose to create about me the hordes of free spirits who know who they are and are that which they know they are: fulfilled spiritual recreational beings 24/7!

**The rules of this game are: Listen to the divine within. Follow the learning I hear. Create a world of fulfilled beings and associate with them. Do only those things my playful spiritual indwelling self advises me to do.**

### **EXERCISE:**

I practice listening to my inner spiritual self.

Once I have had sufficient practice listening to my inner spiritual joyfilled happy fun self I am able to do it under all circumstances. It will not have to wait until after I have completed this exercise. This exercise prepares me so that I am able to enter into this fulfilled inner self whenever and however I desire. I will be able to do it even when I am in the midst of a climactic experience with others or when the rush of the world about me would seemingly keep me from taking the time to center myself.

To practice going to my inner fun center of my spiritual being I take time to be alone. It is vitally important to be alone. When I am in the company of others, even my pets, the tendency is to be aware of those others in my presence. As I am aware of them, I give them a power in my presence and I am conscious that they are there.

Also, as I am aware of others in my presence, their aura and spiritual vibrations are such that they may short-circuit mine keeping me from learning how simple it is to enter into this inner beingness which is my natural “home”.

No matter how interesting it may be to have another with me I decide that I am purely and solely the master of my inner consciousness. I set the

pace for my journey to this inner self. I feel no sense of urgency. I feel no sense of ignorance because at first I do not make the contact which latter will be so normal and natural for me, instantly.

I say these words, not because they are magical or in any way mystical, but because they program my thinking to a new level of awareness. These words are designed to move my thinking from the past thoughtlessness to the present act of total acceptance of my divine inner spiritual self.

Every morning upon awakening I set aside one-half hour for the sole purpose of becoming acquainted with my inner fun spiritual self. I repeat these phrases and words time and again. I memorize them. I become so familiar with these thoughts and phrases that I can say them anywhere, at anytime, under any circumstances. They are a part of my nature and are so ingrained in my consciousness that I not only fully believe them—I AM THEM!

Every noontime I take a half hour aside from my daily activities and speak these words so that they may do their perfect work in and through my life.

Every evening JUST BEFORE I GO TO SLEEP I plant these thoughts into my consciousness for one-half hour so that during the time that my conscious mind is most relaxed the inner spiritual self may feel that I really mean what I am saying about myself and manifest itself fully through my every moment experiences of living.

I put the principles to work in a dynamic, forceful way and experience the fruits in my daily life now.

### **My Three Times Daily Half Hour Of Dynamic Inner Fulfilled Spiritual Self Conditioning**

I Like Me! I Like Me! I Like Me!

I sit quietly now and think about how wonderful I am.

I think about how wonderful everyone in my world is.

I think about how peaceful everyone is in my world.

I think about how harmonious everyone is in my world.

I think about how many joyous experiences I have each day.

I think about what a wonderful work place I have.

I think about the marvelous co-workers I have.

I think about the great talents that I have.

I think about the skills I have attained.

I think about the recreational skills I have.

I think about my genius.

I am a genius in my work skill.

I am a genius in my recreational skill.

I am a genius in my occupational skill.

I am a professional giant.

I have a home filled with love.

I have a home filled with joy.

I have a home filled with abundance.

I have a home filled with joyfilled experiences.

I have a body that functions perfectly.

I see my body as absolutely perfect right now.

I see my physical body expressing purity.

I see my physical body strong and healthy.

I see my physical body whole and complete now, regardless.

I see my physical body the perfect weight I am.

I see my physical body flawless.

I see my physical body manifesting its ideal qualities now.

I see my brain clear and pure now.

I see my brain functioning on the genius level I am.

I see my brain receptive to the universal wisdom.

I see my brain as a perfectly functioning computer.

I see my brain absolutely tuned into my divinity.

I see my brain thoroughly enjoying its playful counterpart.

I see my brain freely expressing its oneness with all.

I see my brain the center of my perfect vibratory self.

I see my brain as my real heart.

I see my brain-heart outpicturing my love for myself.

I see my brain-heart outpicturing my love for my creation.

I see my brain-heart recognizing only good in my universe.

I see my inner playful spiritual self.

I see myself totally in harmony with my inner self.

I see my thought system synchronized with my inner self.

I see my inner playful spiritual self resplendent.

I see this resplendent inner self active in my brain.

I see this resplendent inner self active in my body.

I see this resplendent inner self active in my affairs.

I see this resplendent inner self active in my allness.

Each day I say these statements out loud three times to myself, I feel the vibrations and the power that is resident in me.

It may appear to me at first that nothing is happening, but as I persist in these statements the reality of their inner meaning comes through loud and clear. There is not longer any doubt in my thinking that these psychologically designed statements of truth about myself have effective power to accomplish that for which they are spoken.

As I say the statements I allow my thinking to wander all over the hundreds of possibilities the words suggest to me. In doing this I am “on the subject” and as such the various concepts that flood forth, come to me in amazing clarity and understanding.

My brain will catalogue these statements. It will take all of the thoughts relative to each one and find the beauty and goodness which are inherent within them. As this is done the pathway to experiencing them fully, more and more each day, is readily apparent to me and everyone in my world.

I do not tell others what I am doing. I keep this to myself as MY PROJECT. Then the results which manifest so rapidly will be evident to all without my having to say anything about it at all.

I am master of my circumstances. That is why I am doing this effective psychological conditioning of my brain and the results are exactly what I anticipate.

### **I ACT AS THOUGH I AM AND I AM**

I am in this world by my choice. I have chosen the place wherein I dwell. I have chosen the people with whom I associate. I choose the parents I have. I choose the family I have had up to this point. I have chosen the friends with whom I share the joys of my life. I have been acting as though I were and I have been exactly what my expectation from life has been up to this moment.

From this moment forth I put a new cause into motion for myself and I create for me one of the most dynamic forceful joyfilled fun loving universes ever known upon the face of the Earth, ever known in the galaxy,

ever known in the universe. I do this by being quite, practical and being very definite about what it is that I desire to experience and know.

Since I am the one who determines what place I hold in my universe I determine now to intelligently select the place that will be most rewarding and beneficial to me.

This is done by a very specific process of being aware that no matter what, I can make the choice. No matter what, I can have the experience. No matter what, I already am that which I *seed* to be!

However, there is a catch to this wonderful decision! I must determine what it is that I want to be. I must determine what it is I want to experience. I must determine what it is that will make me happy. I must determine what it is that I feel is my reality domain.

There are thousand of reality domains in the universe.

In fact there are an infinite number of reality domains in the universe. Each one comes out of the universal reality and each one is perfect. Each one is suited to me and yet there is only ONE that is suited to me and what I choose to experience in this lifetime.

I find that ONE REALITY DOMAIN that is mine by turning to my indwelling playful spiritual self and find both the way and the manner in which I am to follow the way. It is not that I have to do it. It again is my choice. It is just that once I am acquainted with the way I will be hard put to even consider another way.

I act as though I am and I am!

I am what?

Yes, this is the question. I am what?

The exercise of this lesson is probably the most important one I will ever undertake in my entire life. It spells out so specifically what routine I may follow to know and be aware of my indwelling self.

As I follow this exercise on a daily basis, the answer to **WHAT I AM** will come ever so clear to me.

There will be many **I AM WHAT** ideas that flood into my brain as I am working this exercise. Even here I make the choice of which reality domain I will demonstrate first, which reality domain is the one that at this time in my experience I desire to manifest **FIRST**. No matter which one I choose, it will be the right one for me now. For every one of the reality domain conceptualizations that I know now, each one is vitally important for me and is a lot of fun to bring it forth in my life and affairs.

I can in this lifetime live timeless lifetimes if I so choose. To do so means that I thoroughly enjoy each great and grand experience that comes

into my consciousness. None is more important than another—it is all a matter of my individual choice—which will come first

I have within me many talents which have never seen the light of day. These talents vary from the sublime to the ridiculous. Yet, they are not as strange as they may seem. If I have not tried it yet, quite likely it is something that would tickle my fancy in a way nothing else has ever done in my entire experience of life.

It is these strange, way out, romantic and exotic things that trigger the greatness which lies nestled within me.

It has happened to me so often, until I was challenged by great responsibility, great need, even what is called great tragedy, I did not exercise that indwelling power which was dormant in me and would never have been seen had it not been for the overt circumstance which brought forth that hidden ability.

Such as a mother lifting a car from a child. The wisp of a woman would have never tried such a “foolish” thing until her child’s life called for this extreme measure and she found that she was equal to the task. I find this so significant.

This is only too true.

Until I am challenged, until there is a requirement that addresses itself to a skill or talent I have never before used, I would never have known that I had that talent.

I do not need to have a tragedy that brings out my talent or my skill.

I listen to my divine self, to that playful spiritual inner self, that is so eager to share with me my potential, my divine reality, my infinite capacity to do and be and to express. There is no limit. The only limit that appears to exist is the limit that I have placed upon myself. It is the only reason that I do not “try” things. I think that surely I do not know how to do them. Then in the thrill of a moment I sit down and perform some marvelous skill which was but a dream moments before.

My place in this universe is not predetermined.

My place in this universe is not limited.

My place in this universe is infinite.

Now I press the buttons in my consciousness which release the infinite capacity which I am. **These buttons are imagination, desire, enthusiasm, wistfulness courage, creativity, confidence and love.**

## My Imagination Button

Imagination has brought more gifts to me than any other aptitude I experience. The gift of imagination is a priceless treasure in my being. This capacity for expressing, this aptness, this inclination, this tendency, this natural ability and talent, trigger the dreams of the great dreamers. It is that which I use most vividly.

In my dreams, in my imagination, I can accomplish any desire of my heart. The imagination must precede all other activities of consciousness. For it is in my imagination that I see the completed desire of my heart. It is in my inner self that all of the juices of my theoretical self come forth to sponsor the final result.

With imagination I visualize my playing the piano, my singing grand opera, my flying an airplane, my writing the great books of literature, my jumping out of airplanes and floating gently earthward, my scuba diving beneath the tempestuous seas and finding the great mysteries that lay hidden from my view there.

It is in my dreaming that I wander to the nether lands where only in imagination can I see what worlds lie under the surface of our globe, and seeing, I know that it is not only a dream, it is a reality, for I have made the journey there and fathomed the strangeness of those living there. I have found they are not the “dead” as I have thought them to be, but in reality a *liveness* of such dynamic quality and livingness that I was taken totally by surprise.

Are these but dreams and illusions? Are these but the flights of my unbridled imagination? Or are these the skills of inner intuitive knowingness which awaits me when I listen to my playful spiritual self seeking to reveal the allness of this universe I choose to live in? I rather imagine the latter. For nothing is revealed to me that does not have germ of truth in it—and when it is known, more than a little germ of truth, but the *seed* of reality which always is and always will be.

It has always been thought that the dreamers are those who are the fools of life. Yet, intelligent, wise dreaming, is the mark of the genius. It is only as I listen to the wisdom of the eternal in me seeking to let me in on the secrets of the universe that I am fully aware of what is going on in my world, in MY UNIVERSE!

Imagination is the keystone. It is the opening wedge in my consciousness and it prefaces all of the activities in which I engage as advised by my playful spiritual self seeking to manifest itself in my world.

My imagination button is set off by many and as sundry actions. Primarily by my own intuitive nature. But as it is then set off, the inner wisdom floods my consciousness with a knowingness that says: Yes, this is true! Regardless of what I may have heard before, I now believe!

So, each time I dream a dream now I listen carefully. I address my total awareness to the possibility, to the potentiality, that quite likely this is true. Then as I do this a purity of understanding inundates my brain. Deep inner reaches of consciousness open before me and it is all known.

### **My Desire Button**

Once I have been triggered by my imagination another action takes place within me. A great, intensive, burning desire consumes me. I must know more about what I have so beautifully imagined. I create a world about me which then fulfills this burning desire.

Everywhere I turn information comes to me. Because of my desire I see things that were always there but were unknown to me because the desire had not been there.

I see articles in newspapers, magazines and publications which I had never noticed before. People bring to my attention clippings and wisdom which supports my theory and my desire to know more and more. The list expands to an infinite level and I become an “expert” on the subject. The inner playful spiritual self spurs me on to find out more. I listen to my inner self. My imagination has fired the desire and the desire has in turn fired an intense AWARENESS for the subject. From every quarter of my life information and the interest for this flows forth in overwhelming volume.

The desire button has been held down and the electrical circuit which connects me with the infinite within me is so harmoniously in tact that I know that I know that I know, and the divine within me tells me more basic information which could never come from an outside source. The inner wisdom is pure. The inner knowingness brooks no impurity—only that which is creative truth is shone forth from my inner self.

The desire button prepares me for the next button, enthusiasm, which is pushed with urgency.

### **My Enthusiasm Button**

My imagination has opened the door. My desire has fired the search from the infinite storehouse within me, my inner playful spiritual self. Then when the enthusiasm button is pressed, by my choice, it is as a stampede, a

wild headlong rush responding to the divine impulse within me to know and not only to know, but to be that which my imagination, desire and enthusiasm have garnered in me. I can no longer turn back and ignore this impulse which has taken hold of me.

I have learned to listen to my inner self and this inner playful spiritual self itself adds fuel to the fire of enthusiasm that is now stoking the fire so impressively within my total being, within my consciousness, so it may not be ignored or overlooked. It is too dominantly present.

I am now alive with the fire of seeking. I listen more and more to the within and know that I am wisely led. I am a powerhouse to be reckoned with.

I know. I believe, I walk valiantly forth in this inner knowingness. I need no outward confirmation of what I know in my inner self. Now I am steadfastly on the road to the experience of that which I know within myself.

It does not matter what it is that imagination has first illumined in my consciousness. It does not matter how foolish it may appear to others, I KNOW!

This inner knowingness spurs me on and all the doorways of infinite wisdom reveal themselves in my thinking. I am illumined. I am transfixed in this awareness.

### **My Wistfulness Button**

The next stage of the journey is slightly pensive, an inner yearning, a wistfulness that subdues the fires that are burning so wildly and in their rampant rage overshadow the inner understanding that would make itself known.

I become quiet once again. I stop and claim within myself the process that I am following. The imagination is not stifled. The desire is not requited. The enthusiasm is not rebuffed. But all come into a more moderate heat and are like a grand fire whose coals are red hot ready for the great roast feast. All are in readiness to refine the dross from a rare metal.

This subjectivity allows me to center even more than I had ever done before. I am free of the headlong dash for the outer expression of the idea which has flooded up from within and I am able to be more subjective.

The objective truth is no less real and no less eager to express itself for me: I am more significantly ready to accept the reality. There is no need to demonstrate on the outer what I know within. I am free.

I flow harmoniously with the information from within. All that I have read, all that I have heard, all that I have seen which tended to verify the

truth which I sought to know is released. I need no outer verification of the inner truth that is so real to me.

I am now ready to move forth to my next step of the pathway to experience my dream: Courage.

### **My Courage Button**

With infinite courage welling up from a reservoir within me I know I face alone my desire and manifest it from an inner source.

This is a new experience for me. It is releasing the old pathways that at first seemed so necessary to express what I held so vitally important to me. This way is no longer competent to bring forth the fulfillment of my dream.

It takes infinite courage to live in the purity of the concept: **I think my thought and the power of the Universe vibrates to reveal it.**

No longer are outside sources, places and activities the way in which this dream will become a reality. It is from the very center of my being, the center of THE UNIVERSE within me that the vibrations will flood forth from to bring this reality domain into an objective experience in MY LIFE.

All of the preparation I have done to this moment are but the window trimming for the great adventure that lies before me. It was necessary to have imagination open the doorway of the dream that came to my awareness. It was vital that the desire should follow. This fired by enthusiasm and curbed in part by wistfulness paved the way for the present activity of my courage to stop outward looking for that which must come from the inward way.

So armed with courage I prepare now to enter into the realm of inner creativity to stimulate my dream to reality.

### **My Creativity Button**

To stimulate the vibrations of the universe which lie within me to bring forth my dream I begin to think creatively and allow all of the thoughtfulness from the center of my being to manifest themselves in my objective world

Creativity has no counterpart in the objective world.

Creativity is a lone agency that is fragile and in ways so tender and sensitive. It is that which great artists and writers, great statesman and philosophers, great wisemen who were the counsel of kings and principalities, the creative geniuses, or genii, of the universe have been those

who lived in their awareness of their inner creativity. They had put the principle of intuitive introspection to work to such a high degree that they were able to instantly, constantly, consistently draw upon this inner reservoir of wisdom and truth and fulfill the destiny they had caused to be for themselves. All have this genii spirit within them.

This creativity is an awareness alone. It seeks no glory unto itself and needs no recognition from anyone, including the individual who expresses it. So as I live in this inner creativity I am constantly, consistently—instantly—made aware of all of the wisdom, the truth, the pathway through which my dream is to manifest.

I do not need to know how the inner creativity will bring forth the gift of fulfillment for me. I only know how it is to be used. Like the law of Cause and Effect—the law is placed into motion by putting a cause to work. How the effect comes about is absolutely unimportant. It comes!

### **My Confidence Button**

All of these measures that I have taken so far seem to be so many in number. However when I practice going to that **inner playful spiritual self**, all of these steps are as one and I have no problem doing them one at a time instantly.

It is the step of confidence where I find the greatest power in the activity of the dream fulfillment. Here is where I can “forget the whole thing” and here is where “it comes forth”.

It is the trust of confidence, the belief in the working of the principle, the working of the law, to demonstrate that for which it is spoken. Here is the secret work of principle. Here is where the unknown aspect of the law manifests in the secret place of the most high. For here the vibrations of the universe multiply themselves to flood into the mold of my consciousness whatever it is that I have spoken my word for and it does this without fanfare.

This confidence demonstrates itself through me as the feeling of the action already being done. There is no more work on my part to bring it forth. There is no more effort on my part to stay true to the process. Now I just recognize that it is done and let it reveal itself.

Perhaps this is the most difficult step. For here there is no outward action. It seems as though all of the fires have been banked. That the heat of the enthusiasm and desire have been weaned away by some devilish charmer who would like to see me unsuccessful in my dream. But as I hold true and firm in my awareness it is done—IT IS DONE!

## **My Love Button**

The last button of the entire program is my love button. This is the button that accepts the dream as being manifest even before it has appeared in my world.

There is no marked evidence. There is no outward sign that anything is happening. It is this loving awareness that is fully satisfied with itself. It is that inner playful spiritual self expressing itself to its maximum.

It is here that I am at absolute peace.

It is here that I have no more challenges.

It is here that I release all to the inner playful spiritual self that knows all, is all, and expresses itself as all in the most beautiful manner known—LOVE!

Unconditionally it shares itself. It judges not the time or the manner in which dreams are to be manifest—it just reveals them.

Nonjudgmental love fulfills itself in all who will accept that it exists. It reveals itself to all who are in harmony with it. It is the fulfillment of itself in itself as itself and needs nothing else to assure itself that it is the fullness and completeness of that which it brings forth.

### **MY PLACE IN THIS UNIVERSE IS LISTENING TO MY INNER PLAYFUL SPIRITUAL SELF AND HAVING FUN DOING IT**

Then all is revealed to me. All dreams are manifest to me. And I am the happiest being in existence!