

NOVEMBER, 1971

CREATIVE THOUGHT®



FOR EACH DAY

RELIGIOUS
SCIENCE®

35¢

THOUGHTS FROM THE EDITOR . . .

OUR eternal progress is inevitable. Any comfortable plateau of living is of limited duration. Through problems, desires and aspirations we are being constantly forced, provoked or inspired to higher consciousness. As Christina Rossetti said in one of her poems, "Does the road wind up-hill all the way? Yes, to the very end."

Challenges never cease to confront us. As physical difficulties are solved they may give way to more complex or subtle problems or desires. But a consciousness geared to growth is able to see problem-solving as part of the spiritual adventure. We become strong in character and creative power through meeting the more stringent demands continually made upon us or the greater demands we make of ourselves.

Since spiritual growth is inevitable, we will do better to prepare our minds deliberately for the upward climb than to wait for circumstances to goad us into action. The discipline of daily treatment and meditation, consciously aimed toward inner mastery, enables us to progress confidently, gaining strength from every experience on the road that "winds up-hill all the way."

Elena Goforth Whitehead

Harvest Time

Robert H. Bitzer

NOT ALL parts of the world are subject to drastic changes in seasons. The cold winter, with its snow, and the continuous heat of the tropics represent the extremes. But regardless of the varying seasons, we plant and harvest. Every cause has an effect, and every effect has a cause. Harvest represents fulfillment and acceptance. All the seasons are important, but planting must end in reaping, and we cannot harvest unless we have first sown.

The harvest of ideas is very important because it means our acceptance of that which we have done. Many people do not reap the good that belongs to them because they do not stop long enough to accept the harvest. Man is not perpetual motion that goes on forever giving and never accepting. Every experience has its cycle: the cause comes to fruition as the effect. The seed germinates and grows, and the plant matures, blossoms and bears fruit. This cycle is an eternal principle.

At your harvest time think about that which you have brought to consummation.

We must accept and receive. Eagerness to return a favor may signify lack of acceptance of our good. Our desire to reciprocate a kindness may not be wholly goodness; it may be partly self-rejection, the feeling that we must not let anyone do anything for us but that we can pay for it by returning the favor. What we do should be done in joy and love. It will then return in joy and love and not as the fulfillment of an obligation.

There is just one power, Infinite Good, and that Infinite Good is expressing as you. Recognize it and accept your good. Acknowledge inwardly that this is good coming to you that went forth from you. Thus you complete your cycle: the action you start, you finish; the good you create, you accept. What you think, you are. That which comes into your expression is always the inevitable consequence of something that has gone forth from you.

Harvest time represents your acceptance of what you have done. Your study, your treatment work, your meditation now demand your appraisal. "This is what I planted, this is what I have done; therefore I accept this right now."

Introspection Vs Self-Expression

Frank E. Richelieu

INTROSPECTION can be a risky habit. There are times when each of us has some soul-searching to do, but this activity should be confined to moments set aside from our normal daily activities and not allowed to filter into our thoughts at random any time or place.

Man is by nature an expressive, outgoing being. He is a living fountain that bubbles forth into manifestation from an internal source. He follows a magnetic pattern and flow that would be violated if it were allowed to be reversed. All that he needs in order to express his thoughts and life activities comes from within the apex of his creative fountain. He need never extend his arms in any direction to receive, because all that he will ever need is within the center.

In the practice of introspection, however, man is not flowing in an outgoing direction; he is drawing all of his outer forces into a cloistered consciousness around his self-centered focus. When one continually engages

in this practice he interferes with his creative pattern. If carried to an extreme, introspection can eventually cause a complete breakdown of the manifestation chain.

Introspection is not like meditation; introspection is an analytical, psychiatric type of self-probing. When we meditate we direct our consciousness to a point of focus and we begin a process of orderly self-expression. We are bringing from within our being that genius which is inherent in our nature. We reveal our true selves to ourselves, that we may go forth and express our potential greatness at the manifestation level.

Self-expression is the guideline to what we should be doing. When we are unsure about the course our lives are taking or when we are frustrated in our attempted accomplishments, it is time to review our guidelines. Let us not waste time introspectively dissecting ourselves, our motives, our assets and our flaws. Let us focus instead upon our reason for being, the divine purpose for which we were created: *to express*. Even if we begin by giving a child a penny candy, we are starting the law in motion for expression. Let us give of ourselves to life, and life will give back to us.

You As Possibility

Raymond Charles Barker

THIS INSTRUCTION is the most practical, down-to-earth one you can ever know. It deals with the present-day events of your life. It is to be used in your home, office, personal relationships, health and finances. It does not promise a glorious future unless you make it so. It does not prophesy a future negative state unless your own negatives create it.

We teach that you are the sole cause of your world of experience, your world of effects. There is no place for alibis in Religious Science. It requires you to face and discipline the functions of your consciousness. But the results can be wonderful. Life wants you to be happy, healthy, successful and financially free. Life has never limited a living soul. It has no way to do this. God is a constant givingness.

To you has been given the only gift, the gift of your mind with its freedom to create what you mentally and emotionally conceive. You are God's experience individualized. You are a specialist in the display of the eternal

possibility. There is no limitation for any individual save his own limiting of himself. You were born to live freely.

In your present mind is the full possibility to be what you want to be and to become what you want to become. It doesn't need to be spiritualized; it is already spiritual. Thinking and feeling are your spiritual equipment. As consciousness you are the interplay and director of these two magnificent functions. All power is centered in consciousness. All personal and material effects in your individual world are the results of your individual use of consciousness.

The power of negatives is less than the power of positives. Every negative situation can be eliminated by your right use of mind and emotion. Every article and treatment in this magazine is written to encourage you to use your consciousness in ways that make for effective living. Life can be wonderful if you will make it wonderful. It can only be what you decide it shall be. I join with you in the right use of consciousness for the glory of God and for my own expanding good.

Eternal Youth

Tom Johnson

SCIENTISTS have made great strides in bringing into our experience fantastic improvements that permit us to enjoy life more, to be more comfortable and even to be free of certain diseases. But science has never discovered a way to maintain eternal youth. There are, however, a few individuals who seem to have a constant source of energy, vitality and productivity. These few have discovered the secret of eternal youth, which is self-renewal.

The factors that cause the aging process, drain vitality and put wrinkles in our brows are worry, anxiety, fear, anger and all the other negative emotions. If we could do away with those negative emotions we would ever be renewed and thus know eternal youth. Let us do away with them, then, because there is a way.

We are always directing the Law of Mind through our point of attention. If we are centered upon God, our attention is upon that

which is ageless. God is that which is ever whole and complete because It does not sit in judgment upon anyone or anything. Our sitting in judgment is the practice that distorts our vision of life and thereby brings about worry and fear. Release the judgment, eliminate the need to compare or criticize, and we are aware of life as it really is — complete and perfect. As we let go of all judgment we recognize the wholeness of all, we see beauty everywhere, we are able to function at the peak of our powers, and we are filled with zest, enthusiasm and the joy of living.

You worry only because of your sense of separation from God, because your thought is dwelling upon the world rather than upon God as you and as everyone you know. Youth is the quality of being enthusiastic about what you are doing, giving and expressing. It is focused on the present moment. Judge not, and you will be free to live eternally in the now, which is God. Judge not, and you will be free to rejoice in that which God is expressing through you. Judge not, and you will know eternal youth.

THE QUESTION BOX

"Why is so little said about service to others, in the Religious Science teaching?"

This teaching is concerned with the area in which all lasting improvement in the human scene must start: the consciousness of the individual. Religious Science believes that the first great service any person can render his world is to set his own thoughts and attitudes in order. Then truly beneficial service emerges as a natural expression of his inner strength and genuine goodwill.

"How important is church attendance?"

The importance is gauged by what is going on in consciousness. Why do we go, or not go, to any particular place? We are always deciding between two or more choices of action, and we always choose that which seems to us most desirable for various reasons. Those reasons, analyzed, will give us keen insight as to the values we really cherish.

Does Religious Science really heal?"

A powerful awareness of Perfect Life in and as the individual is the healing force. Religious Science is dedicated to establishing this awareness, and the treatments in this magazine are written for this purpose.

Monday, November 1

I DO PERFECT WORK

I BELIEVE that I am an idea that the Infinite wanted to create in order to express Itself, and so It did. There is no argument in me about this. There is no shopping around for a better deal. God, the one great and only Mind, is loving all Its works in this instant and giving Its own purpose and substance to each. I therefore am the purpose of Intelligence. I accomplish the day's work with full success because the thinking of this unobstructed Intelligence is my thinking.

I am a completely formed instrument by means of which God moves in on this day to make it glorious. I do not compromise with friendly sympathies of "It's good enough to get by." I stand in the brightness of Consciousness, and all who see me are instantly aware of this Consciousness and are helped.

Because Life is eternal I am timeless. I live and work in the unconditioned Now in an unlimited experience. Perfect God indwells me. I shed Its perfection abroad.

Catherine Hubbell

Tuesday, November 2

**THE INFINITE POWER FOR GOOD
ACTS THROUGH ME**

IN THIS moment I feel and know that there is one Presence and one Life, the Presence and the Life of God. That Presence and Life is my life now. The Life that lives in me is God's Life and therefore the perfect life. The Wisdom of God is my wisdom, and as I become still and listen in my heart I am guided, directed and urged into the proper and right decisions in every facet of my experience.

Deeply I feel my affinity with this Power for Good. I know that this Power for Good works for me by working through me. My understanding deepens and I see the world — my world — in a new and clearer perspective. I am now a willing and responsive expression of God's perfect idea of me. This moment is the happiest, most abundant and fulfilling moment in my life, and I extend this moment infinitely.

I release this word, knowing that it cannot return unto me void. By its very nature it must accomplish that purpose whereunto I send it. I accept the perfect result, and it is so now.

Earl D. Barnum

Wednesday, November 3

MY SELF-ESTEEM IS GREAT

MY SELF-ESTEEM is great because I know what my true Self is. I know that my true Being is complete Love, Intelligence, Health, Power and Beauty. This true Self can never be destroyed nor marred. I honor and love it, knowing it to be God as me. This Self is worthy of the highest good, and I accept this good now. As I receive good, I am able to be a means for it to extend to others. I am a receiving and giving center of God's good.

My recognition of the Truth of my Being leads to my recognition of the Truth of all people, and I honor this Self in them. I am free of any condemnation of myself or others. I now see all people as they truly are: physical, mental and emotional expressions of God. This true vision of the great value of every human being enables me to be a continuous channel through which good flows into my life and into the lives of others. So it is.

Nancy Anderson

Thursday, November 4

**THE CREATIVE PRINCIPLE ASSURES
MY GROWTH**

MY BODY is the temple of God. Perfect Being indwells the house of the Lord. My whole environment is alive and vibrant with love and beauty. As all negative race beliefs and outer limiting suggestions are silenced, my stimulation to gain, grow and expand wells up within the holy temple of God.

In the unity of all life, and according to the nature of all being, I am assured that the Creative Principle of life is active in all of my affairs. New ideas and right attitudes are extending the awareness of my good in every area of my life. I consciously deny that any belief of disorder, disease or congestion could exist in my mind. Divine Principle recreates, regenerates and revitalizes every cell of my body. I am always completely renewed and progressing.

Divine Intelligence, responding to my recognition of It, is the wisdom in my human experience. Yesterday has no influence on my life today. From within the holy temple of God, I am the newness of today's experience and growth. Pure peace and joy are the realities that I express in ever expanding ways.

Charles McCutcheon

Friday, November 5

**THE FRESHNESS OF SPIRIT PERMITS
NO STALENESS**

INFINITE Intelligence is continuous in its flow of new ideas through me. Each idea grips me with enthusiasm and interest and each has vital meaning, consequently nothing of staleness can exist in my thought nor can I be stymied in any of my experiences. Old ideas are completed and the intelligence within them bursts forth into a new expression with new power.

The vitalizing power of new inspiration constantly urges me forward into new interpretations of my joyous experience of life. No dullness can exist within me, because Spirit is brilliant in its thinking and I am ever conscious of its brilliancy.

Since Mind is infinite, I do not have to grope for new ideas. They are constantly surging through me and, like the manna that sustained the children of Israel in the wilderness, my ideas can and must be used when I receive them. Sufficient unto each day will be the ideas for that day. I have no fear that my inspiration might dry up, because Mind is infinite and can never cease to be.

Robert H. Bitzer

Saturday, November 6

**MY THINKING GUARANTEES
MY PROSPERITY**

I AM ONE with all the good there is and I know this. There is no doubt in my mind regarding this. All good is mine now and forever more. I refuse to function under any law of limitation, restriction or lack. I function completely under the Divine Law of increase. Prosperity is an actual and factual state of consciousness now in all my affairs.

I make certain that my thinking guarantees my prosperity. I hold fast to the line of right thinking. I seek out prosperous ideas. I associate with prosperous people. I dress, act and talk as a prosperous person. I have a healthy respect for money and I use it with wisdom and pleasure. I enjoy my prosperity.

I charge my subconscious mind to accept this treatment and act upon it now and always. I have expanding freedom to do what I want to do. I gladly share my good with others. I have no resentment of bills or taxes. I take care of all my obligations on time. I am the prosperity of the living Spirit.

Raymond Charles Barker

Sunday, November 7

MY GOOD IS LIMITLESS

WHEREVER I am today, whatever I am doing, I am conscious that everything in my life is meant to be good and very good. I form judgments not from appearances but from my knowledge of Divine Mind and Its perfect law. The Spirit that fills the universe is the Spirit of Love. I am conscious of the Spirit of Love, and I let my thoughts and feelings center on Love as the only action in everything that concerns me.

I do not react to unlovely appearances with unlovely feelings and perplexing thoughts. I remain poised and serene, for I have power over appearances; appearances do not have power over me. I have dominion over form, for my use of mind lets me form and re-form appearances.

I specifically train myself toward the higher good, the greater possibility. I know that I am responsible for providing patterns for the more abundant life that is rightfully mine. I work diligently with God's perfect laws to fulfill myself. I move forward today into wider ranges of manifested perfection.

Juanella Evans

Monday, November 8

I BREATHE THE BREATH OF PERFECT LIFE

GOD CREATED a perfect universe. It created everything I need when It created me. Regardless of man's opinions, I have an abundant supply of fresh air to breathe, for "the breath of the Almighty hath given me life." The air I breathe revitalizes and nourishes my lungs and my physical body. I have a never-failing supply of energy and oxygen as I breathe.

The Divine Intelligence within me is directing every function of my physical body in perfect order. My chest muscles are relaxed. I am not tense. I am not afraid. I breathe deeply the breath of Life. I know I am breathing in exactly what my physical body needs.

I depend on God for my every need. Breath is my life. Life is Mind. There is no lack of Mind. I am immersed in an atmosphere of Mind. Perfect Infinite Mind within me is expressing through me as me.

I breathe, I live, I love, I praise, I am joyous.

Maryd Cameron

Tuesday, November 9

I LIGHT THIS DAY

I AM important to the overall scheme of this day. I have a part to play, something worthwhile to give, and I am alert and alive to what needs to be done by me. I am relaxed because I know that I do not have to *make* anything happen, but I am alert to the action of my God-Self.

I am God's means to establish order in this day, to give greatly and creatively. There is purpose and meaning to this day because it is God's day through that which I am expressing. I am the light of the world, and I light this day with the brilliance of my God-awareness.

I begin where I am right now. I turn within to discover what needs to be given through me. Every action in my world begins with me; I do not wait for others to make the first move. I am the action of my God-Self; I do not need to wait for It to begin, for It never ceases to be.

Tom Johnson

Wednesday, November 10

I AM LOVING

GOD IS Love, and I am loving. I do not *seek* love, for in the realization of my oneness with God's perfect Love I give and receive love according to my true nature. The one perfect Love is in all that I think, feel and do, and my experiences reflect the abundance and joy of its infinite generosity.

I see, hear and believe only good, knowing that in perfect Love all seeming imperfection passes away. Thus I am free of critical, possessive attitudes so that life manifesting through me is allowed its limitless expression in an atmosphere that encourages growth and fulfillment. I am patient, depending on the Law of Love that is continuously creating out of the desires of the heart in right and wonderful ways.

In Love's complete understanding I am spontaneously affectionate. I am sincere as I think the loving thought, say the kind and loving thing and act joyously in peaceful, loving ways.

I live this day loving, and I benefit myself and my fellowman by being the Love of God that *I am*.

Mary Margaret Cater

Thursday, November 11

I EXPRESS THE ETERNAL GOOD

EVERY time I breathe, think or act, I am using God's Life-force and energy.

Mind is the eternal consciousness of my body and being; without It there could be no activity, no restoration, no renewal.

The same Intelligence that brought forth the cells, bones, glands and physical structure of my body is the intelligent Life-energy that maintains it. I am always animated by God's pure vitality. It is flowing through me now, completely cleansing, purifying and sweeping away all old accumulations, renewing every organ and function, sustaining my health and well-being.

Living means beauty, joy, grandeur, variety, vitality, fun, opulence, love and accomplishment. I am eternal Life, for I am Its individualized expression, forever held in the arms of truth and love. In this conviction I provide the open door that allows more and more of the good I desire to become form and condition in my world. Wherever I go, I meet good and find joy, health, friendliness, wisdom, love, respect, power, opulence and peace.

Joseph J. Bayer

Friday, November 12

**MY THOUGHT ABOUT OTHERS
GIVES ME FREEDOM**

I DO NOT permit myself to think of other people in a limited or immature manner. Regardless of what their expression might be, the perfect self can never be less than perfect. The perfect self of each of them is not governed by appearances. Its infinite strength will appear at the right time and in the right way.

I am not influenced by opinions, mine or anyone else's. I am not concerned about the opinions that people have of themselves, because I give no power to opinions. Each person is the activity of the Infinite Mind knowing itself as that person.

My positive, affirmative acceptance of my Divine Being includes my positive, affirmative perception of the Divine Being of each one around me. I know that this understanding is the greatest healing power in the world because in its presence all negative appearances shrink into the nothingness which they are. The truth that I perceive about myself is never separated from the truth that I perceive about others. I am not alone uniquely divine; all men are equally divine.

Robert H. Bitzer

Saturday, November 13

I APPRECIATE MY EMOTIONS

I RECOGNIZE emotion as a vital factor in living. But I realize that I am Life Itself and greater than my emotions. I therefore appreciate my emotions but I control them; I do not let them control me' or determine my actions.

I appreciate my pleasant feelings for the zest they add to my experience. I appreciate my negative feelings because they prove a power that I can convert to beneficial use by turning my attention to constructive ideas. I appreciate my ability to observe my emotions and handle them so that they contribute to my overall good.

Centered in Life, from which all emotion stems, I have authority to govern the powerful flow of feeling. I thus direct my emotional energy into confidence, happiness and harmony by deliberately thinking in terms of self-esteem, joy and goodwill. The potent stream of constructive feeling, flowing through everything I do, adds dynamic effectiveness to my creative endeavors and makes every experience rewarding. Because Life ordained my emotions to *feel* the wonder of Being, I feel wonderful.

Elena Goforth Whitehead

Sunday, November 14

**I AM POISED AND ESTABLISHED
IN PERSONAL PEACE**

THE Infinite Mind is always in infinite order, and that Mind is my mind this day. Therefore my consciousness is established in perfect order, and I shall be certain that this order is not disrupted. No confusion, whether conscious or subconscious, can disturb the calm peace of my soul. I am rooted and grounded in the permanent peace of God.

All things do work together for my good because my mind is at peace. There is no material-mind-thinking to prevent Divine Ideas from revealing themselves in my consciousness. All my thinking is spiritual. All my thinking is creative, worthwhile and productive of the good I want. I am poised and relaxed in the mood of creative order, harmony and right action.

In all my relationships with people I am at ease. My deep sense of peace is a blessing to all who know me. It is spiritually infectious. It pervades the atmosphere of my environment. My knowing of my own peace as being centered in the Divine Peace makes all my accomplishments easy, efficient and right.

Raymond Charles Barker

Monday, November 15

GOD IS MY ATTITUDE

MY ATTITUDE toward life, myself, everyone, things and conditions is the attitude of Godliness. There is no other real attitude. I think of life as God-life, of myself as the Self of God personified as me, of all people as individualized expressions of God where they are, of things as expressions of God in form, and of conditions as results of God-power acting through all. To improve the conditions, I improve my attitude. I think as God thinks. I live as God lives. I do as God does, and I love all people. Life takes on a new attitude toward me.

I have a vigorous, vital, vibrant, peaceful, prosperous, powerful, loving, joyous attitude toward myself. Everyone's attitude toward me is harmonious, helpful and happy. The joy of Divine attitude is established in my life and I am demonstrating abundant good health, expanding wealth and a new attitude about living in Truth with people and the world.

I am healed of all negative attitudes, for I am now the attitude of God.

Alvin D. St. John

Tuesday, November 16

MY WORD DOES ITS WORK

I AM strengthened and comforted in the awareness that my word is honored by the universal Law of Mind. As I form my word, the substance of the Infinite forms and prepares to appear as form. I value my God-given ability to believe and know the marvels of creative being.

I draw from the Living Light healing for every seeming lack. I dare to believe and find the ceaseless thrill of response from the unseen Power. I am backed by the Eternal in my expression of life. There is wisdom to guide me in each day's loving accomplishment. There is knowledge given me to develop my skills and abilities. Power accumulates in my memory for as I successfully use the Law of Mind to bring forth good, my faith is made constant.

More than anything else that I have known before, this moment brings out the Reality that fulfills me. I am refreshed, restored and beloved. I can and do live the Life of God.

Juanella Evans

PRINCIPLE AND PRACTICE . . . Lesson Eleven . . . CREATIVE THANKSGIVING

THERE IS something very mystical and spiritual about the concept of thanksgiving. Jesus knew this and gave thanks *before* he spoke his healing word. There is an element of creativity in a simple yet sincere thank you, for it creates a warm, accepting and grateful feeling within the one showing gratitude, and this feeling automatically prepares the consciousness to be able to receive even more. It is said, "It is the Father's good pleasure to give you the kingdom." Many people are not enjoying the kingdom because of an illogical barrier or unenlightened resistance for one reason or another. To give warm, honest, radiant, joyful thanks melts the barriers and eliminates the resistance, and the kingdom is then truly ours. "Before they call I will answer," is the promise. Treatment such as the following is an act of creative thanksgiving:

"This moment becomes a holy moment as I recognize my oneness with the One Divine Presence. I open my mind, my heart, my very being in this prayer of thanksgiving. My

gratitude is a moving and thrilling feeling, for I am open, free and sincere in my expression of love and goodwill to God and to my fellowman.

"I am thankful for the wealth of wonderful ideas that are flooding my mind this moment. I am grateful for the recognition that God's one perfect life is also my life now. I am thankful for my new friends as well as for those whom I have loved throughout the years. I am thankful for an inner radiance, an inner glow, that acts as a healing light to all who come into my presence.

"I now embody the concept of thanksgiving so that I express creative thanks through my every thought, word, feeling and action. I rejoice that I can let go of all former resistance to the inner kingdom and its riches and completely accept God's perfect goodness in all departments of my life. I give radiant, grateful thanks to the Indwelling Christ for continued light and love, guidance and inspiration. I joyfully let it be so. And so it is."

Earl D. Barnum

Wednesday, November 17

**THE NOWNESS OF PERFECT LIFE
IS MY HEALTH**

I AM the active expression of perfect life, perfect love. As I release these gifts of God into the world of action I am automatically free of any pain, discord or depression. I am enthusiastic about what God is giving to this day by means of me. I instantly know perfect life, total being, the health of God, as I prove the word of Truth by giving it, being it, releasing it into all that is done through me. As I am at one with the action of now, every trace of pain or fear dissolves into where it belongs: yesterday.

Since I am not my body I do not think of myself as body. I am the consciousness of God, therefore I am a *now* idea in action. I am the perfect means through which God acts, gives and speaks to reveal that idea to the world. I give my full attention to all that God is being through my loving, giving, acting experience of God. God knows Its health by means of me.

Tom Johnson

Thursday, November 18

I AM JOY EXPRESSED

IN JOY I experience the eternal NOW. My joy is made full by my awareness that God is Life and is my life now. This perfect Life pulsates within me as indestructible and eternal joy. My deep joy is caused by my realization of Life's eternal play upon Itself. In joy I was conceived and created, by joy I am sustained and for joy I am destined. My joy springs from the Divine fountain of eternal Life.

There is nothing in me that attaches itself to anything that is not rooted in the love and goodness of God's perfect Life. I release from my mind all that contradicts the reality of perfect Life, perfect Love and perfect Peace. As I recognize that joy is the very nature of Being, I allow this Divine Joy to permeate my consciousness and to enrich my life and the lives of those who contact my consciousness. Infinite Joy transmits Itself through me.

The Joy which is God bursts out from the center of my being.

Ruth Lambek

Friday, November 19

I EXPERIENCE GOD

THE INCOMPUTABLE Mind of God made me the individual Self which I, alone, am. I am neither a parental offspring nor conditioned by circumstance, event or product. In my adventures to make the profitably most of God's Endowments within me, I experience the Experience which God has of me.

My mind is not a laboratory for the world's confusing ideas. I am a born technician in matters of truths which free my understanding to know that God alone is Reality. I shall not bow down to worship anything secondary as supreme. I live in conscious continuity of the Joy of the Spirit contemplating Its Power and Its Glory in me as man.

Concerning all things in consistency with Divine Integrity — such as my health, my inner sense of kinship with all, my affluence, and my ways of voicing what I know most surely: I live, I trust, I succeed, I make good, I accomplish, I work wonders, I win, I am victorious.

Fritz Hermanns

Saturday, November 20

I MANIFEST EVER GREATER GOOD

GOD'S WILL is always for greater expressions of good through Its creations. As Its individualized awareness, I am that which God sees in me; therefore I am about my Father's business of manifesting ever greater good in all areas of my life.

I start by knowing that I progress as I change, not God's idea about me, but my ideas about myself.

Perfect health is my natural state of being. Any appearance contrary to this Truth is now eliminated. I know myself as eternally circulating Cosmic Energy — ageless, vital Life.

Uninterrupted circulation of abundance flows through my life, taking the form necessary to fulfill my desires. No lack or limitation is in God; there is none in me.

Warm, loving relationships fill my life, as I realize the Divine Presence in each person. I am loved. I express God through my work, my appreciation for all that is beautiful, good and true.

I recognize and praise all that is good in my life, and see this good returned unto me, multiplied and expanded.

Lorraine Ruppert Mayo

Sunday, November 21

I EMBODY NEWNESS OF LIFE

THIS MOMENT I make the decision to let go of the old and be born into the new. I cease all dependence upon outer things. I realize that there is but one Source of life: God. That life is my life now. There is but one Source of power, of strength, of ability to do. That Source I turn to now. There is but one love. I now give wholeheartedly of that love and I open my heart to receive abundantly of that same love.

Aware of the necessity of choice, I choose to let the Divine design for living guide me in my health, my economy, my relationships with others and in my every expression. I open my mind to accept inspiration and I attune my consciousness to be vitally aware of the dynamic quality of God's life in me, through me and as my very being.

I am grateful for this new look at my life and thankful that it is now established in my consciousness. With a new sense of peace, I let it be so. And so it is.

Earl D. Barnum

Monday, November 22

**I AM ONE WITH ALL
MIND AND INTELLIGENCE**

THERE IS one Mind, God, and I am the consciousness of that Mind. Within the depths of my mind are all intelligence, all knowledge and all wisdom. I am the knowing action of the eternal Spirit. The self-contemplation of the Universal Mind is the creative process of my consciousness. I use this creative process of thinking to manifest good for myself and others.

I am Divinely motivated to right thinking. Every thought that I think is valuable to God and to myself. I make certain that my thinking is in accord with Truth. I refuse to even speculate about wrong thinking, depressions or disasters. I violently deny their possible existence in my experience. There is no Truth in them, and my mind is centered in Truth.

I am always inspired to perfect action and reaction. I am always at peace and functioning in order and ease. Neither hurry nor worry has any place in my consciousness. Being one with all Mind, I live creatively and effectively. I know my unity with all the good there is. All is well.

Raymond Charles Barker

Tuesday, November 23

I KEEP FAITH WITH MYSELF

REGARDLESS of what appearances may be I keep faith with my true self. No finite concept of self can limit me. I am Infinite Mind in its infinite expression. It cannot be disturbed nor disrupted. My true self sustains its unified being. Its harmony is always manifest. It knows how to maintain perfect understanding with other people.

Wherever I go my real self is in complete control. It is not weak, nor is it humble. It is proud in letting the Infinite Good express as that which it is. Wherever I go my unified being sustains all environmental expression at the level of peace and understanding. I do not permit myself to think in a derogatory manner about myself. I recognize my real self in all of its power to be. I give no power to indecision or seeming inaction. I know that Spirit, as me, knows what it needs to know. It is ever conscious of its purpose in being and ever knows how to bring that purpose to its fulfillment. That which I am expresses always at the right time and in the right way.

Robert H. Bitzer

Wednesday, November 24

I HAVE A CHEERFUL OUTLOOK

I WALK in paths of righteousness and the doors of success open for me. God is my counselor; I receive wisdom and inspiration from Divine Mind. I fill my subjective mind with constructive thoughts of health and success and keep my thinking clear and free. Every day of my life is a stepping-stone toward greater spiritual attainments and progress.

I delight in the Law of Mind. What I think into Mind, the Law returns to me with exactness and certitude. With love and understanding I draw to me friends, success and the good things of life. I have health of mind and body because I have a bright, cheerful outlook. I do not live in the past and am not overwhelmed by negative appearances. Evil cannot touch me. The perfect design is forever coming into manifestation.

My wholesome thought atmosphere is beneficial to me and to all who contact me. I am safe and secure at all times and under all conditions because I am the beloved of God. In this thought I greatly rejoice.

Erna Wissmann

Thursday, November 25

**APPRECIATION EXPANDS MY
ABUNDANT GOOD**

THE MIRACULOUS action of Mind is active in me and through me. Appreciation of Its unique creation, which I am, expands my awareness and consequently my cooperation with It at all levels. I marvel at the creative Intelligence which designed and built my body and which, at this moment, is forming new cells in every nerve, organ and muscle of this incredible vehicle I use. My rejoicing in this continual renewing action of Mind sweeps from my consciousness all attitudes that could in any way interfere.

I stand in awe as Mind molds outer garments for my thoughts and brings them forth as new experiences. Wonder of wonders, my ideas take form through the same marvelous process that formed the sun, the stars and my body. Aware of the beauty and simplicity of this truth, I entertain only life-giving thoughts. I think in terms of wholeness, harmony, productiveness and joy. The action of Mind moves me into a richer, fuller, more abundant life.

I glory in my growing appreciation of God, acting in and through me.

Carleton Whitehead

Friday, November 26

I PROSPER AND PROGRESS

WITHOUT fear I move into the stream of life, glad to feel the accompaniment of the Spirit of Truth within me. I have One Truth to know, and I spend my days knowing it. My security lies in my certainty that the Law is absolutely dependable. I have only to LET. My thoughts of the Right formulate the efficient ways of letting.

My life is fulfilled, for I am filled full of Life. My conceptions are of more and more beauty, order, healing and happiness. Prosperity of every kind is mine to richly enjoy and share. I am freed of all thoughts of competition and limitation. There is nothing for me to resist. I speak the word of Truth silently and aloud, putting into action the patterns of wisdom that are inwardly revealed.

The many challenges of living do not exhaust the answers of the One ever present. Inspiration, intuition and insight show me the best ways of enjoying every facet of life. Heaven is going on today and my residence therein is permanently established. The fullness of my kingdom is here now.

Juanella Evans

Saturday, November 27

MY LIFE IS PURPOSEFUL

BEING ONE with the perfect Purposefulness of God, I recognize that Purpose in my own individual Divine urge, and my life becomes ever more purposeful. I do not waver nor do I fear the outcome of whatever I propose, for I do not base my proposals on physical or material appearances but find true Purpose in spiritual ideas. I know that God, Good, is ever with me because my thoughts have involved Divine Cause and Purpose into my life's experience.

I realize that I have the ability to know consciously what I wish to express, and the power to express it. I am very careful that I am not misled by appearances in the outer realm. Rather, I maintain the awareness that I am Divinely guided and that my mind is continually impressed with images of right action.

As one with Divine Purposefulness, I am controlled by love, harmony and peace, and I am prospered in my every purpose.

Hal Bockoven

Sunday, November 28

I RELY ONLY UPON GOD

IN MY relationship with God I am free to relax and let It create through me that which It is. The capacity of this inner Being — God as me — is Infinity Itself and therefore there is nothing that God cannot do through me. I deliberately turn within to become aware of this Presence, and I am guided by the power of God in all that I speak, write and do.

I am ready for the larger experience of illumination. I desire it and it now happens. I am moved out of the ordinary into the extraordinary as the genius of God takes over and directs my way, always from within.

I place my reliance only upon this inner power that transcends all previous experience, that is not contained in facts and figures. I dare to know that greatness is in the midst of me, and as I express it to my highest ability it takes over and directs my way. I am the activity and the action of my Inner Self — God, the Infinite.

Tom Johnson

Monday, November 29

MY WORD ALWAYS EXPRESSES ON TIME

MY WORD is my acceptance of the immediacy of Infinite Good right where I am. I do not have to go somewhere to let it express; I am already its expression. I do not depend upon it to do something in order to accomplish its purpose. I know that already it is its own purpose accomplished. This treatment destroys all belief that I have to wait or that I have to do something. The immediacy of Spirit is my complete acceptance. Whether I am working, resting or playing, my word is instantaneously manifest. Whether I am awake or asleep, my word is the constant manifestation of that which it is.

What I need to know is instantly made known when I need to know it. I do not have to wait for some outer confirmation, for my acceptance is complete and its expression becomes automatic and obligatory. My good cannot be delayed nor diverted, because I am Omnipresent Good. I move forth in the full consciousness that good is everywhere and that good is sustained in all that I am.

Robert H. Bitzer

Tuesday, November 30

**THE INFINITE HONORS MY THOUGHT
AND ACTS UPON IT**

I EXIST in and am a part of the one infinite Mind, God. It created me out of Itself. I am the individualization of all that God is. Therefore I fully realize my place and part in the eternal process of Being. All my thinking is instantly creative. The Infinite is always in action upon my thought, always bringing into manifestation what I think.

Today I carefully choose my basic thought patterns. I think into my subconscious mind the mental patterns I will demonstrate. These will be positive, creative and healthy. Negative ideas are nonsense and I cannot afford the results they create. I refuse to wallow in their destructiveness. I think as the Infinite thinks. I think only of the good, the right and the perfect.

I create what I want by thinking what I want. I think of the great desires of my heart. I think of the joy of being alive. I think of the beauty and perfection of my own Divine Self. I think of my present world and activities as the kingdom of God.

Raymond Charles Barker

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CAUSE FOR THANKFULNESS

LET US be thankful for the great experience of having awakened to the realization of the Divine within us, as us, and for the constant good we enjoy because of Its presence in us.

Let us be grateful for the understanding that because It is in us and we are in It, we have everything as a potential. Every good thing came to us because of It, and limitless good awaits our ability to accept It more completely.

Let us be thankful for all of Nature and everything of beauty on earth, for art, science, medicine, literature, friendship — all revealing the action of the Divine through men.

Let us appreciate the kindness, praise, tolerance, love and service of others. Let us praise God as the invisible possibility of greater life, love, health, joy, prosperity and peace in ourselves and our fellowmen.

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