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A BOOK FOR ALL THINKING PEOPLE



Your Sex Life

By Edwin J. Dingle

Your Sex Life

Womanhood - Manhood - Marriage

An Inspirational Treatise On
SEXOLOGY and PARENTHOOD
and DIVORCE

"God made Man that he should seek the Law, if haply
he might find after him and find him."

THIS VOLUME IS DEDICATED TO ALL THOSE WHO
ARE SINCERELY ENDEAVORING TO DISCOVER THE
TRUE USE OF THE CREATIVE POWER WITHIN THEM
AS EXPRESSED IN THE PROCREATIVE FACULTY

By

EDWIN J. DINGLE

Founder of the Science of Mentalphysics

INSTITUTE OF MENTALPHYSICS

P.O. BOX 988

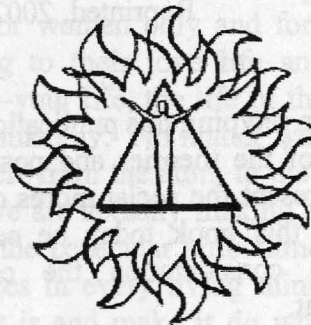
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Note: Upon retyping this publication it became obvious that some of the theories and postulates promoted by Dingle represent the social mores of the 1930's. Were he writing this book today he certainly would have taken into consideration the contemporary social environment.

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AUTHORS NOTE

Whether the title given to this small book is the right one or not is purely a matter of opinion. Those who pick it up and may possibly expect to read definite instructions as to how to engage in the art of love-making may be disappointed; but I fancy that those who have the eye to see and whose inner being is attuned to the inner forces of their own True Nature will find great inspiration from carefully reading what is written herein in a true spiritual attitude of mind.

"The Art of Love-making" has been prepared in response to a consistent demand from people in various parts of the country who have been present at my special lectures for women only and for men only on matters pertaining to their love life and parenthood. The study of life--your life, the life of the Universe--is really a study of anatomy. No matter what form of life we study, however--from the atom to the Sun, from the ameba to Man--we are actually making a study, not of the substance of the particular embodiment, but of the inner hidden forces in every living thing which make that thing what it is and make it do what it does. In relation to the human being, the crowning achievement of Creation, sexology is not the prettiest word to use, and some people may be inclined to turn from it as expressing a coarse and vulgar sentiment; but it is a science that every human being interested in his or her life should study.

For to do so is merely to study one's own anatomy and the transcendental force within the substance of one's own body--which is another way of saying that we are studying the eternal forces of Love. . . and Love is God.

Lovemaking is what every human being does. If he or she does not "make love," then the state of being

human has scarcely been reached. We all love, according to our light--for we are love, though I admit that many people do not fully know this basic fact of their existence. We may, through ignorance of Life's Laws, indulge in hate; but we are nonetheless, in our inherent being, just Love . . . and God is Love.

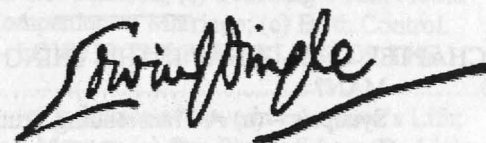
Self-knowledge is the only way to the knowledge of Universal Nature. There is a principle of universal science in every human being, and to desire and covet after Truth, the Truth of Your Self, is to become partaker of the Divine Nature Itself, to become fitted for the attainment of the knowledge of the Supreme Mind operating through your own mind. Though we may not be aware of it, our love life is the Divine part of our very being, and, when we learn to understand the laws and secrets, principles and practices taught in the Science of Mentalphysics, we come to know that Love is the Life PRINCIPLE--fixed and eternal--which made the Universe and sustains it . . . though I admit that to the uninitiated, mind it often appears that the direct antithesis to this statement is the fact.

This booklet, therefore, is put into your hands in the hope that you may be benefited by what is written, but principally will you be benefited by what you think as a result of new ideas that will come to you as a result of what is written.

May you be made happier for it! May you understand the wonderful forces that propel your life!

I wish gratefully to acknowledge valued assistance from Miss Aida Rodman DeMilt, a member of the Science of Mentalphysics, in the preparation of this volume and for several chapters of manuscript.

Joyously in your service,



(Ding-La-Mot)

Founder of the Science of Mentalphysics.

Los Angeles 4, California.

January, 1932.

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THE SCIENCE 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 leads 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.

CHAPTER ONE

WHAT IS THIS THING CALLED MAN?

I WAS once asked to give from the platform a definition of "Man." I was lecturing on Sexology and Parenthood to men only, and I spontaneously said: "Man is the positive element in the human kingdom -- the perfect chemical apparatus, the perfect electrical instrument, for the perfect expression of the Universal Force and Universal Mind." Today I cannot improve on that definition. Woman, of course is the negative element in the human kingdom, enjoying similar perfection for the same purpose, and each man and woman -- MAN -- embodies the crowning achievement in creation.

(a) A Transcending Truth

Man Is the Creator In Human Form. I write this sentence in the deepest reverence. What potentialities of power and wisdom! What surpassing action!

Man has come very near to the conquest of the material Universe. He almost literally has all things under his dominion, yet with all his knowledge he lacks, generally speaking, any degree of intimate knowledge regarding himself as made in the "Image of God," his very body the "Temple of the Living God," the Creator within him. Few men truthfully and intelligently can say of themselves that in their bodies they see the transcendently beautiful, the infinitely intricate and the most gloriously accurate instrument in the Universe. Such, however, is unmistakably the truth; and, moreover, Man -- physically, mentally and spiritually -- is the Temple of the God that lives within.

(b) *Whence and Whither?*

“What,” cries Nikola Tesla, the famous scientist and inventor, “what has the future in store for this strong being, born of a breath, of perishable tissue, with his powers, fearful and divine? What magic will be wrought by him in the end? What is to be his greatest deed, his crowning achievement? Long ago he recognized that all perceptible matter came from a primary substance, of a tenuity beyond conception and filling all space the Akasha (or luminiferous ether), or Prana or Creative Force, calling into existence in never-ending cycles all things and phenomena.”

Man is truly an embodiment of the Creator.

Man is not body, but Mind: he has a body, he is a Mind – universal, divine, eternal. Man’s body is his, not he the body’s. The body is a chemical compound, one may say, and as a chemical substance is worth but a few cents; but MAN – let him give thanks! – is nothing short of the Creator in Human Form.

And so we come to see that you, whether you are man or woman, are not merely an eater, a drinker, a sleeper, a worker – a being dependant upon mere animal pleasure for highest enjoyment, but the direct agent of the Creator, by whom there has been directly entrusted to you the charge of carrying on the human race, through stages of evolution towards the consummation of a Perfect Creation.

(c) *The Most Beautiful Act*

To the average individual, sexual intercourse is of

supreme importance. It ever has been, and the sexual urge in men and women has been handed on through the race mind to every creature born of woman. At the same time, you who read, in common with multitudes of average people everywhere, are perhaps ignorant of the true purpose of the sexual relation. It is the most beautiful, the most inspiring, the most sacred and holy of all our acts; and, properly approached and carried out, is the divine means by which we may elevate ourselves to a vibration so high and surpassingly lovely as, through it, to see and understand that the Kingdom of Heaven Is Within Us.

CHAPTER TWO

WHAT IS YOUR LIFE FORCE AND HOW SHOULD YOU USE IT?

ALL force comes from the Universal Supply. Universal force IS. You cannot change it. I cannot change it. It simply IS. There is no place where it is not. You and I are in and always have been within this great ocean of force in its Universality. It is the force in which we live and move and have our being, and this applies to every living thing--the beginningless, the endless.

The riddle of the Universe is about us and *within us*. We may solve it if we wish, and so go on from height to height of knowledge--or we may run on through life willy-nilly, as the great majority of humans do, and go out of the earth life with very little more true knowledge of ourselves and our relation to the Universe than we had when we entered this life.

(a) Creative Principle explained

Let us try to trace this Universal Force.

Fancy that you are in the park. You are silent and at rest, serenely contemplating Nature, and you see, as you probably have never noticed before, a Creativeness everywhere. This *Creativeness* is always at work. It is *never ceasing in its activity*. It *knows its work absolutely*.

Now I invite you to THINK. Just relax and think.

Consider any living thing--say, an apple tree. Do you not see that the apple tree knows how to make apples, and is the only thing that does? An oyster--do you not

see that the oyster knows exactly how and where to build its shell and make the pearl? Man can imitate, but he cannot make a pearl. *The Creative Spirit within the oyster knows*.

And this is true of every living thing. *The Creative Spirit within the acorn knows exactly how to make the oak tree*.

Now, as we look at this Creativeness, this Creative Spirit, we are compelled to see three things:

- (i) That IT IS INTELLIGENT . . . Wise, because it KNOWS HOW.
- (ii) That it is EVERYWHERE PRESENT . . . You cannot imagine it not being everywhere.
- (iii) That it HAS THE POWER TO DO ALL THINGS . . . To make the apple, the oyster, the oak and ALL THINGS IN THE UNIVERSE.

(b) The Scheme of Creation

No matter what else may come to our minds we shall have to admit that these three words emerge: OMNISCIENCE, OMNIPRESENCE AND OMNIPOTENCE. These three – Omniscience, Omnipresence and Omnipotence – comprise the triune activity of the One PRINCIPLE that is the origin of all things.

We find then that the God that we have always visualized, whether as a Being up above the clouds in some nebulous place called Heaven, or in any other manner, is really the CREATIVE PRINCIPLE EVERYWHERE EQUALLY PRESENT, that *can be known as intimately as a father knows his son*. Then come to see that the Universe and God are not separate. Also that created man and the Creator are not detached. "God is in man and Man is in God forevermore." *They are not separate entities*.

And now, please think carefully as we go slowly along. Let the light of this stupendous Truth flood your Mind. You will see that *you have discovered the basic fact of all existence*, the greatest thing that any man can know.

Contemplate this profound Truth in this manner:

Question

Answer

Are you, or are you not, a part of the Universe?.....I am.
 Can the Universe be complete without all its parts?.....No, it cannot
 Therefore, without you, can it be complete?.....No
 Therefore, its completeness literally depends on you? Certainly
 Therefore, without you it cannot exist in completeness?No

Now you can say in all truth: "BECAUSE OF THIS I STAND TO THE UNIVERSE AS A CENTER DOES TO A CIRCLE. IN THIS CASE I AM THE CENTER. The circumference is everywhere. WITHOUT A CENTER NO CIRCUMFERENCE CAN EXIST."

Going back over what we have read we see that in the Creator is ALL THE PRESENCE there is, ALL THE POWER (Force) there is, ALL THE WISDOM there is. As nothing can exist OUTSIDE of the ALL, we arrive quite logically, do we not, at the wonderful knowledge that "THE CREATOR IS ALL THAT THERE IS." Carry the idea only one step farther and, remembering what you have read, you can truthfully affirm:

"Since the Creator is ALL THAT THERE IS, I AM THE CREATOR DIFFERENTIATED INTO THE HUMAN FORM."

Carry the idea another step and we arrive at the most stupendous truth that can ever be known, since all human knowing is in some way derived from it. You can now truthfully affirm: "THEREFORE, WHATEVER THE CREATOR IS, I AM."

(c) What Works the Machine?

And the Force that propels this marvelous Universe is in YOU in its full quality--you use it as you will! Your thought dictates the way you will use or abuse it.

How do you use it? In a word, by the breath of you. "God breathed into his nostrils the Breath of Life and man became a living soul."

The Science of Mentalphysics, following in the footsteps of all occult teachers in all lands and in all periods, proves that there is to be found in the atmosphere a substance from which all life is derived. This force in the Sanskrit is called *Prana*, which we amplify to mean Absolute Energy, the Vital Force, the Essence of Life. I repeat that this Principle of all energy in the Universe is *everywhere present*. It is all-pervading. Wherever there is Life, there is Prana, it is in you. Modern science proves that in every atom, every electron, every ion, there is Life--and Prana is the Energy that the soul uses--it is the energy that you use in the sacred act of your life which we are discussing in this volume. As the Founder of Mentalphysics, I claim that self-knowledge is the only way to the knowledge of Universal Nature. Within each man and woman is the Operator of Miracles. "God made man," we read in Acts XVII, 27-28, "to the end that he should *seek the Lord*, if haply he might feel after him and find him." The Universal Force--call it by any name you will--is the Lord (The Law), and it is only by "*feeling after him*" and "finding him" within ourselves that we can understand the Lord.

(d) The True Use of Sex Force

Is the relation between you and your mate a sacrament, a holy thrilling act of true spiritual power . . . or is it on a lower plane, reflecting the coarser, baser, more claylike side of your nature?

Is it something that through habit you have come to regard as a physical necessity and something that you can demand of your mate as a "right" . . . or do you, in this sacred act, charge your very body, the instrument of the Creator, with unutterably wonderful Creative Force?

What follows is written for you in the hope that Light may break upon your Path to enable you to see that the proper use of your sex force may lead you into the Mystery of Mysteries, the Holy of Holies of your Life.

CHAPTER THREE

HOW TO USE THIS CREATIVE FORCE

WE have seen that Man--you and I--are in a sea of power, Creative Energy. The body you have built is your instrument for the use and expression of this Creative Energy. In the probably hundreds of thousands of years of evolution the human body, in all its essential parts and principles, has come to its present state of perfection for the sole purpose of expressing the inherent Divine Principle.

Every part of the body, as we have seen, has its own special definite purpose.

(a) *Man's First Duty*

The body receives the Universal Energy with every breath that you take, and it uses it with every effort of the will, every word, every movement of a muscle, every emotion--the result of thought. When the physical man is in perfect balance and the mental man is properly attuned to Divine Principle in thought, it can be said that a human being is perfectly expressing his true nature.

Man's *first duty to himself is to see that his body is in perfect health*, so that in every cell and tissue--properly formed in principle for the purpose--the Universal Energy may be used in accordance with the LAW of Life.

We will now reverently consider further what this Creative Power, this Divine Principle, this Universal Energy is--everywhere, in everything--throughout the Universe.

You are sure that you have a body. You can feel the substance of which it is made. You are sure that *within*

the substance you have energy . . . for you can talk, sing, swim, jump, run, write and work--using your energy in a thousand different ways. You are also sure that the energy is in the substance of your body, and that it is *directed by your thought*, for you do what you decide to do through your thought. Therefore--

- (i) Your physical body is substance:
- (ii) *Within the substance* of your body is the energy. This energy you cannot see with your physical eyes. You can only see the effect of this energy, but you *feel* the energy within the substance.
- (iii) You are sure that the manner in which you use your energy is directed by your Thought, which is a substance more subtle than the energy. It controls and directs the energy, for you use the energy as the thought directs; you use the energy exactly as you *think* you will.

While you know that you think, it may be that you do not know what Thought is, and it is difficult for any teacher precisely to teach what it is--though we are all aware that we have at our command and do use a substance when we think--for we cannot think with "nothing." Everything in Nature has an embodiment--some of which we can sense, while others we cannot. Mind substance is one of those subtle substances that cannot be put under a microscope and investigated.

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 and talk to me and SHOW me the product of that unseen substance that you are using when you think.

The same with many other substances.

Occultists teach, however, that Mind-substance is universal and omnipresent. *Mind-substance* may be likened to Prana* in the sense that it is found in every place in the Universe. *Its sum total is fixed and cannot be added to or taken from, and therefore it is unchangeable.* Mind-substance can be regarded, as a matter of fact, as a higher phase of Energy or Matter, just as Matter may be considered as a grosser form of Mind-substance of Energy.

(c) *Nature of the Soul*

The yogis of the Far East claim to have proved that Mind-substance was the First Manifestation, and from it emanated Energy, and from Energy emanated Matter -- so that all form parts of one real substance--the ALL THAT THERE IS. One may say that there are three manifestations or emanations of the Absolute.

If it were possible for me as a Teacher to exhibit a certain quantity of Mind-substance and show it in my classes, there would be no need to try to explain, nor would there be any need for the student to try properly to make the personal effort to gain his 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 us by its results--Thoughts, Thought-force, etc.*

The differences are--and we should get this deeply in the Mind--

*The Sanskrit word for the origin of life, the life current, the vital essence that gives life to every living thing.

- (a) MATTER is the thing that the Soul uses to clothe itself with.
- (b) ENERGY is the thing that the Soul uses to act with.
- (c) MIND SUBSTANCE is the thing that the Soul uses to think with.

I labor this point to emphasize that you – in your physical love life, as in every other activity of your life--are *Thought in Action*. Your glorious body is the instrument through which Thought is expressed. Man, then, is thought in action. He has but two things--his Thought and the Universe.

I wrote earlier in this chapter: "Man's first duty to himself is to see that his body is in perfect health, so that in every cell and tissue--properly formed in principle for the purpose – the Universal Energy may be used in accordance with the LAW of Life." If his *thought* is right, *all else must be*--"As a man thinketh, so IS he."

Your sexual energy is actually the energy of the Creator within you.

How vital, then, that this should be properly directed by your thought.

(d) *Distribution of Sex Energy in the Human Being*

It is entirely unnecessary here to point out that when we *think* upon the sexual relation, there is almost immediate physical evidence of the result of our thought. Certain parts of the body are, in the healthy human, spontaneously quickened. If the body is in perfect equilibrium, we feel this force surging through our physical being, and, if the thought is persisted in, both the male and the female may

conceivably, as a direct result of the thought, express the physical consummation of sex force, without contact with the mate.

(e) *Gradual Growth of the Human Being*

Let us explain this way: A child is born. He or she grows. The period of puberty comes. There follows in due course the first experience of this newfound energy. With this first experience a new world opens, and from the first experience the human being actually enters upon a program of physical destruction--for every time the act occurs there is an expenditure of those vital forces whose presence within the human body make it a thing divine.

All this is common to the race.

No matter where you find a human being--with the exception of rare occasions where religious practices demand chastity - life seems to be one physical or sexual cataclysm after another . . . and to this we give the name sexual intercourse. Indeed, it seems that within the substance of the body this inner sexual force increases to the point of a volcanic action in the individual, which is the only apparent way to relief . . . and then again on and on in the same way. Such is sexual expression.

Every adult human being knows the effect of this expression, but it is safe to say that not once in a hundred times is the act the perfect sacrament it should be, nor does it even bring satisfaction to its participants on a physical plane. Every man will admit that only rarely is the act in itself anything approaching that beautiful superconscious understanding it should be, and this will all the more readily be endorsed by women.

The sexual act in itself is not necessarily something that brings joy--it is the thought behind it that determines its nature.

Whether there be actual expression or not, however, when we *think* the act, and refrain from expression--due to lack of opportunity or otherwise--the effect of our thought is seen in the body.

To those who consistently think sex but have no sex expression, there comes a peculiar irritability and restlessness, followed by physical lassitude and mental disturbance, and probably serious ill-health.

(f) *Sex Repression and Its Results*

So strong is this felt today that a growing school of scientific thinkers declares that practically all disease is traceable to an unsatisfied or repressed sex life--particularly in the case of women. Constipation, mental troubles, poor eyesight . . . and a whole string of negative physical conditions are declared by doctors to have their birth in a disordered sexual condition, either in excessive expression or in repression.

We do not wish to dwell too long upon the mere physical side of the sex life of the individual, though its vital importance would give us justification.

Those who know, however, will tell you that all life is sex life, and if you be perennially happy, you are so because you are sexually in equilibrium, though you may be perfectly chaste. If you are full of fears and inferiority complexes, lack desire to do something worthwhile in life and to be a man or woman in the true sense of those words, if you are critical of life in general and fancy that the whole world is against you, if you are growing old before your time, regard yourself as a failure and cannot make headway in the place in

which you find yourself, it is all because of sexual derangement, wrong expression, or repression. All energy is sex energy, for just as you were enabled to build your body as a result of the sex energy in two human beings, so this law applies with every living thing.

But it is a curious thing that this most vital desideratum of existence has ever generally been taboo.

A generation ago, though people talked of sex matters and were probably quite as sexually unbalanced as people are today, they talked in secret and acted in secret -- with appalling results in the matter of venereal disease, which forms one of the world's greatest burdens in our "enlightened" age.

(h) *Sex Energy the Servant of God*

I have spoken of the human body as being the instrument you and I have been blessed with for the true expression of the Creative Energy within us. There is a way to get to know this body--to feel the subtle forces within it, to watch them at work and to see what they are doing, and to quite fully understand the *raison d'etre* of the scheme of things around us and within us. In their ignorance many men and women, approaching the sex relation in a lewd and coarse manner, crush the very highest inspiration that can come consciously to them. They waste their substance in licentiousness and ugly passion.

It is to them that this volume is addressed, in the hope that they may be led by the still waters of life, into the inner sanctuary of their own beings, and get to know that in the abuse of the sex energy within them they are destroying the essential substances of life which the Creator in His bounty has entrusted unto them.

Your sex energy is the servant in the Kingdom of God within you.

Within Man is a kingdom of divine possibilities, as every father and mother must admit when they look upon their firstborn for the first time--for what wisdom was pent up in the substances of their bodies to enable such a wondrous thing as their own baby to be built in the womb and born in due course into this outer world! It is obvious that to be opened to the inner power and perfection of ourselves, we must try to cultivate the spirit of perfection in the activities of life. And in no other channel more than in the sexual channel of life can we make quicker progress towards this end. That is why chastity is, and always has been, regarded as a stronghold of the spiritually developed and those who wish to grow spiritually. Abuse your sex force and you commit slow suicide. This is the Law. And Law, the Law of Nature, is absolute, unchangeable, immutable, irrevocable. The Mind of you and me is the power which guides, directs, controls and governs the use made of Universal Energy in its expression, through the substance of you and me. Law, Mind, Energy, Substance are infinite, and universal in their application to all things, persons, conditions . . . but, personal in their use by you and me.

A man is a veritable fool who, knowing the Law, deliberately wastes his sex energy and abuses that Divine Power within him which is the very substance in which he lives and moves and has his being. But the Law has to be learned, and I conclude this chapter by hoping that you who read will feel the vibration of Truth that goes into these words. May you be led to "seek the Law," if haply you "might feel after him" and find him. In our beloved philosophy of Mentalphysics you are directed to The Path.

You will have learned how to distribute your sex force.

CHAPTER FOUR

THE ENDOCRINE GLANDS: THEIR FUNCTION AND EFFECT UPON THE HUMAN BODY

MAN is the Microcosm: the Universe is the Macrocosm. You can think of an Infinity beyond – that is, external to yourself; but, similarly, you can think of an Infinity WITHIN YOURSELF. It is as if there were two Infinities, one without, the other within. The occultist knows there is only One, for we each individually stand at the center of ourselves, in a middle position, with a world within us and a world without . . . of the *Infinity within* and the *Infinity without*.

The Infinity within is governed by the Endocrine Glands, the Great Ductless Chain of Life! And we always must draw upon the Infinity within, whether in a material way, as sexually, or in any other way, before we can express in the Infinity without.

One of the greatest epoch-making discoveries of any age was that of steam power. When Watts discovered and invented the steam engine he did not know that he was to revolutionize a world. The steamship was invented by Fulton twenty-two years later. Stephenson brought forth to an admiring world the first locomotive, the Rocket, in 1814. Then, later on, came electricity, the telegraph, the telephone, the radio, the airplane. Still more interesting was the discovery of the circulation of the blood by Harvey, a London doctor. Also the discovery of radium. More recent still is the discovery of the work of the Endocrines, the Ductless Glands.

This discovery is destined to cause as great a revolution in the attitude of Man towards his body as the discovery of steam did to the world in general.

(a) The Endocrines Are the Makers of Destiny

The Supreme Architect works through the human glands. The edifice of your body is made, built up, sustained and maintained by the work of the Endocrines. This Power does not distinguish between the noble and the ignoble. It takes as much interest in a black skin as a white, the weak as the strong, the virtuous as the unvirtuous. All the currents and undercurrents that go on in the chemistry of the body--the building up, the breaking down, the changes from youth to age--are operated by the endocrines.

If you are a Samson, if you are bent and wrinkled with age, if you are full of pep and power, if you are a mass of inferiority complexes, your Endocrines have done it.

(b) The Master Glands and Sex Energy

The Master Glands are the sex glands, intimately and sympathetically RELATED TO ALL OTHER GLANDS. Injury to them injures the whole body. When depleted, run down, exhausted, all the body suffers. Similarly, all human energy is in some way related to sex energy. Beauty, health, strength, genius -- these do not exist separate from sex efficiency. Thus it is true that Man (and Woman) is as old as his glands. *

It will be seen, then, how important it is that the sex glands are neither abused nor injured. For, after all, is it not clear that the CREATIVE SPIRIT SENDS THE LIFE STREAM THROUGH THESE ORGANS TO PERPETUATE THE RACE -- THAT IS, THE LIFE OF THE UNIVERSE?

(c) Principal Glands in the Great Chain

The principal glands in the Great Ductless chain are:

(a) THE PINEAL GLAND. -- In the Spiritual man, the Pineal gland is the center of centers. It is the positive element in man, and all that he is and knows is because of his Pineal Gland. It is also known as the Sixth Sense; it is located at the base of the brain over the cerebellum and the medulla oblongata above and behind the Pituitary Gland. Occultists know the Pineal to be the "Third Eye," and philosophers have declared it to be the "seat of the soul." It is the creator of memory. It is developed by concentration of the mind, and consequently means better co-ordination of the whole sensory system in the body. What the psychologists call the "pineal type" of person is a mentally alert, physically alive, quick deciding, quick-moving, "knowing" person. Your whole mental development is controlled by the Pineal Gland. In the mere human "animal" the gland is small, lethargic and undeveloped. In fact, it is the development of this gland more than any other that "makes the man." This is, I believe, the only gland in the body that dare not be touched. If it be touched the thread of life is instantly severed.

(b) THE GONAD GLANDS.--In the male the testicles (or testes); in the female the ovaries, which, with the whole reproductive and generative system in the human

*In the Far East, where mutilation of the sex organs is a common practice, four out of five infants castrated die in infancy. Women who have their ovaries removed lose their vivacity and brightness, are sluggish and heavy, unless they have developed a higher consciousness. They are unsexed and grow masculine in appearance. Certain sects cause some adherents to suppress all sex instincts, and the women become masculine in appearance, with a distinct tendency to grow beards, while the men change in the opposite direction, tending towards a feminine appearance.

being, form the most delicate, the most marvelously complex and most beautiful set of glands in the Great Ductless Chain. It is obvious that in the internal secretions from these glands, forming the foundational substance by which and through which a human body is built in the womb, is contained the divine power and origin of life. It is through these glands that the Stream of Life has ever flowed, for as you read these words you may not realize the hundreds of thousands of people, male and female, who have been necessary to bring you where you are. The effect of the spermatozoa in the male and the ova in the female, the first definite and positive, the second the negative power of life, are too well known to need reference thereto. But the gonads also have an important inner, hidden work to do, which they faithfully perform. That is, to secrete (*create* is a better word) vitally valuable internal fluids that are constantly poured into the blood stream. These inner fluids make the light in the eye, the elastic spring in the step, the melody in the voice, the glorious "light" in the personality of a perfect human being.

The Male – The Gonads in the male secrete the semen, or seed. The spermatozoa are, of course, the cells of reproduction, and it is claimed that in the testicles of a perfectly healthy man are some hundred and fifty billion seeds. In its outward journey the seminal fluid flows through the genito-urinary canal, while the secretion inwards, which few men stop to think of, but which literally makes them what they are, is by way of the Interstitial Gland directly into the blood stream. Men should learn, and spiritually minded men will learn, how to transmute their sex energy and not waste it as the great majority of men do.

The Female.--While the ovaries are considered to be the Gonads in the female, this is only a part of the truth.

A man feels sex expression almost entirely in one region, and the more he desires expression the more he becomes conscious of a generative or volcanic feeling in the genito-urinary canal, until the cataclysm as expressed in the orgasm relieves this feeling. The female, however, has her sex feeling widely distributed throughout the pelvic and abdominal region, extending up to the breasts and to the throat, showing how closely allied are the Gonads with the Mammary Glands and that very wonderful Thyroid. The whole reproductive system in the female is much more delicately sensitive than in the male, and if she care to study physiology from the standpoint of the Spirit, no woman can fail to recognize in her glorious body the very Temple of the Living God; and, through occult study and practice as taught in the Science of Mentalphysics, to come into a full knowledge of what this means.

THE PITUITARY GLAND.--If the Pineal Gland is regarded as the "positive" pole of Being, of the Soul, the highest invisible part of man, the Pituitary Gland may be regarded as "negative" to the Pineal. In the physical body, however, the Pituitary is positive, the Gonads are negative, and so long as the Gonads are at rest, so to speak, generating their inner substances into the blood stream, the Pituitary remains positive, every other gland in the Great Ductless Chain being earnest and willing co-operators with the Pituitary, but when the Gonad Glands become positive all other glands contribute their energy to aid the Gonad system, except the Pituitary. The internal secretion from the Pituitary is named "pituitrin". Its value to the human organism is so rich as to be beyond scientific computation. The Pituitary controls growth of the body, builds the bones, supplies tone to the tissues, and is called the "Construction Engineer" of the body. If it is entirely

removed, the patient rarely lives more than twenty-four hours.

THE THYROID GLAND.--This is the oldest known gland. It covers the windpipe (trachea) and as one of man's saviors of destiny deposits into the blood stream enough of its internal secretion, called "thyroxin," to keep him in a state of perpetual youth and physical vigor. The Thyroid is believed to give the pigment to the hair, assists digestion, assimilation and elimination of food. Much is known about the Thyroid, and if you are suffering from obesity, or the reverse, this gland, more than any other, is responsible.

THE PARATHYROID GLANDS.--These are generally four in number, situated very near the Thyroid and co-operating closely with that larger gland. Their vitally important work is to protect the body against contagion and infection. They secrete protective substances into the blood stream. Remove the Parathyroids and a deplorable condition of non-immunity to simple infections occurs, and death generally comes early. The Parathyroids are the active protectors of your body.

THE SPLEEN.--If you look at a chart, you will see that the Spleen, "man's best friend," lies behind the stomach, close to the left kidney. The wisdom pent up in the Spleen passes understanding. It regulates and controls metabolism, is very closely associated with the Thyroid, being dependent for its perfect functioning upon the latter's normal activity in developing digestion, assimilation and elimination.

THE ADRENAL GLANDS (or Supra-Renals).--These glands supply you with your aggressiveness, your positiveness. They are the "do it now" glands and serve faithfully if you, the human being, will let them, in the development of the body and the development of

character. They will probably later be discovered, in spite of their small size, to be actively associated with the Pituitary, for no gland in the human organism has greater influence on all the glands in the Great Ductless Chain than the Adrenals. Their secretion is known as "adrenaline," which gives energy, pugnacity and so on. The Adrenals are the *work* glands, the fountains of reserve energy. Worry uses up the secretion unduly and then come fatigue, listlessness, flaccid muscles, malnutrition, genital coldness, etc.

THE THYMUS GLAND--This gland is more active generally during the years up to adolescence, and decreases in size as life goes on. As soon as the sex Gonads begin functioning, the Thymus, called "the Gland of Love" and "the Gland of Youth," decreases in size, becoming entirely inactive in late adulthood. Much could be written on the Thymus. All affection, adoration for the beautiful, love for one person or for the whole human race lies within the Thymus. There is a greater spiritual force in the Thymus Gland than has yet been uncovered by modern science. It is "the Love Gland"--and GOD is Love.

(d) Your Thought and Your Glands

In the foregoing very brief reference to the principal glands in the Great Ductless Chain you will be able to see that the Endocrine Glands are the makers of your destiny.

They control the chemical changes of your body.

They make radiant health for you, if you will allow them.

They will keep your body young and vigorous and perfect. The plant draws its energy mainly from the sun. The human body, your body, attracts energy from food, but it also gathers energy from the sun.

It is radiant energy that keeps the atoms of the cells in your body in perpetual activity, which means, it supplies your whole organism with sex energy that must be used in accordance with the Laws of Life.

Now, listen: The Endocrines have the task of transforming the substances of the body into OTHER SUBSTANCES. In the mother the Mammary Glands convert blood into milk. The Salivary Glands change, by a process of selection, the serum into saliva. AND SO ON WITH ALL THE ENDOCRINES.

The body may be stimulated by concentration. Mentalphysics teaches how this is done. Further proof of it may be found in such experiments as this: A subject is balanced upon an instrument similar to a "see-saw," lying flat upon his back. He is told to think of his feet, and that end of the balance begins to fall. He is told to think of his head, and it reverses, the head part falling downwards. The REASON FOR THIS IS THAT BLOOD FOLLOWS THE THOUGHT--or, more commonly expressed, "Blood follows the attention."

You concentrate upon the Larynx to develop a singing voice: for strong biceps upon these muscles, and physical culture instructors have abundantly proved the power of thought in that direction. The pianist concentrates upon the hands for technical execution. And so on with whatever we may desire to do, but you must be taught the way to do this.

Now, the REASON Concentrated Thought IONIZES THE CELLS IS THAT THOUGHT is a kind of Electricity which recharges the battery of our bodies. When we meditate upon Health in the manner taught in Mentalphysics, we assist the work of metabolism or

secretion. The cells are electrified, ionized. In this way sluggish cells are re-animated to healthy action. It is as if you go to a man struggling with a load and give him a lift. The cellular tissues are energized, stimulated, enlivened, animated--charged with new power through Thought. Followers of Mentalphysics methods KNOW the EFFECT of this, and are not so concerned with the details of the work.

Drugs, gland extracts, magnetic rays, electric batteries and all such contrivances, while of some use, are artificial. THE METHOD AS TAUGHT IN MENTALPHYSICS DISCLOSES NATURE'S OWN WAY. THE RESULTS ARE ALWAYS GOOD. WHY? BECAUSE YOU PLACE YOURSELF IN HARMONY WITH THE POWER THAT DRIVES THE UNIVERSE.

(e) Thought and Emotional Force

Concentration upon ANY part of the body not only sends the blood to the part (for "blood follows the attention") but carries the finer substances that can only be described by the words, electron or ion. But there are also known to exist other substances that are too fine to be observed by material scientific means--as the Ether. Concentration energizes the parts of the body being concentrated upon, whether the concentration be conscious or unconscious. The most familiar form of it is the blush. Some people blush only on the face. Others on the neck, but some blush all over the body. A pleasurable sensation will cause a heat all over the body, so that we perspire freely. This concentration, we repeat, is LARGELY UNCONSCIOUS, the thoughts and emotions having effect upon our organisms just the same. This may all be interpreted as expression of sex energy.

To illustrate this point: It may be mentioned that the red flush is usually beyond control, arising on quite embarrassing occasions. The cry of an infant will cause a reaction in a mother in which the Mammary Glands are stirred to increased activity--indeed, there is a case on record where, on the death of the mother, the reaction occurred to the father, enabling him to suckle the child. We are all more or less familiar with the effect of Thought and Emotion on the gonads: There is no doubt that the love emotion, and thought about sex matters, increase the sexual secretions.

This volume does not presume to teach Physiology, and what is being referred to is not being put in technical fashion; there is no need for us to go deeply into the matter either, but enough must be shown in order to enable the reader to understand HOW THE GLANDS AFFECT HIM FOR GOOD OR ILL. For example The Thyroid is in the neck, astride and below the larynx--in goiter there is an obvious enlargement of this gland. The Thyroid appears to be largely responsible for growth. Rats and rabbits deprived of the gland do not grow, while other specimens to which the extract has been fed grow to great proportions, while others get to such a size as to be "unnatural." Many physical disturbances and Ill-health are traceable to defective Thyroids.

As we are not teaching Physiology, the reader is strongly urged to read any NEW work on the Ductless Glands.

Whether you take up this study or not, you may be assured that all the Endocrines are so intimately related that when one is affected the others suffer, and that you have within you a network of forces which cannot be surpassed even in your Imagination. And you have to

know beyond doubt that Meditation* on any of the glands radiates to all the others the benefits demanded, even those that are so small as to have been so far neglected by the scientist.

All the endocrines are performing immeasurably useful work, for you are what your glands are. They all discharge valuable fluids into the blood. Some of these fluids have been analyzed, so that their chemical constituents are known.

When we understand what the Endocrines are doing for us, and what we may do for them, we get a different conception entirely of that BEAUTIFUL MEANINGFUL SENTENCE OF THE CHRIST:

"As a Man Thinketh, So Is He."

*You are urged to read "How to Meditate," a Mentalphysics publication. It is the sure road to scientific meditation.

Refer to the Endocrine Gland chart for further information.

CHAPTER FIVE

WHAT MARRIAGE SHOULD BE AND DO

MARRIAGE is recognized as a social necessity throughout all mankind. It is the published union sanctifying the natural law of procreation. Man builds a home for his mate to protect her from his covetous fellows, to assure privacy for love and to serve as a shrine for their parenthood, a cradle of love to welcome each child that comes as the perfect fruit of perfect union.

The instinct which strikes the first spark of attraction between any man and woman is the creative urge to perpetuate the race, to contribute to the progress of mankind. That is why any love life outside the social law usually ends in disaster. It frustrates its very purpose, denies its very birthright, by forbidding parenthood.

(a) Our Educational System

Weddings are beautiful in all that they display and symbolize. Two young people, selected from among all others, publicly declare their desire and intention to live and love together, to be, as they believe, eternally happy. The conditions are wholly favorable, it would seem, but sometimes before the honeymoon has waned, discord has begun to rub the bloom from their bliss. They thought they knew everything about marriage, but alas! Both were ignorant of everything but their own desire, which was not wholly physical.

Our educational systems have cluttered the minds of the world's Creators with much that will never be used in the daily life of our young man and wife.

During their plastic years what were they taught of the facts of marriage, of the means whereby happiness may be continued through the life-span, of the way in which to keep love untarnished from mutual fault-finding and bickering? Neither has been taught how much to give or to withhold. Neither realizes that the disturbance of the once perfect harmony may be found in himself or herself. Each usually expects too much of the other. The wife resents the cessation of courtship. She misses the little tokens, thoughtful and considerate, that were lavished upon her before marriage. What the lover humbly prayed for, the husband claims as his right, regardless of her complex emotions, her sensitive physical organism, which reacts unconsciously from her tremulous fear that her mate has ceased to love her.

With woman love is usually far more a spiritual than a physical thing. She wants to feel the divine element in her husband's love--she wants to keep the sex act above the plane of mere appetite--she wants to be loved as an individual, even more than as a woman.

(b) A Typical Picture

The average man is not concerned with any thing super-physical in his relations with his wife. His life is regulated, organized. He gets up in the morning, solemnly consumes his breakfast, already so preoccupied with the coming work of the day that his response to his wife's tender touches and caressing voice is exasperatingly indifferent. She is always in the mood for evidences of affection. He prefers to wait until bedtime. At evening he comes as an honored guest to a brightly lighted home, a dinner prepared and a wife prettily arrayed to please him. All these he

accepts as a matter of course, nor does he care to hear about the little details of her daily work.

He prefers to talk about something worthwhile--himself.

Sometimes she, weary of washing dishes, of picking up and putting away his clothes, and preparing his dinner, would like to go out for the evening. If this is denied too often, the spontaneity of her response to the marital act disappears. She becomes "frigid," and after a time he telephones that he won't be home to dinner.

The fault is not all on the man's side.

Probably he thinks his wife should know more about cooking, perhaps she has never been taught to keep the home tidy or her tongue in leash. Perhaps in her first recoil from the loss of the romantic quality in their love she has ceased to keep herself attractive, lost interest in trying to please a man who never notices what she is wearing or takes the trouble to pay her a compliment. Because she has time during her daily activities about the home to study his likes and dislikes and plan for his well being, she resents the fact that it has never occurred to him to study *her* complexities of mood and perversities of action.

Then one day comes to her the most sublime knowledge that can ever be experienced by woman. She is to become a mother--the mother of his child. Again she is overwhelmed by her love for her mate. All the discord has flown before the glory of a holy Annunciation. When she tells him, he is speechless with ecstasy. *He* is to father a race of men who shall do mighty deeds!

(c) *The Eternal Miracle*

For nine months she waits, communing with the Life that has been committed to her care, realizing as never before, her Divine Mission.

Her every thought is a prayer that *their child* will be a superman, a great, beautiful, wonderful human being.

She weaves a magic web about that gently growing fetus, a web whose delicate threads are love, hope, joy and gratitude.

Happiness, harmony, love surround her.

His prospective fatherhood makes of the husband the most devoted and thoughtful of lovers, all his protective instincts on guard for her safety. Is she not the Chalice, pure and perfect, the sacred vessel to which has been entrusted a new Embodiment of the Creative Spirit? So they dream and plan together, united now by the Divine Love that is free of the physical need for expression, realizing perhaps for the first time what a holy estate a true Marriage can be and should be. They have learned for the first time what Love is . . . that Love is all-giving, all-forgetful of self . . . that Love is God.

"Love suffereth long and is kind."

Love makes excuses for the loved one and makes light of little faults and shortcomings. *Love is the positive force in all human relationships.* How much need, therefore, is there to keep love untarnished from faultfinding, impatience, any of the myriad negative thoughts that give rise to all the catastrophes that so frequently destroy or terminate marriage. We can love children, our own children, in spite of their little naughty and exasperating ways. It is easy to make excuses for them. How much more, then, should we replace every unkind thought for our life mate with a loving thought, how much more should sharp tongues be smoothed.

(d) *The Marriage Act*

The marriage act underlies all other relations between husband and wife. If the wife is generous with her gifts, lavish with her charms, eager to give happiness to him whom she loves above all human beings, the man is happy in all his relationships. In his business, he is qualified to attain to his highest ideal of success. He radiates happiness and contentment. He is admired, respected by all his associates. He is full of Power to make of his own destiny whatever he wishes.

The woman whose husband is considerate, whose demands are never beyond her ability to respond, is the woman whose beauty never fades, whose eyes keep the glint of girlhood, whose voice rings with laughter and whose attitude towards her neighbors is always friendly, generous, and harmonious. She is the woman men admire and other women envy. Her home is a place to which friends are magnetized because they find in its atmosphere that which they have perhaps failed to create in their own environment.

The shrewish woman is she whose husband sacrifices his gentler instincts to his brutish love of power and possession. The man who is disagreeable in his business life, who is unpopular with men and avoided by women is too often the man to whom his wife denies herself, or gives grudgingly as a distasteful duty, regarding the sacred and beautiful Creative Force within her mate and herself as "disgusting."

(e) *The Thought Is Everything*

"There's nothing either good or bad, but thinking makes it so."

Marriage may be beautiful or ugly, exactly as we think it. Love, God-expression within us, is our greatest treasure. It is an emotion so subtle that it never forces itself upon us. It is bruised by every negative thought, every discordant reaction towards another human being. In time, it recedes entirely and hides behind the wall that hate too often builds, but it never dies. It cannot die. The God within us cannot die. Like the tiny flame of an altar lamp it burns steadily even if dimly until the enemy is driven out and we permit love to flood forth again from our hearts, to shed its warm light upon the mate we have chosen, our own beloved who becomes ever more and more lovable, when we learn to see the God within. Love begets love and smiles win more domestic battles than tears.

Marriage is what you make it.

Happiness never comes from without. No human being can make you happy. Your happiness is within your own Spirit. If you are out of harmony with your mate, the fault is yours, no matter what the other has said or done. You have merely to know that you can be happy in spite of what is said or done. When you lift your own consciousness to a plane where serenity dwells undisturbed by outer influences, you not only enable yourself to be happy, but you radiate that happiness so that its light illumines not only your mate but every human being with whom you are in contact.

(f) *Be Happy Now*

In Mentalphysics we have a simple method of instantly reviving a languishing happiness.

We think upward to the top of our head, as if we were sending a shaft of light up through the brain and out--up and out.

Try it now!

Get that vibration of JOY. Get the habit of encouraging that vibration and see how quickly your worries will disappear, your unkind thought of others will vanish and your self-pity will dissolve in thin air, as you express the Divine Spirit within you. Already you are smiling. Now you are laughing. Life is not so serious, after all. Certainly its petty details receive far too much of our time and attention. The great things that love can accomplish in any home, between any man and his wife are as boundless as the Universe.

The Kingdom of Heaven Is Within YOU.

Realize this glorious truth. Make it your own. The way to realize it is to give, whatever, however you can. Give of yourself without stint. Lavish your love, regardless of what is given to you. You are a free soul.

You are nobody's slave, not even the slave of your own ignorance. And you, husband; you, wife, know this! You cannot escape the great mystic Fourfold Law, the name of which you probably never have heard, but which works in your whole life. Whatever you give will return to you one day magnified. That is a law as immutable as the Law of Life.

If you give nagging, ill-temper, brutality, anything negative, you will be rewarded in kind.

"As ye sow, ye shall also reap."

What a harvest is to be gathered from unflinching, unfaltering, undimmed love given to your husband or to your wife!

CHAPTER SIX

THE UNMARRIED

THE unmarried woman has always been regarded with a certain contempt by the wives of the world, who have used the Creative Force within them for the true purpose of its existence. They have given pleasure to their mate and they have cradled the coming race. They wear the crown of true WOMANHOOD proudly and happily.

Why are so many women unmarried?

Astrologers ascribe all sorts of planetary conditions, physicians shake their heads sorrowfully, clergymen sigh over the inevitable, but countless women remain unmarried. Men lightly assume that they never had a "chance," but with few exceptions the woman does not live who has never been desired in marriage at least once. Women are far more emotional than men. They love more than they *desire*. In girlhood, ideals are conceived of what the true knight should be. They are high ideals, but many a girl forgets them when the romantic appeal of a summer night awakes the great Creative urge. A man's perfervid appeal to her overwhelming eagerness to give decides her future as wife and mother. Other girls cling to their ideals, refusing to compromise, only to find themselves losing that subtle appeal that attracts the questing male. They discover that they are living but half a Life, that Life never can be complete without that which they have missed. Compromise might have been wiser, but now it is too late.

(a) Results of Suppressed Emotion

The unmarried woman soon finds that her body is showing a tendency to dis-ease, the result of her need to suppress the divine impulses that are her birthright as the chosen Creator of mankind.

She wears glasses, takes all sorts of medical treatments for digestive and other functional disorders. She is a faithful churchwoman, teaches in Sunday School because she must be near children. Watch her face when she looks at a newborn babe in the arms of its mother, if you want to see what tragedy can be!

Others become intellectual, go in heavily for study; or they become addicted to music, the arts, writing, anything that gives vent to their Creative Force. If denied its normal channel this strongest of all Life Forces is not to be obliterated. It finds expression in some other direction. She who is wisest is the woman who transmutes her natural *Power for Creation* to the development of her spiritual faculties. Occultism, the Higher Perception, is the sublime compensation for denied wifhood and mother hood. In the realm of the Spirit, she finds a world of unimagined beauty, happiness and power, where her love finds the freest of all earthly expression. All children are dear to her mother-heart.

She loves them all. *She loves every human being, every living thing.*

She knows that her own development has required the sacrifice that Life has demanded of her. She has learned to look above and beyond the worries, the discords, the jealousies of the average unhappy wife, the anxieties of mothers for their ill-trained children. She has found that joy is only to be found in giving. She knows that LOVE is the only thing she has to give.

(b) Unmarried Men

They are scarce. Women must wait to be chosen. Men are free to pick and choose wherever they wish. Women are so easily flattered by being chosen that many marry at the first opportunity. The clever ones know how to maneuver for an opportunity and extract an engagement ring from many a puzzled male. All things being equal, almost any young man and woman can marry and be reasonably happy, if they play the game according to rule.

Whether it becomes a fifty-fifty proposition or a ninety-ten is for each pair of them to decide.

Bachelors are usually men who decline to assume the responsibilities of a home, or the monogamous state that marriage implies. Broken hearts seldom make bachelors, for so strong is the sex urge in a normal man that once an old love is off, he is ready for the new. But he cheats himself of his birthright and his Life duty, by wasting himself on every temptation that beckons.

Too late, he finds himself to be merely tolerated by hostesses who need an extra man at dinner.

There is no home for him, no love.

He has always been a taker of the pleasures of life, never the giver, though he may not have intended it to be so.

(c) Perverts

The necessities of earning a livelihood often bring too many men together, where women are absent. Conditions of many sorts afflict women who are seeking for expression of their Creative Force, and result in attachments upon which the world looks in scorn and sometimes loathing. The abnormal in the human sex relationship should be regarded with the kindest tolerance by normally functioning human beings.

If they cannot get what they want, our brother and our sisters must take what they can get.

The days of stone-throwing will soon be past. The tendency to condemn what we do not understand is already diminishing. Moral standards are set up by mankind, for the good of society en masse. Have you ever noticed that some of the most artistic and beautiful work in the world has been produced by so-called sex perverts? They have found their expression of the Life Force in some other channel than the normal, but time erases the social stigma and only the good remains in their ultimate earthly record.

Let us consider correct thought in regard to sex.

Libertines are such because their thought is ever and always on the one subject. The average man and woman likes to hear and tell stories that concern the sex act in some of its many ramifications, in order that the thought of sex may keep their own activity excited.

Pleasure is all that sex union means to most people. They either do not know or they do not wish to believe that the human body is and always will be the Temple of the Living God. They scoff at the mention of a Deity and fancy that by denying its existence they disprove it. The comparison to an ostrich is obvious, for existing Law can never be controverted. Their thought is that pleasure palliates pain, cloaks the ugliness and dreariness of daily living. Their capacity for pleasure is soon exhausted. Their thought has killed it.

There is a natural condition that seeks its beloved mate, knowing its divine privilege of parenthood. If thought of sex be restricted to the normal indulgence with a chosen mate, living is a joy that endures. Among the unmarried we have two types, the lascivious and the sublimate.

THOUGHT HAS MADE THEM BOTH WHAT THEY ARE.

CHAPTER SEVEN

DIVORCE – ITS USE AND ABUSE

SOMETHING is wrong with our present marriage system. That is evidenced by the ever increasing number of divorces. If married life were all that it should be, divorce would be unheard of.

Until recently women were regarded mainly as breeders. Poor women worked in the fields, bore babies every year and were hags at forty. Rich women were cloistered, dressed in velvet and satin, spent their time feeding peacocks or listening to the adulation of enamored dandies. A wife was a wife, and if any man led her astray he was conveniently killed, either in the primitive manner of elemental man or by the slender sword of high society. She who had sinned got kicked about until she whimpered a promise of eternal fidelity, or else she wept repentance at the feet of her outraged lord and master.

(a) *"Woman's Place Is In the Home"*

Mankind still burbles this belief, only to receive a laugh from the woman that modern times have produced.

She makes a home for her husband and family, hires servants to do the drudgery of household cleaning and cooking, in order that she may be free to live what she calls her "own" life.

The modern woman has discovered that she has a Mind. She is learning how to use her mind. She is learning how to develop to its fullest perfection the beautiful body that was given her for her divine mission of Motherhood. She knows that a perfect Mind cannot exist in an imperfect body.

WHAT ARE THE CAUSES OF THE CHANGE IN WOMANHOOD IDEALS?

The Great World War and subsequent economic conditions forced women into the business world to such an extent that the men of an older generation sputtered their futile discontent, compelled to accept the inevitable, however grudgingly, prophesying all kinds of dire results. She has received, it is true, a rather dizzied sense of her new power to compete with man in his own field, the business world. Her intelligence, her kindness and her love of beauty are leavening the lump that the business world was prior to her appearance. All men in their hearts believe that woman cannot but beautify everything she undertakes, whether it be the making of a pie or the leadership of a vast enterprise.

Bobbed hair was blamed for the change in woman! Short hair was masculine. Women were losing their charm, robbing men of their supremacy, breaking up the home. In man's estimate of the change lurked the atavistic memory of dragging recalcitrant women by their tresses as a means of subjection.

Why did not men rise up and enforce female subjection? Because men, too, have been evolving out of some of their primitive opinions.

Today men and women are becoming pals!

From the high-school boy to the middle-aged husband, the bobbed hair brought a new sense of the possible comradeship on equal terms between men and women. In the old days the physical organism of woman was considered to be too frail for anything more strenuous than the embroidery frame. It was! Why? Because it never had a chance for wholesome exercise and the exciting competitive sports of our day. Now men are hard pressed to hold their laurels, even in flying.

(b) *The Prevalence of Divorce Increases*

Why is the ratio of happy marriages constantly on the decrease?

In the days of our grandmothers and their forbears, a wife never mentioned to any other person the secrets of the nuptial chamber. She would have been horrified at the frankness of modern virgins who call things by name unblushingly and probably are cleaner in actual thought for this reason. The old false pride that endured abuses with stoical patience and the equally false modesty that was nothing but hyper-self consciousness have passed away. The spirit of self-assertiveness is rampant.

The rapid multiplication of the human race and the widespread publicity given by the public press to every sort of marital disturbance, fill the unthinking minds of the multitude with foreboding. They forget to look around among their own acquaintance and observe how many marriages are tolerably if not entirely happy. The morbid imagination of the mob bloats over evidences of marital offenses; the individual looks within and seeks for symptoms comparable with those displayed in heavy type in the newspapers, makes much of every trifle and unless some wiser person interferes, aims for the divorce court.

(c) *Love of Publicity Leads to Divorce*

If there were no newspapers and nobody ever saw people's photographs on the front page of the tabloids, there would not be so many divorces. The lust for the saying that the wife who is clever enough to combine her home-making qualities with the charms of a mistress, will never lose her husband. If he displays a tendency to wander a field, or to succumb to the flattery of allurements, let her look within herself and find where

she has failed. Is he worth keeping? Then find the way to keep him. There is only one way – Love. Love studies how to please. It never recriminates the lover whose ardor has cooled. Fighting is for soldiers, the limelight is a fever that infects millions of people who think they think, but never use their Mind for anything constructive or beneficial to their fellow beings. Ignorant women whip up in each other a froth of excitement and stir a cauldron of contumely over the transgressions of their husbands. Each of them tries to outdo the other in her tales of marital atrocities and the unwitting spouses find “hell to pay.”

In more dignified strata of society the lure of the “front page” plays an equally potent part. That is not the only cause of divorce, but it lends its inducements to affronted wives who want to show up their husband’s iniquities outside the home.

Women should remember that *men do not go a field for love if their wives satisfy them!*

Any woman, moreover, can keep her husband, if she will keep him interested in her. The French have a saying that the wife who is clever enough to combine her home-making qualities with the charms of a mistress, will never lose her husband. If he displays a tendency to wander a field, or to succumb to the flattery of allurements, let her look within herself and find where she has failed. Is he worth keeping? Then find the way to keep him. There is only one way – Love. Love studies how to please. It never recriminates the lover whose ardor has cooled. Fighting is for soldiers, the domestic battle can never be won with a sword. It can always be won with Love, the Divine Principle which is unfailingly ready, unfaltering in supply, eternally at our command.

(d) *What of the Erring Wife?*

The modern love of pleasure has infected human beings of all ages, in all classes of society. The high-waged white-collar workers’ wives spend lavishly for fur coats, silk underwear and diamonds. They do their own scrubbing, but they have their nails manicured and their hair marceled. Nothing is too good for them. They patronize dance halls and fall for the flattery of the gigolo, reward him handsomely for his lovemaking and demands more money than can be supplied, are thrown over. The husband has noticed the absences, the love tokens and if divorce suits his convenience, he “arranges” for it in the modern way that pretends to prove him the guilty one.

Then the evils of alimony!

Countless ex-husbands are paying exorbitant sums to shiftless, idle ex-wives as the price of their freedom. Numerous able-bodied ex-wives, whose selfishness and extravagance have wrecked their marriages, are being supported in idleness by hard-working ex-husbands, whose resources are too crippled to permit re-marriage with a person more wisely chosen. Young women who marry dotards are notorious for their declared purpose of divorcing them for the money they will be paid.

THE MARRIAGE LAW:

Human beings have a perverse tendency to want what they know is forbidden. Forbid a child to steal a cookie and he promptly steals it! Many men and some women who are not by nature monogamous, lightly assume vows that should bind them for a life to a single mate, glibly recite “Until death do us part,” and then as soon as they realize that marriage is binding, that they are tied to another human being, from whom there is no immediate prospect of escape, begin to pine for freedom. They would if they were living together

without the sanction of bell, book and candle, probably continue to love each other much longer, knowing the lightness of the bond between them and fearing each to lose the other. It is the inevitability of duration in the average marriage that rubs the bloom from the first blush of love and kills romance by substituting too much familiarity, too much of the finality of mutual possession, that requires no continuance of wooing, that feels no danger of possible loss to a more attractive mate.

IS MARRIAGE THE DEATH OF ROMANCE?

Romance is a tissue of rosy dreams woven about imagined bliss to come. It has all the fascination of a dangerous, or at least uncertain, experiment. It gambles with chance, staking its all on the belief that the ideal and the real are one.

Then what happens?

After the physical orgy that, one regrets to say, very often constitutes the honeymoon, a home is established. The bride, whose feminine love of shopping has revealed in the gathering of a trousseau, now discovers the delights of furnishing a home. She is astonished that such commonplace things as refrigerators and furnaces, brooms and cooking utensils, have an important place in any thing as wonderful as Life. Until now, educated or miseducated by their own parents, both husband and wife have always supposed that the secret of happiness lies in the possession of *things*. They dispose of their costly and useless wedding gifts as best they may, and look around the new home, newly furnished with much that they cannot afford--to be paid for during long years to come--and their smile of satisfaction is not wholly happy. Something is lacking. Well, at least they love each other.

DO they really love each other?

If the truth were known, have they not until now loved the pleasure they have each received from the adoration of the other? Is their love of the sort that is willing to sacrifice self for the other? Large sacrifices, yes. Those great heroic sacrifices, like war and such occasions that seldom come. The little daily rubbings, the many small annoyances due to the adjustment of two lives to this intimate new manner of living, the sensitiveness that magnifies a sharp word or a careless deed into a penal offense--these are what, if left to ferment, will ultimately drive love behind the wall and destroy the domestic harmony, making home a hell and marriage a hideous mockery.

IS DIVORCE NECESSARY?

The husband whose wife does not understand him can always find consolation in the arms of another woman. There's almost a romantic glamour about the secrecy of their meetings, about the risk of his homecomings and outstaying arousing the wife's suspicions. It is another game of chance. Not as beautiful, not as sacred as that former romance with her, who is now, alas! the very wife he is dodging. He could still recapture much of that first glow of their love, if she would encourage him a little. He knows no other woman will ever be quite the same. But whatever may betide, there seems nothing for them but the divorce court.

THERE ARE ALWAYS TWO SIDES.

The wife who watches her husband's transparent deceptions and knows what is going on, suffers the cruel humiliation of one whose attractiveness to her husband has ceased. She probably suffers still more from the fact that the world will know that he no longer loves her. Her reaction depends upon her temperament and her capacity for exciting admiration in other men. The hideous ordeal of divorce over, she either remarries

or, if she be wise, she looks no more for happiness, but finds it where she least expected--in giving of herself, her work, her life in service to her fellow beings. She realized that the lamp of her love for the former husband will never be extinguished. She learns that by giving out love in all directions, she receives love from all directions.

WE IN MENTALPHYSICS KNOW that the earth life is but a part of the whole. We know that every experience comes to us for a purpose, that the more we forget self in our work for others, the more we develop and beautify the real SELF which has needed exactly what we have suffered in order to wake us up to a higher consciousness of our true divine mission.

MEN ARE LESS EMOTIONAL THAN WOMEN. The very nature of their physical structure proves that. Every man needs the love of a good woman, and ordinarily will remain faithful to the wife who gives him what he has a right to expect in marriage. When the wife is the cause of the broken home, the husband is usually bewildered. He has done the best he knew how in his blundering masculine way, but he wishes women were more comprehensible, less complex and a little easier to please. He has had neither time nor inclination to study that difficult problem--the female of the species. So his sons get no further than their father and their marriages are quite as likely to end in disaster, unless he is led, in time to save them, into a higher consciousness of his own place in the Universe.

MEN ARE BEGINNING TO SEEK for a philosophy of Life that shall satisfy their need for a logical interpretation of what seems such an impenetrable

mystery. They are feeling the need for a rational idealism that shall supplant the lost faith of their childhood. They are finding it, countless hundreds of them, for "when the pupil is ready, the Master must appear."

* * *

I SINCERELY BELIEVE THAT THE ANSWER TO EVERY DOMESTIC PROBLEM is to be found in the study of the Science of Mentalphysics. When our young people learn what Life expects of them, when they realize their own Divine purpose, and know the glorious Power within them that can make of marriage a transcendently beautiful and permanently happy sacrament, there can be no more divorce.

Home will be, what its very name suggests, a haven of peace, beauty, harmony, redolent of the love that ever gives and never demands, the abode of enduring romance, of dreams come true.

CHAPTER EIGHT

PARENTHOOD – A THING DIVINE

PROBABLY the most intense moment of a man's life is that in which he waits, anxiously, shut out as one who has no part or parcel in his wife's confinement, alternately visioning the undertaker and the ecstasy of his dreams, to listen at last to the electric words: "It's a boy!"

The girls of the world have mostly come unwanted. In royal families they are a postponement of what the kingdom requires - male heirs. In the average household, they are patiently accepted as the will of God, to be potential wives and mothers.

Why are boys preferable to girls?

In our chapter on glands, we read that the male is the positive element in human life. The female is the negative. The positive element is the dominant force that takes the lead in world progress. It requires conjunction with the negative for perfect functioning either in the physical act or in the world of achievement; but civilization and all that thereto pertains is the achievement of man.

(a) *Woman's Place in the Sun*

It required the genius of J.M. Barrie to tell the world "What Every Woman Knows," that the great achievements of men are inspired by, encouraged by and made possible by the women they have loved. Nowadays, woman, standing beside her man on the same plane as an earner of livelihood, is inclined to resent the term "negative" as applied to her sex. It

seems to carry a certain ignominy. She is the true Creator, in whose body has matured their children. To her is relegated practically all the training of the children in their most impressionable years. Is there anything negative about that? She asks. Positive force is constructive. Is she, the negative force, to be considered in such circumstances as destructive, inasmuch as the two poles are opposite?

Negative Is the Complement of Positive.

Since all the manifestations of force are expressions of the Law of Opposites, in a physical sense at least, the negative is as necessary as the positive for perfect functioning. One cannot operate without each other. Each is equally essential to the result. In the male body as in the female, there is the positive side and the negative side. Sometimes, through the effect of wrong thought, the positive side of the body is weakened. It is the perfect co-ordination of both that results in a healthy condition of the whole body. In this respect only is woman a negative force.

During the long months of pregnancy the mother builds rosy dreams of achievement for the child so soon to come. The father cones along with a totally different program. They argue and even quarrel over their plans, neither of which is likely to be carried out by the youngster who will all too soon decide upon his own career and carry it out, right or wrong, in the face of parental tears and threats.

(b) *The Mother and Her Children*

Education literally is a leading out from unlettered ignorance into the sort of learning which is largely confined to books. Books are invaluable in their way, but they do not educate. They do not lead the young mind out of the darkness of its own ignorance into the light of experience. Our schools and colleges prepare

their students to enter either business or professional life, as a means of livelihood, or else they supply a veneer suited to social idleness.

Modern education does not necessarily educate.

It is the mothers to whom is entrusted the early education of children in their pre-school period of five or six years, but, generally speaking, mothers give little heed to the impressions they are making upon those plastic young minds. Mothers who know nothing of self-control admit they can do nothing with Tommy or Margaret. They take the easiest way which is over-indulgence where restraint is needed and bodily or verbal chastisement for some offense which may be as trivial as it is terrifying to the puzzled offender. Children have a strong sense of justice. They do not know how to get back at an unjust parent, but they suffer and remember. Ignorant mothers and fathers abuse their power over their frail and frightened young. If a child displays a strong will they crush it, or attempt to. They fail to realize that by explaining more and helping the child to understand why it is better to do this than that, they will receive co-operation. Certainly weakness of will is no asset to the adult human being their child will soon become. Discipline coupled with justice and kindness and yoked with firmness is the wisest educator.

But there are too many "Don'ts."

There is too much of forbidding, not enough of persuading, in the mother's part of her child's education. Negation is the keynote of her training. "Don't do this, don't do that," instead of--"Let's do this," or "try it that way." One wishes some of these destructive negative words could be stricken out of the language.

(c) Teaching Youth About Sex

It is quite right that our young people be trained to earn a living or to grace their state of society. Yet our present educational systems are upheld by moldy tradition. Reforms never begin at the foundation, they merely gloss over the top and leave the fundamentals as inapplicable to the conditions of modern sociology as they were when the great universities of Europe were established, somewhere in the Dark Ages. Our young people are preparing for love, marriage, parenthood. Their information is usually derived from their fellows, who have false and frequently filthy information to disclose. Parents are squeamishly reticent about teaching their children that which they most need to know. The sex relationship is still taboo in polite educational centers.

And Schools--they do not always teach!

Youth Is Determined to Know!

The frankness with which modern youth regards and speaks of things their grandparents never mentioned has ceased to be appalling. There is a reason for their revolt from the screened obscenities and the covert iniquities of older generations. Sentimentality has too long been overdone, pretense is overthrown, modesty stricken out of the vocabulary as a meretricious falsity. Youth is determined to know by experience and not by false or furtive information. The results of the Great World War are incalculable. This is one of them. Its consequences can only be surmised.

Every great war in history has decimated the ranks of men. The most perfect specimens of youth have been slaughtered to satisfy the greed of monarch or bureaucrats. After every great war there has been a corresponding period of unstinted extravagance and licentious living. We have recently passed through the most disastrous war in all history. How natural, then,

that it be followed by years of lavish spending and its sexual complement.

It is not a lowering of moral standards, as our sterile neighbors would have us believe, so much as it is a subconscious effort on the part of what we call Nature to replenish the loss of millions of young men. Never has the sex urge been as strong or as irresistible as it has been during these years since the war. Never have men and women of middle age renewed or extended their virility to such an astonishing extent. If our young people have taken their love affairs into their own hands, it is not for their elders to disapprove or condemn what cannot be stopped. Better to let them know that you stand by, loving and trusting, knowing that they will ultimately arrive at their true destination.

(d) What of Companionate Marriage?

Nowadays, no young man in his early twenties can earn enough to support a wife. No young woman is willing to assume the drudgery of poverty even to be married to the man she loves. She knows what that is. Doesn't she remember what her mother had to go through?

No! She has her job and she intends to keep it until the Boy Friend can put over that big ambition of his.

Isn't it cleaner and finer for them to love honestly and openly and faithfully, than for the boy to visit prostitutes and the girl to become nervous and ill because of entire sex repression? Long engagements were the curse of preceding generations. All honor to the Companionate marriage, cry many. They declare that it is far more likely to lead to happiness in ultimate marriage than the old system which often plunged an ignorant girl into the horrors of unexpected contact, with a disastrous psychic shock. They now have all the

fascinating risk of losing each other, and the sad necessity to be sometimes apart, rather than the sober businesslike settling down in double harness to plod through a life that gives too much of being together and not enough of being apart.

(e) Birth Control?

Individuals do very little thinking. It has been stated that nine-tenths of the American people merely think they think. Their opinions are taken from newspapers, pulpits and soap-box orators. If sexual indulgence be degraded to an appetite and the coming of babies an unavoidable accident, is it to be wondered that with so many unwelcome babies, there are so many uncongenial adults?

The matter of Birth Control is one to be decided by mutual consent of any one man and woman. In the Science of Mentalphysics we teach the secrets of birth. We have too much reverence for the Law of Life to condone the birth of unwanted children or to discourage the birth of those whose coming would bring joy to the parents and opportunity to the new embodiment of the Creative Spirit. In this, as in all human relationships, there is a happy mean between two extremes. The control of exorbitant individual appetite would obviate any discussion as to the merits of the much mooted Birth Control.

When is the soul born? People often ask as they watch the development of an infant.

In Mentalphysics we know that it never is "born." It IS and always has been. The growth of the body and brain gradually enable it to do what has been planned before the magnetic instant of physical conception.

Why are so many members of a single family so unlike, perhaps none of them actually resembling either parent, except possibly in certain facial characteristics?

We know the answer to that, too, but there is not space here to tell about it. Children have much to teach adults, who have ever much to learn.

(f) Influence of Children Upon Adults

“EXCEPT YE BECOME AS LITTLE CHILDREN--ye shall in no wise enter the Kingdom of Heaven.” We have been told by the greatest of all Teachers, “The Kingdom of Heaven is within you.” Then what is the application of these two statements? Let us analyze.

Children live mostly by their emotions. They feel keenly. They think little or not at all. They are always joyous.

They bear no resentment that is permanent. They are always active, always wanting to grow up to something better, always truthful, fearless and full of imagination. Often little children display psychic knowledge that is promptly stamped out by ignorant parents. Theirs is literally the Kingdom of Heaven, because each new day is a new opportunity for living to the fullest extent amid wondrous new and beautiful discoveries.

Again we are reminded of Barrie and his Peter Pan, the boy who refused to grow up. If parents would become as their little children--many of them do for a time--there would be no divorce. Marriage would be the sacrament it is intended to be and parenthood the CROWN of human existence.

WATCH OUR YOUNG GENERATION!

The youngsters who have so shocked their elders are in unconscious revolt against the present marriage system that often reduces to bondage a relationship that should be freest and happiest. Their problems have been the most difficult that have ever confronted an adolescent generation. They must work out their own salvation. They know that, and therefore resent any

interference from parents who, they think, cannot understand. They stand for freedom, for frank honesty and for fair play. They have been trained to a love of luxury and pleasure. They scorn responsibility. Let them alone. The pendulum always swings too far at first. Give them time. If they will learn the Science of Living as it is taught in Mentalphysics, they and their children will remedy the evils of the present marriage system and establish a newer, cleaner, happier state of society than has ever prevailed on this earth.

CHAPTER NINE

LOVE IS THE FULFILLING OF THE LAW

THE message of the Nazarene is so interwoven with the command to love, that even in our basest interpretation of his words, we shall always find an inspiration to live up to them as nearly as we can, to tend the flame of our perpetual altar lamp and keep it alight.

Love is the *Light of Life*. If it be dimmed by thoughts of self-importance, if it be hidden beneath doubt, suspicion, disapproval and hate, and the light that is within us be darkness, how great is that darkness!

Let us analyze St. Paul's definition of love, mistakenly translated in the Testament as "charity," and see how truly it erases all our destructive negative emotions.

"LOVE SUFFERETH LONG." It is therefore patient.

"LOVE ENVIETH NOT."

"LOVE VAUNTETH NOT ITSELF . . . IS NOT PUFFED UP."

"DOETH NOT BEHAVE ITSELF UNSEEMLY."

"SEEKETH NOT HER OWN."

"IS NOT EASILY PROVOKED."

"THINKETH NO EVIL."

"REJOICETH NOT IN INIQUITY, BUT REJOICETH IN THE TRUTH."

What more can be added?

(a) *Influence of Love in Everyone's Life*

The French have a proverb: "To know everything is to forgive everything." And we think we know so much about each other! All we know is the little that we see and hear, upon which we build a Frankenstein of our own imagining, which harms the hater more than the hated.

Have you ever stopped to study in your own body the difference between the glorious exhilaration caused by joy, the beauty of your face and the ringing music of your laughter, as compared with the physical depletion caused by every unhappy thought? If you are married go back to that first year or so and study the causes of your first symptoms of ill health. The first time you feared that he did not love you, if you are a woman, the first time you found her to be exasperatingly unreasonable, if you are a man and remember how you developed a headache or a bilious attack, or dyspepsia.

If you know your body as we do in the Science of Mentalphysics you will know that every time you have permitted anything but love to be thought of or expressed to your mate, you have added to the destructive forces that perhaps by now have mastered your body.

Whatever is out of order in that most perfect instrument in the world, your body, is the result of your own thought.

"As a man thinketh, so is he."

It is never too late for thought to repair the damage thought may have committed. That is the most wonderful thing about this Temple in which dwells the Spirit of God. However much you may, in the darkness of your own ignorance, have injured your body, by permitting *dis-harmony* and *dis-ease* to take possession, there is a way by which you may learn to build a perfect body, to recapture the happiness of youth and to substitute love for every negative emotion.

(b) *Love Is a Magnet*

The human being who gives most freely of loving-kindness to his fellow men and women receives most from them. It is a scientific *law* of life.

Two famous actresses were once guests of honor at a bazaar at the old Waldorf in New York. One was a world-famous beauty, accustomed to receiving the adulation of everybody who saw her. When she entered the crowd stood in speechless admiration--of her dazzling beauty. The other actress entered and held out her hand cordially to this one and that, kissed everybody she knew and applauded to the limit.

Which of these two was loved most? The one who received most of adulation or the one who gave most of love? The answer is obvious.

We all love to laugh.

Childhood, a rose, the music of wind in the forest, the glory of sunrise, snow-crowned peaks against the sky, the tender strength of a sprouting seed and the might of lightning in the blackness of night. What joy the love of beauty brings to those who have eyes to see and ears to hear! How the heart of woman leaps at some superb feat of strength displayed by the perfect body of a man! Only a man knows what joy he feels in the presence of the perfect beauty of woman.

Some men see but one thing in woman--the possibility of pleasure.

(c) Can Physical Love Be Linked With Divine?

But all men are not so. Some are sufficiently humble to wonder why the gift of woman's beauty and woman's love has been bestowed on them. The true lover feels his own unworthiness, and bows in reverence before that good and perfect gift. All that is best in him--chivalry, tenderness, devotion--are awakened. The woman has it in her power to perpetuate or to destroy those emotions. Some women divine instinctively how to keep a man's love unsullied, others learn through bitter experience; but many, alas!

place SELF upon the altar of their devotion and suffer the consequences in bodily malady and spiritual despair.

Many teachers of religion, and even in certain modern schools of philosophy, persistently differentiate between human and Divine love. The former they condemn as gross, selfish, lawless, and fickle. These attributes deserve a baser name, for they are but a coarse imitation of what we know love to be.

As we have said in a previous chapter, Love is a synonym for God--"God is Love." Therefore, there can be no compromise. The physical expression can be a sacrament and is such to those who have attained to the highest consciousness. If it be less than that, the fault is in the one who loves and not in the love that is being expressed.

(d) Human and Divine Are One

All students in the Science of Mentalphysics know our divine origin and our place in the Universe. We learn it scientifically. We know the human to be a differentiated fragment of the One Divine Principle, and therefore we know that the one perfect expression of our Infinite Creative Power is and always will be LOVE, because there can be no substitute, no compromise, no escape from the fact that we are what we are, the Creator in human form.

Again the teachings of the Christ come to mind:

*"This is my commandment, that ye
love one another."*

*"God is Love and every one that loveth
is born of God."*