First Meditation

I know that I am pure spirit, that I always have been, and that I always will be. There is inside me a place of confidence and quietness and security where all things are known and understood. This is the Universal Mind; God, of which I am a part and which responds to me as I ask of it. This universal mind knows the answer to all of my problems, and even now the answers are speeding their way to me. I needn't struggle for them; I needn't worry or strive for them. When the time comes, the answers will be there. I give my problems to the great mind of God; I let go of them, confident that the correct answers will return to me when they are needed.

Through the great law of attraction, everything in life that I need for my work and fulfilment will come to me. It is not necessary that I strain about this, only believe. For in the strength of my belief, my faith will make it so.

I see the hand of divine intelligence all about me, in the flower, the tree, the brook, the meadow. I know that the intelligence that created all these things is in me, and around me, and that I can call upon it for my slightest need.

I know that my body is a manifestation of pure spirit and that spirit is perfect; therefore my body is perfect also. I enjoy life, for each day brings a constant demonstration of the power and wonder of the universe, and myself. I am confident. I am serene. I am sure.

No matter what obstacle or undesirable circumstance crosses my path, I refuse to accept it, for it is nothing but illusion. There can be no obstacle or undesirable circumstance to the mind of God, which is in me, and around me, and serves me now.

Don’t dwell upon the past or create images for future. Don’t argue with or yourself. The same power brings both good and bad. Trust that all needs will be met, all solutions will arrive. All things are possible, If only you can believe (Jesus’ quote as in the Bible)

All books are written by the same author (the universal mind that acts through individual manifestations) Dissolve Negative prompters and install positive ones.
Second Meditation

I know that I am one with the Universal Mind.  
I know this mind is perfect and I may rely upon it for complete guidance in all of my daily affairs.  
This Universal Mind, this great Subconscious Mind, this mind of God, knows no evil or limitation or lack.  
It simply creates in my experience that which I believe and accept.  
Therefore I deny all evil and all error.  
When my eyes and my senses are deluded with the apparent circumstance of evil, I turn away, lifting my thoughts to the perfection and abundance and love of the entire universe.  
I know that God does not create evil and I know that by using the power of God I am able to deny evil which is only an illusion, simply error and will not stand before truth, for the great reality is good, which is always attempting to manifest itself.  
I know that error or evil is the result of my own thought, is the result of error on my part, is the result of isolating myself from the power of the Universal Mind.  
I know that the Universal Mind is constantly creating in my experience that which I think, and if evil is manifested, it has come from my own thought; and my own thought may as quickly deny it.  
I do not will anything to happen, for I am not bigger than God.  
I simply understand that the law of creation is bigger than I am and that I cannot help my thoughts and beliefs from becoming real in my experience.  
Therefore I hold my thoughts steadfastly on the good.  
I do not do this with effort, as if I were commanding something to act.  
I simply relax in contemplation of the good, secure in the knowledge that everything rests with a power much greater than I am.  
I trust this power.  
I have complete faith and confidence in this power.  
I rely upon this power for guidance in my daily affairs.  
I refuse to accept evil, and evil is gone.  
I accept good and the supply of love and the universe are mine.  

Pain and Hurt are illusions; an indicator to change thoughts  
For my thoughts alone have manifested into circumstances.  
Pain is an indicator to shift from bad towards good.  
What you sow in the subconscious mind is what you reap.  
Man is free to effect both good as well as bad circumstances.  
There are only two things you can do for yourself: One is conception, and the other is conviction.  
Don’t let the mind go see-saw with self contradictions and hypocrisies.  
Accept; Don’t will.
Third Meditation

I know and recognise my oneness with all things.
I know that all form and all circumstance are the creation of an infinite intelligence that is in and around me.
I know that all things are the conception of result and desire that my world is ordered according to my own thoughts and convictions
Therefore, I concentrate on harmony.
I see nothing but order and constructiveness all about me.
I do not accept thoughts of destructiveness and disharmony.
In my friends, my loved ones, my fellow workers, I see nothing but co-operation and assistance.
I know that we all seek the same answers and the same goals.
I know that each person must follow a different path towards his vision, and I understand the searchings and copings of everyone I know and see.
I have sympathy and tolerance for all things and all people.
I know that inasmuch as I help others I help myself.
In my brother’s eye there is my own soul.
In my friends smile there is my own humour.
In my neighbour’s sorrow there is my own loss.
I have compassion and understanding for all things, for this life in which I have my being strives for understanding of itself.
I deny error, it is simply progress towards truth.
I know that it is impossible to fail when faith is present.
I do not order things to be made in my time or in my place, but trust the Universal Mind in its own great knowledge of the time and place and the need and the way.
Each moment of each day brings my life closer to realisation.
The objects of my work are being accomplished this very minute.
Success and harmony, peace and confidence are mine.

Conscious Mind operates on pleasure and pain, constantly chasing pleasure and avoiding pain.
The sub-conscious mind records, remembers and manifests. It responds to suggestions alone (like under hypnosis).
Inject affirmative and positive thoughts into the sub-conscious for healing.
What sits below it is the all-knowing universal mind.
Fourth Meditation

I know that all of life exists within me. Here in my heart and mind, in the recesses of my being, there is utter calm, a place of unruffled and placid waters, where truth is apparent and the clamour of the world does not exist. What I see about me is nothing but the manifested thoughts of mankind. Whatever is good among these thought-things I accept; whatever is evil I ignore; for my concern is only with truth and understanding, which is forever the lovely and the good and the expanding. My mind moves easily to the furthermost reaches of space, in all directions, and just as easily moves back to me once again. I am the centre of the universe. God, the Universal Subconscious mind, has made himself manifest through me. I know that my purpose in life is to reach ever upward and outward, to expand in knowledge, love and unity. I place my future in divine hands. I turn over each problem of my life to that great all-knowing mind to which all things are possible. I do not tell God how to bring these things about. I have complete confidence that every circumstance that comes my way is part of a perfect plan to convert the image of my faith into physical reality. Even now the universe seeks to answer my every need. As I believe in my heart, so shall it be done unto me; this is the law of the life and the living. There is greatness in my friend and in my enemy, for we are all brothers seeking the same high mountain along many paths, God, who made all creatures, made no poor creature, for He made everyone only of Himself. I am prosperous for God owns everything. I am vigorous for God is all vigour. I need only open my mind and my heart, keep my thoughts in the path of the truth, and I am filled to overflowing with the power and the abundance and love of the universe.

The entire universe is alive.
There are no limits to the mind and expanding consciousness.
Thought (doubts, fears, confidence etc.) manifests into form.
God is in everything. God is all there is.
Mind is greater than all.
All life is but an incarnation of the one life, therefore there are innumerable reincarnations until unity with the Universal Subconscious Mind is obtained.
You are what you think, and thoughts are things; therefore select your thoughts with care.
Fifth Meditation

I listen to the voice of the universe as it speaks within me.
It is the voice of truth and it guides me unerringly along the paths of my life.
Somewhere deep within me, in the perfect bud of my soul, there stands an
immobile universe where all things and all law lie revealed.
I reach within to this place of peace and quietness.
I harken to the voice of my heart.
I close my eyes and sense a living, breathing universe dwelling within me, and I
dwelling in it.
I am one with all people and all life and all things.
I move in accordance with divine law.
All the limitless power of creation is mine to draw upon, for it is in me and one
with me and I am part of it.
The answer comes with the question; the path is lighted with the first step; the
way is cleared with the looking; the goal is in sight with the desire.
I know that I am fulfilling the fondest wish of God for I place myself in His hands,
taking each step of my life boldly and strongly, for it is God who prompts me, and
God moves with sureness.
I see tomorrow for I know today and this day is the father of tomorrow.
The things in my life are the children of my thoughts.
All that is good I desire, all that is evil I refuse to accept.
By attaining, I do not deprive.
All that is and ever will be is available to every man; he need only ask and it shall
be given.
I bind myself to the power for good that surges heavenward all around me.
The limits and inhibitions of my past are gone.
Each day is a new birth of my soul.
Each day is another step on my journey to oneness with God.
I do not seek, I know.
I do not strive, I am guided.

Intuition will reveal the laws of the universe.
Intuition is not merely a "hunch" but an irresistible light which must be followed.
The bud of perfection, or genius, dwells within each of us.
Sixth Meditation

Here in solitude, in this time of peace, of meditation, I withdraw deep into the silent recesses of my being to a place of utter calm. Slowly the world retreats from around me, until finally I am alone. Walled away from all clamour and strife there is nothing but me. I am not body; I am not thought; I am not experience; I am not the past, nor present nor future. I simply am. Across my consciousness comes a constant procession of thoughts and I observe them. I do not make up these thoughts, I know they come from the Universal Subconscious Mind, and I watch as they are presented to me. I glow the train of thoughts. I examine each of them, then let go, neither accepting, nor rejecting. On and on the thoughts come, and I ask myself, “Who is it that observes this?” And I hear the answer, “Thou that art, always have been, and always will be- thou observes!” and I understand. Divorced from body, thought and experience, I still exist as I always must. Here then is my true self, a thing independent of all but spirit, a contemplative “I”, which only observes and chooses from the thoughts that cross consciousness. Whatever I choose is mine. Whatever I reject shall never touch me. I need only observe and accept, and all things will be added to me by a power which leaps to knowledge, my faith and my decision. I sense such warmth and security of a mighty overflow of the world. I sense a fusion of my being with the great Universal Subconscious Mind, the mind of God. I sense the presence of the Father who knoweth no wrath, who does all things at his child’s bidding. I sense my union with this Father by immutable and irrevocable bonds. I am one with all truth, all beauty, all justice, all love.

Faith: We have faith that the air we breathe will form energies for the cells of our bodies. Faith doesn’t involve thinking, it is simply believing. Thought plus faith creates. Faith is affirmation. Jesus said, All things are possible to him who believes. Because our Conscious Minds keep insisting that the physical world around us is final reality, we must use faith to regain our spiritual values. He who would use faith must use it to rise above negative circumstance, and he must never fall victim to that which goes on around him. Refuse to be trapped into believing that the cause of anything exists on the physical plane. The bad habit: It is often a very fantastic thing to observe a man accept temporarily the premise that positive thinking can change his life, then discard this transcendent truth as unworkable after the most perfunctory trial. 30 day mental diet: For thirty days, one month, you are not to accept a single negative thought nor dwell on a single negative premise. This does not mean that such thoughts or ideas will not occur to you. They most certainly will occur, as frequently or even more so than they have all your life. This simply means that you will refuse to accept any of them, discarding them immediately they occur, as fictional ideas, without basis in truth, delusions that are without foundation for they have no roots in your mind. In this manner, by consciously exercising a choice of that which you allow to become part of your mind, by deliberately planting only positive seeds in the garden of the Subconscious, you will not only set about an eventual harvesting of the greatest bumper crop of good ever to enter your life, but more important, you will be building up a habit of positive thinking that will become easier and easier, day by day. Eventually, you will no longer have to struggle with positive and negative, good and evil, truth and illusion. You will ally yourself with the forces for good
in the universe and achieve an attunement and an effortlessness in life that once seemed impossible of imagining.

Until you become master of your thinking, you will never become master of your fate.

One moment we are happy and entertain happy thoughts. Then a shadow crosses the face of the sun, and we entertain unhappy thoughts. A friend pays us a compliment, and we feel important and vain. An acquaintance castigates us, and we entertain thoughts of resentment and bitterness. Always we wait for impetus from outside to determine what thoughts we will accept and which we will reject, and thus we become victims of every wind that blows and every twig that falls, and the temper of our lives is determined by countless unending streams of circumstances over which we have no control. If you carefully analyze the process of thought, you will find that it is not you who thinks at all, but it is rather you who observes thoughts as they flit across your consciousness. But the plain and irrevocable fact is that it is not you who sets the stream of thoughts in motion. If you doubt this, try to stop it! We are today living testimonies to the choices we have made from the thoughts that have streamed through our minds. It is a fine thing to awake in the morning full of the exaltation of a vision that has come to us in the night, to arise from bed full of a vague remembrance of a brilliance and a peace that surpassed everything. We are uplifted, quickened with new faith and new resolve. For a few minutes we are nearly convinced that we have found the way, but how easily we let go of our faith, and how stupidly. There is a spot on the suit we had decided to wear, or our best dress has sprung a seam. The toaster isn't working properly and our toast is burned. We spill our milk or our coffee, or somebody else does. The car doesn't start or we miss our bus. We receive a fancied slight on the street. It is a bad day. Nothing ever seems to go right for us. The vision is long gone, and we seem to be little ants in a limitless universe, hemmed in on all sides by destructive and malicious forces and by designing and preying beings. We are angry and resentful. Thus we are victimized. Thus we deny the magnificent indwelling Self. Thus we are prompting the Universal Subconscious Mind in those very directions we do not wish to go. Thus, because we have accepted the physical world about us as having a higher reality than that world that exists only in mind, we have become pawns in a game of physical fate over which we have no control.

"Seek ye first the Kingdom of Heaven, and all things shall be added unto you."

30 day diet:
We will first reject all negative thoughts and ideas and circumstances, and refuse to add them to ourselves.
We will entertain only positive thoughts of good and abundance and joy and love and kindness and success.
We will daily engage in a period of thought control which we will achieve with the aid of breathing exercises, always aiming at arriving at that point of consciousness where all things and thoughts are a matter of observation.
From there we will engage in our meditations each day.

Do not dwell upon problems. Let go and Let God. Daily seek the consciousness of the indwelling spectator, the place of calm and unruffled quiet, where all things are known and understood.

1. The thirty-day mental diet which you must perform faithfully and assiduously and which must be carried to successful completion no matter how many false starts you may make.
2. The breathing exercises and period of communion with the indwelling Self in which you seek contact with the eternal "I," your true being.
3. The meditations which you must perform directly after the breathing exercises and communion.
Seventh Meditation

I do not confuse what I seem to be, with, what I really am.
I am never - what I seem to be and am always - what I really am.
I am host to the indwelling God.
I quiet the movements of my body, slow my breathing, and glide deep into the reces ses of my being, to the very centre of my consciousness.
Here in this place of infinite calm, I become one with the immortal Self of the world, and I observe.
My thoughts cross my consciousness in a never ending stream.
I do not create these thoughts.
They come from the infinite reaches of the Universal Subconscious Mind and are directed to my consciousness for I have attracted them.
I may choose any thoughts I desire.
I have but to decide and the ideas and images are directed to me.
As I accept them, so will they manifest in my world.
I alone decide what I will think; thus I decide my entire life.
I bar the door of my mind to negative thoughts.
The door is always open to admit the positive, the good, the beautiful and the aspiring.
I have complete confidence in the wisdom and the power of Universal Subconscious Mind.
I do not predict the manner in which each of my thoughts will manifest.
I have complete faith that God moves in the most perfect manner.
There is no such thing as lack unless it is accepted.
The universe has infinite supply.
Vigour and health, abundance and success are mine, for I choose only such thoughts.
Love abounds in a universe where I am one with the immortal Self, the Universal Subconscious Mind, God.
My every decision is answered from a perfect and inexhaustible source of power.

And though thy knees were never bent, To heaven thy hourly prayers are sent, And whether formed for good or ill, Are registered and answered still.
There exists a high order of design and intelligence, and science has chosen to call it the Laws of Nature while religion has chosen to call it God. We, call it the Universal Subconscious Mind.
I know the Universal Subconscious Mind dwells within me and is all-powerful
May the truth of this power be revealed to me, and may I work in accord with it, for it is perfect. There is no limit to abundance, and the universe will provide me with all that I need. I let go of vanity and am not tempted into thinking evil through seeing evil
I know the real truth and the real power is within me—one, eternal, and everlasting.
To alter your life, you must alter your thinking. What man accepts, God creates. Don't predict the manner in which Universal Mind should carry you to your goals. Don't batter and rail against unwanted circumstances, but "let go and let God." Do not keep examining your goals when they are not yet attained. Take more heed to your thought than to the world about you, for your thought brings the world about you.

_In meditation ponder the meaning of "All things indwelling in God, and God dwelling in all things."
Be not busy or in a hurry. There is nothing to fight and nobody to beat. Refuse to accept melancholy or sadness.
Eighth Meditation

The truth about life is the infinite love of God for all things. Each man is my brother, bound to me by immortal and everlasting ties. I love all people; they dwell in my Father and my Father in them. I surrender my heart to humanity and humanity serves me with love. I surrender my heart to God and the love of God becomes complete in me. I am one with all the power and vigour and knowledge of the universe. I let go of fear and confusion; they are illusions and cannot live with truth, which is love, which is complete and fulfilled in me now. The great reality of Universal Subconscious Mind is forever present at the centre of my being. I draw from it perfect intelligence, perfect health, perfect peace, perfect happiness, perfect love. I surrender all the built-up inhibitions that have been impressed upon me by the illusions of the world. I refuse to accept anything but truth, which is always the good and the positive. I move in accord with Divine Intelligence. I accept the will and the love of God, which I express in laughter and joy and pleasure and service. Only the good, the great, the significant, and the constructive do I add unto myself. Nothing else is allowed into the creative depths of my being. The surging desire of each man is to know the fulfilment of love. The way to this fulfilment is through contact with the centre of consciousness, through communion with the silent dweller within. I surrender my doubts and confusions and fears. Universal love is complete in me. I am united with God, move with God. I am serene and sure, joyful and achieving, confident of ultimate splendour.

Love is the supreme spiritual law. Love (Preeti) is God. True love is recognising the spiritual unity of life. Frustration gives birth to fear and hate. Love will cast out the prompters of the Subconscious Mind. Love works only with surrender. All unhappiness, every neurosis, every psychosis, all illness, accident, disaster, all evil are born of love rejected by us in favour of hate and fear. Sex is life expressing love. Love creates, produces, heals, comforts, guides, and illumines. Through thought we attain knowledge. Through Love we attune ourselves to the Universal Mind. Through belief we transform thoughts into things.
Ninth Meditation

The infinite creative power of the Universal Subconscious Mind lies within me. I attune myself, remove all barriers from my thought, and become receptive to the purpose of God.

I know that my life is great and good when I perform service with love. The right ideas are delivered to me, I accept them and Subconscious Mind provides me with the means of bringing them into my world.

I know that all things spring from Universal Mind, which is infinitely abundant. Lack and limitation are errors of thinking and I banish them from my consciousness. There can be no lack. I need only let Universal Mind express itself through me, and my world is filled with creativeness and achievement and prosperity;

My goals will be delivered to me, for they will be the goals of God, who never fails. Whatever my task, I perform it with love, for I know that when I serve another, I serve the purposes of a greater design.

All about me I see the law of mutual exchange; therefore I give as I would receive. I know that abundance and prosperity are mental conditions;

I create them on the plane of mind with complete trust and confidence that they will manifest in my life.

I refuse to accept undesirable circumstance as being final reality. A mighty truth is at the centre of my consciousness, where no work is difficult, where peace always reigns, where all things are possible.

I know that life is a journey which must be travelled step by step, and I am patient, enjoying the wonder of the way, with unshakeable faith in my destination.

I submit my will, knowing that success will come when I fulfil the indwelling Self.

Money is the result of success, success is not the result of money. Abundance and Prosperity are spiritual conditions. Success is a service and money is a measure of it. We serve best by creating, never competing. Aspire for productivity over Acquisitiveness, which belong to a pure materialist. Successful labour is performed with love. Hard work is work performed without love. With love all work is easy. The successful man refuses to be discouraged by circumstances. All things come to a man who knows his centre of consciousness. A tower must be built stone by stone, so must a man’s life. Success lies in fulfilling the Self within.

Hard work is the bugaboo of success for most of us. We see the immensity of our contemplated tasks even before we begin them. Imagination is both our blessing and our curse. The world is full of people who put the power of the Subconscious to beneficial work in one aspect of their lives, but use it destructively in all others. Men are healthy but poor, wealthy but sick, creative but unhappy, powerful but unloved; and always, in such cases, they use the power unknowingly, without control, having built habit patterns of positive thinking in certain lines and patterns of negative thinking in others. Any work must aid in the production and dissemination of goods and services that benefit the physical, mental, and spiritual welfare of society. Anything else is error. There is no limit to the abundance that can be created out of the limitless Universal Subconscious Mind, and such abundance is available to all. No man can enrich himself without enriching others. Abundance and prosperity are true spiritual conditions and are desirable and just for all men, but the pursuit of money for money itself is both senseless and degrading to the spirit.
Tenth Meditation

My body is a manifestation of my knowledge and myself, and my true self is spirit,
is consciousness only, and is invisible.  
Other people see me not, they see but my body.
It is only I who knows myself, and this knowledge returns to me in my health and in
the things of my life.
Therefore I affirm that my spirit is perfect, that I am one with the great Self of the
universe.  
The energy of this great Self permeates my being, cleanses me of all impurities of
the flesh, restores every function of my body to harmony.  
There is perfect elimination, there is perfect assimilation.
My entire being is spiritual, and my body is quickened into new life with the
perception of this great truth.
I surrender myself to the wisdom and guidance of Universal Subconscious Mind.
I become one with the purpose of God, and this mighty purpose animates my body,
projects into every aspect of my life.  
There is no obstruction, no barrier, no limitation in my mind.
I see only peace, power, vigour and plenty.
I open my heart to love and love flows through every atom and pore of my body,
energising, moulding, coordinating.
By healing my mind of limitation and lack and negative thinking, I automatically
heal my body.
At he centre of my being I perceive limitless, deathless, ageless spirit, perfect in
beauty, perfect in function; this spirit becomes manifest in my body and in my
affairs.
When I am faced with apparent confusion, I surrender to it, give over each of my
problems and worries to that which has the perfect solution and in which there is
absolute clarity.
I take my thoughts from the limitless reaches of the Universal Subconscious Mind,
ever from the world around me.
I do not think responsively, I think originally;
I do not react, I act.
I am never a victim of circumstances, for each thing of my life proceeds from out
of my thoughts, which move always in accord with God.

So it is that all disease, all warping of the body from its natural physical perfection, comes
because a person holds subconscious feelings of hate, bitterness, resentment, envy, jealousy,
greed, self-pity, maliciousness, or any number of the countless abortions that corrupt the
natural expression of the universe—love.  Love is the power that heals!
Love banishes confusion, roots out the Prompters, brings peace of mind, bars the door
to negative thinking, reveals the indwelling perfection of the human soul—not the
love of man for woman, or one person for another, but the love of man for God and
the love of God for man, which is complete in man when he knows his love for God.
Eleventh Meditation

I know that I am pure spirit, deathless, birthless, changeless and eternal.
I am not Conscious Mind; I am not ego.
I am sense of Self only, consciousness, awareness, unadulterated being.
The presence that animates all life is within me, is altogether the real me.
I am using my body for a purpose, as an expression of an idea, and when the idea is fully expressed, through my work and my mission, I shall return again to unity with universal Self, leaving body and ego behind.
I do not confuse my body and ego with what I truly am.
My body is simply an instrument for my expression and my ego is simply memory of physical experience.
Returning to infinity and unity, I shall need neither body nor ego.
I am free of the domination of ego.
It is not my true self. It is simply an illusion necessary to finiteness and the perception of space and time.
I turn away from the ego, withdraw into the depths of my being to the immortal consciousness that lies within.
Here in this magic centre my word is law.
I need only speak it with faith and conviction, and it will manifest in my life.
I am calm and serene, sure and unaltering, for my roots are in eternity.
All the things of life shall change and pass away, but I shall never pass away, for wherever life is, I shall be, one with Universal Subconscious Mind.
I need not strive or strain to attain immortality, nor fear punishment nor aspire for reward.
The Kingdom of Heaven awaits all, the wise, the foolish, the sinner, and the saint, for we are all one in reality, clothed in different forms in this moment of incarnation.
I do not fear death, for by it I attain the consciousness of higher Self.
Neither do I invite death, for it must wait until my work is done.
I forsake the ego, perceive self in Self, see the majesty, the grandeur, the immortality of the power that dwells within.

Body is mortal. But man is never born and never dies (Anadee aur Anant). One self incarnates in all bodies. In fact, Consciousness is all there is. The ego shuts us away from this knowledge and deludes us into believing in “I”. Ego is as mortal as the human body. Life is the ego's day in the sun; the hereafter is the eternity of the Self. There is only one form of spiritual communication and that is between Conscious mind and Subconscious mind. There is no hell no punishment. He who banishes ego moves with God. Said Jesus, "Unless a man be born again, he shall not enter the Kingdom Of Heaven.” Seek the death of the ego, and be born anew in the knowledge of Self. There is an answer to every question, a solution to every mystery, a key to every lock. We need not fear God, we need only love him. We need not supplicate for forgiveness before an altar, for God's altar is our very selves; we are with him night and day. Religions and temples are built by man, but God's temple is man, and wherever we are, we are always in a place of worship. We need only turn to the Self that dwells within.
Twelfth Meditation

I turn away from the world about me to the world of consciousness that lies within.
I shut out all memories of the past, create no images of the future.
I concentrate on my being, on my awareness.
I elide deep into the very recesses of my soul to a place of utter repose.
Here I perceive fact in the making, am conscious of the one being from which all beings spring.
I know that this is immortal self, this is God, this is me.
I am, I always was, I always will be.
All men, all things, all space and time and life are here in depths of my soul.
Smaller than small greater than great meet and unite in me.
That which I thought I was, ego, I never was at all, for it was a changing thing,
mirroring the seasons and the tides, a thing to be born and grow and die.
I am not a thing of time or circumstance.
I am spirit, pure and eternal, birthless, deathless and changeless.
I am patient for I am time.
I am wise for I contain knowledge of all things.
I know not pain, for I see there is no beginning and no end, and who suffers pain
must see beginning and end.
I am rich for there is no limit to the abundance I may create from my very self.
I am successful for I need only think to achieve.
I love and am beloved for all things are myself and I am all things.
I unite, I fuse, I become one with Universal Subconsciousness Mind.
The mask of vanity and ego, I shall never wear again.
I perceive the magnificent Dweller at the centre of my consciousness, and I know
him to be my very self.
Time and space, shadow and substance, what matter these? I am God.

We attract into our lives the physical manifestations of the thoughts we think, and in order to
attract good instead of evil we must learn to control our thinking, to think positively instead of
negatively. We must be able to choose good thoughts.

If a man thinks only in response to the stimuli of the outer world, he remains ego only,
an automaton; but when he originates thoughts at the center of consciousness, he creates his
own life in the image of his desires and dons the mantle of immortal Self.

Faith moves Universal Subconscious Mind to creation, but it is only the ego that must use
faith. When the ego goes and God-consciousness comes, thought is immediately followed by
the thing, for there remains nothing to overcome. All conceptions of limitation and lack and
guilt and pain and shame and remorse are cast out with the ego.