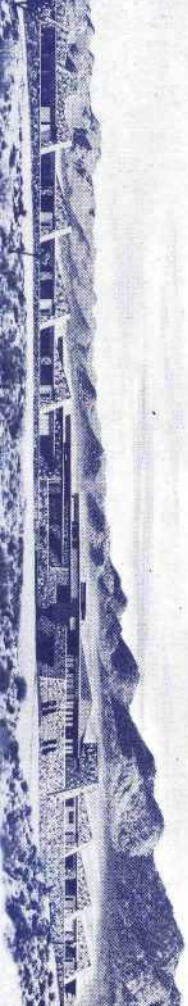

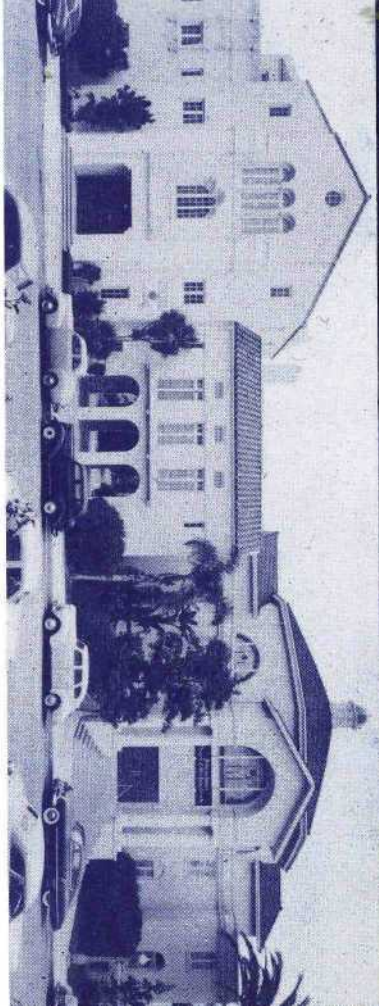

Top: Our Church in Los Angeles, Calif. Below: Caravansary of Joy at Our New City.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 16

Seven Majestic Word Series—No. 1

What Is the True Urge of Your Life?

By

Rev. Edwin J. Dingle

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 littte 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 SIXTEENTH OF THE "FIFTY LITTLE BOOKS"

What Is the True Urge of Your Life?*

By Edwin John Dingle
Founder of the Science of Mentalphysics

INTRODUCTION: "JOYS ARE OUR WINGS — SORROWS OUR SPURS"; JOY IS THE SOUL'S CALM SUNSHINE

As I commence to write "What Is the True Urge of Your Life?" I realize that I am writing for two distinct groups of people. There is, first, the group that has read and studied all of the fifteen Little Books that precede this one; second, there are those who may be reading right now, who have no knowledge of any of the other volumes. This naturally

*"MAJESTIC WORDS" SERIES (Vol. 16 to Vol. 21).

The titles of the Seven Magic Words in the "Mystery of Creation" are as follows—see pages 31 and 32:

VOL 16-"WHAT IS THE TRUE URGE OF YOUR LIFE?"
VOL 17-"WHAT IS THE TRUE COMPENSATION OF YOUR LIFE?"
VOL 18-"WHAT IS THE TRUE ORDER OF YOUR LIFE?"
VOL. 19-"WHAT IS THE ONE MYSTERY OF YOUR LIFE?"
VOL. 20-"WHAT IS THE TRUE SOURCE OF YOUR LIFE?"
VOL. 21-"WHAT IS THE PURE GOLD OF YOUR LIFE?"

makes my task a little more difficult than it would be if I were sure that we were all on the same level of understanding of the subjects already treated in this Library of Victorious Living. Yet I am happy that, in this "What Is the True Urge of YOUR LIFE," I have one of the grandest subjects, because it affects similarly every human being. In other words, no matter what your hopes and aims and desires and longings for full life-expression may be, though they may definitely differ from those of other people's, there is but ONE URGE. Find it—as you WILL if you follow instructions—and ninety per cent of your battle is already won. This holy spiritual urge is the very foundation, common to all men and women everywhere, irrespective of education, religion, health or ill-health, wealth or the reverse,—irrespective of whether you think your life is ordered by astrology, numerology, philosophy or what not. No matter whether your astrological sign be Aries or Sagittarius, or aught else; no matter what numerological aspects may, as you may believe, rule your life; no matter whether you be a Congregationalist or Roman Catholic, Baptist or Quaker—or "nothing"—the URGE of your life is exactly what is the urge of all other people's lives. We are all on common ground, and with all my heart I hope that you who read will derive great inspiration from this lesson-volume. May you, as never before in your life, so determine that you will now finally make your own dreams come true and that you will begin to LEARN HOW. (Read page 30 of this issue right now—and let what you read sink in.)

Now, I want to warn you that the ONE FORCE that is the foundation, the URGE, the magic stirring-up power in your life that literally **compels** you to make your dreams come true, is so simple, when it is stated, that you may be amazed or even shocked. You will say, "Well, it just seems impossible—moreover, I don't see how such a simple thing can be so powerful in my life!" Then, what is this "true URGE of my life?" My friend, it is JOY . . . JOY . . . JOY! Please do not throw this Little Book down hastily, and say "I simply do not believe it!" No, read on: and I humbly promise you that this lesson-volume will instruct you in one of the greatest Truths you will ever meet. It is so easy—not so easy, perhaps, as it may at first appear; but easy enough for you to LEARN it, and, when once learned, it is learned for ever.

Will you try a little experiment with yourself? As you read on, will you feel that you are completely overflowing with Joy, absorbed in Joy, obsessed by Joy, and that your spirit is wonderfully re-created within you by this completely sublime feeling of Joy? Will you do that? Oh, I know that much is awry in your life. I know that you cannot do exactly what you want to do, go where you want to go, have what you want to have, and BE what you want to be. But, after all, you recognize the wisdom of **being happy** instead of being miserable, unhappy, downcast, in despair and doubt all the time. Well, try this little experiment. Even if you cannot **feel** happy, **imagine** that you can.

Then, be patient and read this Little Book when you have time to do so without being interrupted. According

to the degree of joy that you feel, you will be benefited; and, I hope, truly enlightened. Let us have a happy half-hour together!

PART ONE: "JOY IS THE GREAT MAINSPRING IN THE WHOLE OF ENDLESS NATURE'S CALM ROTATION, MOVING THE DAZZLING WHEELS THAT ROLL IN THE GREAT TIMEPIECE OF CREATION."

The First Majestic Word . . . JOY, The Urge of Life

This is the sixteenth of the "Fifty Little Books" that make up our Library of Victorious Living. It is the first of the third series, and its title is "WHAT IS THE TRUE URGE OF YOUR LIFE?"

In the first series (Evolution Series—vols. 1-7) we dealt with the Structure of the Cosmos, showing God's Way in the creation and sustenance of the Universe, dealing with the nature and purpose of its seven ascending kingdoms. In the second series (Man's Ladder Series—vols. 8-15) we dealt with Man's pathway to what may be called his own divinity in God, showing how each ascending step in the "ladder" corresponds with each of the seven ascending kingdoms. Now, in short, the LAW as seen in the Macrocosm has its reflection in and is identical to the LAW in which Man (the Microcosm) lives and moves and has his being. We have laid a foundation. We are ready to

watch and investigate how LIFE EXPRESSES ITSELF, and the seven "tools," so to speak, that Life uses to bring its being into manifestation in All That Is and Becomes; this, obviously, includes MAN.

(a) Life Uses Joy to Begin Creation

Joy is Life's first action, and in Joy I hope that we shall prepare to lead ourselves into a preparation for actual practice, to the end of attaining our own divinity in understanding, action and full life in what is called God. Joy (though few know it) is the basic subtle force that Life Itself uses to express itself. It is inherent to Life, and upon Joy are dependent all the forces which bring Life into Manifestation. You have only to think a moment to realize that only in the great magnet of "JOY" can Life's forces be joined in her rhythm for the purpose and end of creation. "Joy" is a very commonplace idea, but, strange as it may seem, few people really know joy in the sense that students in Mentalphysics know its meaning in actual creation. There cannot be creation where Joy is not present.

Dictionary definitions of the word are as follows:

Bliss	**delight**	**sunshine**
delectation	**felicity**	**seventh heaven**
exaltation	**pleasure**	**—and many other words**
gladness	**rapture**	

Opposite to "JOY," we have words such as:

Agony	**dejection**	**heartache**
anguish	**despair**	**gloom**
anxiety	**displeasure**	**grief**
bitterness	**distress**	**—and many other words**

As I have inferred, and as you can quite readily see, true JOY is that mystic force which starts the rhythmic motion in the secret waters upon which all Life's essences come forth into expression. Joy propels the fluids of Life. When Joy is established in the mind, its nature to the human being is precisely what the sun is to the earth. And Joy is hidden everywhere in Life, as the fragrance of the rose is hidden in the rose. Joy is a lamp whose flame we should fan, for in this way we may learn the hidden truth of immortality. Joy is the first messenger of Life from the inner to the outer, and is obviously the messenger from the Silence, the home of all creation.

Viewed merely cursorily, you see that Joy is also so intense as a human emotion as to be Life's healer and balancer. Out of Joy, moreover, come Peace and Strength, Imagination and Hope, Energy and Action.

(b) Joy Maintains the Quality of Your Thinking—Good or Ill

What I am now writing, my friend, is not at all theoretical or impractical, for everyone surely knows the effect of Joy in his mind, and what your mind, so your life. Joy tunes your soul to God's eternal harmonies. Where Joy is, there can never be discord, and thus Joy paves the way in your life for a perfect reflection of God's wisdom and love in your consciousness, each of these being divisible into many divine qualities.

When you know Joy so that your life becomes established in Joy, you know what Peace is, and Compassion, and Charity, Beauty and Light, Hope and Abounding Love. As a philosopher, you are of course aware that I speak not of the Joy that comes from without, which is mere pleasure and must be ephemeral, but of the Joy that, like a flower, has its roots in your very soul. Its impelling force is within you. It reflects itself through your life as light, like a sunbeam between two clouds.

Joy has but one purpose—it is the everlasting urge, whose action, when recognized, impels you to higher and holier expression.

A great German philosopher once said of Joy that it is "the mainspring in the whole of endless nature's calm rotation, moving the dazzling wheels that roll in the great timepiece of creation."

But what must inevitably be learned by you, as an aspirant, is that Joy is not only an indefatigable worker at all times, but is the inspiration to her many faithful colleagues. Joy causes Hope to rise eternal. Joy causes Courage to reach her very zenith. Joy is the herald of all Love's ministers. Joy kindles every lamp of Man's divinity, and finally leads him to the place where Wisdom lives. Yet Joy is known to you only to the degree that your spirit soars beyond mere mundanity. For while Joy is eternally a factor inherent within you, you will have noticed that it feeds upon the nourishment each of us must give unto it; so intense is its fire that we must take care constantly to fan its holy flame; else it may atrophy. Hence it is that con-

stant scrutiny is necessary; INDEED, THE CULTIVATION OF JOY, THE GREAT FLYWHEEL WHICH SUSTAINS AND BALANCE'S LIFE'S ETERNAL MACHINE, IS OUR INITIAL DUTY. **To be happy** is your first duty, as it is mine, for the reason that there can be no true contact with Wisdom unless we know Joy.

I WOULD GO FURTHER: I WOULD SAY THAT WE CAN ONLY KNOW GOD TO THE DEGREE THAT WE KNOW JOY, AND WHEN WE BECOME JOY, SO THAT OUR WHOLE BEING IS ALL-PERVADING IN JOY, WE RENEW OUR LIFE IN GOD.

(c) Joy's Effect Upon Our Physical Body

Surely it is easy to see this truth, for even on the physical plane of your existence you know how Joy renews you in inward processes that make for perfect health. Watch a person filled with Joy, and compare him with a person steeped in grief, and at once you see my meaning. Mentally your mind is renewed in Joy, for Joy makes you glad and rids your consciousness of all darkness, negation and inertia, transforming you by the renewing of your mind.

Is there any wonder when, in preparing the documentary lessons of the Science of Mentalphysics which tens of thousands of people are studying today, I was directed to place Joy as the very first law of Life—**"Be Happy!—Give Thanks!"**

We must always remember, too, that Joy leads us finally to Silence, the pure gold of life., Wise men keep silent;

babblers are never wise. An Oriental philosopher once said that **"To know how to return to one's original state is to be enlightened."**

He who attains to the highest simplicity, humility and sincerity does so because of Joy's deep power within him.

Things that are contrary to Joy soon pass away.

He who practices Joy in the hope that his whole life forces will be propelled in bliss for the benefit of his fellow-men, benefits himself abundantly, and his life becomes the reflection of the All-Highest.

And this is God's Way.

(d) Joy Is Reflection of God—We Learn by Imitating the Principle

Since you and I are small likenesses of God's Universe, we can only realize God's Way by imitation of its principles.

Modern science with its manifold inquiries into Life, and the philosophy of modern times, consist of experimentation and research tending to ameliorate Man's social conditions and to contribute to the ease and indulgences of his life. In its original acceptation, philosophy had quite another purpose, and that purpose signified a love of Wisdom. **Wisdom conies to us only through experience—and we are wise to the degree that we can demonstrate** (make real to ourselves) **that which we say we know.**

You are, therefore, advised not to be led astray by mere intellectual consideration of the Thing Itself. Every

man has within himself the **cause of his own existence,** and when our consciousness can be brought into contact with the FIRST CAUSE, we shall, by knowing IT, know the Cause of ALL, since Existence is everywhere one and universal, and the one ultimate, essential mystery. But this: can only come with practice—therefore, "Know Thyself!" Not by reading about it and objectively thinking about it only, but by using it rightly, as we come increasingly into knowledge of IT.

This is our one aim to—"Know Thyself!"

(e) The Philosophy of Sorrow Meeting Joy

If Joy balances the Universe eternal, as it does, how great a lesson have we each to learn in the study and development within ourselves of JOY!

Yet, Joy, though the balancer of Life, also has her balancer—and that is sorrow.

There con be no Joy without sorrow.

Laughter and tears are akin, and tears are but the overflowing of Joy's great river.

The deeper the channels of our sorrow, the more freely can Joy's waters flow and her strength be contained.

Our very life is suspended on the pendulum—Joy at one side, sorrow at the other—and the golden mean is the transmutation into bliss.

If Joy and sorrow did not meet, there would be no measure of comparison.

It has been said that joys are our wings—sorrows our spurs. But for the philosopher who gathers wisdom as he

follows The Path, must, whenever he finds it, transmute sorrow into Joy.

This you and I can do only in service to Life Itself. Service in a just cause and to mankind rewards a man with more real Joy than any other venture.

Now, can I **touch** Joy? . . . no, but I can **feel it!** Can I **see** Joy? . . . no, but I can see its effects! The simplicity of the Way of the Great Mathematical Mind of Life (God), Its Law, is supreme, and yet we mostly pass it by—that which we call God! Can we see God, taste God, hear God? Well, yes, we can, but always from within, you notice. The works of God—yes, I see them before me; but the immateriality of all existence—the immateriality that is behind all existence, just as you may say in the occult phrase "the sun behind the sun"—is where the root is, and all materiality emerges from immateriality. Which, then, should we study? Materiality?—yes, if we can go no further; but if we go far enough in the study of materiality, we lead ourselves automatically into the sublime center of the immateriality from which all comes.

(f) Illustration from the Ethereal Kingdom

"We can readily see that all existences are untied in the Cosmos in absolute order. The Cosmos contains within itself seven kingdoms, commencing with the Ethereal and ending with the Celestial. The form or nature of the Ethereal Kingdom is unchanging, eternal potentiality, whereas all the forms of the corporeal universe are subject to change. Your body will change—YOU never!

"Just as every living thing has spiritual existence in the Intelligence at the height of all created beings, so every living thing has its ma-

terial existence in the Ethereal Kingdom, the 'akasha' upon which the whole macrocosm rests. The Ethereal Kingdom may be called the very womb of all life expression."

Now, in precisely the same way we see **Joy.** At the base of all Life, at the base of all Life-expression, is Joy in the human being. Do we see that? If we can see it, we can have a grand time in our living. If we cannot see it, we are undone, we are lost. You can typify Joy in a million ways. Not necessarily do I see Joy in exactly the same way as you, not by any means is it true that that which will bring you Joy will bring me Joy, but you know and I know what Joy is within ourselves because we can **feel** it. If we declare that Joy propels every action, and then wander around like Mickey-mouses, it is because we have no Joy—or very little of it—and we keep ourselves in delusion.

We move, we speak, we sing, we see, we do everything that we do, in Joy, to the degree and in the excellence of not alone our understanding of Joy, but our surrender to and free expression of Joy through us.

(g) Joy Is a Substance That is UNIVERSAL

Joy, like the Ethereal Kingdom—the silent, beginning substance of the Universe—may be best understood if we think of it as a sphere. Nothing can be added to your sphere, nothing can be taken from your sphere. Every thing within your sphere can be changed to absolute multiplicity of expression, but nothing can be lost—it can only become static. Just as, if you have studied any phase of

true occultism, you have your idea of Prana running right through all Life-expression, so can you see that Joy is universal, the one pure force which propels all other forces and feelings and powers into that expression that you call "life!" **To the degree that you know Joy is your life expression "perfect as the Father which is in heaven is perfect."**

Joy is a most prosaic idea, however! We are constantly using the word, but do we feel Joy to be a very element of Life—entirely essential to Life? You know this body and that body are made up of certain elements. We say that the human body is made up of sixteen elements—you know them, or, if you don't, you ought to learn them. All of those elements in the human body, when they are in actual atomic balance, give rise to the forces which Nature uses to make the body perfect. That is simple to see. But JOY is the force that keeps all in balance.

It is true that you and I build our bodies. Just where we got the flesh and blood and the chemical elements that Nature, as we say (we use a word, and we call it "Nature") gave to us or brings to us, we do not know. But we do know this: if there were no calcium in the body, certain physical defects would be noticed very quickly; if there were no iron in the body, we would have no magnetism, no passion, no thought, and so on.

(h) The Deep Eternal Flywheel

All these things are so simple that they are eternal, they are enduring; that is the way God works

I don't know what makes me see, but i know that I do **see.**

I cannot tell you and you cannot tell me **how** ! am writing at this present moment,

! can write rapidly or slowly, and I seem to be able to bring into expression in words the ideas that flow along like a great river in my mind; but **how** I can do it, I do not know.

Can you tell me how **you** do it? Take any simple, generic, foundational, eternal principle within your own body —your BREATH, for instance—and no matter how insignificant it appears, if you will cogitate upon it and surrender yourself into it, you will find that it becomes a beautiful key that opens the whole of the "many mansions" within. How? Well, you must LEARN THE WAY . . , "go, and find out!"

You, therefore, con see the idea that is in my mind. **Joy simply IS!** I am not speaking of the joy of him who grins like a Cheshire cat or a hyena. I am talking about Joy that is a deep, basic, churning up, never-changing, eternal flywheel—we all possess it. YOU ARE JOY! You may recognize this Truth and **use** Joy, or you may ignore it and, being miserable, seek that sort of company. It is up to you. But if you ignore JOY, you forsake the very foundation of true Life-expression in you. No matter what you do, however, JOY ITSELF will never change in its essentiality. It is within you, it is implanted within you, and, friend, if you will think you will immediately recognize that you simply could not be where you are, and what you are,

without JOY—think it through! Joy was the essential of your creation into the form that you look upon as "yourself."

(i) A Human Being Is JOY MOVING

Therefore, we have a subject, you see, that is entrancingly interesting because of its basic nature. We may take anything of an ephemeral nature, admire it, analyze it, and possibly learn from it; but Joy is always with us, we are Joy moving—no, **Joy moves us, Joy propels the fluids of Life Itself.**

There is no need for me to use many words in endeavoring to explain that, nor is there any need for me to give you an explanation—you can make your own. You will find an echo in your heart that what I am saying, or what **I would** say, is true. We ore established in Joy! That being the case, it would be idle for us to endeavor to find out where Joy came from; IT SIMPLY IS.

Rather would I direct your attention **to what Joy does** for you and for me with every breath that we breathe. We all quite naturally should know what Joy is.

(j) We Are Only What Joy Makes Us

I'm not speaking of happiness, I'm not thinking of that ephemeral, constantly changing and fluctuating happiness that comes to me when I have something, and goes from me when I lose it . . . . I am speaking of JOY WHICH IS FOUNDATIONAL. If you do not quite follow the idea, I would suggest that you get a thesaurus and find the word

"Joy," and then put down horizontally all the words that the thesaurus gives relating to Joy. Then write down vertically the expressions that each individual sub-meaning of Joy gives, and you will have a marvelous picture. You will have WITHIN YOU beautiful, dignified, powerful words of Light and Beauty.

JOY IS ESTABLISHED WITHIN YOU!

PART TWO: JOY COMPELS A MAN TO DEVELOP HIS FACULTIES, MAKE THE MOST OF HIS ENVIRONMENT, AND DEVELOP HIS WILL-POWER IN THE FULL MAJESTY OF CONQUEST

If you accept what I have so far written about "JOY—the URGE of Life," you will agree that the effect of the work of Joy is seen first where we should begin our study—in the physical body. (Much work has to be done elsewhere in your whole life economy, of course, before you can see the effect of Joy in your body—according to your knowledge of spiritual law will you understand what these words that I am now writing mean).

(k) Practical Lesson for Your Guidance

Just practice the following for a day or two, and you will come to KNOW what I mean:

(1) Sit in a comfortable chair, so that you may begin an examination of your emotions.

(2) Then deliberately attempt to "blank your mind"—you still your mind—you are preparing to actually create JOY within you. You become so still that there is no movement whatever within you—you fee! that you are in a great silent ocean. Your very breath seems to stop—or to grow smooth and full and silent. All feeling of action in the body seems to cease entirely, and you seem to sit in the very center of an uncongested emptiness.

(3) Then, when you are quite still, you declare aloud, speaking lovingly (to your Higher Self) in a firm, resonant, commanding voice . . . "I AM HAPPY . . . I AM JOY . . . MY WHOLE BEING IS ESTABLISHED IN JOY. THE JOY OF LIFE IMPELS ME INTO COMPLETE EXPRESSION OF HEALTH, BEAUTY, WISDOM AND SUCCESS IN ALL THAT I DO. I AM INVINCIBLE IN JOY". Say this several times, not disturbing in the slightest degree the peaceful rhythm that you feel within you.

(4) It will now seem that every possible part of you, every cell of you, every thought, every emotion, every sensation is filled sparklingly, scintillatingly, with Light; and you are conscious of the deep serenity of this great ocean, in the center of which, it seems, you sit bathed in Joy. You sit in Absolute Joy. 'You feel that you have been "lifted up" spiritually. (This is one of the first exercises in "levitation"; but that does not interest us here).

In the above exercise, you have introduced yourself to something much more important than it may seem to you. You have, in a way, been investigating the manner in which you may analyze yourself and unfold in your consciousness the foundation of your whole Life processes. Similarly, if you were to employ the above exercise for the development within you of the **opposite** of Joy, you would soon find out how miserable you would feel. You would have turned on the current of unhappiness, misery and despair. As you would watch the effect of the misery that you were creating within your emotions, you would see the effect in feelings in your body . . . you would find that, as you came out of your reverie or your practice, your tongue would be dirty, you would have a dirty taste in your mouth, you would not "feel very good"—you would feel

heavy and dull. Have you ever done that? I do not suggest that you do it; but if you do, that is what will take place.

But when you sit in Joy! . . . you feel that you are renewed, your very body is light—light from the point of view of weight, so that you feel that you could fly over the mountains, light also from the point of view of luminosity—THE EFFECT IN YOUR BODY OF JOY IS UNSPEAKABLY BEAUTIFUL, FOR WHAT CAN COMPARE WITH JOY?

(l) Nothing Is Comparable to Joy Consciously Controlled

I hope that, as you read, you will feel great inspiration. This is a glorious secret, yet so simple that a child can understand it. It is, moreover, a secret that anyone may learn, if he Will (read page 30 of this little volume right now!)

You see, my friend, that Man, while he lives on the earth, and while his physical body is made up of substances from the earth, is not merely a denizen of the earth: he is a child of God, he is a citizen of the Free City of Light and Joy. If it were not so, the whole Universe—the Whole Eternal Principle—would collapse because it would not be in balance.

Now, if you look at your body you can see that it is made up of an aggregation of cell life. There are many different "states" and "communities" and "municipalities," and so on. The cells that make your hair do not make your toe nails; the cells that make your toe nails do not

make the pupil of your eye. Just imagine the colossal number of hairs on your body . . . you can't imagine! . . . what an amazing thing the human body is! Well, to make it a little more simple, I wonder how many bulbs there are in the electrical system of the city in which you live. I wonder how many lights there are everywhere throughout your city, in offices and homes and in basements, above the ground, below the ground and on the street—what an amazing number of lights! You have only to turn a switch, and out goes your light. You have only to turn the switch again, and on comes your light. Just imagine the number of little lights that you have in your body. It is not possible for you to even imagine, but you can see what I am trying to think. For example: I see my beloved coming . . . yet I do not see her because she is not there. Where is she? She is within me, and being within me, I see her whenever I wish to see her, and that should be always. JOY is what makes me see her! JOY lights up every one of those uncountable cells that make up my body.

(m) Joy the Creator—Its Reverse Is the Destroyer

This is the simple LAW of Joy, and its glorious effect in our lives. The effect of Joy in your body is something that you should never forget to notice. Joy is a fire! It is the enemy of grief. Grief causes the fragrances of Life to entirely wither. In grief, the digestion is disturbed, the chemical processes are entirely disharmonized, the tongue becomes coated, the eyesight is affected, the breathing is

handicapped because we are all "snuffled up," tiredness distresses us, the man reclines but he cannot get away from his grief. But with **JOY!** Joy is transforming—it is self-producing— self-impelling — self-purifying . . . and it MAKES HEAVEN OUT OF THE DULL DRABNESS OF THE EARTH.

Joy compels me to know that I am free.

Now, there is the effect in the human body.

But what a direful thing it is to be unhappy, to know no Joy, to feel that life is not worth living—heavy and dull and lethargic, going downhill always instead of up to the Hills. You can see that, of course, and you can endorse what I am writing because you have felt it many times. When you know no Joy, you know fear, pain, sorrow, anguish, anxiety, and worry. Have you ever been afraid? —what an awful thing it is to be afraid and to know no Joy! Shall I tell you a story?

(n) Joy and Fear Are As Oil and Water

Once—now many years ago—in China I had been travelling for weeks—wet beds, wet clothes, wet saddle, living on nothing but corn—raw corn, boiled corn, baked corn and every other way I could get it—but only corn! I arrived at a little bit of a village one evening, and—I was going to say that the sun had gone down, but we didn't know that the sun existed, for we were up in the clouds, and had not seen the sun for weeks. The dirty little hamlet was just about as dejected a place as you could possibly imagine, and there was I, cold and miserable and longing

for a decent meal. I was as miserable as could be! I went to bed, and on the other side of me, in a little room which was divided from mine by a bamboo wall, there were some soldiers and they were rather noisy. Just as I thought I was going to sleep they began to say, "Well, now look here, now is the time . . . we'll put a few men here and a few men there, and then he can't possibly get away." I thought, "Oh," and I listened for more. The more I listened, the more they talked. It was no laughing matter with me; I was scared stiff.

I was like my older boy the first time he "went up" over France. He said to me, "I was scared stiff." "The second time," he said to me, "we had five holes in our left wing, but after that I didn't care."

Well, I did care; I lay there petrified, thinking that, "Well, this is the end," as the conversation went on and on in the way I have indicated. I tried to call my "number one boy," but I couldn't; my tongue cleaved to the roof of my mouth, and my mouth got as dry as cork. I could not speak. Have you ever been like that? I hope you never will be. I was literally filled with fear; and as for Joy, it had long since finally departed. Lying there in a cold sweat, after a long time, I heard them throw up a chess board—they had been playing Chinese chess, and you know that Chinese chess requires many men, and so they were saying, "Put a few men here, and a few men there, and he can't get away!"

Why was I fearful, why was I unhappy, why did I not know any Joy at that time? It was simply because I **thought**

differently. The thought of the thing proved itself to be infinitely worse than the thing itself. I don't mind telling you that I hopped out of bed very quickly then, and i sent a man a long way away and we bought some chickens and we boiled some rice and we had a good feast . . . but that is another story.

(o) Joy Balances Our Creative Thinking

YOUR THOUGHT creates your own Joy!

You see, it is the **thought** of the thing. You must think Joy to get its benefits, and you must **act** in Joy to keep your cup flowing over. You will then be able to see the effects, even physically, of Joy. But when we come mentally to consider the effects of Joy, why, we are always happy, we are always in ecstasy, we are never far from Hope, and all the delights of the mind come constantly around us to minister to us. We are in Heaven—there is no unhappiness, there is no discord, there is no despair, there is no disease, there is nothing whatsoever that draws us down—we are constantly lifted on high and we are transformed in our life by this constant renewing of our minds.

Many salesmen fail—why? Because they do not know any Joy. If you see a salesman come into your office or your home with a long face, and he is argumentative and he thinks he knows everything, and so on, what do you do? Well, you say, "Not today, thank you!" But if a person comes into your home in Joy, showing you that he is truly anxious to serve you—oh, that's entirely different. Big and difficult things become easy when JOY rules our

action. Joy makes our minds tranquil and serene. We are always filled with hope and ambition, contentment and splendid satisfaction and gratitude, and are always at peace when JOY is on the throne within us.

Then, the JOY OF THE ETERNAL SPIRIT WITHIN US—that is beyond all description or understanding.

What Joy we feel when we know within ourselves that we have brought Joy to other people—**that** is the secret. It doesn't matter to me if I am joyful or not, so long as I can make anybody else joyful—that is the idea. It doesn't matter what I have, so long as I can supply the need of others. I see a little girl—"Oh, Daddy, look, the paint is coming out!"—she had fallen and she had hurt her knee, and with absolute faith she said, "Kiss it." Daddy kissed it, and it was instantaneously well. How wonderful! Well, what is called God can kiss all our pains away . . . but don't let me be a preacher—we have to learn what "GOD" is! Let us express Joy! Let us cause it to infiltrate everywhere. Then when we love people, we ourselves are loved. As we share even our own poverty with another, it is transformed into abundance, and we abound ourselves.

So, you see—**Joy, the urge of Life!** A deep, deep secret!

CONCLUSION: PEACE AND JOY BE UNTO YOU FOREVERMORE

Concluding this little lesson-volume, I naturally do not know what you will have been thinking as you have-read.

My hope is that you will have been able to read not alone the words that I have written, but that which JOY alone can write in your own, heart. We live in troublous times. Truly we do not know what a day may bring forth.

You may feel a bit despondent as you look into your own life, and it may be that you do not feel that you can ever make your dreams come true. But you CAN! The fact that you dream your dreams is proof that an URGE exists within you to do so, and fortunate for you that you feel the urge. I hope, for your sake, that you will make inquiry as to the ways and means of causing your life to become exactly what you would have it be. Take advantage of my invitation to you, as printed on page 30—do it today. You will never regret it, and may even all through your life bless the day that you began to take an interest in and make an investment IN YOURSELF.

It is grand to know that you are a success in Life, and that you have learned the LAWS OF SUCCESS once and for ever.

It is grand to be filled with Joy, to be filled with Light and Beauty and Strength and Power and Life and Enduringness and Youth, and feel that there is an unchangeability in all Life that nothing whatsoever can affect—that is Joy. I was talking to a man last night and he said, "That was back in 1938 . . . how time flies!" Well, let it fly! Time does not fly at all, it is we who fly—we fly through time, we are the masters of time! It always pays to learn how to be filled with Joy, even to learn the secret

of what is called "age," and the glory of what is known as "youth and true success."

It is finally up to us. The thought that we should continually engender in our minds is that Joy is universal. It isn't ours . . . it is, and we **are Joy.** It isn't ours in the' sense that we have to go and get it; it is here! The second thing is that it is up to us to **use** it. The more we use it, the more we have. When I was a little boy I used to sing in a choir, and I was so-much in love with a girl! She had a beautiful voice and everything about her was beautiful. Her face was always wreathed in smiles, even in repose. When she smiled broadly and openly, it was just like a breath from Heaven. It's wonderful to have a face like that! You know your face registers your JOY.

Yes, a full knowledge of the Joy of the Eternal Spirit within us is beyond all telling.

I have said, "JOY RULES OUR ACTION." I invite you to think upon these words. No matter whether you are a laborer in a field or a president of a large and prosperous corporation, a girl in a "five-and-ten" or a mother among her family, a schoolboy or schoolgirl, or just going through that delightful time when the world is one great adventure at all times—think on these words—"JOY RULES OUR ACTION." Is there not an answer in these words to all questions that you continually ask of Life? No matter what your question, whether relating to your physical world, your mental world, or your spiritual world, the only question LIFE ITSELF ,can give you is that JOY rules **YOUR ACTION.**

The true purpose of my writing these treatises which form the little Library of Victorious Living is solely to help you, if you **have the desire,** to make of your life what you believe in your heart is possible to you. I am fully aware, however, that what these lesson-volumes contain may strike the casual reader at first sight as being either "old-fashioned" or "impractical." They may smack a little too strongly of orthodox religion. That, however, is precisely what I wish to get away from—the old "religiosity" and the old orthodox conception of what men call GOD. **Read** and study these Little Books, and do so in sincerity and in a spirit which is free from empty criticism, and you will find yourself absorbing ideas and aims that will gradually revolutionize your life. This little volume, for instance —"What Is the True Urge of Your Life"—is a simple essay, but what is said is foundational to your very LIFE. Study it—practice what it reveals to you—then you will come to KNOW the blessed virtues to which you will be led.

JOY, the one URGE of your life with which it deals, will itself be better understood by you as a great motivating force in your everyday life; but you will also be led into many other delightful highways and byways of true scientific living which have hitherto existed for you only in your dreams.

Anyone—you perhaps—who is conscious in any form of disbalance in his life will know how there comes into his mind an ensuing feeling of inadequacy, causing a recognition of inability to meet the conditions of life with perfect poise. This lack of poise, this inferior feeling in

a person, often causes him to retire into the seeming safety of his. own small individual world, thereby leaving him to suffer silently **because he can find no outlet for his cherished hopes and ambitions.** Very often some magnificent idea is lost to the world because the person who bears the idea is timid, and fearful that he cannot bring it to fruition.

You are like this? Then, if you can come to understand what your true capabilities are, and how to awaken yourself to the full use of your own hidden powers, there will never again be any sense of want or lack in your life.

You will then know that you are spiritually rich, mentally abundant, and possessed of surprising physical endurance. Many men, through ignorance of their latent abilities, often underestimate themselves. And if you underestimate yourself, you are also underestimating your Creator, the Spirit and Power of Life Itself, in which you live and by which you are sustained. If you feel that you lack the ability to achieve your desire, you are defying the very **Spirit of the Creative Principle** that is alive within you, and in which you live. If the Creative Spirit or Creative Intelligence is not allowed to unfold through you, you certainly cannot keep step in the conquering march through life. You will then have to join the laggards and look on sorrowfully while others sweep on to victory. **But if you can learn how to uncover your talents and put them to work for you, you can bring your dreams and plans into realization.**

You can see, can you not, that Man is made in the "Image of God"—made for the purpose of "doing the Will" of God, of expressing God? The "Holy Spirit" is a living force in **Man,** and a perfectly successful human fife is the full expression of what we call God and know to be God through Man.

But unless you learn to **reflect that Image** through your life, you cannot shine forth in its brightness and power and intelligence.

That which men call God—the Creative Wisdom; the Creative Spirit; Intelligence; That Which Creates—can do **all** things; and since God is in every one of us alike, and we all live in God, then we are all similarly made of that eternal substance—**Life.** And Life is LIGHT!—God's first command was "LET THERE BE LIGHT!" . . . **Your** life is Light, my Life is Light.

May you return each day for one full week to this Little Book, and may you find JOY as your ever-increasing URGE TO BECOME FULLY WHAT YOU ARE!

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