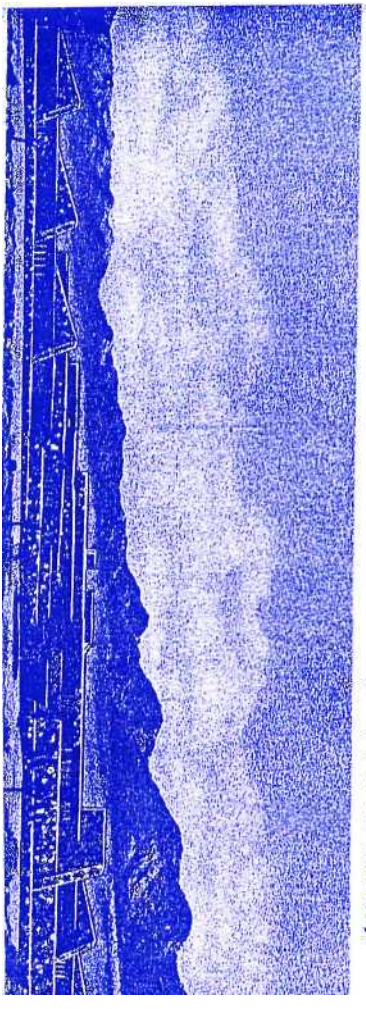

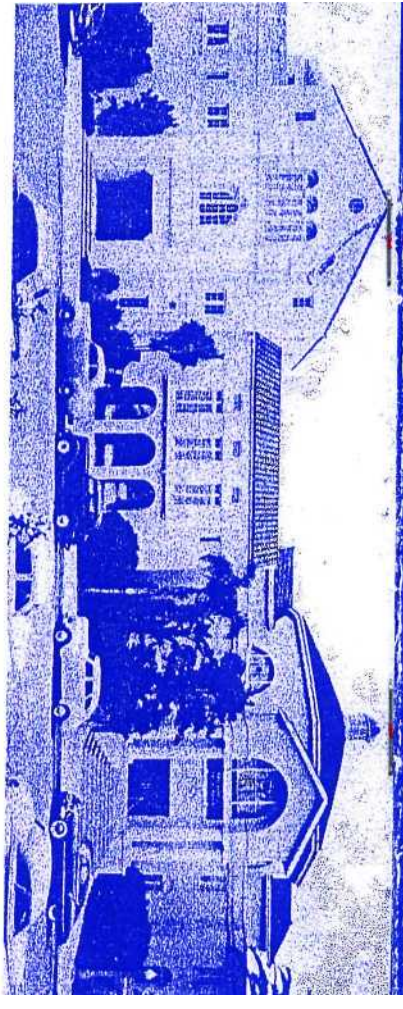

Top: Our Church in Los Angeles, Calif. Below: Caravansary of Joy at Our New City.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 5

Evolution Series No. 5

The Animal Kingdom

Secret of Ascending Human Consciousness

By

Rev. Edwin J. Dingle, F.R.G.S.

Ding Le Mei

(Founder of the Science of Mentalphysics)

LIBRARY OF VICTORIOUS LIVING

The purpose of the 50 little volumes that will make up the "Library of Victorious Living" is to present to you who read a perfectly simple and ultimate plan for living a highly successful life from every point of view. Each volume is *an* invitation to learn—as practically as you may learn anything whatever if you put your effort into it—how to discover your own true nature and your own illimitable powers.

Throughout your life, most likely, with much running to and fro, you may have been (as I was) eagerly seeking in books and teaching, in religion and philosophy, for Truth, for Happiness, for Freedom, for God —or for you knew not what. You may today be weary, fatigued, discouraged, almost destitute of hope. Many times you may have glimpsed the Truth, and then it disappeared, and left you still hungering Hungry, you sought in vain the Bread of Life—thirsty, you sought but could not find The Stream. Your search, my friend, is now at an end, if you have eyes to see and ears to hear.

No matter what your religious beliefs—indeed, no matter what!—that which you have always sought IS WITHIN YOU. This is Life's most sacred secret. From a careful study of these little books, it is given to me to know, you will gain immeasurable spiritual benefit. As you read, it will be to your Higher Self that you will listen.

If you are ready, as you read and study you will hear the voice of your Higher Self speaking forth from your own heart the secret of Health and Happiness, Success and Abundance, Freedom and that Peace that passes knowledge. Be patient. Be zealous. Learn to surrender into the Joy of your own LORD within you.

THE AUTHOR.

The Science of Mentalphysics

was founded in 1927

THIS IS THE FIFTH OF THE "FIFTY LITTLE BOOKS"

Secret of Ascending Human Consciousness

By Edwin John Dingle, F.R.G.S,
Founder of the Science of Mentalphysics

INTRODUCTION

This is the fifth of the "Fifty Little Books" that make up the Library of Victorious Living. It explains the purpose and place of "The Animal Kingdom, God's Fifth Cycle of Expression" in the Cosmos, and the lesson Man (you and I) must learn from it in his advance in evolution.

Turn your eyes to the bottom of the opposite page, and you see enumerated for you the Seven Kingdoms of the Universe (God's seven cycles of expression in macrocosmic evolution).' These seven ascending steps are coexistent in Man, and this is Life's greatest secret. The scientific philosopher knows that ALL THAT THERE IS is potential within Man. That is the one hidden truth of Life—WHATEVER IS, MAN IS! This may seem to be a profound subject, and it is; yet, when Life brings us to the point where we are apparently hopelessly immersed in the Riddle of the Universe, we learn how very simple is the Universal LAW in which

we live and move and have our being, and how easy it is to succeed in life instead of fail. In the Macrocosm, awakened Man has a perfect picture of his own divine future in the Microcosm—a perfect WAY that he has to follow to come into his full divine destiny.

This WAY of the Creator, this ordered path in evolution, has so far been unfolded in the four Little Books that precede this present volume. It is the author's hope that in considering the entrancingly interesting topic of "THE ANIMAL KINGDOM," you may become further enlightened into the mysteries of Creation. Read patiently. Do not hurry. Go back over and read the. second time any passage that may not appeal to your reason. Do not lightly throw aside this little volume. Though you may not at present see how this can possibly be so, your careful study of what is printed in its pages will enable you to unravel every tangled skein in your own life, and cause you to see that you are infinitely more powerful than you now consider yourself to be.

I hope that you have read the four previous Little Books, and, if you have, I am sure that you have learned that Man is neither the slave of circumstances nor the blind sport of the Gods. You have seen that if is only by transforming yourself that you are able to transform your world —you, of course, transform your whole world by transforming your **thought. . . . "Be ye transformed by the renewing of your mind!"** What truth there is in these Words! Incidentally, I am writing this on 'November 28, 1950, when all mothers were expecting that their sorts would re-

turn from the Korean conflict by Christmas . . . yet the surprising headlines today tell us that "MacArthur Says New War in Korean Crisis!"—if could conceivably be World War III.

It does not look at the moment that Man even desires to transform his world; it looks as if he actually is the slave of circumstances. Yet the impulse of perfection working unseen in the Universe, though outer evidence may. seem to the contrary, has become self-conscious in the human *race.* Progress merely **happens** in the subhuman world; in the human world if is **willed.** The history of the past—your past, my past—shows us that if we choose wrongly, will wrongly, we shall sooner or later be eliminated.

Every human being, however, can participate in the process of creating a better world for himself, by learning to understand the eternal purpose of the Universe (of which he is a part) and identifying himself with it. This is Universal LAW, irrevocable, inescapable. Man—you and I—is self-willed. The exercise of self-will is the prime necessity of his life. This is true of YOU, true of me. But our self-will, we must never forget, must be reconciled to Universal Law—if you wish, the Law of God. Learn to know this Law, and allow if to order your life, and you have the Secret of Victorious Living.

This is the sacred purpose of these Little Books, which, I hope, will lead you to consider in due time the inner teaching of the Science of Mentalphysics. There exists **within you** a mighty power that can take you ten times as far in the accomplishment of your hopes and ambitions as

you have ever gone before. You have the power now within you to make of your life precisely what you desire it to be. These words mean exactly what they say—you may become the MASTER of your life on ALL planes, IF YOU WISH TO LEARN THE WAY. May this little volume bring great Light to your mind.

PART 1: SYMBOLOGY OF THE ANIMAL KINGDOM AND THE LESSON IT TEACHES

Now, in the four previous volumes of this Library of Victorious Living, I have dealt with the first four cycles of God's expression in the Universe, as follows:

1. "The Secret of Victorious Living": with the ETHEREAL Kingdom, the Great Beginning . . . "In the beginning was The Word."
2. "Light—The Great Beginning": with The SIDEREAL Kingdom . . . Onward toward God's Unutterable Effulgence.
3. "Mystery of the Life-Giving Principle": with The MINERAL. Kingdom, the Womb of Nature.
4. "Eternal Symbol of Human Evolution": with The VEGETABLE Kingdom, the First Sacrifice, the Making Sacred of all Evolving Life . . . Birth of the Miraculous Substance.

This volume—"Secret of Ascending_ Human Consciousness"—deals with **The Animal Kingdom—The First Quest;** and in this Evolution Series two volumes follow, which deal with **The Human Kingdom** ("Man—The Monarch of the Universe") and **The Celestial Kingdom** ("Final Jubilate of Man's Evolution."

(a) The Drama of Animal Life Over Millions of Years

All the world is a stage, and on the stage for many millions of years there has been played the drama of animal life. Every living organism in the Animal Kingdom—and indeed in the next higher also (the Human Kingdom)—all the actors have changed in the course of ages. On the whole, they have become finer. The stage has changed and increased in its beauty. With the common aspiration of all life-organisms to reach from the lower to the higher, which is Life's evolutionary LAW, the plot, too, has changed and become more intricate. The stage, however, is the same old earth. The actors seem to be engaged in the same old ways. What is called God's Law, though in Man's world it may seem to be otherwise, is seen to be the same and unalterable. Organic evolution is a process of **becoming,** and, if you be wise, you can see, no matter where you look, that all forms are descended from forms which were on the whole simpler and less complex, on and on back until you lose your clues in the thick mist of Life's beginnings of expression. When you try to get a picture of the sublime process of organic evolution, which has so continued for several hundred million years, you must stand in awe at the Universal wisdom. Only an elementary study of natural history is necessary for you to notice the multitudinous production of individualities in the Animal Kingdom—there are, for example, over a quarter of a million different kinds of evolved living animals,

each itself and no other. Then, as a student of nature, you are at once impressed with the persistence of animal life for survival. Again, you notice in evolutionary development within the Animal Kingdom, the amazing adaptation of all animal life, and how the mental aspect develops and becomes increasingly masterful.

No one can but be impressed with this truth, as he thinks about it. When we throw the light of our THOUGHT upon any problem or fact, we begin to understand it better. Of course, whatever and all that we are is the result of our THOUGHT. A simple expression of Truth, to be sure; but a fact of paramount importance. **Your whole universe is the sum-totality of your THOUGHT,** to which I shall refer later in this little volume.

(b) The Animal Kingdom Great Triumph of Life

While the general ignorance of human beings of the Animal Kingdom (or, for that matter, of all the other kingdoms) should make us hang our heads in shame, we in the Science of Mentalphysics are able to comprehend what we clearly see as an identical and unalterable Law of Life everywhere.

For example: You may go into your garden and lie down on your lawn, never giving a thought to the truth that you are lying on literally thousands of different animals and plants, besides the grass you see. There is on record in our Department of Agriculture, an expert's report that in two square feet of ordinary American soil he found

1,254 "animal objects" and 3,113 "plant objects"—this would not, of course, include bacteria, for they would run into countless millions. Another expert has declared that if the little threadworms in the soil of a ten-acre field were placed end to end, they would circle the globe.

In **the Animal Kingdom,** there are over a quarter of a million different kinds of evolved, living animals.

Think of the animal life under, upon and above the earth alone! What a gigantic battleground of living things! Literally hundreds of millions of years of evolution from the giant crests of the Himalayas to the great ocean abysses, from wide waterless deserts and dismal caverns far. below the earth's surface to dense tropical forests and jungles, from animals that still wander wildly in their natural habitat to others, once wild, that now render willing labor to Man who has tamed them.

A moment's contemplation upon the **Animal Kingdom** will reveal to you a great triumph of Life! And though Man's ignorance of his home, the earth, and all that is in it, is colossal, we are as far beyond our early forebears in scientific research and knowledge as a modern mechanic is beyond the man with a flint and crossbow.

(c) Early Evolution and Its Law

So far in these Little Books, we have taken a general and symbolic view of the Kingdoms of Life far below the Human Kingdom, into which you and I have evolved. We investigated the **Ethereal Kingdom,** which might be called

the Great Beginning and God's first cycle of expression; we then entered the **Sidereal Kingdom,** the Kingdom of Light and God's second cycle of expression; then on into the **Mineral Kingdom,** the Kingdom of Forms, God's third cycle of expression; further on into the **Vegetable Kingdom,** the First Sacrifice, God's fourth cycle of expression, in which we showed that until Man learns the first sacrifice, the **"making sacred"** of all Life, he cannot hope to make true spiritual progress. In these previous volumes, we were impressed by the ignorance of Man concerning what is called Nature and I feel the same remark can be made regarding The Animal Kingdom, God's fifth cycle of expression. Few know much of the divine evolutionary action at work in all the seven kingdoms, yet it is obvious to you, a thinker, that until men learn that all the principles embodied in all the subhuman kingdoms are embodied in Man he cannot expect to be the master of his own life conditions and learn the Secret of Victorious Living. I mean that the same power and LAW that causes the stars to shine, the ocean to roll, the grass to grow, the lion to roar, the insect to crawl—and so on **ad infinitum—** is present in Man, crucibilized into increasing right understanding by Man, leading him on in perfect order and unfailing development to his full true divine nature, in and at one with God, the Author and Creator of All.*

*Read again about the one final secret of life, as given to you in the first of these "Fifty Little Bocks." Address the Institute of Mentalphysics, 2T3 So. Hobart Blvd., Los Angeles 4, California, U. S. A., if you have not acquired "The Secret of Victorious Living" (Evolution Series, No. 1).

(d) "Man, Know Thyself!" . . . and Become the Victor

This little book should not be regarded as a treatise on zoology or botany, biology or anatomy—there are many channels through which information on the evolution of Life leading up to animal life (and beyond) may be acquired. Here we are interested only in reviewing the seven kingdoms, to learn the unfaltering analogy and correspondence between God and His works, between Man and God, between religion and science, between the outer and the inner; and, if possible, to prove to ourselves that "as above, so below," and, finally, to come to know that **Man is God in Human Form.** This knowledge can come only as Man comes to **know himself!**

Writes a very learned Oriental philosopher:

He who knows others is learned;
He who knows himself is wise.
He who conquers others has power of muscles;
He who conquers himself is strong.
He who is contented is rich.
He who is determined has strength of will.
He who does not lose his center endures,
He who dies *yet* (his power) remains and he has long life.

Of course, all students in Mentalphysics are learning that ALL THAT THERE IS. is potentially within ourselves. How familiar that is in all the writings of Mentalphysics. "All that there is is potentially within ourselves!" That is the one great truth—that is the **final** truth that is embodied in **all** Truth: WHATEVER IS, MAN IS. Through your inner

vision, therefore, you are able to comprehend that your whole expression has been through all the kingdoms we have been and are discussing.

To the uninitiated this is not easy, as a matter of fact, to comprehend. Life seems to be so different from what it is. Happy is the rising of the Awakened, happy is the devotion of those who are at peace.

(e) Animal Kingdom Teaches Man to Awake and to Relax

If the Animal Kingdom teaches men anything at all, it is the "awakening" and the relaxation into peace. For every developed animal is either constantly awake and alert, or so completely relaxed that all his senses are quiescent and in equilibrium, causing him to know when he does not seem to know, and to manifest a height of understanding that always astounds us.

If you who read study faithfully this watchfulness in the Animal Kingdom, you enter upon a quest for the missing key to YOUR own inner understanding.

Wherever you look in The **Animal** Kingdom, you see an evolved conscious form. You look backward into Nature —into the Mineral Kingdom, for example—and you see forms, but you do not see the degree of consciousness within those forms that you see when you look into the **Animal** Kingdom. The same applies, of course, to the Vegetable Kingdom, though, as you look into the Vegetable Kingdom, you can see in the grasses and the trees

and the flowers, and so on, a life expression that seems to be more in correspondence with your own Spirit than when you look into the heavier Mineral Kingdom or into the silent womb of the Ethereal Kingdom (all of which have been dealt with in previous Little Books)

(f) The Animal Kingdom Teaches Spiritual Watchfulness

I have only one thought in my mind as I write on the **Animal** Kingdom, and that is that every living, moving form in the **Animal** Kingdom teaches the human being watchfulness.

From the very crudest, unevolved form in the **Animal** Kingdom, you will find that when its body is opened to the light, it moves. You go into your garden and kick up a stone; you may find a lot of sow bugs or things of that nature that instantaneously move when the light strikes them. Why? Well, **you** know, of course! You know that all life forms are in correspondence with the kingdom immediately previous to their own kingdom. There, in the **Animal** Kingdom, they are in correspondence with the Vegetable Kingdom and especially with the Sidereal Kingdom (and its Light). The greater the light, the greater the movement (the motion), which means greater increase in the vibration of Light within themselves, leading them on and up to their present kingdom; and, successively, into the kingdom next above them.

The same LAW applies to human beings.

We go along in a humdrum kind of a way, and then, occasionally, we see something, we hear something, we become aware of something, which is slightly higher in consciousness of Light than that which we are ordinarily accustomed to. Then, we say, "Ah! How wonderful!" We awake! We sit up. By virtue of greater Light within ourselves, thrown upon the phenomenon (of whatever nature), we are then led upward. For example, I do not doubt that you who now read these lines, when you read or when you speak, prefer that your mind be employed upon the higher things, the expression of the higher things—rather than upon the lower things of Life. Generally speaking, enlightened people prefer to think of Heaven than of what is called "hell"; of Light than of what is called "darkness"; of health and beauty and strength and joy and youth and the full expression of Life than of the reverse. Why is that? Why do we not settle down like a hog in its mire and think of things that would lead us backward? Well, it is because of what is called God—God's Law, Light, Wisdom, Truth, Life, and ALL THAT GOD IS—within us. God's Life is ALL! We are God's Life! God's Life in us propels us unconsciously, and at last through practice successfully, to live according to our increasing understanding of the ALL THAT THERE IS (God) that expresses through us. Seemingly "our" life, but actually God's Life (which we are).

The light that is in us is constantly churning, so to speak, causing our whole being . . .the being of our physical body, the being of our mental body, the being of our

spiritual body—hope and inspiration and aspiration, and so on . . . **to inspire us upward!** That is LAW and UNIVERSAL INTELLIGENCE acting in and through us, that we may finally become what we are—GOD IN HUMAN FORM!

It is true that on occasion people commit murder, they lie, they thieve, and so on. It is true. But even then within them, there is "Something" (they have to live with themselves!) which tells them that what they do is most foolish.

(g) Power of Universal Thought in Your Watchfulness

You see a little child and the little child "gets out of hand", as we say. It goes on and on and, perhaps, the mother does not know what to do. Then, she says, "Now you go away to your own room and think it through! Think about it!" In nine cases out of ten, the child will come back a very different child. When it has been left alone in its own stillness, the Light which controls, which impels, which unfolds itself through the child, brings Light into its mind and the child says to itself, "Well, Mommie is right! I have been an awfully naughty boy (or a naughty girl)!" Then, the child will come and be all full of smiles. For a time, it seems that things are all "hunky-dory" again and the child goes on, probably only to slip back again, however, but still to go on and on, and ever on and ever up. That is the way, is it not, of Life and

how Life expresses, no matter what the kingdom we may be considering? We see throughout the Universe that the Law of Growth in consciousness is the Law of WATCHFULNESS always. And we can also recognize that the LAW of WATCHFULNESS is nowhere more discernible than in the Animal Kingdom.

We can certainly see that it is the Law within the Human Kingdom, and the Law within every human being within that kingdom (with which I shall deal in the next little book, "Man—The Monarch of the Universe".)

PART 2: WHAT YOU AND I MAY LEARN FROM THE ANIMAL KINGDOM

The **Animal** Kingdom, as I have said, teaches the human being WATCHFULNESS, You may take the lowest form in the Animal Kingdom with which you are familiar, you may take the highest form in the Animal Kingdom with which you are familiar, and you will find this watchfulness to be universal in all animals; easier, of course, to see it in the more highly developed animal. Take your own dog! Your dog will lie at your feet as you are, say, reading your paper; he instantaneously becomes conscious, by hearing or feeling, of any sort of phenomenon long before you become conscious of it. He does not know how he does it!

Similarly, the human genius does not know either how he does what he does! Shakespeare did not know how he wrote! Beethoven and all the great musical masters did

not know how they captured their melodies! The great orators of life speak, but they do not know how they do it! And with the great majority of geniuses, when they have done what they have done, it seems to be merely according to the UNIVERSAL LAW (within them, it is true, but apparently far and away more true in its knowledge than they themselves are) that "It is done!" They not only do not know how they did it, but, in many cases, they scarcely believe that they have done it! It is the result of inherent watchfulness . . . of what?

(h) Watching What? What Do We Watch?

Well, you and I can say that we have had experiences when we have been far greater than we ordinarily seem to ourselves to be. Our mind is clearer. Our feeling is truer. We know that we know, but may not know how we know. At such times our own thought seems to be at work in such a manner that without any apparent effort on our part, we are sure of the rightness of what we think. And, if you notice, at such times it seems as if you come to know what you think about more by a subconscious process than a conscious process of your thought. So strong is this feeling within you that at such times you feel that there is something that transcends your own thought, indeed, at such times, you realize that there is no such thing as "your own" thought—and this, my friend, is a deep secret.

And it is true! There is no such thing as "your own" thought and "my own" thought. ALL IS GOD!

Of course, we know that we are thinkers, but, through such experiences as I have referred to, we know that thought is universal . . . just as your dog so clearly portrays the universality of thought when he becomes much more rapidly conscious of any phenomenon than you do. Yes, thought is universal. How do you know? Well, you know beyond dispute that BREATH is universal—arid that Breath is LIFE. We know that no matter what name we give to It, this One Eternal, Unchangeable, Universal Substance is indivisible, is unchangeable, is universal, is everywhere present at one and the same time, and its quality of Energy and Wisdom never changes. The Universe is simply one great vibrating THINKING THING—the works of what men call God.

(i) Thought Is UNIVERSAL Substance, As Is Breath

Let us think of thought for a moment as universal. Thought is a word. If you had never heard of the word "thought," no matter how many times I used the word to you, you could not understand. But when I say we live in a great ocean or realm of thought, I am quite sure that you understand what I mean and you get the idea within your mind, to the degree that you are evolved to understand it. Some will know more than others, but, at the same time, we all know what we know! Now, if you can imagine (which is not easy) universality, everywhereness, everlastingness, and unchangeability within the everywhereness, then you may be able to get an idea of what

thought is, because in the everywhereness there is nothing but what people call God. They may think of God as Love. They may think of God as Light. They may think of God as Life. They may think of God as Thought. They may think of God as many things, using a word to portray the individual idea of the nature that they wish to convey. But, as a philosopher, you can see that all the words that you use mean the same thing, when you speak of what you believe you know God to be. I mean by that that when you speak of **breath,** or thought, or love, or peace, or any other word that you use, you portray to yourself your idea of the Universal Force. Everyone can see that he lives in breath, (or in any "other" force which we employ a word to describe). Everyone can see, no matter how little he knows that he cannot live without breath, because he knows that by breath he has always lived. And then, he looks from himself to me or to you or to any of the innumerable number of forms in all the kingdoms, and he can sea that he understands a Universal Law—because nothing, nobody, anywhere, under any condition, can live unless it be through breath! That is simple for him to see!

(j) How Universality of Thought Is Expressed

If you change the **word breath** and you say, **thought,** you know that the portrayal of the idea, the essence of the idea, the nature of the action, is precisely the same. In other words, we can-see that we all live in Thought; we

all live in Breath; we all live in Light; we all live in Love. It does not seem to be so, but it is true. If we do not live in Light, or in Love, or in Health, or in Breath, or in the verities, then we, as people say, automatically "die." We are swished around, and we perish in the ocean!

Therefore, **we live in an OCEAN OF THOUGHT!**

Now, how does it work? Well, it seems that you are "there"; I am "here". It seems to be so, and it is so! You are not "here"! I am the only one who is "here"—you are "there". Simplify that idea in your own mind and you can see that there is an individualisticness, a separateness, about every form on earth. Even if you were to come as close to me as would be possible, yet, you would still be separate from me—I would be separate from you! We know that it is the "in-betweenesses," the little tiny emptinesses (or empty spaces) between every form and every other form that enables all forms to live. You may be medical students! Well, look at that hand. Why is it that I am able to move my hand? Is it because of the solid substance of it? If my hand were all solid substance, I would not be able to move my hand. Take my mouth: if my mouth were solid, would I be able to use it? If my knees were solid, would I be able to bend them? . . . anything. Do you see the point that I am making? It is by virtue of the "in-betweennesses" that things live! Take a load of lumber: if you put it on the ground and leave it there long enough, it will rot. But, if you take one plank and put it crosswise on another plank and stack them all up, allowing the in-betweennesses, the emptinesses, to be

created, the wood will dry and will last a much longer time than if it were not stacked in that manner.

(k) "In-Betweennesses"—A New Idea

The time is coming when even scientific medicine will prove that when there is dis-ease in the physical body, it will be not because the substance itself is diseased, but it will be because the in-betweennesses, the little emptinesses, between and within every cell in the human body, have become congested. This may be a new idea for you! Your eye . . . what a wonderful thing is the eye, but it would be worthless if it were solid, if it were not for the in-betweennesses in the cells, and so on! All through nature this is is a LAW.

One of these days, science is going to see that what is called light, which they most glibly say travels, moves, at the rate of 186,000 miles a second, really does not move at all! If I move, or if anything moves from this object to that object, it is self-evident that there is an emptiness through which it may pass. But what happens? Does that imaginary passage remain empty?

The whole Universe is filled! The Universe is filled to overflowing!

With **what?**

Well, for the purpose of our talking together, in this way, WITH **THOUGHT!**

(l) Our Own Liberty of Thinking

Here " I " am in the center of my Universe. "You" are

in the center of your Universe. Everything that I think is the increase of greater Light coming within me from without me, if you can reason like that. The "without"-is God, and the "within" is me, with all my mechanisms. So, **thought** strikes upon me and, instantaneously, by virtue of the power of the principle of the Sidereal Kingdom within me, by virtue of the power of all the other kingdoms within me, I receive the idea! Now, when it comes to me, I can do whatsoever I wish with the idea. It comes to me, so to speak, as the center of my Universe from the great Ocean, and it comes in and it becomes mine. I can do what I like with it. I can get an idea and I can say, "Pooh! It is not worth a button!" And I do not use the idea. I can create quite a contrary idea, however, and say, "Ah! Eureka!" and I might conceivably revolutionize the world! (But, my dear reader, I am not talking about myself—I am TALKING ABOUT YOU!)

You can see, therefore, that in the ascendancy of Man from his first entrance into the Human Kingdom to the. Celestial Kingdom that this is the procedure and the process. Every thought that we think, every sensation that comes into our mind, every feeling that comes into our body, as it seems, every possible phase of consciousness, enters, and becomes our own. We use it as we wish. What a wise God, "God is, to give us the choice and the liberty to do. whatsoever we will with . . . what? . . . our "own" thought?—no! . . . God's thought! **God is Thought! God is Mind! God is Light! God is All That There Is!—**

and ALL THAT THERE IS, YOU ARE—I AM! And all that there is, IS GOD.

Now, think of your dog. He lies with his front paws." snugly over your feet; then, he hears a sound. You, however, did not hear it! He sort of wriggles around, he still hears the sound, and then he begins to growl softly! Then, "Woof!" You say, "What is the matter?" He was watchful: you were not! He heard the sound, and thought about it, long before you did!

I repeat again—the Universe is simply one great **THINKING** THING!

Marcus Antonius wrote, "Such as are thy habitual thoughts, such also will be the character of thy mind; for the soul is dyed by the thoughts. Dye it, then, with a continuous series of such thoughts as these: that where a man can live, there he can also live well." Thought is the essence of Man, and without this we cannot conceive of him.

If it were possible for me to exhibit a certain quantity of Mind-substance and send it to you, there would be no need to try to explain, nor would there be any need **for** you to try properly to make the personal effort to gain your own conception of its power. But that cannot be done. **We have then to regard Mind-substance as the thing by which is set into operation the Energy that causes Matter to be in Motion. Mind-substance can only be KNOWN to you by its results—Thoughts, Thought-forces, etc., and their effect in your own life.**

(m) The Threefold Nature of Man

The differences are—and you should let this root deeply in your Mind—

(I) MATTER . . . Is the thing that the Soul uses to clothe itself in.

(II) ENERGY . . . Is the thing that the Soul uses to act with.

(III) MIND-SUBSTANCE . . . Is the thing that the Soul uses to THINK with.

It is necessary to get this conception, for as you proceed you will nearer and nearer approach the truth that Thought is the ONLY thing that you have and that you use —everything being dependent upon, and emanating from it.

(n) God—Love—and Thought

Reason like this: **The air** (you may call it Prana, and you may now have your idea of Prana) **is invisible**—cannot be touched, seen, handled, tasted; yet it is THE one substance which every living thing in the Universe is dependent upon. "For in Him we live, and move, and have our being," etc. (Acts 17:28). "He," "God," the Mathematical Mind of Life Itself, that in which we live and move and have our being, is **Chemical Substance.** Therefore, you are a chemical thing, and your life activity is **chemistry in action.** God is LOVE, you say . . . Love, the "greatest

thing in the world." Just as every living thing is bound together indissolubly with Breath, which is Life, so, then, is every living thing bound together with LOVE—for God (All That There Is) is Love. Love, then, is the chemical substance upon which every living thing is dependent for LIFE ITSELF. Love IS Life. Love as intelligence also never descends lower than its highest ideals. If so, it annihilates itself.

So one could go on writing like this, taking every substance he cares to think about, and trace it to One common Source, God,. the Origin of All Things. Your THOUGHT, too—Thought is invisible, intangible, cannot be seen or touched, tasted or handled, but Thought is chemical in its nature, for the influence of a thought produces an effect which corresponds exactly to the chemical nature of the thought itself.

GOD—the CREATOR—LOVE—LIFE—THOUGHT . . . is Chemical substance.

There is but One Substance: every different separate part of it, in all its endless manifestations and embodiments, visible and invisible, comes from it. And whether it be the foods and the water we eat and drink, the thoughts that we think; all organic and inorganic substances; that which the scientist calls electrons, or matter . . . there is but ONE SUBSTANCE, out of which everything is created, and from which everything sustains its life.

THOUGHT is chemistry, and all that you can know will be made known to you through the chemistry of THOUGHT. "As a man thinketh in his heart, so is he."

(o) More About Mind Substance

But while you know that you think, **few know what Thought is,** and it is difficult for any Teacher precisely to teach his students what it is—though you can see that you have at your command and do use a SUBSTANCE when you think—for **you cannot think with NOTHING.** You have seen that the whole Universe is CHEMICAL SUBSTANCE. You have seen that Every Living Thing (and there is no such thing as a "dead" thing, speaking chemically, for there is no place where Life is not) has an embodiment; there must be the embodiment through which the Spirit, through which **Life,** must express Itself. Some embodiments can be seen and felt; others, more subtle, cannot be seen and felt.

MIND SUBSTANCE is one of the subtle substances that cannot be put under a microscope and investigated. For example, you cannot go into a laboratory, and place your Thought Substance under a microscope, and then come to me and say, "Look, this is My Thought." But you CAN SIT DOWN WITH ME AND TALK TO ME AND **SHOW** ME THE PRODUCT OF THAT UNSEEN SUBSTANCE **THAT YOU USE WHEN YOU THINK.** The same with many other substances.

The power and the subtlety of the Wisdom of Life Itself. as seen in the thought of the Animal Kingdom is beyond our comprehension. You find it in any animal, whether it be (as we say) untamed, or whether it be tarried; We human beings proceed all the more quickly in our conscious evolution as we learn this lesson of watchfulness.

(p) Watching for What? . . . The Question Answered

I have not answered the question, however—WATCHING FOR WHAT? We are to watch for all the beauty and the Light and the Love and the Truth and everything that is perfect and Godlike, which is constantly moving in this Great Ocean in which we live and move and have our being. The ocean is WISDOM, understood and known by us through **thought.**

When in your evolutionary journey you reach the point where you **become Wisdom,** and order your thought and feeling and action consciously in Wisdom, then indeed you will be in Heaven. . . . this is the Secret of Victorious Living. Possible? This, my friend, is for you to decide. If you **think** it possible, and hold to the thought, then your whole world, through your thinking, becomes transformed.

No matter what you decide, if is possible for you; that is the Truth. If I had more space I could elaborate upon this, but, even so, YOU may not believe it. Whether you believe it or not makes little difference to me, but may make a simply vital difference to you. You may be ill and unhappy, poor or broke, without a job or in the wrong one, without friends, feeling that your life is a failure. In spite of occasional inspiration to do better than you have done in the past, things do not improve—and **you may think they cannot be improved.** Many people are like that, and refuse to listen to anything to the contrary. I hope you are not like that, for, if you are, what you may

call God Himself cannot help you. But if, my dear reader, you have been encouraged in any way by what you have read in this little volume, then **"believe that ye have it!"** Begin to seek, and I will help you if I can.

Your first step?—just Write to me, and I **know** that I can put you on the right track. Moreover, I shall be glad to hear from you.

Meanwhile, remember that the conditions of conquest are easy—conquest by YOU over all problems and troubles of whatsoever nature. These are true words. May you listen to the Inner Voice as It unmistakably tells you what to do.

Peace be unto you.

CONCLUSION: SUGGESTED PRACTICE FOR THE COMING WEEK

My dear friend, you may feel, now that you have read this fifth of the "Fifty Little Books" that you have been merely reading words addressed to you by a mere human being; but this is not so, though it may seem so. You have certainly, in a way, been listening to my voice, but you have, I trust, with all my heart, been listening to another Voice . . . the Voice of your own Highest Self, The Voice of your own divine being, the Voice of what you may call God within you.

If so, continue to listen:

"Yea, listen to Me, that you may learn of Me and my Eternal Way in you. You desire to learn of My mysteries? Then, fear not, and My mystery in what you call 'your life' will be revealed to you, if you truly wish to know.

"Who am I? I am YOU, I am Your Divine Self, I am the Master within you. I am that part of You Who IS—the same yesterday, today, tomorrow, forever — I am the KNOWER within you, your True SELF, your Teacher, your God. It is I who sit within you that you now hear. I always await my opportunity to speak, for it is I who directs your thought, your feelings, your actions and all your ways.

"It is I who have been with you always, through all your joys and heartaches, your successes and achievements — also your mistakes.

"It is I who have been with you through all your evil-doing, your back-sliding, your wanton ways, your crimes against your brother and against God.

"No matter where you went—onward, backward—upward, downward—straying helplessly from the Path you knew you should have trod; it was I who brought you through. And I shall continue to stand by and show you how to do all the things you wish to do, for your own eternal growth or even for your own undoing.

"I am your Innermost One. I am the Cause of your Being, and the Root of all that you are. I am Infinite. The Universe is My Body. I am All Intelligence, All Love, All Power, All that There Is. I am You—I am the Dweller in

You. You know Me, and sometimes incline yourself to listen to what I say.

"You have read about the Animal Kingdom today, learning its stillness, rhythm, and watchfulness. This is eternal action of Me and My Creation in what seems to be non-action. But you do not believe all that you have read, for you still rely upon what you fancy to be yourself, not knowing yet that you are what I Am in you, the Root of you. You have not yet found perfect joy in your life, because you do not yet know that My Life is your life, and do not yet know the happiness of those who have learned how to be still, rhythmic and in My Peace. When you shall have come to know, you shall speak, and My sound through you shall be as if water is flowing and My understanding and My Wisdom alone shall be expressed through you.

"Would it not be better for you if you listen to My voice in you this very day, and settle down in stillness, preferring to hear within yourself the music of My spheres?

"All the subhuman existences of Me and My Cosmos exist for the purpose of your observing, being still, not saying, 'See how great I am,' but submerging, effacing thyself that thou may'st recognize Me in thyself—I art) YOU.

"Thus will you forget what seems to be the real of yourself, but which has only to do with your own individuality, and is not Me in you.

"If you will recognize Me in you, the 'Little Book' in your hand will bring you Truth. Follow offer Me if you wish to be wise, and heed My instruction. Rest, and feel ME thinking through you, and as I think in you, so shall you become. Fail not in this instruction. Peace be in your heart forevermore!"

Your Practice for the Week

Sit in a comfortable position, with the spine erect. Watch your own breath and see how even and strong and equable it becomes, how STILL you become. Then, when you feel that you are still within, declare these words audibly, but in such a deep slow way as not to disturb your feel of equability and even rhythm in your body and your mind.

"The Creative Spirit did not create disease, decay, old age or death. These ideas are superimposed by the Mind of Man.

"The Creative Spirit did not create fear and failure. I refuse to accept these ideas. They have no power over me.

"I am free—free—free. I am free in Wisdom. I am the Master of My Life."

. . . . .

Repeat these words several times, with a short period of rest between each declaration. Then go silently into

sleep. You need not know yet exactly what you are doing, but you may look for rapid beneficial result.*

*This is a most simple exercise in Meditation. To learn more about the science of your own mind, you. may acquire a book from The Institute of Mentalphysics—"How to Meditate"; donation one dollar. There are also other publications which should interest you. Write and ask for information.

213 South Hobart Boulevard,
Lot Angeles 4, California, U.S.A.