

## **LIVING POSITIVELY HAPPY**

### **I LOVE LIVING A HAPPY LIFE**

I am the only one who can determine what kind of life I am going to experience. It is my thought that brings all things into my experience. It is only what I think that makes the difference in my world, in my affairs, in myself.

Since I am totally master of myself, I am the only one who can make me happy.

Now the question I ask myself: DO I WANT TO BE HAPPY? And when?

What a silly question to ask. Naturally I want to be happy and naturally I want all of the beautiful and good things that life has to offer. This is the most reasonable thing that anyone could ever expect for themselves. It is the most wonderful thing that anyone could ever want of themselves or for others—so naturally I want to be happy now!

But do I really?

As I ask this question of myself I find myself facing many illusions that I have grown up with from childhood. I find myself facing the idea that it is only in suffering and in bearing a cross that I will succeed toward the good life.

I can hear some of my friends, saying to me, boy are you old fashioned. That type of thinking went out with the middle ages. Get with it, man, forget those old maxims and listen to the current day talk that is: ME, ME, ME, ME, ME, ME, ME!

The thing I am taught by today's philosophy is that I should get all that I can and take all I can get out of life for this is the only time around. This is the only chance I will ever get to enjoy any life.

Also, I am told by my peers that since I AM NUMBER ONE it does not matter what others want, I should just stomp over everyone else and take whatever I can get and devil take the hindmost. The new maxim grates on me.

This sort of thinking is diametrically opposed to the old song that I am born in sin and suffering and only when I die and “go to heaven” will I receive my reward for having lived the good life and taken all of the suffering possible.

Where is the truth?

What is the direction I should take?

What should I do?

I am certainly given enough confusion to make even the strongest being cringe under the burden of what I am supposed to do with my life.

At this point in our course, I wonder why such thinking should come to the fore. Why should I even think these proverbs at all now that I know who and what I am and where I am going?

The answer is: I have these “old saw” thoughts lodged in my consciousness. These old thoughts limited me in the past and quite likely they will limit me today unless I recognize them for what they are—**ABSOLUTELY FALSE!**

Since I love living the happy life, why is it that I do not demonstrate it constantly in my experiences. Why is it that there are “unhappy” moments in my life. Why is it that I do not constantly demonstrate all of the good that I envision for myself. Why is it that I slip back now and then and do not entirely **KNOW THAT I AM FANTASTIC—AND HAPPY?**

True, the old hat ideas of yesterday are nonsense. True, the “modern” way of looking at things of getting all I can for this is the only trip I will make, is equally incorrect. Yet these two divergent concepts are present in my thought. I have had them in my brain and they bear a very strong control over all of my thinking and acting.

These false concepts and ideas are what cause me to live a life that is not fully in accord with the truth.

The truth is that the only purpose that I am living is to be aware of my divine reality, my true nature, and to have fun finding out what my true nature is all about.

Having fun finding out who and what and where I am is something quite new for me. Yet philosophical thinkers have been teaching this to me eternally.

My only difficulty is that I have believed these two ways of life for so long that now I only take the middle road.

So long as I take the middle road I will never arrive at my reality. I must settle down on one philosophical concept or the other or I will never achieve my objective during this lifetime. I will never fulfill my purpose for living in the here and now.

### THERE IS ANOTHER WAY

The two concepts that bound my thinking for so long have allowed me to arrive nowhere. It is time that I take a new tack and I look in a new direction, I forget both of them and find a way that is more realistic and more sound that will fulfill for me my happy self.

To be happy things work out harmoniously in my life and affairs.

To be happy goodness is an integral part of my daily experience—constantly!

To be happy wholeness is all my body knows.

To be happy abundance is my experience for me.

To be happy I am successful in all ventures.

To be happy I am surrounded by friends.

To be happy I am able to do everything that I desire to do.

To be happy I am aware of who and what I am.

To be happy I am thoroughly at peace with myself.

To be happy I live in beauty and light.

To be happy I feel good about myself and feel absolutely fulfilled in all areas of my beingness.

This is a tall order to fill.

It is not a difficult thing to accomplish. It only means that I change my attitude about myself. I change the mores of the world in which I live. It only means that I am at peace in myself and with everything and everyone in my world. It only means that wherever I go my ways are peace and my paths are pleasantness. It only means that I totally like myself.

This is not as difficult as it may seem at first glance.

To live a positively happy life requires only one thing of me—to set a new cause in motion and be consistent with that cause.

### MY NEW CAUSE

My new cause is utilizing the LAW OF CAUSE AND EFFECT to bring about my perfect life.

This cause is executed for me when I am sure what it is. For me this new cause begins and ends with the conceptualization that whatever I desire

for myself comes only out of myself and that since I am the SOURCE and the RECEIVER and the ACTOR in the game of life, I may as well be a winner.

To be a winner means that I recognize that I am playing a game and its purpose is to know who I am and have fun finding this out. It is a matter of knowing it is a game and for every game there are rules which govern the game and the better I know the rules and live by them, the more happiness and success I will have in playing the game of life. It is my choice to do this.

To begin with I know that all is created by god and god does not make mistakes. God is the eternal knowingness of all and as the wisdom which governs all actions, wherever that wisdom is, all of it is present. Wherever that eternal power is all of it is present. Wherever that eternal beingness is all of it is present. And it is present EVERYWHERE!

There is nowhere where god is not. In other words, god is everywhere, in everything, through everything and acting as itself in all that it has created.

So god is in me as me through me.

Realizing this I know that god does not want to have any dolts in our creation, I would be unable to create such a being. At the same time I know I have freedom of choice to enjoy this reality or to ignore it. Ignoring it I create for myself an illusionary world of limitation, taking only a little bit of the eternal allness which then appears to be lack. Why would I do this? I do this because I allow myself to believe what is real is what I have seen others doing. I allow myself to think that what I have been told is true. I allow myself to be conditioned by appearances rather than by the reality which is unchanging.

Working from the concept that I am a divine creation and that the divine creator in me wants me to have all that it is and that it has given me all that it is. It is only up to me to take this allness whenever and however I choose to. I come to the realization that all that is necessary for me to have the perfect life is to know the rules of the game and play the game by the rules. Doing this I will have a fully happy and successful life.

Why I have not learned the rules of a game before playing the game is a mystery to me.

Perhaps I have been reading the wrong set of rules. Now is the time to check my rule book and determine what are the correct rules for the game of life I have chosen to play.

## THE GAME OF LIFE

## THE RULES FOR HAPPY LIVING

1. I am the BOSS.
2. I determine what is in my life.
3. I determine who is in my life.
4. I determine how things are to happen.
5. I determine why things are to happen.
6. I choose the beauty I see.
7. I determine the body in which I live.
8. I determine the outcome of every event.
9. I determine how long I will stay here.
10. I determine my next dimension experience.

These are the guidelines for how I play the game of life and what effects I choose to experience in my world.

### 1. I AM THE BOSS.

What does it mean to be the boss: to be the supreme authority, to determine how things are to be done, to say what is to happen and have it happen because of the right of position of total authority that I hold.

There is NO ONE superior to me in directing my life. There is no one who has greater control over what I choose to do and how I choose to do it. I have supreme command over what I do and what I experience in my life.

I decide what I want to have and how I want to have whatever I want to have in my life.

As boss I can give authority away to another or others and I can also relinquish authority to someone whom I feel is superior to me in an area of my life and be in the total control over all of my life. I have absolute authority to do as I choose with my life.

Knowing that I am the boss and seeing it so clearly now I choose to wisely take control of my life and never to relinquish this authority to another or others regardless who they are or how superior to me they “seem” to be.

I determine right now that I live a happy life. I determine right now that I experience a life filled with joy and harmony. I choose and create about me only that which generates the right relationships between me and myself. I take positive happy control over my world and apply the rule of cause and effect effectively so that what I see and have in my world is the result of my choice.

## 2. I DETERMINE WHAT IS IN MY LIFE.

A thousand possibilities appear before me to be in my life. I determine which of these possibilities I will have in my world. I make this choice based on what will bring me the most happiness, what will reflect joyous experiences for me in my world and only this!

I determine to have loving experiences. I choose to surround myself with people just like me. I choose to have my world reflect back to me that which I am within. The mirror the outer shines back to me is always a pure and magnificent reflection of what I am thinking within my brain. So this is the time that I determine what kind of reflections I will have returned to me.

Whenever I choose to travel, the best means of transportation are available to me. I travel in the greatest ease and comfort. I am surrounded by like travelers who thoroughly enjoy the journey. For it is the journey not the journey's end that is important. The trips that I take are harmonious and the scenes which I behold are flawless and beautiful.

Whenever I choose to "work" the "employment" or activity in which I utilize my talents is absolutely FUN.

I realize that I do not have to work to have sufficient income to support me in the style that I am accustomed. I am totally dependent upon the one source within me and I utilize that source in every way in which it can be used.

What I do with my life is dependent only upon what I imagine is what I want to do. For until I have a dream in my consciousness of what it is that pleases me I will be unable to manifest that in my world. So I learn to spend time in listening to the source within me. I spend time in listening to the indwelling reality which I am. I hear what it is that I really want to do. I hear what it is that makes me the most happy. I find out where my exquisite talents lie and then I direct my attention to those talents and they shine out in a most marvelous manner.

I may know what I desire for myself in terms of outward symbols and ideas, but until I do something in my thinking about it it just remains a dream.

Knowledge is not power, it is potential power. I may know what to do and even how to do it and yet not take action because I do not feel like doing it right now.

To live in abundance depends upon my knowledge, my confidence and my attitude. To enjoy opulence has nothing to do with gathering together great sums of money. It is the realization that comes from knowing

that no matter what happens I can always change my program for myself and come out on top. I can study the rule book of life better and learn how to handle it more completely. The world never takes but I may release my wealth from me yet I will always have the only thing that really matters: my own resource and the divine within me that is always mine to use if I choose.

My consciousness is programed for success. To be a success requires that I have the right attitudes, the right principles by which I live my life, the right program of utilizing my talents to their fullest—but most of all the determination to follow through on that which I see is the way for me to go.

I spend the time of my days directing my attention to the one source within me. I forget the former things that had gathered my time and attention. I release from my life the tv and radio, the newspapers and magazines, the books and shows that were so very entertaining. I take this time, instead, and practice being aware of the divine source within me. I connect with this divine reality which I am and enjoy being my pure eternal self—magnificently successful.

Though I seek to demonstrate the principle time and again and it seemingly does not work I continue keeping on, for the moment my thinking is clear of doubt, the manifestation is fulfilled and that which I have always been comes forth into happy fruition. It is worth my effort.

At this moment I know what the source of my great abundance is — ME—I take the time now to listen to the indwelling wisdom and it speaks to me in my own voice and tells me what it is that I am and how I am to go about bringing forth this perfection that I am.

Life has asked me time and again what it is that I really want to do. And time and again I was unprepared to give any intelligent answer because I always thought it was the way I could earn the most money, gain the most approval and prestige from my peers. I always thought it was what would make my family proud of me, what would make me look like the greatest person. Never, had the thought entered my head of what I really wanted to do.

Now as the gamemaster knowing the rules of the game of life, I respond differently than I had ever done before. Now I make my claim on MYSELF and determine WHAT it is that I WANT TO DO after listening to the divinity within me revealing to me what it is that will really fulfill my life and make me happy.

Perhaps it will be doing what the world considers nothing, probably not! Whatever it is it will make me happy.

### 3. I DETERMINE WHO IS IN MY LIFE.

What does it matter WHO is in my life?

What does it matter the people who people my world. All that matters is that I am having a good time and enjoying myself and being happy.

Who is in my life is the reflection of what I am daily thinking about. Who is in my life shows me just what I think of myself. Who is in my life proves to me just where my thinking is and of what great importance it is WHO is in my life. For I created them there.

Once I know WHO I AM I select all of the people in my world wisely, the reflection of the REAL WHO THAT I AM! For at the moment those in my life are exactly who and what I am. Their absolute magnificence or their nonbeneficial beingness, both are the clue to my identity as a divine being.

As I like myself I choose to surround myself with people who are in the same way that I am. Medical doctors are surrounded by sick people, dentists by people with tooth problems, service station operators by people who have empty gas tanks or automotive troubles. In every field of service, in every area of professional or nonprofessional business the customers' needs are the indication of what the consciousness of the boss is concentrated upon.

I determine who is in my world by what I choose to spend my time thinking about. As I keep my consciousness directed upon my divine nature, my world is filled with people who are also interested in their divinity. It is an exciting time for me and all in my world.

I may think that I can associate with whom I choose and pretend that I am not the consciousness of those with whom I associate, but the only person that I am fooling is myself. All the world knows who I am by my associates. All the world has a perfect visual picture of who and what I am by the type of people I choose to people my world.

When the people I choose are happy, thoughtful, joyous and fulfilled, then the world knows that that is what I am and I know this too.

When I choose to people my life with those who have great needs, great wants, great EXPECTATIONS, then I too am yet unfulfilled. I too am not aware of my reality. I am still seeking.

My friends ask: Are we not all yet seeking?

I say: NO!

So long as I say I am seeking, I have not found. So long as I say I am desiring I do not have. So long as I say that I am new on the path, the extent of it lies out before me yet to be enjoyed in my world. I cannot allow myself this unreal luxury of saying that I WILL DO ANYTHING! For it is already done or it never will be done.

So the people in my world are WHAT I AM NOW.

I choose my friends, associates, family and people in my world creatively RIGHT NOW and I am what I am right now. If I choose unwisely then I am that which I have chosen right now. There is no later time for all time is right now. I

am known for who I am right now, not at a later moment. At a later moment I may well have chosen a different pathway and hence be an entirely different being.

So this day I surround myself with beautiful people. With people who are not on the path, but who are the way. I surround myself with people who reflect the reality I am within myself. I surround myself with people who KNOW the truth about themselves and LIVE it right now. I surround myself with people who know who they are and ACT that way in every area of their lives

Some say this is ego, I say it is great! Ego is that which guides me into my reality. It is the motivation that I live my life by. The master teacher told me that he is the way, the truth and the life. He did not say he was on the way to truth and living, rather he is the way and he told me to say the same thing. So I do! I am the way, the truth and the life. All that follow me will have eternal life right now. If I do not believe this I should not be practicing it for myself and putting it into expression in my world. For what I believe is both right for me and for EVERYONE in my world. It is the absolute truth eternally so.

#### 4. I DETERMINE HOW THINGS ARE TO HAPPEN

Everything that takes place in my world does so because of my specific decision to have it happen that way. Nothing comes into my experience without being under my expert guidance.

#### NOTHING HAPPENS BY CHANCE!

I live in a universe which is governed by law. This law says that for every cause put in motion an effect follows. If no cause is put into motion no effect follows. Nothing happens by chance anywhere, anytime any which way.

So it is up to me to say how things are to happen in my life. But to have things happen in a certain way I must say what that way is before anything can happen. If I release control to others, listening to television, movies, radio, newspapers and magazines, if I listen to other people who would like to control me (and I would not be listening to them unless I want to be controlled), and if I give up the privilege of selecting for myself—then it does appear that someone else is controlling my experiences and how things happen in my world. Yet I gave up the control to them.

However, I choose to take control

I choose to be master of my universe even as I am master of myself and every experience I have in my personal life. I make this choice and I reap the harvest of the investment I have made in my life.

## MY PHYSICAL BODY IS PERFECT.

I make this choice of how my body is to function, how my body is to perform. I see every organ action and function of my body working harmoniously right now. I see this physical vehicle in which I live on planet Earth as absolutely beautiful, absolutely whole and perfect, absolutely great! I make this choice and I have this experience. As I name it so I claim it in my life. The choice is always mine.

My body only knows itself through me. It has no life of its own. It knows no other function than what I expect of it. It knows of no other reason to exist than the reason that I give to it and expect it to perform.

Whenever I take away the motivation of existence for my body it must of necessity cease to function harmoniously. How my body performs is up to me. It is existing for me. It is its sole purpose to do my bidding. How I speak to it, what I tell it to do it does faultlessly. It does so without saying that what I am telling it to do will cause it to destroy itself, it merely exists, or dies, to do my desire for it.

I speak to my body today and tell it how much I love it. For my body is an "it." I am the intelligence behind it. I am the motivating power for its actions and it "loves" to do whatsoever pleases me.

I speak to my body and it responds with perfect health, perfect harmony of functions, it responds with right action in all areas and is ageless.

I tell my body how and it says YES!

It "loves" to perform just for me.

I tell my home what I want from it. It is filled with joy and harmony as I so fill it. It is filled with peace and all good things as I so fill it with my thinking. My home is the center of my spiritual life, of happy psychological discussions, harmonious philosophical thinking, joyous living.

My home outpictures what I expect of it. Daily I bless the house, every wall, every object in it, and all of the people who dwell there. My blessing is truly a mystical act in that it calls forth the expression if invokes. It is an expression of pure love towards this inanimate object which is subject to my statement about it. It might be mysterious to some, but it is clear to me.

Every person, object or circumstance that enters into my home is in accord with my expectation for it. This can change from time to time, but as I remain true to my divine direction and the expectation is always for purity, goodness, right action and absolute peace. And so it is!

My home is the extension of my body of myself. And as this extension it is a reflection of what I am. What I see going on in my home is a pure mirror of what is going on in my thinking. If anything in my home is not to my expectation I change my thought about it. I claim the truth about the circumstances and my home reflects back to me who I am. It is once again the peaceful harmonious place I am.

My home is designed to serve me. My home is planned to do my bidding.

My home has no other reason to exist than to be my extension of my thought and my way of life. Though inanimate it takes on the life that I give it and that life is good and beautiful. That life is my life right now.

I determine how people in my world will respond to me.

The people in my world have no existence other than what I give to them. There are billions of people on the face of the Earth and there are so few that I know. There are so few that are in my personal experience. These few I choose to allow to be there. These few I have chosen to be in my life because I am harmonious with them, because I love them, because I desire them and have **CREATED THEM** in my world.

Each of these people is a reflection of my personality.

I may not wish to claim this as I look at the people in my world. I may say that I would not have chosen those who are in my personal family. I would not have chosen those who my relatives or other friends have brought into my world. However, I have so chosen. I am the only reason that these people appear in my world because I **HAVE CHOSEN THEM**.

I do not draw people into my world.

I do not take people into my world.

I **CREATE** people in my world by my choice.

The only people in my world are those whom I have chosen for some good and beautiful reason. These people express something of my own personality. They reflect back to me one of my own “virtues,” one of my own “aspects” of my being. It may not always be one of my best aspects or virtues, but it is always one of **MY** personality expressions. If for any reason I do not like what I see, I change my personality, I change my thinking about myself and that person dissolves from my life. It is not something I do to make it happen in the outer, it is an inner act. It is the changing of my own thinking that brings about the change in the people who people my life.

The people in my life will always be a reflection of my thinking about myself. The people in my life will always be there as long as I have the same opinion of myself, as long as I believe the same thing and think the same thing about my own personal life.

I am totally in charge of how people come into my world, how people stay in my world, and how people leave my world.

I am fully in charge of how abundance, happiness, right action, peace and joy come into my world.

Whatever is my thought about my good, this is how it comes into my experience. Whatever is my thought about my happiness, right action, peace or joy, this is HOW it comes into my experience.

I can imagine all of the sophisticated methods of causing these things to happen in my life, I can dream up exotic techniques to bring them about, I can plan and work until I burn the candle at both ends to the middle and I will not change the manner in which it comes forth.

All this takes place in my life by my THOUGHT ABOUT IT!

I change my thought and I change my experience. I am the master of my life and how it comes into expression for me. It always works and this is the only way that it does work.

## 5. I DETERMINE WHY THINGS ARE TO HAPPEN

Again it is my thoughts that determine why things are to happen in my world.

### WHY—I SET THE CAUSE IN MOTION!

Until I set the cause in motion nothing manifests in my world. Nothing has the power to come forth in my experience until I by my thinking, I by my choice, I by my visualization bring it forth into my life. I am the only one who can give power to anything that takes place in my life.

When things take place that seemingly were unexpected or were “without cause” I can easily find the cause which brought it forth into my world.

However, spending time in ferreting out old causes is a great waste of my effort and intelligence. Rather I find the effects that are beneficial to me and I put the causes into motion that will bring them forth. I do not dwell on releasing the old issues of life, the unhappy circumstances, the lack I may previously have experienced, rather I place a new cause in motion that demonstrates what my consciousness is ready for today.

I am a new person and as a new person I may have anything that pleases me. I can have any experience, any object, any relationship, any AWARENESS I choose when I know why they come forth. It is always my choice, it is always my decision for myself. It is always what fulfills and

satisfies me. This is the WHY that I do anything. Now I observe and put new causes into motion for new experiences. That is WHY!

## 6. I CHOOSE THE BEAUTY I SEE

Everywhere that I look I see beauty. I see beauty in the circumstances of my life that others might call inharmony because I see past all appearances to the reality that is.

It is so easy for me to look at appearances and say that is all there is. However this is not even what is. What is is not even seen most of the time. For most times I look only at the illusion and do not bother to look beyond to see the reality and the beauty that is intrinsic.

This day I set a new cause in motion for myself. This day I choose to see beauty in all—person, place and thing.

I do this not with a wishful thinking but with a knowing that the world is divinely created, it is created beautiful, it is created by a most capable creator and hence it is that which it is even though I previously was unable to see what it is—it is always so.

With the vision of a mystic—one who knows reality and the spiritual meaning upon which all is founded that is often neither apparent to the senses nor obvious to intelligent thinking—I open my eyes to see beyond the illusion and know that the eternal beauty shines forth. When I look for it, it is always there awaiting my awareness of it.

I see beauty in the normal things I have always thought of as beautiful. What is really fantastic for me is to see beauty in the midst of apparent conflict, in the illusions of life, and in every experience. I look beyond the overt to the covert and the covert or inobvious and hidden virtues shine.

I CHOOSE THE BEAUTY I SEE by every thought I think and by every idea that floods into my head. It is not a matter that I say I desire beauty in my world, it will not exist unless I constantly create it there.

The work is never finished. The responsibility for creating beauty in my world is as freshly new this moment as it was at the outset of my creation of myself here on this planet.

While it is true that once I have created beauty in my life it is always mine, I must continually maintain this high state of consciousness which supports this theme. For every moment of my life new and wonderful experiences come into my world and I must determine that they are beautiful or that they are not. As I make this decision, if it is always that it is beautiful,

so it is. If I make the decision that it is not beautiful regardless that it may well be beautiful, for me it is not beautiful.

I am dealing with a principle here. This principle demands strict adherence to its method of operation. Call anything what I will and the principle will provide it for me under the guise of the name that I give a thing. It will even turn the most beautiful experience or being into a shoddy one because in just one moment of one fleeting thought I imagined that this unsavory response was POSSIBLE.

I can only call all good, all beautiful, all divine. For if this is what I choose to experience, so must be my word. As I call all beautiful, regardless of the intention of the person, place or thing within its individual self, in my world it IS beautiful and ALWAYS SO.

By my choosing the beauty that I am to see I select from my universe the things that shall be brought forth into my life and these are always magnificent.

To some a newborn baby is ugly. To some to see a baby suckling at its mother's breast is a no no. To some to see a snake in the grass is a frightful thing. To some to see a spilled bottle of milk is disgusting. To some to see a naked person is vile. To some to see trees barren of leaves is ugly. To some to see the winter snow covered with the dust of daily living is unhappy. To some to see nature in any of its many changes is unsightly, some less than others. All this is in the eyes of the viewer.

I am around new births in hospitals and on farms and I am used to seeing what some call ugly. To me seeing the new life finding expression is one of the most glorious and beautiful things in the world. Looking beyond the temporary exterior which has not yet gained its normal texture and color is so simple because I am practiced at seeing beauty there.

Seeing a child at its mother's breast is one of the most fantastic sights in the world. For here one being is giving food to another. How I love to see little animals suckling at their mother's breast. They are so happy. So am I. I see such beauty there.

One of the cleanest creatures imaginable is a snake. True some snakes have defense mechanisms which are hurtful to other creatures. I live in harmony with every creature. As I am near a snake I shine my love on this creature and it immediately responds to me with love in return. Far from ugly this being is one of the most colorful and intricately beautiful that one can imagine. It is beautiful to me.

To see a bottle of spilled milk is beautiful. I can say that because everytime I have ever spilled milk one of my pets was at my feet so quickly I had to make sure I did not do it on purpose. The cat would clean it up so

completely. My dogs would wag their tails as though it were the most joyously specially prepared treat just for them. How could I think otherwise. If no pet were present my happy memory would quickly take me to the moment of my pets loving acceptance of this joyfilled gift given in great surprise.

I could never call a naked person vile. I was not created with clothing on. This is the temple of the living god and to call god or any of its creation vile is most ungracious. I have grown to think of some bodies being better formed and better cared for than others, but all are equally beautiful for each houses the spiritual perfection of that godself. To not recognize this would be to ignore the most “sacred” vehicle on Earth—the temple of the living god. No matter what its action it is always sacred. No matter what it does, how it does it, where it does it, with whom it does it, the physical body is always beautiful. I see the body as a pure expression of god.

To see trees preparing for bed in the fall is a glorious sight. Like mankind, before he goes to bed, he relinquishes all of his clothing and sleeps entirely with no clothing even as the trees so beautiful to see. Nature continues to maintain its programing for all of its creation in so great a love and respect for what it has wrought.

Nature like man enjoys taking a bath. When the chance to do so is not present the substance of the universe touches upon other substance and because of the proximity some feel it is less than beautiful. The dust of daily living upon the long fallen snow is but an indication of the changing season and the harbinger of greater things to come. Its intrinsic beauty is not always easy to see, but to the inward heart that is pure and onepointed the beauty is there and vitally so for all to enjoy even as I do.

Beauty is in the eye of the beholder. However, beauty is an eternal thing. Whether it is beheld or not, it is still beautiful. Beauty is regardless of the beholder. Yet in the eye of the beholder beauty dwells for the beholder even as for me. I accept the beauty that is all around me with its everpresent consistency.

Beauty is what I call pretty, good and more especially bountifully blessed. Beauty is the quality or the combination of qualities in a person or a thing that gives pleasure to the senses or pleaurably exalts the brain and the spirit. Beauty is god at work creating its finest and observed by all of its creation equally respected and revered as beautiful!

## 7. I DETERMINE THE BODY I LIVE IN

My body is the temple of the living god and it is absolutely perfect now and forevermore.

By calling my body good my body provides me with a good vehicle within which to experience this life. It is not some mysterious act that causes the body to be good. It is more that the body is a mechanism which is operated by the brain of man. Whatever information is fed into the brain is acted upon by the body and it shows forth what kind of mental food has been fed into it. There is nothing more complex than that about it. Whatever I choose to experience in my body I just think these thoughts in my brain and the brain sends information to the body about what is expected of it by the brain. The body in turn images outwardly what has been put into it through the action of the brain.

Since this is so simple why do I not do this all of the time? Since this is so simple why is it that everyone does not do this consistently to enjoy the most magnificent human race of mankind that has ever walked upon the face of the Earth?

Yes it is simple but it takes diligence to put it into action. That is why this course is so effective, this course is programing anew my thinking to accomplish the dreams of my heart that without disciplined direction I would find it very difficult to accomplish.

The first thought I have when I hurt myself or have a pain from some unknown cause is that it “hurts” and this message is sent back to that part of the body as a total confirmation of what it has signaled up the brain.

What I do in a case like this is to say to my brain, no, do not accept the call. Do not accept the message. Send back the information that “all is perfect, I live in my perfect body with every organ action and function divinely acting.” In this way the message sent was not received according to the body and it received a conflicting message from that which it sent out. The conflicting message was made with a great deal of authority and the body responds to that.

Whatever is necessary to accomplish what the body has been told to do, it will do. It does not matter how difficult the task may be, the body will put all of the corrective actions in motion to bring this about.

The body only knows to do what the brain informs it to do. It does not act on its own. It is automatic in that it signals the brain when something is happening it cannot cope with, but other than that the body works on its autonomic function and quite marvelously so.

Should any disfunction occur in the body, it has the capacity to make new that function. It has all of the information within it to create new whatever disfunction is apparent in the body. It must receive permission

from headquarters to make this new part. The body does not have the inbuilt authority to repair or build new parts. It has the ability to do this, but it needs approval from on high.

So whenever any part of the body is acting up or is not harmonious with its purpose, that is the time that the brain sends down signals to that part of the body to get its act in order. It does just this when so instructed. If not specifically instructed to, it will just self destruct since whatever caused it to do this disfunction was not halted by the master operator in headquarters.

### EXERCISE:

Today I prepare a set of instructions for my body and on a daily basis I give these instructions to my body so it may function at peak performance for me and the life I choose to lead.

I make these statements out loud to myself three times every day. I find a quiet place where I may be alone and I affirm these points strongly with every emotion of my body active within me enthusiastically performing this function of revealing in me my reality, my perfection.

While making these statements I stand straight and tall. I pull in my stomach, I move back my shoulders and stick out my chest. I push forward my buttocks so that my rump is firm and tight. I breathe deeply holding my head high and loudly speak the truth about myself.

I say:

My body is the temple of the living god. Every organ action and function of my body is absolutely perfect right now.

My head is clear now. I think perfectly. I am one as the universal energy living moving and breathing the purity of my reality in every cell of my body. I see this is so right now. I visualize the cells of my body pure and perfect. Each cell doing its appointed task in a perfect manner.

My eyes are magnificent.

My thoughts are always pure about my body and my life.

Doing this three times out loud to myself every day I set in motion a response from my body which is fantastic. My body has been waiting for information like this on which to work from the time it was first initiated out of universal substance to be my body. Now I take the task and do it wisely and well. I daily do this and make it a habit for myself so that I without prior thought about the action, go to it every day of my life. It is necessary to do this every day of my life since my body does not hold such programing and it needs to have it renewed daily.

The body has no other purpose than to do what I choose for it to do. I make the choice for my body now so that it functions at peak performance all the days I choose to use it here on Earth.

Part of the way that I experience a perfect body is to see other perfect bodies. Every being I look at in life I see as absolutely perfect. I see every being upon the face of the Earth as whole and perfect. I see them physically perfect and superbly functioning. I see them physically whole in all ways. I see them as a perfect reflection of what I believe of myself and they are absolutely the most magnificent picture, supercalifragilisticexpialidocious.

This is extremely important for me to do. For me to see any physical body, any "human" body, it is a reflection of my own. My own is perfect and always is, hence every body I see is that same way. Powerfully I put this concept into motion now and it is done unto me according to my conviction about myself. My body only awaits my opinion of what this temple of the living god is like and it performs the function to bring this about for me.

Today is a new day for me. I live in the most beautiful magnificent body I have ever created and I do it now. I have spoken my word and it is accomplished!

## 8. I DETERMINE THE OUTCOME OF EVERY EVENT

Everything that happens in my life I first set the cause in motion relative to whether it would be a success or not. I have made the definition of every event before it was ever an actuality in my life. And it followed that whatever was my thought about it was how it manifested.

Oh no, I cry, I have thought lots of thoughts that never manifested in an event which took place successfully. No, I have had many events take place in my life which I sincerely hoped would be successful and turned out a flop. What about that, what about all of the dreams I have had and wanted them to be successful. I gave them all of the mental support I could muster but they turned out failures. What about that? What about that!

Yes, what about that!

Why did these events that I hoped would be a success turn out to be such out and out failures? I gave them all of my positive thinking. I saw them in my consciousness as whole and complete, already finished, and they did not succeed. Not even a little bit!

Some of the greatest failures of my life have been founded upon several concepts: Hope, Desire, Want, Need, Wish. All of these have proven unsuccessful. Why?

Whenever I precede any program, any event, with the desire for it to succeed, the hope for its success, the need to have it work out, the want that throbs through my being, the deeply desired wish that it be manifest all failed.

There is only the present tense positive first person.

If my thinking is in any way which does not include these three aspects of my being, anything I do will not be a success, it cannot be!

The reason it cannot be is that it is in the future tense. It is to come. It is not yet completed in my thinking. It is a wished for, hoped for, wanted, desired, needed event and hence it is not yet a complete event in my thinking.

For the LAW OF CAUSE AND EFFECT to work for me I use it the way it is to be used—NOW.

There is no other time than right now. There is no other person in my universe except me. And EVERYTHING I think is positive. If I think it will happen it will positively happen but the big question is WHEN! If I think of it as something that I desire for myself then it is not in my experience right now. If it is something that one day will be done and accomplished, then it is not now a reality in my life.

This kind of thinking is the only kind of thinking that defeats my desires and keeps them from being realized.

It is not an irrational action of the principle that keeps me from experiencing the desire of my heart, it is the way in which I work the principle. When I work the principle in a way that it will not work effectively for me then that is just the way that it works. It is up to me to know the principle and to work the principle the way it works.

This is all part of the game of life. Knowing the rules and knowing how to utilize the rules to my benefit, to utilize the principle to accomplish my dreams—most certainly not to defeat my dreams.

I always work in the first person. For I am the only person that is on planet Earth or anywhere in the universe. This is not a far-out concept, it is a very real proposition that will manifest results when I use it properly.

I know that I am number one. I know that from my point of view everything starts with me. I always remember that I said from MY point of view. This is the only point of view I can ever have. This is the only point of view that works from where I operate. This is the only point of view that is.

Knowing that I AM NUMBER ONE I see all things in a proper perspective. It is not wrong. It is not selfish. It is not in any way defeating. It is just the way it is. For me, I am the only cause that was ever put into motion. For me I am the only person existing, I am the only one to be

considered, I am the only one thinking my thoughts and demonstrating my thinking in MY universe.

The more I become at home with this concept, the more this concept will fulfill its purpose in my life. The more that I think clearly about who and what I am, the better I will have beneficial responses of the universal LAW OF CAUSE AND EFFECT in my life

Every other person in the universe for them are also number one. However, I am not another person, I am me. I am not inside the skin of another being, only myself. I am not another consciousness, I am only number one for me.

No one else HAS to be in my world. No one else has to be in my environment. No one else has to think the way I think. No one else has to walk my pathway. No one else has to believe as I believe. All are free to believe as they choose. All are free to walk the direction compatible for themselves. But for me, I must walk MY WAY and it is the only way that I ever walk. The same is true for others, they only walk their way it is the only way they walk.

So in my world I am the master of every event that takes place in my experience. This is regardless of how many others there are involved in my experience. Regardless how many others may be interested in what I am doing. For it is my trip and mine alone. Each other person experiences it in their own consciousness in their own way with their own interpretation of what has taken place. They are totally free to see it as they wish. I, too, am totally free to see it as I conceive it to be. It is so exciting!

However, to have any event be a success, it must first be a completed idea in my thinking. It must first be seen as successful in my brain where it is manufactured. If there is any doubt about its outcome, then its outcome is in doubt.

So, whatever event I conceive in my thought, I see it as already done. I see the activities of the event already thoroughly enjoyed by all participants. I see it as a lovely and heartwarming activity which has thrilled everyone, even as it has me.

The following will be an exercise in first person, present tense, positive demonstrating an activity of my choice as already complete and successful.

#### EXERCISE:

#### Conducting A successful Event In My Life

I now select an event that I can envision for myself and I see it already complete and successful. I use the word “event” for that indicates any event I so choose.

1. I wrap up the event in my thought completely now. I see it as I envision it. I see it in all of its many ramifications. I see all those participating in the event and I see the purpose of the event.

2. I see the purpose of the event as meaningful and as something that I desire to see accomplished. I see it as something that is acceptable to my mores, something that I can envision myself participating in with great success. I see it as a wonderful event for me.

3. I see the event itself completely planned, completely laid out. I see all of the details of the event as acceptable to me. I see every aspect of the event as beautifully executed. I see that it is one that is the most outstanding event of its kind in its history. It is totally accepted by all in my world.

4. I see all of the people I plan on having at the event engaging in all of the aspects of the event and finding it to be a joyous affair, finding it to be a dream venture in which they are proud to participate. Everyone is proclaiming how wonderful it is and how much they enjoy being there.

5. I see the event given all of the prepublicity and postpublicity which proclaims it as one of the most glorious activities of the season. It is as grand as I can conceive it to be. Everyone is thoroughly delighted having been invited to participate. I see them speaking highly of the event for long afterward.

6. Whatever the costs of the event, they are already wonderfully taken care of. I am not concerned about it in any way whatsoever. It is complete.

7. I see the event complete. I see it successful. I see it fulfilling its purpose. I see myself sincerely happy with its outcome.

This procedure works. This system can be applied to anything in which I am engaged. It can be the accomplishment of my spiritual reality, it can be the accomplishment of my intellectual achievements, it can be the accomplishment of my physical plans, it can be the accomplishment of my health awareness, it can be the fulfillment of long held dreams.

This system has been used by thousands around the world. Every successful salesman works from this principle. Every successful businessman utilizes this theme in his achievements. Every happy marriage is formatted on this procedure. Every doctor perceives his medical practice on this basis. Every housewife visualizes her home activities this way as successfully completed at the time SHE speaks her word for it being done. Every school child and adult sees their academic career fulfilled in this way. Every sports participant who is successful works from this program. It is a universally used theme but even those who use it may not know how it works. It is so simple and direct that it seems hidden. It works every time it is used. When not used, failure results.

## 9. I DETERMINE HOW LONG I WILL STAY HERE

What is the tenure of my life? How long will I live on this planet?  
What is the dimension of my life?

The dimension of my life is up to me.

I live as long as I decide that I will live. I have been programmed by my forefathers and I have been told by medical science what my life expectancy is and I have been told by the amortization tables of the life insurance companies what I can expect for a life at whatever age I am.

Everywhere I turn there are those who are ready to tell me how long I may live. What I may expect for a length of my life and what kind of health I may expect based on what others of my age and my health conditions have experienced. I am a statistic and as such am responsible to have the results of whatever the “tables” say about my life length.

I do not choose to live by these practices.

I choose to set a new cause in motion for my life. I choose to experience something quite different from what the world expects for me. I am not as the world thinks. I am me. I think my thought and the power of the universe vibrates to reveal my thought. I am a free spirit. I am not bound by the thoughts of others. I am not to be compiled as one great statistic—I am me!

Since I am me I must have a new set of parameters for myself. I must determine a new course of action for my life and where I am going. I determine who and what I am and I am that which I determine that I am. What is my age to be, how long will I live? Does that really matter? Yes it does! For I am eternal. I live forever. I have no beginning nor any end. I am the alpha and the omega. I am the beginning and the end. I am the all in all.

These are grand statements to make by a finite being. But am I a finite being? I am a finite being if I accept this criteria for myself. I am not a finite being if I set a new cause in motion on my behalf. I am an eternal being if this is what I choose for myself. And this IS WHAT I CHOOSE FOR MYSELF NOW AND ALWAYS.

I am told by science today that if a cell of my body were placed in test tube it would live forever when properly nourished and properly cared for. Why then do the cells of my body die, who do the cells of my body have a life span in years rather than in eternity—they have such a life because this is what I have told them, this is my life because this is what I live, this is the concept I have accepted from the world in which I live.

How do I program my cells anew to live forever, how do I program my body that it is an eternal vehicle of the living god? How do I program my consciousness that it is immortal and that there is no “life span” for an immortal being?

I program my body and the cells of my body the same way that I program my affairs, that I program habits in my life, the same way that any programming is done—mentally.

As master of myself, of my world, of my universe, I set a new cause in motion about my life and unlimit my beingness by the very act of my thought.

How long will I live—I live forever!

What is it that I do to change the concept that I have a short life to the realization that I have an eternal life? Just with a simple statement of truth about myself. The law always works based on the most simple statements of life. The law always brings its greatest results based on the most simple realizations and that is the statement: I AM ETERNAL!

It is not so much a matter of my belief in this statement as it is my *making* of this statement.

By my saying of the rules of mathematics, two times two is four, this does not make it true. IT IS TRUE!

By my making the statement I bring it into expression in my experience. I am exercising the rule. In fact, I am exercising the LAW OF CAUSE AND EFFECT.

My saying anything about the principle does not make the principle more real for me, does not make it more true, it only means that I am putting it into motion for myself. This is the simplest explanation that is available to give on this idea. The truth is. The law works. I merely exercise it.

If eternal life is possible for some it is possible for all. If immortality is a reality under some conditions it is a reality under all conditions. I

experience it only when I enter into the use of the principle which brings it forth.

For too long I have been saying of myself that at the age of 75 I would cease to be here on planet Earth. Or at the age of 105 or 130 or 150 or whatever time schedule. Any time schedule is a “time schedule” and includes a beginning and an end. This is not true. Never has been and never will be. It is the most gross illusion that I have taught to myself.

To end the present time schedule I must bring a new schedule into my thinking. What schedule shall that be? Shall I live 100 years or a 1,000 years or a 1,000,000 years, any number is a limit and truly I have only the limits I place upon myself. I am unlimited if this is my choice. I do not have to die at all if this is my decision for myself. But along with this decision comes the responsibility to remain true to my realization of myself.

My realization of myself is just that I am immortal.

To fulfill this realization I keep my thought pure and I keep my understanding of this one directed. One moment I do not say one thing and yet another moment something else. I am one directed.

Today I place the proper concept into motion for myself. Today I tell myself that I am eternal. Today I tell myself that I live forever. Today I recognize that I am eternal. As I do this I experience this.

It requires that I have only the confidence that this is true and that I remain one directed in my thinking and in my acting. I remain aware that this is all that life has to offer to me and this is my reality.

When I do this I experience this.

So I put this exercise into motion for myself today:

#### EXERCISE:

Today and every day I inscribe on my heart and my brain that I am eternally young.

I am eternal.

I am born of infinity.

I create new every day my body of spiritual perfection.

My eternal body is the temple of the living god.

Now is eternity and I live in the now.

Every cell of my body is created perfect and lives for all of eternity in this form that I now have.

I am ageless, eternal youth.

The cells of my body are pure atoms eternally vibrating in harmony with the principle of eternal life.

I am the creator of my body and I create it perfectly.  
I live move and have my being in my eternal energy body.  
I am pure energy, eternal, immortal, indestructible.  
I am the everlasting spirit of light.  
My body is the eternal god expressing itself as the perfection that I  
AM!

#### 10. I DETERMINE MY NEXT DIMENSION EXPERIENCE

I am the way, the truth and the life. I live eternally and determine from time to time what dimensions of existence I will experience. I choose joyously for before me lies the map of the universe, the opportunities in which I may express and the decision or choice of where I may experience my next dimension to my pleasure and fulfillment.

There is only god and I dwell in this awareness. In this awareness is all truth, all knowledge and all wisdom. Living in this knowledge of allness I select wisely the dimension of existence that gives me the greatest opportunity to play the “game of life” having arrived at this level of competence as a gamester and master.

The next dimension may be in the realm of my awareness or it may be on planes of existence of which I presently know nothing about. I am free to choose for I am the master of my life and of the experiences I will have in this journey on which I sojourn. It is an exciting adventure.

In my next dimension I choose the opportunity to expand my talents, to utilize the godself that I am to its fullest. I am always aware of who and what I am, where and when I am going, why and how I am going to find this divinity which is nestled within my consciousness.

Being the creator of myself and my world the next dimension that I experience is only a small portion of the wholeness that I am. I am free to be myself in any of the myriad of forms, the multitude of expressions of conscious beingness. I am a free spirit and I accept that now.