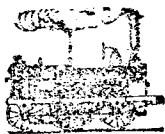


MARY: "ALL THAT YOU ARE"

1.959, 210 PÁGINAS
YOU



Just as there are no two snowflakes alike, there are no two human beings identical. You are in a class by yourself. You are something special. All things of creation are special, and if you should drop from sight there would be a gap left in the great circle of creation because your place is reserved for you, and no other can replace you.

Have respect for yourself, because you are a unit of that great Creator which made all things to be. Care for yourself, not in the egotistical way of a human being but in the deep and understanding concern for any part of God.

You are not alone at any moment, because you are a part of creation and yet you stand alone in your search for understanding because no one can show you the exact steps to take and no one can take them for you. Your way can be lighted by the wisdom of those who have reached an understanding, but you cannot be pushed, you cannot be pulled. You can only be encouraged.

You have the right to express yourself as you are, not as the mold of society would present you; not as your living habits and environment have formed you upon the surface, but as that deep one within the core of you which makes you unique.

If you will have patience and perseverance, you will learn how to use the magnetic force in every part of your material existence. This does not refer only to your inner being, although all things must begin from within and be expressed upon the outside if they are to come to a successful conclusion.

Everyone is different in his surface being, but beneath that surface there is an eternal self which is not only unchanging but is identical to, one with, all other eternal selves. This is God, and it cannot change, it cannot be different, it is a single unit working beautifully in harmony at all times. It only remains for the surface to become aware of the true activities which go on beneath that sur-

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Like the young bird, you cannot achieve anything without making an attempt. This holds true whether you are striving toward something in the physical world or seeking to grow in the spiritual dimensions. No one and nothing can move while holding still, and it is far better for you to make a mistake (perform a distortion of truth) through trying something of which you are not certain than it is to stand and wonder for the rest of your life if you would have made a mistake should you have tried.

It is better to learn through doing than it is to remain ignorant through inactivity, dormancy. Be brave, fearless. You have nothing to lose. If you are seeking anything, materially or spiritually, with an honest heart, an open mind and an humble attitude, you cannot—you can live with faith and you will truly live instead of merely existing in a cocoon of ignorance. Have faith, and wisdom will open to you as a flower opens to the sunlight. Have faith, give love, because in the giving you are expressing God, and when you have faith you glow with love.

Faith brings awareness, which is the knowing of God's presence. How this awareness manifests on the material plane is not of any importance whatsoever. You are free to live as you see fit, to worship as you wish. You have only two things to remember, really, in your seeking: One, in order to find complete happiness with your destiny, complete acceptance of God, you need a faith right for you whether or not it is right for anyone else; two, you must allow all others their individual faiths no matter what they may be, no matter how close those individuals are to you in surface relationship.

Faith brings understanding, which encompasses your acceptance that others should not seek your expression, and that you should not seek theirs. Understanding includes acceptance, not tolerance, that the surface differences of the world are only varied expressions of the one Power. Understanding gives the knowing of God.

Now it is time you became an individual. Follow the promptings of your own heart. Listen to it. It will speak to you; not the organ you are in the habit of considering as your heart, which drives the blood through your body, but the inner heart of you, the core of you, which you may call the voice of God. Listen to it. It speaks swiftly and only once. Learn to consult this inner voice. You have it, just as all others have it. Because you have not been aware of it does not mean that it has no existence.

There can be nothing without reason, nothing without God, so you have every reason within you for being anything wonderful, for being all there is. When you accept the prompting of your true intelligence toward your mind, when you transmit the intuitional impulses from your true being, nothing can stop your becoming whatever you are impelled to become in the mortal dimension.

Then, you do not choose your path with selfishness, you do not determine your destiny with indifference to others, you do not decide anything haphazardly. (You operate from the core, the focal point of your being, all love, all intelligence.) Your human self *can not* distort this control once it is fully in charge.

You will find you are expressing with more individuality than ever when you find your self. You should be individual, different and if you are already different, you are a step further on the path to expression of self than those who try to be carbon copies of everyone else.

Individuality is God's way of expressing his own self, and it has been thus forever, before time came into being on the material plane. Individuality is God's way of expressing the endlessness of his might, the scope of his

How inexpressibly marvelous is love, God's Being! He gives all and asks nothing, for in giving he has no room for asking. He gives simple things, obvious things like breathing, daylight and moonlight, then goes on to giving friendship, understanding. He gives the beauty of nature, and goes on to giving an awareness that exalts beyond all things on and of the earth.

and its cause, it will be simple for you to have the courage to be that which you find within you. Courage is only another word for knowing. In knowing truth you cannot be afraid, having nothing to fear, therefore you are courageous.

You are blessed when you are set apart, for every great one has and does walk alone consciously. Knowing each thing of creation must make its own way back to the Creator is a warmth to hold close in the loneliness of the solitary journey to God. Beyond the loneliness of the human mind, you will some day find the ecstasy in aloneness, for it will come to you that this is the ultimate oneness with That which permeates all things.

You can seem to be rejected by the ignorant for some surface difference, but you will not *accept* rejection if you realize ignorance expresses make-believe emotions, and fear is foremost among these. The ignorant are fearful of all they do not understand, and since they understand very little, they are often and much afraid. You Lack of understanding is the one, the only cause for all of the physical world's upset, unhappy conditions. Those who understand, who feel the truth, cannot be miserable, cannot upset or be upset under any circumstances. Why? Because they are so full of the love that is awareness they have no room in them for anything else, not even enough room to squeeze in one small distortion.

point of view might disagree, but you realize this is true, or will realize it as you understand everything does have equal importance to everything else in creation. equally regarded in your surface appearance, in your

If you would conquer material life, keep it at your command, never say, do not even think, "I will try." You will have defeated your purpose before you begin making any effort. You cannot finish anything, you cannot accomplish, if you only *try*. You must do it. This is faith expressed in action.

If your mind has an attitude of just trying, it has accepted defeat before it begins. If your mind is trained to consider only the ultimate accomplishment, to trust fully in the power of God, its attitude will allow no room for anything except achievement. Everything in your life is dependent solely on your attitude. If you expect only the best of results from your efforts you will meet with success, because you have faith in the law of balance. If you expect only love from those you encounter, you will meet friendship and admiration because you have faith in the law of love. Whatever you expect you get, and your expectation in any situation is your attitude, the degree of your trust.

You have probably thought at times in the past that you get anything except what you expect, because you have tried to accomplish something you did not accomplish, have offered a friendship that was rebuffed, or have prayed for some favor you did not receive. Friend, if you had not expected these defeats you would not have had them! You alone are the open door to your success or the barrier which causes your defeat.

If your "faith" is that of the individual who prays for rain, then when it does not come says, "Humph! I knew all the time it wouldn't rain!", you have expressed a defeated expectancy and that is exactly what you get—a defeated result. You have believed in failure rather than

accomplishment, no matter how insistently your mind declares this is not so.

Your Bible says, "Ask and ye shall receive." It does *not* say, "If God is in the right mood today," or "If what you ask is good for you." It makes a firm statement of fact, too often overlooked in the search for an excuse to explain why a request is not granted. You do receive exactly what you ask (expect), for it is your attitude, the extent of your faith, which creates each experience you have in your life, whether it is personal or impersonal, material or spiritual.

If you are not a business success today it is because you have not truly expected to be one, although you may have spent years trying, you may have toiled long hours every day. Nevertheless, you did not expect to succeed, you did not believe you could, or you would have done so. This explains why so often the individual who seems to have made very little effort is an overnight success while another has labored all of his life and still does not accomplish anything materially. Even if this individual's past experiences have produced his present success, those past experiences must have contained the expectation of succeeding. Physical effort is *not* the expression of faith; attitude is.

If you are lonely, completely without friends, it must be that you do not expect others to like you or to find you interesting. You must not believe God has given you everything he has to give. When you walk into a roomful of people with the attitude, "No one will notice me", you have created an invisible wall—disbelief—which will effectively bar any interest you might have aroused otherwise.

you and turning to other individuals, it is your privilege to sit at the feet of the equally unawakened.

You, like all other expressions of God, will inevitably reach the goal of truth, of awareness. Slow or swift, easy or difficult, your journey is in that direction. You will arrive at your destination, and will find there before you the one who trusted the self within.

Inevitably, you will come to a place on your pathway where the signpost is clearly marked for your mind. It reads, "Alone from this point on". When you arrive at this sign and read its directions, your mind will never again think it requires anyone or anything outside of you to take you into the Creator.

Be aware of the closeness of God to your conscious being, that it may express unwavering faith and find fulfillment instantly.

Understand the laws of creation and awaken your surface to the realization that you truly are loved. After all, understanding is simply loving, and loving is the expression of self, of you.

Bless you, and may awareness, faith, understanding be yours forever, from this moment onward. Bless you, beloved. May your back be unbound and your step light.

LET YOUR SELF GO

If you had no more goals to strive toward, if you had no more knowledge to learn, if you had no more understanding to seek, your life would become pointless, meaningless, empty. Be grateful, therefore, that you do not have all you want in the material world, that you are still unknowing of all wisdom beyond the physical plane, as long as you are not yet fully aware. Be grateful that when you have reached a longed-for point in your life there is at once another point you wish to reach.

At first you may be confused. You will not know which impulse is a true one, you will not know what is truth and what is your imagination, you will not know what is intuition and what is education. But if you will have faith and will persevere, you will come to a time when you can choose between the real and the distorted. You will cease to look upon the past with longing, with sorrow or with regret. You will cease to look upon the future with fear, with impatience or with trepidation. You will live in the present, you will be happy, you will be contented, you will be grateful that you are living now.

Eternity is but a word, far beyond the comprehension of the unawakened mind. Its true meaning is simple. It means n-o-w. There was no yesterday, there will be no tomorrow, there is only now. If you will begin to pattern your life upon this fact, you will at once find a happier and an easier sensation entering your physical being.

When you awaken in the morning, you are born. Now it is a new day. You have opportunities to accomplish, to correct distortions, to do anything you wish to do because you are living now and there is no other time.

standing of God are not striving or seeking, but these have found the great goal of be-ing. Only a few expressing on the mortal plane have reached this degree of awareness. The rest must be made aware on the conscious level of the pressure from within, must keep going until they too eventually know the constant peace of full awareness.

You as an individual must express in your own unique fashion to be completely happy as a human being. Although the inner you is a part of the creation and therefore identical to, one with, all other parts, the personality through which that inner being expresses is different and must express differently. It is a fallacy to believe you can find happiness or success or any of the things you seek through imitation of others, through accepting the words of others and following them, simply because these other individuals have found their paths and wish to pass their ways to you.

How can any other tell you exactly what you should do and when to do it, when only you have experienced the many things which have come into your atmosphere through many lifetimes? There can be no predetermined reaction to any situation because your reaction will be based upon past experience, and your experience is not the same as any other's.

Your inner self—*you*—must be applying pressure for an opening through which to express or you would not be making any effort toward self understanding, understanding of God. This is not the pressure, the force, of distorted, would-be conquest but the power of the inner being's magnetic current pushing against its confinement. Like any natural part of creation, its power can be con-

tained only for a certain period, then the pressure of the vital necessity for expression becomes overwhelming.

This is why an individual who has been a model of deportment sometimes suddenly goes berserk. The surface being has not allowed itself to express naturally, but has adhered to all of the rules and regulations of society, of convention. When the true being has been stifled to a point where there is no more room for it to be imprisoned, its power breaks loose. The individual's surface being, conditioned to distortion, reacts by an ignorant action and unhappiness is the result.

The honor student who has never given his parents or his teachers any trouble, who gets along well with his schoolmates, suddenly goes mad and kills a smaller child. His explanation almost invariably is, "Something *made* me do it. I couldn't help myself."

The adult who has lived circumspectly all of his life, who has allowed others to treat him with condescension and discourtesy, suddenly turns on his wife or some person in authority over him and slays. When confronted with his deed, he almost always says something like, "I don't know why I did it. Suddenly I couldn't stand it any more." When asked what "it" is, he does not have a coherent answer.

Why do such things happen? Because repression of self-expression is a definite act of upsetting an individual's equilibrium, and another expression must take place to follow the law of balance. Why do acts of violence follow apparently complete virtue? Because the conventional rules of behavior in the so-called advanced parts of the world are unnatural, unbalanced, and so contribute to individual repression.

ALL THAT YOU ARE

what you are. You, as a surface being, would not strive to exist upon the surface if... your world do not produce beauty. They are a pleasure to behold, but they are not beauty. This must come from within. It is the fountain of eternity, the flow of God, the light of love. It cannot be copied, it cannot be assumed. It is, and that is a fact indestructible and unremovable.

Whether or not you have so-called "regular" features in your present pattern, you will be beautiful when you begin allowing your love-self to express through your surface. Beauty, like everything else without exception, is the expression of love, which is thoroughly, completely overpowering.

Apply your understanding to your everyday life now. You are ready to activate some of the knowledge you have discovered, to express it upon the surface. Do not let the thought of any possible changes in your life frighten you, for life itself is a constant change. Each day is a series of changes, and each night brings changes also, so in the morning when you arise the world is different and you are different in your surface person. All things are growing, every second. You too grow, and the direction of your growth is up to you.

How shall you apply what you have learned? Like all other parts of truth, this is very simple. You need only make an effort to remind yourself to do it, because the doing itself comes effortlessly.

If you have really learned relaxation, you can apply this to your activities during the day. You will no longer save the ability to relax for those periods when you can be alone, but whenever you feel the need for a moment's

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In the surface dimension, the physical characteristics of every part of your world vary widely. They differ in so many ways that even upon one small planet in creation the unaware cannot accept all the differences, cannot understand there is no ugliness, nothing ludicrous. How bewildered, even frightened would these be if they could behold the continuing wonders and varieties of God's kingdom!

Since the Creator is all that exists, the variations in the material worlds must be all right, every one of them. God cannot be wrong or mistaken in one infinitesimal part of his creation, or he is totally all wrong, mistaken. He is the one total in existence, the Allness of all.

* There is variation to fit every human inclination, to express the numberless characteristics of God. Your human self never need be ashamed of any part of your physical being. You are exactly right at this moment. What you will become tomorrow or next year will be exactly right also. You need never be ashamed if someone else considers you unattractive, because only ignorance would mark you as anything except just right. When you openly express the truth within you, you will become truly beautiful, not merely attractive, and no longer unattractive, even to those who have not reached understanding.

These are material actions by which you can not only express what you have learned, but you can prove anew to your surface self that everything in truth can be reflected upon the physical plane with ease once you have learned what it is you are doing and the habit of doing it.—Not the how of accomplishment, but the things you can do to start the accomplishment will be your training. Let creation itself take care of the how's. You are simply to know that you are doing your part in opening the way to that accomplishment.

their own fears and hatreds, their own lack of understanding, for they are imprisoned by their distortions.

Probe the history of any of these outstanding ones and you will find a human being. You will find a man or a woman who had thought and acted much as you may have in the past, without a very individual motive or attitude. You will find, after all, the only difference between this great one and you is that his or her unique, outstanding quality making the greatness was not the unique, outstanding quality making yours. Each one has an individual quality, none greater or less great. It is awakening to realization that brings forth this quality, in any figure of history, in you.

Therefore, there cannot be any "better" or "worse" people. There cannot be "wicked" people, so there is no need for a hell to which they may be confined after they leave their physical shells. This would mean God was confining parts of his own Being to eternal torment, a completely senseless act.

Without a clear perspective, the law of rebirth might seem to the unknowing as great a threat as the "hell" of conventional religion. Most of all, the unknowing would fear it because it places the responsibility for all of physical life's pattern squarely on each individual. Unfortunately, many human beings were long ago trained to and therefore have formed the habit of rejecting personal responsibility for anything.

When understood, reincarnation becomes the great love with which God plans physical expression. Because mistakes are simply distortions of truth, they are made only by the unaware. Far from being marked for "punish-

ment," they are marked for balancing, which will awaken understanding.

Is this not wisdom? Is this not an example of God's all-knowingness? It is human misconception, unawakened awareness, which causes the lack of recognition, understanding of his laws. In the material world, an individual who makes a mistake and is "caught" is punished by his fellow beings. Those who make similar "mistakes" usually do not allow him to forget that they know of his "transgression."

This is material thinking, material attitude. Because it is so limited in comparison to God-understanding, it is vitally necessary for you to understand that thinking is human, bound, and understanding is pure God, boundless. It is necessary, if you would reach knowing, that you train your mind to acceptance of the fact that Creation is far more than the material world, so Truth is far more than the small parts of it understood by the material world in general. Remember, lack of understanding cannot lessen truth, cannot make it other than what it is. Lack of understanding covers truth with a mask, covers it with a veil, distorts the clear vision of it.

Keep this in your mind as you study life. Facts cannot be changed, but they can and certainly are covered over, misunderstood. Remind yourself constantly that surface appearances are not always to be accepted for what they seem to be. You will become more understanding, happier with your own circumstances, if you do this.

You were born into your present dimension to express God in your individual surface way, for his purposes, not your material determinations. When your assignment, whatever it may be, has been completed, you will leave

Your only need to remember is that you do not make mistakes, you are always perfect, you are following the laws of God because you are the laws of God. Your mind will learn that God's laws do not disagree with each other in any way at any time, while the laws of man are constantly clashing. Your mind will learn that living by the Creator's laws produces harmony so great there is not even any disharmony, discord, with surface regulations.

Humanity is one branch of God, and each man is a separate twig which still belongs to the whole tree. Two individuals can see a matter from two opposing sides, from two sides of the tree, because everything does have more than one side, one approach. This explains why both can be right when they have opposing viewpoints. They are standing with their backs to each other, looking toward the outer edges of the matter. Once both turn and look toward the center, they find invariably that there is a meeting-point, a place of balance, where they come to a complete agreement.

God cannot be both bad and good as the material mind understands the definitions of these words. He is everything, so the "bad" and the "good" are manifestations of him, but they are the same, not opposing qualities. He is all that (seems) to be "bad," or "wicked," but the lack of understanding does not make this "badness" a fact. It is an imaginary quality, a distorted truth, as are any unhappy, upsetting parts of your world.

You must learn to "stand upon your own two feet," to walk without the crutches of anyone's opinions, if you would reach understanding, acceptance, awareness. You cannot take for your own the pronouncements of anyone else, be he churchman, heretic, king — or writer! You can only find the truth that will bring you happiness within your own being. You can belong to a religious organization and be completely contented in the teachings of that religion if it offers the truths to which your being responds through the individual you. You can follow a teacher or leader and be completely contented with listening to his lessons if his teachings offer the truths already within.

Third, remember God's wisdom covers every facet of existence, in all dimensions. His own being is the love you feel within, no matter how you express it. This love could hardly be confined to one lifetime and then forgotten by That which love is. The pattern of reincarnation, therefore, is cut so certain individuals ^{MAY} work out their destinies together. Although you meet and learn to know all parts of God's expressions eventually, by certain groups do the Creator's individualized selves, do you, move toward eternal oneness. Those who have been close will be close again and those who have been enemies will finally come to friendship and love.

There are no casual encounters in your life, no accidental meetings. Every person, every event, every experience is a lesson of some kind in your school of creation. You are not conscious, of course, of what each thing offers at the time of its offering, but the impression is made upon you nevertheless, and its result will be of use to you at some time.

this plane and express ^{God} in another. You, your eternal consciousness, will not cease to exist, you will not stop expressing, you will not lose awareness. The misunderstanding of this truth is due to the misconception that the physical mind is the center, the producer, the motivating power of the material being. This, of course, cannot be. If it were correct, you could not sleep because you would be dead once your mind lost consciousness. You could not survive an anaesthetic or a faint.

After physical "death," you will be as active as, perhaps more active than, you have been throughout your "life." Eventually, you will again be ready for expression through another vehicle, still following God's purposes. You may incarnate (express) in another dimension, in another world. Whatever you do, wherever you go, you will still always be the Supreme Intelligence of God in action.

will become consciously before you are through with your life span.

What are small ways? They are small only in material relationship to other material ways in which you can express later. Nothing is small or unimportant in reality, but certain phrases must be used in approaching the human mind, which is accustomed to certain phrases and must be spoken to in its own language until it can learn the language of truth.

Therefore, you begin in small ways to express your love. If you serve other individuals in some capacity, you will show that love you have accepted by an unflinching courtesy, by an attitude of wishing to serve, by an enthusiasm for continuing to serve as long as you can be of use. You will not become impatient with those who are impatient toward you. You will not become disgusted with those who do not seem to know what they want. You will not become weary of giving your smile, your attention.

This may seem small indeed, but if you are one who serves, you know that as a human being it has not been easy in the past for you to maintain such an attitude, to follow such a pattern of action. It is the human inclination to respond in like to that which is offered from others in the way of attitude, of words, of deeds, and it is not anything less than a herculean task for the surface being who is unawakened to give only that which he would like to receive instead of that which he does receive.

You do not know how far your kindness, your courtesy, your friendliness will spread, because when you touch one individual with it that individual carries it to the next individual he encounters, and so it goes without

end until it has traveled beyond your plane, beyond your universe, and continues in the endless reaches of creation until it comes back to you. Once such an action has been instituted, it never again comes to a standstill and it returns to you, it is renewed within you and passes through, strengthened, expanded, on its way again for the benefit of someone else.

before being finished with that experience. Sometimes many thousands of years pass, before the balancing is completed, but it will be finished and not one individual will be left from that balancing.

The sooner you open your physical being to eternal truth, the less material experiences will be necessary to balance your pattern. As you begin to understand, you will recognize your experiences for the lessons they contain, accept them for the forward movements they make. Then, when your awareness reaches a constant stage, when you can look upon all of life from the calm center of your true being, the material lessons will be needed no longer.

Letting truth flow through you from within is like opening a gate to the floodwaters of all good things. The only effort involved is the setting-aside of any barriers, painfully erected by mortal ignorance. If you can instantly control your surface self, no effort of any kind is needed.

The truth of reincarnation is not intended to cause you to step carefully in fear lest you should do something which you will have to balance with unpleasantness in the future. It is far better to do something and require a balancing than it is to stand still and do nothing, for then you will be forced into a step eventually. The prompting, the urging of the inner being can be denied only for a time. Then it can no longer be ignored, and you will find yourself making a sudden move without intention, an incorrect move. It is better to do what you think might be right, for then a distortion is at least an honest attempt within the limits of your understanding.

dormant beneath the control of your eternal intelligence, you will be a master in the world of men.

You will be so much there will be no room for any thing except your realization that love fills the world and has only to be recognized, that love is within every part of the physical plane and has only to be given awareness to take control of your life, of every part of your world, of every part of your planet.

Upon the surface it is actually very simple to express love because essentially, in the final conclusion, the expression of love is just to give that which you would like to receive. This, the Golden Rule, is the most practical, the most usable, the most successful law you could ever hope to live by, you could ever hope to express with.

Give your love by giving courtesy, consideration, compassion. The words may sound difficult, but once you start using that which they indicate you will find they are very easy indeed. You are a superior being because you are a supreme being, as everything else in creation is superior and supreme, so it is no problem at all for you to become what you already are. You have only to discover what you are.

* Since your material being is an expression God has created for his own use, your surface self is as great as your inner self. Its seeming lack of greatness has been due only to your mental lack of recognition for that greatness, your transmitting machine's not being directed and controlled. Recognize everything you are, all that you are, and you will be all that you are.

Love given in the material world in its purest form is so complete in itself there can be no room for any of the ideas of the human mind to impose themselves. The

pure giving of self is expressed by many means through the physical vehicle in the physical dimension, however, for each individual must express love to be complete and each being in an individual position, must have a varying way of expression. It is the same love, it moves from the same motive, but it is brought forth upon the surface with variation.

If the repeating of this truth still has not made it too clear to your physical mind, approach it from this direction: God is expressing himself, or itself, through all parts of the world you can understand with your material intelligence; through people, through animals, through plants, through water and air, through minerals. Love is God, therefore love is expressing itself through all of these material things. The human attention has not been given often to this truth, so the human understanding of it is small.

For instance, the mineral kingdom of your world is little understood beyond those scientific offerings of explanation as to the chemical contents, their monetary value and the purposes for which they may be used. Little thought, if any, has been given to the fact that since God caused everything to express, there must be love in all parts of the physical world, not just in the more animated ones with which people are familiar.

It is not necessary for you to know the exact expressions of your world, but for happiness and peace it is necessary that you understand each thing is expressing love, and that by giving your love you will receive that which is being expressed.

Each individual thing contributes some variation of the love which is God. There is no difference in its ex-

tent, there is no difference in its quality, there is no difference in its power; but so love would reach the material consciousness of everything on the physical plane, God has varied himself.

It is obvious that the physical characteristics of the different expressions vary greatly, but there are two basic facts which apply to everything. One is the before-mentioned individuality of every expression regardless of its category. No two human beings are identical, no two doves are identical, no two trees are identical, no two rocks are identical. Second is the truth that each thing has a beauty of its own which, when observed, can be fully appreciated and when fully appreciated, draws forth that feeling of oneness, of identification with whatever is under observation.

Each thing you do or say with a conscious attention of love is a part of your eternal progress toward oneness. It does not matter if you step aside to save crushing an insect in a garden, or if you give service to a human being. It does not matter if you give your admiration to the flowers growing along a path, or if you refrain from trapping and killing an animal. It does not matter if you contemplate water and lose yourself in its mystery, or listen to words from someone for whom you care. None of these things matter in themselves in the sense that one is more important than another, or that one means more than another. Whatever you give in love is fully as important as any expression in the material world.

The man who sacrifices his physical being for his country does not make a more magnanimous gesture than you do if you speak with love to someone who could call forth your impatience.

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The man who gives service to humanity does not give love more truly than you do when you feel a real identification with a living creature who is not one of your own physical kind.

Understand this clearly: That (any) expression of undiluted, undistorted love is (important, fully as important, as any other expression. The smallest attention to pure love is as full as the most complete, as the largest. The smallest part of God is exactly the same as the greatest part of God, since he is both, since he is all.

Pure love *can* be expressed between material individuals, and it does not matter what their positions are in relation to each other. It does not matter whether they are of the same race, of the same social level, of the same age, because pure love *is not* that which it has seemed to be to the human mind. Love in itself requires no physical action. Love in itself (is). It is expressed through attitude, and the material understanding takes it for expression as its limited conception of love can express.

Remember, you are love, and you are attempting to express that love-self through your physical lifetime. Remember, it is the surface unawakening to this truth which causes distress in your human self. It is the material lack of awareness which causes you to be suppressed, to transmit incorrectly the motives for your existence.

If your mind has not grasped the meaning of the words written regarding reality and that which is not real, perhaps understanding will come by this means.

It was stated before that there cannot be such things as hate, fear, envy, greed, any emotions which are termed negative, since all is love. You may have wondered how

it can be that these do not exist when you have felt them yourself. Any confusion here is due to your not realizing that your material being thinks it experiences and convinces itself that it does, while your eternal self knows what is real and what is not.

If, in your younger days, you were ever alone at night and heard a noise with which you were unfamiliar, you can probably remember the terror which gripped you and the things your mind pictured. You went through a terrible experience waiting for some menace to descend upon you, thinking this one moment was going on forever. When you learned the cause of the noise you found there was nothing to fear whatsoever, there was no danger, and only seconds or moments had passed. But during those moments your fear, your terror, the danger, the eternity were as real to you as if they had actually existed

Perhaps this explains to you why emotions can seem to be real when they are not, when they do (not exist) You cannot actually have any experience which is called negative, because God is the only reality in existence and God is totally love.

When something is total, all, there could hardly be anything else. You can misunderstand love, you can *think* it is something else, and your physical being, accepting the distorted reflection of fact, will respond with a manufactured emotion. This does not make the emotion real; it only seems to be real.

When you were a child, you no doubt played in a world of make-believe, as children will. When you gave your complete attention to your make-believe, it became reality to you while you maintained that absorption.

Once you have learned to immediately release any distortion so you are aware at once of truth within you and about you, you will have rid yourself of misery in any of its many forms invented by the human mind so it may torture itself.

Love cannot be comprehended by the mind which has been schooled only in hatred, in envy, in selfishness, until that mind is awakened to the truth that it is operating only because love causes it to operate; that it could not exist if love did not wish it to exist; and that it has no power whatsoever except that which is fed to it by love.

You can begin taking steps toward the light of understanding by telling your mind until it *must* accept that you are equally love, that all things are equally love, and that God alone knows exactly how everything should express that love without disturbance. You can then work side by side with everything else in existence for the glorification of the Eternal Intelligence.

Working side by side you will come to a love for everything, and by loving everything you will freely allow it to find its own destiny as you are finding yours. You will fit harmoniously with all other parts of your world, every one of which was created to operate in perfect harmony with every other one.

You will find your inner knowing has come through into your surface awareness and is expressing materially the truth that love is all.

in your mind. A dream can last one second in time by your clock, and yet in your awareness it can have gone on for hours or even days.

Learn to recognize time for what it is and apply it in your understanding of love. In the past you may have thought that a momentary expression of love by one word of recognition or courtesy to another was ^{unimportant}. If you will realize time's place in your expression and put it in that place, you will no longer regard it with any degree of awe, with any degree of recognition as your master.

You can say one word with pure intent and start actions which will change your life beyond your wildest dreams, just as effectively as you can spend hours pouring forth kindness and reaping the same harvest. It is not the amount of time you give, it is not the number of individuals you contact. It is your intentional expression of pure feeling which produces action. It is your love expressed without any defilement, detraction, which reaches into the atmosphere for results.

When you have expressed one moment of pure love, you have touched the place where the angels stand waiting to receive you in their midst. When you have expressed one purely unselfish, giving action, although it is but a small gesture upon the part of your physical person, you have given back to God that which he gives to you. You are expressing God, your self, toward others as God expresses toward you through other things.

You have only to learn control *by self* of your physical being to become a love-light which will attract the attention of every knowing thing in existence, of which there are awarenesses beyond counting. If you do not at

this moment understand the importance of that statement, you will in time realize that the more other awarenesses recognize you for what you are, the more fully you are able to express that which you are in the eternal spaces of creation and therefore bring through into your surface world the beauty, the joy, the greatness, all of which are attributes of God.

The human race, for the most part, misunderstands the true greatness of its Creator, and each expression of that greatness helps to draw forth into the light for all to see what God really is. Each expression helps to erase the false impression of a God who exists as but half a ruler with an individual who rules the other half of Creation in the name of evil. It erases the impression of a God who can do nothing or will do nothing unless he is coaxed, bribed, deceived or approached in a certain way. It erases the impression of a God who is only a man of whim, of emotion, and it erases the impression of a God who is anything except love.

Your love is what you need to express beyond your physical need to breathe, to eat for sustenance and to drink to quench your thirst. It is your greatest need.

You may have felt the lack of almost everything in the material world and have suddenly found an expression of love so fulfilling you not only no longer require material comforts but have no interest in them whatsoever.

Your atmosphere upon the surface plane has no importance at all in relation to your eternal being except that this is where you express your self, through your physical vehicle. What you express is entirely up to your individual mind, because there you transmit the love