The Institute of Mentalphysics

MENTALPHYSICS is that interpretation of all religions and philosophies which is being sought by everyone. Here their inner truths, their practical application in everyday life, and their reconciliation with Science, are embodied. Mentalphysics is the key which unlocks the door to the hidden meaning of the Bible and all Holy Books. It is, in fact, the Gospel of the New Age—a power in the hands of those who faithfully follow its principles which lead to self-mastery, the realization of our highest capabilities, and their actual demonstration in physical vitality, prolonged youth, intensified talents, superior intelligence, growth of character, nobler and more abundant lives.

Happiness, joy, peace, harmony and the victorious accomplishment of our worthy aspirations, all reside in the power to which Mentalphysics is the guide. The practices taught have been found by hundreds to be revolutionizing in their effect. A method is taught, rather than a creed, a method which has been used by wise men for thousands of years to avail themselves of powers little known to the multitude, to approach greater knowledge of the immensity of Man's true capabilities, to rise victorious over sickness, and want, and unhappiness—to realize the final Truth of Life and the final Victory of Man.

THE INSTITUTE OF MENTALPHYSICS
213 South Hobart Boulevard, Los Angeles 4, California, U.S.A.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 11

Man's Ladder Series—No. 4
(Right Conduct)

Mystery of The Warrior Within You

By
Edwin J. Dingle, F.R.G.S.
Ding Le Mei
(Founder of the Science of Mentalphysics)

LIBRARY OF VICTORIOUS LIVING

The purpose of the SO 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.

THE EVOLUTION SERIES

These little books, one of which should be your study for a whole week, are available to you as follows:

No. 1—God's First Expression in Man.....The Ethereal Kingdom
No. 2—God's Second Expression in Man.....The Sidereal Kingdom
No. 3—God's Third Expression in Man.....The Mineral Kingdom
No. 4—God's Fourth Expression in Man.....The Vegetable Kingdom
No. 5—God's Fifth Expression in Man.....The Animal Kingdom
No. 6—God's Sixth Expression in Man.....The Human Kingdom
No. 7—God's Seventh Expression in Man.....The Celestial Kingdom

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.

THIS IS THE ELEVENTH OF THE "FIFTY LITTLE BOOKS"

Mystery of the Warrior Within You

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

INTRODUCTION: LOOKING BACKWARD . . . "AND OFT A RETROSPECT DELIGHTS THE MIND"

This Is the eleventh volume in the Library of Victorious Living, "Fifty Little Books" which form a week-by-week whole year's reading, study and practice of the ART of Living. Each volume is complete in itself—that is, it is a complete lesson in itself; but each previous Little Book lays the foundation also for the ones that follow. The serious student is, therefore, advised to acquire those volumes which precede this one, so that the whole of the principles and secrets of truly Victorious Living may be systematically studied and practiced.

Titles of the whole Library may be consulted on pages 31-32.

Truly to **live victoriously** is by no means as hard as at first it may appear. Life is ordered in LAW, and all that a man or a woman must do to come into victory is to learn certain laws, principles and secrets; living by these laws, principles and secrets, we gradually become the victors of all circumstances and conditions.

There are certain ordered steps that all must follow as we begin our path to learning Truth. You can see that there are definite, immovable LAWS in what is called the Universe—certain steps in the ordered processes in the various Kingdoms, from the Ethereal to the Celestial. So in MAN'S development, there is similarly a ladder which we must ascend rung by rung.

The first rung in this ladder is RIGHT UNDERSTANDING —carefully read the following:

"**First:** Your understanding must be Right Understanding; otherwise your Subconscious will be wrongly directed.

"**Second:** With Right Understanding established within you—right understanding of the Truth of the LAWS of Life—you are much more likely to be thinking constructively most* of the time, and your action (by established habits) is much more likely to bring you health, happiness, success and all blessings of the higher things of Life.

"**Third:** With Right Understanding established within you, your resolution to do whatever you decide to do will be eminently effective; there will be RIGHT Resolution, and when your RESOLUTION is the expression of your right UNDERSTANDING, you are on your way to self-mastery and self-realization.

"**Fourth:** Thus, by habit of thought and feeling and action, you AWAKEN THE SLEEPING GIANT — your Subconscious — to work for you in truly constructive instead of destructive channels; and your life gradually becomes the reflection of the SUPERCONSCIOUS MIND, and you gradually become the master of all your life conditions on all planes of your existence."—(Quoted from "Awaken Your Own Sleeping Giant"—Volume 9.)

The second rung" in this ladder of Man's development into Victorious Living is RIGHT RESOLUTION—carefully read this paragraph, paying particular attention to the nature and power of your Subconscious Mind:

"The CONSCIOUS (or 'Waking') Mind.—This is usually called the Objective Mind. When you "sleep," it sleeps. The Conscious Mind seems to be the analyzer, the comparer, the reasoner, and it acts as a sentinel or watchman at the doorway to the Subconscious Mind; the Conscious Mind reasons from cause to effect; the Conscious Mind is the man at the wheel, the captain on the bridge, the general in the field.

"The SUBCONSCIOUS (or 'Unconscious' or 'Subliminal') Mind.—This is usually called the Subjective Mind. It is present before birth. It would seem to be the living, immortal part of Man. Unlike the Conscious Mind, the Subconscious NEVER SLEEPS —it NEVER FORGETS—its MEMORY IS FAULTLESS. The Subconscious builds the body. THINK what a power that is, to build the greatest and most wonderful machine the world has ever seen, more wonderful than the imagination of Man can ever imagine. It keeps the body working-controls breathing, circulation of the blood, and all involuntary muscles when you are asleep as well as when you *are* awake. It is your Sublime POWER, amenable to control by the force of suggestion and by conscious direction (and much more that we shall now learn)."—(Quoted from "Your First Step to Self-Mastery"—Volume 8.)

The third rung in this ladder is RIGHT SPEECH—carefully read the following that you may introduce yourself to the "miraculous substance":

"Your speech is the connecting link between your thought and your action; words often obscure the Truth within one's own mind, and often give a false impression to those that hear them. In the Buddhistic formula, the aspirant is impressively informed that he should always restrain his speech—that it should always be charac-

terized by wisdom and kindness—that it should never be prompted by prejudice, fear, anger or self-interest. Careless, idle and flippant words should be avoided. Invidious distinctions and discriminations, and dogmatic assertions and negations should likewise be avoided. And it adds: 'Words that are liable to cause hard feelings, such as repeating scandal, mean or angry words, words that deceive or cause misunderstandings, should never be uttered.'

"There is a much more important reason for all this advice, however. In philosophy, advice can be put into words and even given to the student, but it is only in practice that the student can come to truly know the 'miraculous substance' which Speech is. Not alone in the Christian Bible, but in all sacred books, it is declared that what cometh out of the mouth is that which defileth a man. It would seem that what goes into his mouth—his food, to which great importance is attached in the early stages of any true occult training—would defile the man; and this is true. But of far greater import to a man than his food is his Speech—that which cometh out of his mouth—for his speech maketh the man what he is.

"Speech is the creator of your universe. With the issuance of the Creative Word—Right Speech—you are given command of the Life-Giving Principle, which is nature's royal secret.

"The faculty of Speech distinguishes Man from all other forms of life with which you are familiar. Speech, as you must admit if you think deeply upon its power, is the greatest mystery. Of all mysteries it is the most wonderful. Though this secret is hidden from the understanding of the profane, Man not only finds the essence of the divine nature through Right Speech, but is able to manifest the divine nature in his life.

"Speech is the magic spirit that creates Life's manifestations."—(Quoted from "Your Word Is Your Creative Power"—Volume 10.)

Just read over once more the small type above, which has to do with RIGHT RESOLUTION and your SUBCONSCIOUS MIND. You should thoroughly understand that (a) Your Subconscious Mind never forgets; (b) it never sleeps; (c) it accepts everything that you tell it, and goes

to work instantaneously to work out IN YOUR LIFE—for good or ill, success or failure, health or unhealth, peace and plenty and prosperity or the reverse. This is the WARRIOR. The effect in your own life of the work which you instruct your Subconscious Mind to do cannot be avoided—it is as sure, as people say, as the rising of the sun. This truth cannot be overestimated—you are the master, and even if your instructions to your Subconscious Mind be dull and negative and dark, dull and negative and dark conditions simply MUST develop in your life. There is none to blame but yourself!

A hard law? Yes, but a just law.

PART I: THE WARRIOR'S PRINCIPLES LEAD YOU TO SELF-MASTERY, PHYSICAL VITALITY, INTENSIFIED TALENTS, SUPERIOR INTELLIGENCE, HIGHER CHARACTER, NOBLER AND MORE ABUNDANT LIVING—AND PROLONGED YOUTH

If you have read all of the previous ten Little Books you will have seen what you may call GOD'S WAY in the "Evolution Series" (vol. 1 to vol. 7), and how God's Way in the creation and sustaining of His Universe corresponds exactly with MAN'S WAY in this present "Man's Ladder to. Divinity" series (vol. 8 to vol. 15). You see how God's Law in both the whole Universe and in Man—in the macrocosm as in the microcosm—is identical. God's LAW! We live in it, we move in it, we have our being in it. We

cannot escape from if; and, *as* with Man, so with every living thing.

* * * * *

Now, in this volume, "The Mystery of the Warrior Within You," we come to the fourth step in the Ladder series—RIGHT CONDUCT, which corresponds in the microcosm with "The Vegetable Kingdom—The First Sacrifice" in the macrocosm. The Warrior, of course, is the Subconscious Mind—the mystery of the Warrior is a profound one. The effect of the work of the Warrior (bearing in mind the illimitable power of the Subconscious, and assuming that the Warrior has been rightly trained according to LAW) is RIGHT CONDUCT. Right Conduct is the "first sacrifice."

(a) First Sacrifice Is Man's Own Regeneration

The "first sacrifice" is, you may surmise, Man's own regeneration, the crucifixion that leads to resurrection, to the unfoldment of God in Man, to the complete submergence of Man, that God (All That There Is) may shine through Man to make Man what God is. We should carefully consider what sacrifice truly means. The **word** is from the Latin "sacrificium," a rendering sacred—from **"sacer**—sacred" and **"Facere**—to make." Sacrifice is the offering of anything to God or to a deity or divinity; a consecratory rite; that which religiously is presented in the way of thanksgiving, atonement or conciliation; it is an oblation, offering, atonement, expiation, surrender, propitiation. **But the fundamental meaning of "sacrifice,"** we should never forget, **is TO MAKE SACRED.** And that is what "Right Conduct" always does: it **makes sacred** everything that we think, and feel and do, when we have learned how. The "Warrior" teaches us!

This subject is essentially a deep Mentalphysics subject. In our teaching we learn the awakening of Man, his animation, his quickening into spiritual life, and we learn, I hope, the **making sacred** of every living thing, and the sacrifice by ourselves on behalf of all Life forms because we know that only as we give up something, even to giving our life for the greater good, can all that is ours come truly to us.

As the Vegetable Kingdom in God's great Universe is symbolic of sacrifice (all vegetable life sacrifices itself to higher animal life), so it teaches Man that he cannot progress or win in the race of Life without sacrifice . . . without the **making sacred** of all life-action and life-forms that combine with what he considers his own life.

(b) No Man Can Succeed Without Sacrifice

No man can win Life's race without sacrifice. Who lives for Humanity must be content to "lose" himself (so that he "finds" himself) and, as Shakespeare said, "Upon such sacrifice the gods themselves throw incense."

"Teach self-denial," wrote Sir Walter Scott, in one of his philosophical novels, "and make its practice pleasur-

able, and you create for the world a destiny more sublime than ever issued from the brain of the wildest dreamer."

That, my friend, is one of the most remarkable statements. Think of it! What if it were applied throughout the world today! What if it were applied in every phase of our own national life! What if it were applied in all international relations among all the nations of the world! It staggers the imagination. But that is what mankind is making for. That is what you and I are doing at this present moment, though we may not know it—we are learning the way.

RIGHT CONDUCT so completely surpasses the general conception of Mankind that all we can say of it is that it at once is the most simple and the only way in which Life enduringly expresses itself.

(c) Life Itself Expresses in Right Conduct

Life enduringly expresses itself only in Right Conduct, **in all things from the atom to the sun.** Yet it is the most subtle and magic thing that can occupy your mind. To say that Right Conduct is the reflection of God in Man, and yourself in God, is merely to state a truism—its "explanation" is not possible. At the same time, the silent-minded man will not fail to see that, when a man is founded successfully in the three first cycles of his own divine expression* (or of God's expression in and through him), the **fourth** cycle of Right Conduct becomes an almost automatic and unblurred reflection of the living, divine, primordial Force of Life, through Man, of "ALL THAT THERE IS." Lesser men feel that they are in the presence of the great. That is always so.

*First, Right Understanding; second, Right Resolution; third, Right Speech.

Right Conduct, too, is the great disciplinarian. Right Conduct sows seeds of future greatness—indeed, of immortality. The integrity of men is, of course, always measured by their conduct. No book is so legible and understandable as the life of you, and your conduct deciphers your character. Right Conduct disciplines you for your complete unfoldment. As Right Conduct is itself the reward of earlier effort, so it—Right Conduct—demands exactitude always. Right Conduct is demanded everywhere in Nature—you can see that—and is often very stern that it may be kind. And we all have to be subjected to the discipline of Right Conduct. Right Conduct, like the bridle in the hands of a good horseman, exercises its influence without, often, appearing to do so, but it is always active. It becomes a support as well as a restraint. **Right Conduct often may seem to be cruel, for Man, when still immersed in wayward thinking, objects to discipline as much as a dull axe objects to the grindstone in the hands of an expert workman.**

(d) Adaptation of Ourselves to Warrior Within Is Right Conduct

But after speaking many words, you and I see that **Right Conduct,** at its apex, is simply (a) the surrender of

ourselves to the One Universal Condition, which people call God; and (b) the watching of and the adaptation of ourselves to the ever-moving creative Life of God, the Superconscious Mind, the Supreme Warrior—**within us—and then, what appears to be "our" life is seen simply to be God's Life expressed through us. And that is, all argument and definition and discussion notwithstanding, the finality of full human living. That is Right Conduct!**

Upon that last sentence I am sure you will agree with me. If **God's** Life — silence, creative power, thought, feeling, action—becomes your Life, your conduct simply cannot be other than **right.** While we agree together in this assertion, we will similarly agree that our one single problem is **how to do it.** How can you, for example—a human being, your consciousness made up of all sorts and conditions of inconsistencies, inhibitions, incongruities and contradictions, pride and envy and selfishness, and all the evils (as men say, that Man is heir to) . . . how can YOU so order and surrender your Life as to know God, and to allow **God's** Life—wisdom, love, beauty, peace, unchangingness, light, youth, and all that you know of Good—**how can YOU allow God's Life alone to shine through you?**

That is our problem, is it not?

How can you cease to be "yourself?" Do you even know "yourself?" Do I? Every day of our lives, does not something come up (seemingly within ourselves) that surprises us, that disgusts us, that makes us feel "What's the use of trying?" None of us is any better than the other.

The problem is how—constantly, momentarily, with every breath that we breathe, with every thought that we think, with every word that we say, with everything that we plan and do—can we submerge "our" life that **God's** Life may shine through us? That is our sole problem.

(e) Cease To Be "Yourself"—Seek the Warrior Within

Let us see whether we can gain an intellectual conception of its satisfactory solution?

Friend, I have only two thoughts to pass on to you, though my endeavor will be sincere, to reach a solution:

> **The first is: how Mam is actually built—in what he calls his "body," in what he calls his "mind," in what he calls his "spirit"—to do God's work and to become God.**
>
> **The second is: Man has power to create; we do create all day long. We have the power to create locked up within us in the "Sleeping Giant," the "Warrior"; we naturally give power to what we create. How obviously necessary, then, to CREATE RIGHTLY—and that is Right Understanding, Right Resolution and Right CONDUCT.**

Therefore, I feel the need of arraigning myself before the court of my own mind. Perhaps you do, too! We are to be our own judge. Now, to begin with, we know very much more than we think we know. It would be necessary, if I could not assume that, to go up through all the alpha-

bet, so to speak, of philosophy and knowledge, and make tedious and loquacious explanations. **We know that there is naught but God!** We know that Man is Divine. We know that that which we can see and sense and touch, all that which is the outer of Life, is somewhat of a chimera; that it is transient; that it passes. We know that even as we touch our own bodies, those bodies will pass sooner or later . . . sooner the less we know . . . later the more wisdom we grow into. We know that the eternal part of us is that which we cannot touch. We follow it, and we find that it is behind us . . . we look up to it, and we find that it is below us . . . and so on.

(f) Examination of the "ETERNAL" in You

The **ETERNAL part of you,** the "Warrior," the "Sleeping Giant," is . . . what? I cannot tell you. You cannot tell me; and yet, you know.

The eternal part of you seems to be That Which finally portrays Itself, purifies Itself, presents Itself in Its purification in what you might call **your thought** . . . in what you might call **your feeling** . . .in what you might call **your Spirit** (you may use varying words in your attempt to describe). What you **call** it does not matter, so long as, triumphantly, you know that you know it. You know it alone in what you call love, peace, truth, joy . . . LIFE! But I can see, and you can see, that every human being has been built (builds himself)—has been developed (develops himself)—evolves (is evolved) for one purpose;.

and that purpose is, putting it simply, to live what seems to be this LIFE that is within him, and which is universal in all Life forms.

No matter where we go, we can only with difficulty get out of sight and sound and touch of human beings. They are all over the earth, but "The earth is the Lord's." All human beings, of all creeds and faiths and beliefs, all colors and sizes and shapes, are all here on this planet, at this present time, in their present form, for the one purpose of learning, through the **doing of the Will of God,** to know their true divine nature. That is how the philosopher would speak.

But the unenlightened person would say, "Well, no! I am a banker, or tinker or tailor, as the case may be, and my life is complete and essential alone to myself. I can see perhaps that there is God, Who rules the Universe—I can see that I am a part of the Universe that is ruled by God; but it is mere waste of time to tell me that I am anything other than a man—how can I possibly be, or even become, what God is?"

But, you, my friend, have grown beyond this unenlightened condition. You give thanks that you **know,** though you may not yet **fully** know.

(g) Your Human Machine Is Built for Creating!

Let us, then, proceed. Why is it that we are all built with our eyes in the front of our bodies, for example? . . .

with our nostrils in the front of our bodies? Why is it that I do not turn my back upon you and talk out of a mouth in the back of my head? Well, it simply is not there. Have you ever noticed that all organs of creative power, all that is necessary in the human body for the doing of things, for the accomplishment of all work, for the transforming of thought into manifestation, are in the front of the body? And yet, if you know anything about the physical or anatomical body, you know that every force and power expressed through the front of the body is determined in its excellence and its strength and its quality by the condition of your own spine—from the top of your head to the base of your spine. In a very crude way we may say that physical Man is what his spine is.

Then you have noticed that the human being has great powers—the miracle of sight, the miracle of hearing, the miracle of touch, the miracle of speech—and so on. But, back and beyond all powers which the human being can express, all of which are so self-evident even to the dullard, the philosopher who practices Life's Laws knows that all those powers pale into insignificance when compared with certain more subtle miracles that are within—the power of thought, the power of feeling, the power of knowing love, the power of knowing wisdom, all kinds of powers that seem to be synthesized and become, through practice and search, literally indescribably and indefinably glorious! **But we know thai these powers exist, and that they exist within ourselves!** THIS IS THE MYSTERY OF THE WARRIOR WITHIN!

(h) Search for the Warrior Must Be Constant

As I am writing, I feel that I could expand upon the ideas I am expressing. I could show from a true occult point of view, why your body and mine are built as they are; but all I would really be able to prove is that the human machine is a **creating** machine. And, of course, all that can be created in your life and in mine is what is GOD'S PERFECT CREATION—your body is, so to speak, given to you, so that you may reflect in the perfection of your living the perfect creative power of THAT in which you live (which lives in you), and move (IT moves in you), and have your being (ITS BEING in you) . . . IT, THE WARRIOR, who prevents you from fighting, but which fights all your battles for you.

"Be not thou the Warrior! Seek thou the Warrior within thee, and let HIM fight thy battles."

You—physically, mentally, spiritually (and in any other way that you may be able to imagine)—exist wholly for the sole purpose of your being: Reflecting the Life of the Eternal Father within you. And, when you reflect upon what you know—of the sciences of the body, of psychology and Truth as sciences of your mind, of the immeasurable power of the Subconscious Mind, of the "Sleeping Giant" within, of the "Warrior" within . . . then you see that all that what seems to be "your life" is the learning of what is called "GOD'S WILL" and DOING IT.

That is Right Conduct.

(i) Man Has Within Him the Divine Power of Creation!

We know a lot about pur bodies, do we not? But we gradually come to know that in our own bodies we have not only a distinct **exoteric form** but also an **esoteric form.** We have a rather crude form that we can feel and touch and knock around, and we have a finer body—a Something within—that causes this outer or exoteric body to do what it does. What is this Something—this esoteric body? Well, we say, "the Spirit . . . It is the Spirit that quickens." The philosopher would say that it is the esoteric body. The esoteric body we cannot touch, we cannot feel; we can only know it, because it is the spiritual body quickening and, if you like, inhabiting the physical and the lower-vibrating material body. Even in the material body, we can see how thought, love, joy, peace, wisdom, beauty, reverence, gratitude, energy, ambition—everything that we can contemplate—seems to arise within and to be expressed through the physical body. But when we begin scientifically to learn GOD'S WAY, we find that it is not so, though it appears to be so.

Man has within him the divine power of creation!

Why this blessing should be his, I do not know, for Man certainly does not seem to deserve it. But it is so. As we begin to unravel the "Mystery of the Warrior Within You," we learn, finally in deep humility, that Man has **become the Warrior**—and what a holy blessing!

PART II: YOU MUST FIND THE "WARRIOR" TO REALIZE THE FINAL TRUTH OF LIFE AND THE FINAL VICTORY OF MAN; THE WARRIOR EXISTS WITHIN

My dear friend, if you are still reading, read on! I have, of course, no means of knowing how what I have written will be received by you. You may, as in common with human beings, be so honeycombed with prejudices of one sort or another, that you may be inclined to turn aside and not immediately realize the importance of what these Little Books are trying to say to you.

(j) You Are Sincerely Seeking, Are You Not?

But of this I am certain: if you have read thus far, you are a seeker. You are unquestionably interested in your search for the higher things of Life. You may be seeking better health . . . you may need and be seeking for more money . . . you may be unhappy, despondent, down in the dumps most of the time . . . you may feel that many events and circumstances and conditions in your life are out of harmony, and you do not know what to do about it. You may sometimes even lose heart altogether, and feel like "throwing up the sponge." I have been like that, too. You are not the ONLY one who has not yet found what you believe you have been sincerely seeking.

You see, I can write to you in complete understanding, because what you are going through—a kind of infernal Slough of Despond—I have been through. I searched, too. I felt that **others** could help me, as, indeed, they could

and did. But still I failed. Why did I fail? Well, to be quite honest: because I was proud and "intelligent" and yet plain foolish; and now, in later years, I realize that I acted as a fool, and naturally reaped in my life what I myself created.

"What I MYSELF CREATED?" . . . yes, you see, I simply did not KNOW, though I thought I knew. I thought I "knew it all," yet knew nothing. I simply did not know that I was the one who created whatever came into my life—and, though I would not insult you for the world, maybe conditions in YOUR life are similar to what conditions in my life once were. If so, I can help you; and, believe it or not, **I desire to help you.**

(k) Ignorance Is Our Only Enemy

Now, I failed to comprehend that I AM WHATEVER THE CREATOR IS. I failed to see that, though this Truth of Truths could be intellectually understood by me, I had not the remotest idea of the Truth that I . . . I . . . was the Creator of all conditions, things, circumstances of whatever kind in my own life.

I felt that it was true that I lived in the Principle of Creation, the Principle of Existence, in God, in the Creative Spirit (in whatever **name** may be employed to portray God); but I did not see that I, and none other, actually **created** all that my life-action is. Maybe you are in that state of consciousness. Maybe that, to you, as it was to me, God is up above, beyond, away in some nebulous place called Heaven, and not **WITHIN ME.** I failed

to see that THERE IS NOTHING BUT GOD; and, because of that Truth, I failed to see that whatever God is I must be. And as God creates, so I, made in the Image of God, create all that my own universe is. What we have to learn is HOW do we create. I am convinced that any person of average intelligence who, week by week, will study these "Fifty Little Books" will find out; and, once learned, it is learned forever.

"How are you today?" . . . "Well, you know, I do not feel so good today. I felt fine yesterday."

"How is business?" . . . "Oh, very good. But you know .". ."

"How is your Mother?" . . . "Well, I think . . ."

(l) Until We Know We Usually Create Negatively

Now, don't you see how we create—and, until we learn how, we create negatively in a million ways. We ourselves create everything! "I wish I had known this many years ago," you say, "I would not have created many things that I have created for myself! I did not know it!"

That's just it—you DID NOT KNOW! Knowing (or believing) that you know, you must now LEARN THE WAY to create exactly what you desire that your life should be. Impossible? Not at all. It is quite as easy to be well, and prosperous, and happy, and ambitious, and optimistic, and completely successful in all avenues of your life expression as it is to be the reverse. AND THIS IS TRUE! Because you may believe that it is too good to be true does not make a pack of lies of the TRUTH of the Eternal LAW OF

LIFE. It is practical—it is simple . . . anyone can learn the way.

My friend, I hope I am "putting this over" in your mind. I desire for myself, and I feel that you desire for yourself, to live a life of peace and beauty and power and strength and vigor and virility, so that forever we may be **doing** something—what? God's Will! "But oh, if that negative thought would only leave me, would not constantly goad and dig, so to speak, into my inmost Spirit!" But who, my friend, is responsible for it? I!—and I alone! Am I injured? I cry. I weep. Why do I weep? I weep only in the direst self-pity. It is I who have created that condition. No one else can or ever will.

Do YOU think this is true or false?

(m) Liberty to Choose What We Will Create

It's the grandest thing in the world to come into your own self-mastery and self-realization of "your own" life in GOD'S LIFE . . . to find the WARRIOR WITHIN THEE, and learn how to LET HIM FIGHT THY BATTLES.

But you must remember this:

The choice, the liberty that is vouchsafed to you by what is called God gives you the power to destroy all negation; you can see that in your mind instantaneously (contemplate what you know about your own Subconscious power). You can see, then, that you are given the liberty and the choice to do as you please.

Well, then, Life began in you, so to speak; all kinds of ramifications creep in: you get honeycombed with this and

that: you get your life mixed up with the "ten thousand things": you probably poke your nose into other people's business: you suffer disappointments and heartaches and longings and so forth; **but it is all your own doing, IS IT NOT?**

You see, this liberty and choice that we have enables us **to give power.** That is the phrase that I would emphasize and italicize in your mind. Nobody has any authority over you. **You yourself have the power to give power!** To what? To what you create. If you are a purposeless person, a vain dreamer, morose and maudlin in your demeanor, a spendthrift—or what have you!—you, and you alone, give power to your weakness. You have not yet found the Warrior, and consequently are not guided rightly. That is simple to see. Then what happens? Everything multiples. Power multiplies. Everything is creative and recreative in the Universe. Your life becomes so congested with negation of all kinds that you feel that you are beaten in the game of Life. But the contrary CAN be in your life if you learn this secret of true creation—if you find the Warrior within thee, and let Him fight thy battles.

How infinitely careful we should be in giving power to our own creations.

[YOU SHOULD READ THE "CONCLUSION" (pp. 25-26) AT THIS POINT, NOTING THE **METHOD OF PRACTICE.** THAT, OF COURSE, IS OF FAR GREATER IMPORTANCE THAN THE MERE READING ABOUT THE WARRIOR. TO SEEK THE WARRIOR, WE MUST PRACTICE SEEKING, AND IN THE "CONCLUSION" TO THIS LITTLE VOLUME YOU MAY FIND GREAT ENLIGHTENMENT.]

CONCLUSION: LISTEN TO THE VOICE OF YOUR HIGHER SELF—A LITTLE LESSON FOR THE COMING WEEK

I do hope that you have been uplifted as you have read. I hope that you have concluded that there is without doubt a great spiritual power locked up within you which, if only you can unlock it, will lead you gradually along the path to truly Victorious Living. No matter who you are, or how much you may know, you desire more from Life's Wisdom than you now enjoy. That goes without saying. You may be so spiritually informed as to understand and endorse all that I have written in this and others of these "Fifty Little Books"—and also all that I have not written. You may know that you have not been listening to my voice alone, but, as you have been reading, you may have been quite conscious that it was the Voice of your own Higher Self, the Voice of your own divine nature, the Voice of what you may term God within you, to which you listened.

If so, I rejoice with you. If so, you will know, however, that my aim is to reach those who know less than we know . . . those who with all their heart desire to come to know, but who do not know the way to seek.

Should YOU be truly seeking—and I believe this of you —then quietly and trustingly read along, feeling that in Truth it is the Voice of your Higher Self that speaks:

"Yea, my Beloved, listen to Me, that you may learn of Me and My Eternal Way in you, for it is My voice that speaks to 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? you ask.

"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 ail 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.

"All the sub-human 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 mayst recognize Me in thyself. . . . I AM YOU!

"IF YOU WILL RECOGNIZE ME IN YOU, WHAT YOU READ WILL BRING YOU TRUTH.

"FOLLOW AFTER ME IF YOU WISH TO BE WISE-HEED MY INSTRUCTION.

"REST, MY BELOVED, AND FEEL ME THINKING THROUGH YOU, AND AS I THINK IN YOU, SO SHALL YOU BECOME ALL THAT I AM.

"FAIL NOT IN THIS INSTRUCTION. PEACE BE IN YOUR HEART FOREVERMORE."

* * * * *

I think I know, my friend, what is in your mind. You probably admit that from the reading of these Little Books you gain considerable inspiration.

You feel that I, who write for you, elucidate your problems somewhat, and when you have studied any one or more of these small volumes your desire to know more about truly victorious living is considerably quickened.

You may be quite impatient to improve the conditions of your life, and may decide henceforward to seek more diligently.

You may feel the desire to read more books, thinking that in your reading you may discover the explanation of the mysteries of Life that now confront you. Such searching may be—undoubtedly will be—quite helpful, but not in the way you imagine. No matter what you may read, no matter how keen your intellectual search

may be, you will not that way find what you desire to find.

"Well," you may retort, "in the reading of these Little Books I feel that my interest has been aroused. I feel that what they contain is true, and that the mysteries and secrets of Life are to be found. The only thing I have against you who write is that you **do not tell me how** to seek."

And that is true. Is it because I do not know? Is it because, knowing how, I do not wish to divulge to you the way? No, my friend—if I could **tell** you, gladly would I do so; but this is the story that cannot be told. The only way for you to find that which you seek is by a perfectly ordered way of study and practice. None can give it to you, though many vainly believe that some people have the power to give it to others. **For what you are seeking, you see, is hidden, locked up within yourself.**

You are what you believe you are! Nothing in your life is real or of any value to you only as your own **thinking** and **believing**—your own CREATION—has made it real and valuable.

Suggested Programme of Practice for Seven Day Period

Feeling that you are earnest in your search, I suggest to you that you enter upon a simple study (with practice) for seven days, so that you may learn how to "Be STILL!"

No matter what you may think or imagine, just give yourself half-an-hour in the early morning and half-an-hour at night. Then follow these instructions:

(a) Sit in a comfortable chair, with the spine erect.

(b) Take three or four long breaths through the nostrils; as you exhale, flex the body, so thai it becomes quite limp. The tenseness of all the muscles is withdrawn. Sit still, breathing gently without effort. (You may lose all sense of feeling of your body.)

(c) Now do with the mind what you have done with the body—just let go. Don't try to think; don't try not to think; don't resist. Sit quietly and watch the show in your mind. After a minute or two, without stirring, take possession of your mind, declaring, in a firm voice, slowly but audibly—"Peace, be still! . . . I am still! . . . I AM AT PEACE! . . . peace—peace—peace!"

(d) Then read the following very slowly, and without disturbing your Breath in doing so—slowly, firmly, feeling that it is TRUE:

"I AM NOW ENTERING UPON THE GREATEST TEACHING ACCESSIBLE TO MAN, FOR I AM LEARNING THE SECRET OF EXISTENCE.

"I AM FREE FROM ALL WORRY-NOTHING NOR NO ONE CAN WORRY ME.

"I AM FREE FROM ALL FEAR-I HAVE NO FEAR-THERE IS NO FEAR FOR ME. . . . I HAVE NOTHING WHATEVER TO FEAR. . . . I AM FREE.

"I AM POWER-FULL, FREE, ACTIVE POWER. NONE HAS MORE INTELLIGENCE THAN I HAVE, NONE MORE ABILITY, NONE MORE POWER-I AM POWER. . . . THERE IS NO OBSTACLE I CANNOT OVERCOME, NO PROBLEM I CANNOT SOLVE. . . . I AM POWER.

"NONE IS MORE ADMIRABLE THAN I AM, MORE DIVINE, MORE LOVED THAN I AM. . . . I AM JOY. . . . I AM ADMIRED, I AM LIKED BY ALL PEOPLE. . . . ALL STAND READY TO HELP ME. . . . ALL DESIRE TO BE MY FRIEND, AS I AM FRIEND TO ALL. . . . AM JOY.

"I AM NOW DEVELOPING THE POWER AND THE ABILITY TO REALIZE IN MY OWN LIFE THE ONE DIVINE PRINCIPLE IN WHICH ALL SUCCESS, HAPPINESS AND PEACE RESIDE. . . . AND I THANK THE INVISIBLE SPIRIT WITHIN ME FOR THE KNOWLEDGE OF THIS WONDROUS TRUTH NOW REVEALED TO MY CONSCIOUSNESS."

(e) Read the above several times; in the morning, after your little period of practice, feel happy and KNOW that you are going to have a good day; at night, after your practice, just slip down into bed and go into dreamless sleep, giving thanks for a wonderful day.

(f) During the day, say the above words to yourself as often as you can. No matter what you may be doing, LIVE IN THE SPIRIT OF THOSE MAJESTIC SENTENCES.

* * * * *

During the week that you have now entered upon, be **FAITHFUL** to your own Higher Self. I would like you, **during the day,** whenever your mind is at rest, to think of the **ORDER OF THE UNIVERSE.** You are sincerely seeking perfection which includes the **fullest knowledge and service** of the Ideal and the **fullest equipment** for the service of the Ideal. It will be revealed to you as you are worthy.

FIRST—Do not TALK much. Learn how to control the tongue—later you will know what it means to "Have No Tongue." In needless speech, we waste much energy.

SECOND—Hold the things that you are learning in your mind every moment that you can do so.

THIRD—Remember that **success** depends upon **Knowledge**—they are **interlinked.** Knowledge is yours as you work for it. It is an upward process, which coincides with every **movement in Nature. Everything in Nature struggles upward**—so do you and I, and the more we **KNOW** the greater our **POWER.** After the **nebula** comes the **orb,** then the **mineral,** then the **plant,** then the **animal,** after the animal the **man,** at the apex of Nature; the evolution of Nature is followed by the progress of Humanity.

Peace be unto you, my friend.

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