

The Ultimate Truth



Lester Levenson

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**“What is it, by knowing which,
you will know everything?”**

INTRODUCTION

The Ultimate Truth is Truth that is true now, has always been true, and will forever be true.

Man cannot make this Truth nor can he change this Truth. He can only discover it. He may choose to live in accord with it. If he so does, he finds himself supremely happy beyond anything he could imagine! All limitations drop away and he discovers that all power, all knowledge, and all joy are his and that all this is his natural, inherent state.

A unique characteristic of this Truth is that it must be seen by each one through his own perception. No one and no book can do it for him. Teachers and books (scriptures) can only point out the direction, the way, and the individual may choose to take it.

Necessary is the proof of Truth, and necessary it is that each one must prove the Truth for himself. Nothing should ever be accepted on hearsay. One should listen to, reflect upon, and then prove. The best attitude one may take would be to not believe nor disbelieve, but to accept Truths for checking. Then, and only then, after one has proven them without a doubt should one accept them.

As Truth begins to prove itself, one gains more confidence in it, and then proofs come more easily and more readily; until finally, one perceives the Absolute Truth, — that we are unlimited beings, unlimited in our knowledge, power and joy.

We must start from where we are, so we start with thinking in the realm of thinkingness. Then we progress to a state of thought – feelings where thoughts have feeling to them. This continues until there is only feelingness. When this becomes the basis for our actions, we are intuitive and in tune with the world. Finally, there is only the realm of beingness, and in this state we perceive ourselves as being the All, and we see no-otherness.

Beginning with thought, we direct our minds toward thoughts that will free us; liberate us from sorrow and unhappiness. This leads to happiness, which is in the realm of feelingness. When the feeling of happiness is developed fully, there is only

happiness of being, and we then enter into the state of exalted bliss, tranquility and serenity.

The time required to accomplish this varies widely. The quickness of one's understanding is directly proportional to the intensity of one's desire for truth.

All authoritarianism is let go of, as the only authority for Truth is Truth and not man. In place of authority is given the dictum, — "Prove it yourself." Only when proven for oneself does one have it and can one use it. One knows only that which he can do.

The Ultimate Truth is not the usual. If something should offend, shock, or challenge, it is suggested that you check into it, as the chances are that a fixed concept might be needing reevaluation; that by doing so you might find yourself a bit freer.

Lester Levenson

THE GOAL

The goal is unlimited happiness.

The goal is complete liberation, — the attainment of limitlessness.

All are seeking complete freedom and happiness, and everyone is seeking this either consciously or unconsciously.

The goal is Self-Realization.

HAPPINESS

Happiness is our inherent, natural state.

The best definition for happiness is peace, tranquility, and serenity.

Happiness is the absence of apathy, grief, fear, jealousy, anger, and hate.

Happiness loves.

Happiness is freedom; absence of limitations. The less limited we are, the freer we are, — the happier we are.

Happiness is keeping in mind the things we do want.

Unhappiness is keeping in mind the things we do not want.

Happiness is being cause rather than effect; master rather than victim.

Happiness involves thoughts of oneness; unhappiness, thoughts of separation.

Happiness thinks of thou, with no ego motivation; unhappiness, I, with ego motivation.

Happiness is calmness with no emotion or effort; unhappiness involves energy, emotion, and effort.

An attitude of giving makes one happy.

Joy is in the spirit of giving.

LOVE

Love is a feeling of givingness with no thought of receiving any return for it.

Love is a giving with no strings attached.

Love is the natural, inherent state of man.

Only by loving does love come to us. The more we love, the more love comes to us.

Love is an attitude, a feeling, and requires no action.

Love is a freeing of the other one.

Love is acceptance.

Love is taking people as they are.

Love is loving the other one because the other one is the way the other one is.

Love is trust.

Love is a feelingness of peace.

Love is identification. It is being the other one by identifying with the other one.

Love is what every being is seeking through his every act.

Love is the answer to all problems.

When there are problems, if we would love more, they would disappear. When the love is complete, the problem dissolves immediately.

Love and understanding are the same.

Love is communing; it is communication.

Lending support, wanting for the other one what the other one wants, that is love.

The greatest help or giving one may give to another is to help the other to get the understanding of Truth. In this way, one gives the other the formula for happiness.

Love is a power. It is the cohesive force of the universe.

Love is attracting, integrating, and constructive and so effects anything that it is applied to.

Parliaments cannot right the world; but enough individuals feeling love can.

Almost all people mistake ego approval for love. Because it is not love, it is not satisfying. Consequently, one continuously needs and demands it. And this produces only frustration.

Love is not sex.

Love is not an emotion.

People need each other and think it is love. There's no hanging on to, or fencing in, of the other one when one loves.

Human love does not want to share its love with others, but rather wants its own personal satisfaction. Real love wants to share its love and the more it is shared, the more joyous it is.

There is no "longing for" in love, because longing is separation; love being oneness, it does not allow separation.

True love cannot be gotten through marriage. It must be there before marriage.

Love cannot be applied to one and not another. It's impossible to love one and hate another. When we love one more than another, that one is doing something for us. That is human love. When one loves people because they are nice to him, that too, is human love. True love is unconditional. In true love, one loves even those who oppose him.

We should love everyone equally.

It's impossible to get love. Only by loving can one feel love.

The more one looks for love, the more one doesn't love.

One should strive to love, never to be loved. To be loved brings temporary happiness, ego inflation.

When one loves fully, one can have no concept of not being loved.

To love our enemy is the height of love.

When love is felt for the enemy, it makes the enemy impotent; powerless to hurt us. If the enemy persists in trying to hurt us, he will only hurt himself.

One does not increase his love. One merely gets rid of one's hate.

In a state of high love one has a feeling of harmlessness, and grants the other one the other one's beingness.

When we love fully, we feel we have everything.

Loving fully, one sees only love.

When one really loves, one can never be hurt.

Love has no personal angles.

Anytime one feels good, one is loving. Anytime one feels bad, one is not loving.

Love and egoism are opposites.

Love is selflessness.

Love is purity.

Love eliminates fear.

Love eliminates anxiety.

Love eliminates insecurity.

Love eliminates loneliness.

Love eliminates unhappiness.

Love attracts love.

Love is the means and the end.

Love is its own reward.

Love seeks its own likeness.

Love flourishes in love.

Love is contagious.

Love cannot be intellectualized.

The sweetness of love cannot be described. It must be experienced.

Full love is constant and can never be not. When attained, one feels only it, sees only it, hears only it, and thinks only it.

Love is patient and kind. Love is not jealous or boastful. It is not arrogant or rude. Love does not insist on its own way. It is not irritable or resentful. It does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things.

PEACE

Peace is tranquility, serenity, and is a dwelling in the Self.

Complete peace is our highest state and is the natural state.

Peace is dwelling in the realm of all knowledge and all beauty in complete harmony.

Peace is at-onement, no-otherness.

Peace is non-resistance, complete acceptance, identification with all, everyone, everything.

Peace is a feeling and requires no action.

Peace is in the realm of Beingness.

Complete peace is impossible in the realm of thought. Thoughts agitate. There must be no thought to have perfect and total peace.

In oneness, there is no other to think about.

Peace is the best indication of one's state, and may be used as a measure to gage one's progress.

In meditation, peace shows itself in the freedom from unwanted thoughts, and in the ability to concentrate on a single thought.

TRUTH

Truth is That which never changes. All else is untrue, illusion, an apperency.

The only authority for Truth is Truth.

Truth is, regardless of people. No one can make Truth or unmake it.

Truth cannot be taught. It can only be discovered, realized.

One should never accept anything until he can prove it out for himself. There are two ways to prove things, externally and internally. Externally is proving it in the world by doing it. Internally is by seeing it intuitively though the omniscient part of oneself.

There is no problem which cannot be dissolved immediately in the light of Truth.

Truth can be approached on an intellectual level, emotional level, and intuitive level, and by directing all these three toward the Truth, Truth reveals itself.

Truth is in the realm of feelingness, and cannot be expressed in words, but only alluded to by words.

Reason cannot get one to Truth, but can get one into the direction of Truth.

Intuition, knowingness, super-consciousness, reveals the Truth that is.

There's no Truth in the intellect. It's in the realm of feelingness. The intellect is used to guide the intellect to the feeling, which eventually takes over completely leaving no more intellect. Then one operates on purely intuitive feelings.

To know the Truth, begin with the Truth, that is, there is only an Infinite One. Then let your thinking follow from here.

Truth can be found by a process of eliminating wrong thoughts, which are thoughts of limitation. When all thoughts of limitation are eliminated, what remains is our natural, unlimited, Self.

Relative truth changes. Absolute Truth never changes. The Absolute Truth is the changeless Oneness, and Oneness is the only Truth.

Truth is perceived through realization.

When we realize Truth, we have it, are it, and can use it.

Absolute Truth cannot be spoken, because truth is Oneness and in Oneness there is no other to speak to. One merely alludes to Truth.

Truth and Reality are one and the same.

THE SELF (GOD)

The Self (God) is Infinite, Whole, Complete, Immutable, One, Perfect, Indivisible, Timeless, Eternal, Changeless, the only Reality.

The Self is our very beingness.

Nothing is more intimate than the Self (God).

The Self has no qualities, no abilities, no actions. It is unqualified and unlimited beingness.

We are now, we always have been, and we always will be the eternal, unlimited Self (God). All we need to do is to realize that by removing the ignorance of it, or by increasing our knowingness of it.

The easiest way to contact the Self (God) is through the feelingness in the heart of "I," or "I Am," with nothing more added. This feelingness is the Self, the Real – Inner Self. The moment we add anything at all, like "I am good or bad"; "I am poor or rich"; "I am great or small"; or "I and that"; we are imposing a limitation on the "I Am" and creating the ego.

There is no investigation possible into the Self (God). The Self, being only one, who is there to investigate it? Investigation can be only into the ego, the non-Self.

The Source of the ego is the Self. Find the Source and the ego disappears, leaving only the Self.

When we take one step toward the Self, It takes nine steps toward us.

What is it, by knowing which, everything becomes known? The Self (God).

What is joy? Joy is nothing but the Self. When desires are fulfilled, the mind is stilled. This allows the Self to shine forth and that is what we call joy.

When we let the inner self express, there are no problems.

Man, as man, cannot know God; by looking up to God, God is always separate from him. Only when he looks out from God can man know God.

One will never find God in the body, but one will find the body in God.

The higher the state of the body, the thinner the sheath hiding the Self.

God, generally, is the highest concept one has of oneself.

Stop having, stop doing, and just be your Self. At first this being your Self is momentary. As you keep trying, it remains more and more until it becomes permanent.

The Self is total Quietude. Quietness is necessary and one of the greatest ways to the Self.

The Self being One, the All, when one realizes this, one becomes, and identifies oneself as, everybeing, every atom, of the universe.

When one moves into or abides in the Self, one moves up and away from thoughts. The thoughts become submerged. Until one is established in the Self, the thoughts reemerge and take over. In moving away from thoughts, one can become the objective witness of the thoughts and not be influenced by them. When this objective witnessing is made permanent, one is in perfect, eternal, peace and joy. A fully realized individual does not identify with his thoughts and, therefore, they have no effect on him.

Self (God) is not subject to laws.

A knower of God has to wait only as long as he is not merged in God!

TEACHER OF TRUTH

How do I choose a real Teacher?

How do I know a Teacher is the right one to be followed?

What can a Teacher do for me?

The qualifications of a Teacher of Truth are:

He has attained inner peace.

He must have experienced the knowledge he teaches.

He gives freely of his knowledge with love.

He sees us as equal with himself.

He has no reactions.

He loves all equally.

He is desireless.

He wants only God.

He lives what he teaches.

Truth is, regardless of the Teacher. No one can make or unmake Truth. There is nothing new in Truth; it is eternal. A Teacher can direct one toward Truth, but each one must see it for himself and prove it. If the Teacher's or anyone's word is

accepted, it is only hearsay. Anything the Teacher says should be accepted for checking. Only after proving it, does it become your knowledge.

A Teacher may be chosen intuitively. Intuition is tapping the source of omniscience within. It is a feeling. It is gotten with absolutely no thinking. Be there any thought with it, it is no intuition. When it comes, one knows that it is so and knows that he knows.

A Teacher lifts us high enabling us to perceive higher knowledge. He gives us the mental support that is helpful in getting the new realization.

A Teacher can lift one to his own level of understanding and no further.

One of the greatest things a Teacher can do for us is to get us to see our ego. We have blinded ourselves to our ego making it most difficult to let go of it.

A Teacher has a quieting effect on our minds.

A Teacher keeps one in the consciousness of the right direction.

A Teacher makes the way easier.

A Teacher is more helpful than scriptures and books.

THE EGO

Ego is the sense of individuality as opposed to the One.

The start of the ego is the sense of "I am separate." It then creates thoughts, (called mind) of limitation like "I am a body," or "I am a body limited," through which thoughts one loses sight of the fact that one is Infinite.

Ego comes from the subconscious knowledge of the terrific Being that we really are, trying to express itself through a very limited thing called the personality.

The I-thought, the thought that "I am a separate individual, " is the source of the ego in all its forms, - physical, astral, and causal. Every day one goes through the physical, astral, and causal realms in waking, dreaming and dreamless sleep, respectively. Eliminate the ego and all three states are eliminated.

Until we become fully free, we put up a false front, a façade, to others for the purpose of winning the acceptance and approval of the others. We behave in accordance with what we think the other one wants rather than by expressing our own real feelings.

We thereby develop a distorted pattern of behavior that becomes habitual, automatic, and subconscious. This pattern necessitates unhappiness, as we become incapable of expressing our own true feelings.

The subconscious automatic behavior, by its very nature, blinds us to ourselves, others, and the world. To be happy, it is necessary to see things as they really are.

This may be done by (1) reevaluating the situation by seeing its present time reality; (2) digging into the subconscious in order to make it conscious so that we may change it; (3) perceiving our real Self.

The facade is the ego. It is motivated by our seeking love. The only reward is frustration, as it is only by loving that one finds love.

Seek the Source of the ego and it disappears.

The greater the misery, the greater the ego.

Misery can be removed by seeing its cause as being the ego seeking love. Only by loving can one be happy.

In these days of atom smashing, the only safety is ego smashing! Ego smashing is one of the fastest ways toward the Goal and the only safety.

We create an ego and then try to escape from it from that moment on.

When the ego disappears, only God remains.

The God-part of us is there all the time, — just covered over by the ego.

Who is doing the striving? The ego. Let go, and let God.

All the power and grace of God is at every moment trying to come through to us. All we need to do is allow it by setting the ego aside, scorning it by ignoring it. An unrecognized visitor soon leaves.

THE MIND

Mind is consciousness that has assumed limitation. We are naturally unlimited until we assume a mind. Then the evolution begins of progressively limiting ourselves until we can no longer bear it. When life becomes altogether unbearable, we then start the devolution. We reverse the process by letting go of thoughts more and more until the complete peace and total freedom from thought is reestablished.

One makes life easier by recognizing the laws of nature, which are only the laws of cause and effect. When one discovers that mind or thinking is the cause, and what happens in the world is effect, he then consciously controls his circumstances and environment.

That which we think, — we create. That which we hold in mind, — we sustain. That which we let go of in mind, — we dissolve.

Stay on the positive side. Do not be “against” (anti) anything, but be “for” its opposite. “Being against” is holding in mind that which you do not want and thereby sustaining it.

Every thought is causative.

That which your mind is on, you become!

Whatever happens to us originates in the mind.

Think only what you want that that is all that you will get.

It is impossible to get rid of a problem, because ridding oneself is holding it in mind and thereby sustaining it!

The more the thought taking, the greater the problem. The less the thought taking, the more obvious the Perfection.

Mind is an instrument used by the ego to create and then reflect back the physical universe.

The world is an out-projecting of the mind. When we realize this, we can change the projected picture.

Mind is intelligent; body is insentient matter.

Body is the materialization of mind.

The body is an exact copy of the mind.

The moment the mind is right, the body is right.

Disease of the body is dis-ease of the mind.

Suffering is in mind. When the body hurts, it is felt in the mind.

Thinking is rationalizing, usually our emotions and desires, and has its source in the ego. Thinking can be used to make life easier for the ego by causing the world to ease its pull on our attention. Then our attention can be better directed to the Self (God).

Correct thinking is thinking that leads us to good conditions of health and supply, then to mental traits of love and peace, and finally to Oneness, where, there being no other, thought is impossible and all is in harmony.

Taking it from the top, the most correct thinking is “no thoughts.” Truth is in the realm of knowingness. It is when all thoughts are stilled that we remove the blanket covering the omniscience that we all have now.

Pure Mind is mind with no thoughts. It is knowingness.

Pure Mind allows the omnipresent omniscience to flow through us.

Real knowledge lies just behind thought which is relative knowledge.

The mind will never know God because the mind is a thing of limitation.

The finite can never know the Infinite.

The only thing which blinds us from the Self is mind activity.

Mind (1) gives rise to thoughts of desire (2) that lead to attachments and aversions (3) causing bondage. Eliminate any one in this chain and be free!

Habit makes us believe that it is difficult to stop thinking. If the error is discovered by realizing one's inner state of all-knowingness, one would not foolishly and unnecessarily burden oneself with the effort of thinking.

Habits of thought are latent tendencies and are the greatest enemy to realization. They are most stubborn and adamant. However, they must be let go of if one wants to realize the Self.

Intellectual knowing is merely like a tape recording; real knowing is understanding, and can be tested by the fruits.

Our intellectual knowledge is used by the ego as a substitute for real knowledge.

The mind is a composite of several functions: sensing, recording, memory, and ability to discriminate. Discrimination is the highest function.

Discriminate Truth from untruth, the Real from the unreal, — and be free!

The mind never forgets, — it just doesn't recall at the moment.

Mind is about 90% subconscious. The 10% must be used to make it all conscious.

Every mind is a transmitting and a receiving station, receiving in its own wavelength. Keep it high!

Mental efficiency is in the art of concentration.

The mind is like an electric light bulb radiating in all directions. When it is focused, it becomes like a powerful beam. A mind focused on it's self will crack its secrets and reveal Truth.

A concentrated mind is one that can keep its attention on one thing at a time without other thoughts coming in.

A concentrated mind is the secret of success in the realization of Truth.

A concentrated mind is also the secret of success in the world. All successful people in the world have the ability to concentrate their minds.

Real solitude can be had only in the mind; not in location. Solitude is obtained through practice of non-attachment. A man in the city might be free of thought and

alone in peace, while a hermit in the country might be plagued with the company of many miserable thoughts.

Thoughts of happiness give relative happiness. The highest and absolute happiness is beyond thoughts.

THE WORLD

All behavior, every act in this world, is based on the desire for love. This desire causes us to seek for approval, acceptance, attention, power, fame, and fortune. Unfortunately, however, love cannot be gotten this way, and we become frustrated and unhappy. Only by loving can we find love and be happy.

Man was never intended to be a victim of circumstances. He is the controller of them, but has lost awareness of this fact. When he regains his awareness of it, he again becomes the master of circumstances, and consciously controls his environment.

Matter, energy, space, and time are in mind. When man realizes this, he has mental control over them and controls them at his will.

There is no intelligence in matter. The world is nothing but matter. The intelligence that is in man, and it determines this world. However, man is unconsciously determining the world. When he wakes up to this, he gains conscious control.

Perceiving the Reality one gains dominion.

Creation is a mental projection. The Reality is just behind it!

The world does not disappear on seeing the Reality; the wrong concept of it does!

The world is a school in which there is only limitation. The lessons on limitations teach us how to surmount them until we are limitless.

Life in the world necessitates misery, as it is in the realm of limitation. Be in the world, but not of it!

When one cannot bear being alone with his thoughts, he seeks entertainment. Entertainment is escaping, running away from one's thoughts. Happiness needs no

entertainment. Be happy by loving. The more one loves, the less one needs entertainment.

Socializing is looking for love in the wrong place. It's looking for love and acceptance from people. And what we really want is the love of God. Love of God is found only by going within in quietness. It is loving, and not looking for love.

Pleasures gained in the world are momentary. Any joy gained through understanding the Truth or the Reality is eternally ours.

You want to help the world? Help yourself. Only then may you do so. You cannot show others unless you know yourself.

That which we give out to the world we receive in return, — is the law of compensation (karma). Many know this but few realize that karma is created in the thought rather than the act.

If we want good and happy lives it is necessary to think good and happy thoughts only.

If one gossips about others, one does not hurt the other one, but hurts himself in accord with the law of compensation. Gossip is a form of hatred because it tears down the other.

When one judges, the ego is playing God.

Anything we deem right or wrong is judging.

Any thinking that is “anti” (against) is judgement.

When there is mutuality and harmlessness there is no judgement.

Harmlessness and mutuality always direct one into correct behavior.

There's no right or wrong, good or bad. There's only experiencing for the purpose of learning the Reality.

There's nothing wrong with the world when you see it alright.

The only way out of the world is through the world by seeing every atom of it as your Self.

Socializing and entertainment are wasting time because what we are really looking for (constant and unlimited joy) is not there.

Time used in releasing meditation and selfless service is the most useful time. It leads to joy infinite.

If each moment wasted in pursuit of the non-Self be utilized in pursuit of the Self, realization will soon follow.

Work or action need not be an obstruction to Self-Realization. The search for your Self can always go on. One should work or act with non-attachment, and take the attitude that he is not the doer. Just be the witness. Then releasing meditation can go on, and through practice, it becomes constant.

A night dream best explains this world. All suffering in a nightmare is real to us while we are dreaming. The entire creation of the world, its characters, and our part in it, — all of these, while we are dreaming, seem real. It is only when we awaken that we become aware that it never was, and that is all subjective. Likewise, when we awaken from this world, we say that it never was, and that it is subjective. Then we see the Reality, the singular substance of the world which is just behind it.

In the most limited state called wakefulness, one must see that he is limitless. Awaking from this wakeful state awakens one to his unlimited Self.

SEX AND MARRIAGE

Realization is not determined by one's being single or married, but by the realization of who he is. A married man may realize the Self by learning to concentrate his mind. A concentrated mind will do it.

Real love should be the basis of marriage. Real love has no element of needing the other one, or possessing the other one. Real love wants only to make the other one happy.

Marriage should be used to aid one's growth by developing love more and more, — until it is complete.

If you are a parent, the greatest help you can give your child is to help yourself to a higher state of loving. Then you automatically do what is best for the child. Following rules from books will not be very effective.

See your spouse and children as children of God. Never say, "They are mine," as they are God's.

Increase your selfless love for them until it is Divine Love.

The greatest happiness we can give to a mate comes from helping him or her to more understanding of Truth.

Don't marry because you feel you need, or you must possess, the other one. This is not love and will have its consequent unhappiness.

The happiest marriage is one in which each partner lives only for the other's happiness. This is a love marriage and helps one toward the goal.

Marriage is too frequently only a sexual union. One marries a member of the opposite sex and sex is freely pursued. Marriage should be a love union.

Man is confused on sex. Sex is a physical union of male and female, the purpose of which is procreation. The greatest attachments man has are to sex. Man ties in two other things with sex, one mental and one spiritual. The mental aspect is the desire for ego approval. The spiritual aspect is love.

Man has gone so far astray from the normal that he can no longer get any standards as to what is correct, normal sex. He might realign himself by looking at the animals to learn the purpose and function of sex. If he does, he will see it, — a physical act of procreation.

But man is higher than the animal and is gifted with a mind much further developed than the animal. Animals think only deductively while man thinks not only deductively but also inductively. The latter gives him the ingenuity to do all that he does that is greater than the animal. This inductive thinking allows man to be self-conscious. Man knows he is man. Animals know only the ways and means of procuring and satisfying the needs for preservation. Only man looks into himself and seeks, thereby advancing himself.

The mental aspect of sex is the seeking for ego approval. Man looks for a partner that can give it to him, and when he finds one that can give him ego approval constantly,

he says he is madly in love, and wants this one as a constant mate. So long as he is getting this approval, direct or implied, he says he is in love and happy. However, and this is a big however, this happiness, although it may be the greatest he has yet experienced, is of necessity at the same time mixed with a certain amount of painful anxiety lest this happiness be not had in the time ahead. The pleasure obtained through one's mate creates a hunger for more of it, and at the same time a fear that it could be lost, both of which are painful. This admixture of pain and pleasure necessarily prevents full enjoyment.

What is constant and totally satisfying is the love aspect. Only when man really loves his partner in the full meaning of love as defined in the preceding chapter on love, will he be joyous and happy every moment of his life.

It is the love aspect of sex that man is really and unconsciously seeking. Unfortunately, he has lost sight of this and when he sees it, and regains it, he will be continuously happy.

Sex in moderation is better than indulgence. Indulgence keeps one bogged down and blinded.

Sex, of body passion, hinders growth by imprisoning one into the body cage. Sex, when it rises to the passion of the spirit, is channeled into expansion of love and liberation.

Sex is a trap. Sex leads to birth. If there is birth, there must be death. Thus man goes from death to death. (Seek your immortality.)

The desire for sex is basically the desire for love and when it is satisfied in sex, the drive to attain the real Love is weakened.

The power of the sex drive may be directed into channels of love that will give a thousand times more joy than the greatest joy that sex can give.

Attain to the joy that is so much greater than that which sex gives, so that in order to have sex, we have to give up a greater joy for a lesser pleasure.

We should try to attain to the understanding of Truth to the point where we have no desire for sex or human affection, but instead have a constant joy greater than that which sex or human affection can give.

Joy is not in things or people. The joy attributed to them comes only from the Self shining forth when thoughts are stilled. The thoughts are stilled by the satisfying of the desire.

Sex deludes us in that it brings us closest to the Self (God). By satisfying the greatest desire, the greatest number of thoughts, conscious and subconscious, are stilled. When the thoughts are stilled, your Self shines forth and that is the wonderful feeling of peace and satisfaction that you feel. This wonderful feeling should be gotten directly and made constant.

DESIRE

We should strive to attain to the desirelessness state. As long as we have desire, we lack, and are trapped in the world of limitation. Desire is the great enemy of constant joy.

Any desire, other than desiring knowledge of the Self (God), pushes one in the opposite direction of happiness, into limitation and misery. The more desire one has for things, the more unhappiness one has.

Desire and chain are the same. Every time one gratifies one's desire, one creates a bondage as he wants it again and again.

Enjoying with attachment is enjoying with pain and longing, a hunger. Enjoying without attachment is enjoying freely and creating no bondage.

Letting go of attachments is an excellent method of growth.

Everything we own, owns us.

The way to infinite joy is through the elimination of desire, — no attachments, no aversions.

When your Self is known, you are fully satisfied and have everything.

EMOTIONS

Emotions are strong feelings. They result from thwarted will. They are really the feelings of the absence of love, with a desire to eliminate this absence.

Examine human emotion and you will always find elements of thwarted will or desire. Human love desires to possess the one loved. Whatever one desires to possess, one must feel one does not have. This is the element that makes human love incapable of constant happiness.

Emotions excite and perturb. The opposite is calmness, quietness, peace. Real love, being calm and peaceful, is not an emotion.

Emotion is the opposite of peace.

Emotion is a thing of the ego.

Emotion is ego in motion.

Emotion blinds us and hinders perception and efficiency of thought.

To act with complete freedom, there must be no emotion. We are blinded to what is really going on to the degree of our emotion.

A suppressed emotion is one that we have pushed down into the subconscious part of the mind and have become unaware of it.

Any suppressed emotion will forever try to spend itself until it is spent.

Suppressed emotions and thoughts develop compulsions and inhibitions, setting habits of wrong behavior.

Most behavior is distorted and rooted in suppressed emotions and thoughts.

Never suppress feelings. You don't have to satisfy them, but don't suppress them. Just know that they are there, and let go of them.

A desire in the past is a subconscious desire in the present.

A desire today becomes a subconscious desire in the future.

A reaction is an automatic response determined by a past behavior.

A reaction is a behavior based on a past incident in which one felt pain, mental or physical. When something happens in the present that unconsciously reminds one of the past incident, one automatically acts as though the past incident were present now with its prospective pain, and unconsciously tries to avoid that pain. This caused the behavior in the present to be determined by conditions in the past, and it is not in accord with the present situation. This results in very inefficient behavior that cannot bring satisfaction. It makes one unhappy for two reasons, one being the unconscious reminder of pain, and the other, the frustration of not being able to achieve the desired result of the present act.

Reactive behavior is not free behavior.

Free behavior is that which is determined by a consideration of the circumstances at the moment and not conditioned by the circumstances of some previous or past incident.

To the degree that we react, we blind ourselves to what is out there. We then see the world through our own colored glasses.

Reactive behavior should be approached as an opportunity for growth. Each time we reevaluate a reactive behavior pattern and let go of it, we become freer.

By tracing all reactions to their source, we eliminate reactions.

Eliminate all reactive behavior and be free!

PLEASURE - PAIN

Pleasure is the feeling we have when that which is happening is liked.

Pain, similarly, is the feeling we have when that which is happening is not liked.

Pleasure results from the stilling of thoughts by satisfying them, thus allowing our real Self to shine forth a bit more.

Pain results from more thoughts being created. Thoughts obscure the Self.

It is the mind which tells us that something is pleasurable or painful. Does the body tell us it is hurting?

To some, pleasure is the avoidance of pain. This is a negative approach and allows little of the infinite joy that is available.

Pain acknowledges limitation.

Pain becomes a habit.

Pain is a prod to push us in the right direction.

The right direction is to know that we are masters over body and mind.

The more we look in the right direction, the more we find that which is right and true, and the less the pain.

There is more pain from holding on to the thought of pain than there is in the situation itself. If you let the world strike you, it will do so less cruelly than your own imagination.

Pain in the body is the sense of heightened awareness at a point. When a part of the body is being damaged, a mental alarm is turned on, called pain. If the mind answers the alarm fully, the pain turns off immediately, and the body mechanics go to work at that point and rapidly repair it. Because of past unpleasant experiences, we have developed a fear of pain, and mentally try to flee from it, to escape it. This is not fully answering the alarm; it causes the pain to linger, and the body repair mechanics to slow down. If one knows this, he can eliminate pain and effect a rapid healing of the body. It not being easy to understand what "feeling the pain" means, try increasing the pain. This mentally places one in the pain and makes one feel it. On really feeling the pain it will immediately disappear and the body will rapidly heal.

Mental pain likewise can be eliminated by recognizing it and facing it. A mental problem, when faced fully and squarely, will resolve. Because of its unpleasantness, one tries to flee from it and escape it. This holds it in mind rather than resolves it, and thereby holds onto the pain.

Looking for pleasure is part of the unconscious drive toward the infinite joy that is inherently yours.

HEALTH AND SUPPLY

It is the same principle that heals a sick body or a sick pocketbook.

Sickness and poverty are both lack, and lack is the acceptance of concepts that are limited.

The concept of lack is only in our consciousness. One must let go of it and in its place have concepts of abundance, affluence, and well being.

When one learns, by actually experiencing it that mind is only creative, he then holds in mind only the things he wants and never takes thought for the things he does not want.

Our concepts are the sum total of our thinking and most of them are now subconscious. We must, with effort, hold the right concepts until they become more powerful than the subconscious wrong concepts. Then they become the habit and take the place of the wrong concepts. When the subconscious mind is so conditioned life becomes beautiful and happy.

Man's behavior today is about 90% determined by his subconscious thinking. He is acting automatically and is determined by his past, and now subconscious, ideas and concepts. That is why he finds it so difficult to make correct thinking effective. It is necessary to persevere with correct thinking until it becomes the habit by overriding the subconscious habit.

It is possible to eliminate years of accumulated wrong thinking in one single thought if that one thought be powerful enough, that is, effected with tremendous will.

Our supply and health are determined by our consciousness of supply and health.

A mental picturing of that which we want, with the complete acceptance and the conviction that it is our now, will bring it quickly. See it in its 'isness.'

Never think of things as coming in the future, as the mind will keep it in the future. See it, feel it, taste it, possess it as yours now. Do not see it in its 'will-be-ness.'

Picture things in the fullness of detail.

Think of what you want, never the money to obtain it. Conditioning it with money is putting a limitation in the way.

Work in secrecy. Telling one what you want weakens the drive. After obtaining it, you may tell.

Repetition is not desirable in that it means we did not accept it fully the time before. However, if necessary, repeat the visualization.

A full conviction that we have everything that we need as we need it will do just that.

Supply is infinite. Never compete.

No matter how sick the body, it may be made perfect.

If we desire something, it is an admission of lack. When we realize the God-Being that we are, we feel that everything is ours. When this realization is obtained, the thought of something brings it to us.

When we know that we have everything and therefore need nothing, then everything comes to us for the mere effortless thought of it.

Never connect your supply with your vocation. Let God be your supplier. Then it matters not what you do as your supply is guaranteed.

Effectiveness power depends on what you know of the principle.

To effect anything, complete passivity is the quickest way. Let go and let God. It's a doingness on the mental plane, a knowingness on the spiritual plane that everything is ours.

The key to prosperity is in the spirit of giving. When we know that freely it is given, then freely we give, and the more do we receive.

If one can heal oneself spiritually one should do it because it is instantaneous. If one cannot do it spiritually, then one should do it mentally as mental healing is from rapid to instantaneous. If one cannot do it mentally, then one should do it physically seeing a doctor.

Spiritual healing is knowing that the body is perfect. Mental healing is effecting a perfect body by visualizing the body as perfect.

Rather than receive a healing of body or pocket book it is better to receive the understanding of healing. Then one may be always free from all lack.

The fastest and surest way to health and prosperity is by understanding Truth.

SPIRITUAL GROWTH

Growth is continuous being tried and tested, steeled and tempered.

When one takes the path and begins to grow, all latent tendencies, strong and weak, are intensified and brought forth for mastering. Rather than lose the self-initiated trial between your will to grow and the karmic enemies that would dethrone you, it is necessary that you should be willing to lose everything in order to gain the goal. This must be so.

All life experiences are wasted, and one only postpones his reinstating of joy infinite, if he does not use the experiences of life to learn from. Every single unpleasantly has a lesson of joy in it.

When one chooses to grow, his life becomes a paradox to those of the world. Any attempt to justify it makes it appear the more hopelessly contradictory. In calmness and quietness is your strength. Silently let your growth so shine that the quietness loudly proclaims to them the greatness of your way.

Growth is evolution in reverse, that is, the undoing of the limitations we have learned over the centuries, and takes time and continual doing.

Growth is becoming free. As we grow, we must become freer and freer from behavior conditioned by compulsions and inhibitions learned in early training. Likewise, we must free ourselves from behavior based on traditions.

Freedom is to do, or not to do, as we choose.

To be happy, one must be good by choice. Being good because one feels he must be, should be, or is compelled to be good, does not bring happiness as this is not a free choice.

A greater obstacle is overcome by a greater truth.

The more the growth, the simpler everything is.

Growth is the eliminating of the ego and the realizing of your Self.

When the ego is zero, God is all.

One must raise oneself up to the level of spiritual knowledge to perceive it. It does not come down to the level where it is not.

Rate of growth is directly proportional to the intensity of the desire for it.

Only by realizing Truth does one know Truth.

A realization is recognition of some Truth within.

It is through realizations that we grow.

When we realize, we know, and we know that we know.

A realization is like a bright light turning on in the mind revealing something apparently new. The fact is that it has always been there and we are re-remembering it.

Realization is revelation.

The greatest realization is that we have always been fully realized beings; that all we need do is remove the ignorance of this fact.

Releasing is the way to realization.

RELEASING

Releasing is directing your thoughts inwardly with the desire to find and know your Self (God).

Correct meditation is holding the thought on Self (God) to the exclusion of all other thoughts.

Releasing stills the thoughts of the world and its tumult and allows one to see his Self.

Concentration, holding one thought to the exclusion of other thoughts, is the key to successful meditation.

Releasing is not becoming passive. Don't try to go blank as anything can come in.

The best question to think on is, "Who am I?"

Any question fed into the mind will bring an answer if we await it. However, we frequently reject the answer the moment it comes.

Releasing ultimately leads to complete quietude of mind with its blissful peace.

Releasing is daily separation of man from the world, only to unite him more closely and more intimately with it, by becoming one with it.

Releasing is a supplication to the Self to enter and abide; to show us the glory of the Self, so that we will want only it, rather than the ego.

PRACTICAL METHODS THAT MAY BE USED DAILY

Correct Behavior

There are only two laws that need be known to cover all correct behavior.

1. One should have a feeling of harmlessness toward all beings.
2. That which is mutual is correct.

By following only these two rules one will be guided correctly in all situations, and will be aided in one's growth.

Square all with love.

Accept full responsibility for whatever happens to you. By taking full responsibility and seeking the cause in your thinking, you will find the initiating cause and eliminate it.

Discriminate between the Real, that which is changeless, and the unreal, that which changes.

Attain to the desirelessness state.

Attain to the place where no one and no thing can disturb you.

Be a witness, unaffected; assuming the place where you should be.

Get to the point where you see the perfection where the seeming imperfection seems to be.

See your Self in everyone and everything.

Develop a constant feeling of gratitude toward God and everyone. This makes one always joyous.

Grant the other one the other one's beingness.

Get quiet.

Concentrate your mind.

Develop a constant consciousness of your path and goal.

Keep Holy company. Seek those who are seeking Truth. Read only that which is directing and aiding your growth.

Daily, let go of the ego.

Take no thought for the ego, -- take thought only for your Self.

Let the ego go its way and know that it is not the real you, your Self. Just keep knowing that you are not it. Eventually, it not being recognized, it will vanish!

Review your behavior of the day, at the end of each day, as a means of rapid growth. Square all with love, reviewing the behavior in the light of love, and take full responsibility for whatever happened.

Examination of behavior, in the light of love, with those whom one feels closest to, is very revealing and helpful to one's growth.

Practice loving those who oppose you. Be sure you are not suppressing your opposition. If there is opposition or hate, recognize it with the attitude that this, too, shall pass.

Introspection brings up the subconscious and makes it conscious, allowing us to change it.

Reactions can be used as opportunities for growth by seeking their source and thereby eliminating them.

Accentuate the positive, eliminate the negative and don't have anything to do with Mr.-in-between.

It is better to act wrongly than to not act. No action is paralyzing. By wrong action one will learn right action.

Submit either to God within, your Inner Self, or God without, the Teacher, and unload your burdens.

We are here and now fully Realized Being telling ourselves that we are not, by saying, "I need this," "I need that," "I am limited by this," "I am limited by that." All we need to do is to stop feeling that we are limited and start being the unlimited being that we really are.

Ways of Getting Out of a Blue Mood Into a Happy Mood

Square all with love.

Be cause and not effect.

Ex-press and be not im-pressed.

Think what you want and stop thinking of what you do not want.

Face it.

Pick an agreement with the other one.

Resist nothing.

Accept everything. (Including yourself and your thoughts.)

Know that the help is always there, because God never forsakes.

DIFFERENT PATHS

There are five major paths to Self Realization to suit the various natures and inclinations of man. They are:

Self-Enquiry by looking within and asking the question, "Who am I?".

Right Understanding through use of one's intellect and wisdom.

Mind Control through breath control.

Devotion through love of, and surrender to, God.

Action through selfless service to humanity.

The paths all end up answering the question "Who am I?".

THOUGHTS

That which you are seeking is seeking you more so.

This is the study of the causes and purposes of life and takes as its premise that man is potentially an unlimited being, -- that whatever he is capable of thinking, he is capable of doing. The evolutionary purpose in life is to find more and more this limitless being that man is. The practicality of the study is that as man lets go of his limitations, he becomes a freer, healthier, and happier being.

We have infinite power within us, and no thing or no one can hurt us until we give them the power to.

No one can be helped by a higher being unless desirous of it and ready for it. Higher teachers present their teaching and one may pick it up or not, as one chooses. The relationship of Teacher and pupil is one of a mutuality.

Earth is a classroom to which we come to learn the eternal Truths.

A Consciousness of Truth meets no resistance.

All experiences contain a lesson. If the lesson is difficult, the same difficulty keeps repeating itself until resolved in the light of Truth.

Heaven and hell are right where we are and are created by our thinking. When we know this, we make it only heaven.

Liberation is acquired through understanding alone! Right action does not free, but is an aid to freedom.

Confirmation from one who has dipped into the Self is very helpful. It assures you that you are right even though all the others may think you are wrong.

As we grow we acquire new ways of thought and new friends in place of the old. Eventually we see all as our friends.

The higher the joy, the higher you may go! Joy is unlimited!

One must stand out and be separate, and never let go of Principle. If one does, he steps down.

One with God is a majority.

“One with God” is an absolute safety.

The worldly limited concepts do not let go easily. They are deeply ingrained over many millenniums, and fight (via the ego) for survival.

How long does it take for Omniscience and Omnipotence to know that It is?!

Man, in trying to regain his limitlessness, tried to conquer matter, energy, space, and time through science and external machines. When he recognizes his ability to do this directly there results clairvoyance, clairaudience, telepathy, telekinetic, teleportation, etc.

We do not have to react to disagreeable words. Words are sounds with but tiny bits of energy impinging on our eardrums. Let this infinitesimal energy affect you not.

No one's word can affect us unless we accept that it can.

If you want someone to do something and he doesn't, it's up to you to feel hurt. The other person doesn't hurt you, - you do!

Whose feelings are you feeling when you feel hurt? If they are yours you are doing it. If you are doing it, you can not do it.

Good intentions are no substitute for the doing of the thing.

Blame is a substitute for correcting one's behavior. Blame is a shame.

What you do is not nearly as important as the attitude with which you do it.

It's impossible to be happy when one is dependent on others.

We're happy when we are ex-pressing, but we're miserable when we're being impressed.

Your answer should be "yes" or "no," but never "maybe." It's better to take wrong action than to take no action. By wrong action one learns right action. Maybe becomes paralyzing to a human being.

We should be cause and not effect.

He that excuses, accuses himself.

To be free is to have a choice to do or not to do a thing. Complete freedom would allow us to walk down a main street nude. However, to do this would be foolish, as it would result in arrest and other trouble. What is required for freedom is the ability to do it, but not the doing of it.

Living the way others live is non-freedom.

Do not try to correct a problem. Behold the real Perfection and this frees you of an assumed imperfection.

God is All and God is Perfect, and when one sees that, one can see only the Perfection where the seeming imperfections seem to be.

There can be only perfection for one if that is his only thinking.

There's nothing out there but your consciousness.

When we see imperfection without, we should look within.

Only that which is within can be seen without.

You don't like the world out there? Change yourself.

Thinking is cause, what happens is effect.

See no evil, hear no evil, think no evil, and there will be no evil for you.

There is never any other time but the present moment, the past is always in the past, and the future is always in the future.

Let go of past life and future life. Know the truth of the present and you will know everything.

Time is a series of present moments.

Time is a mental concept.

All minds are interconnected. Otherwise they could not understand each other.

Anytime one is thinking in misery, one is moving downward and in the wrong direction. Likewise, when one is thinking in joy, one is happy and is moving upward and in the right direction. When the movement upward is greater than the movement downward, the resultant progress is upward.

Don't probe darkness to understand light.

Don't dwell on sickness to be healthy.

Don't indulge in thoughts of lack to have supply.

Don't dwell in misery to understand happiness.

Everything we own has a mouth and must be fed.

Everything we own owns us.

God, like the sun, shines equally on all. It is not the fault of the sun if the plant is weak.

God never forsakes, - man does!

Grace is always constant and full. We receive it according to the degree of our receptivity.

Transfer your allegiance from the creation to the Creator.

Surrender is a radical reliance.

Devotion is willing the ego into subsidence.

Humility of the ego is wonderful. When the ego gets small, the God-part gets bigger. But don't think that you are presumptuous when you say "I Am That I Am," because that is your inherent nature.

The less the ego, the quieter the mind.

The quieter the mind, the more obvious the Self.

When the mind unceasingly investigates its own nature, it discovers that it is a limited thing and that just behind the mind is all-knowingness.

As long as you are a part of, you are apart from the One.

Am is being. There is only one Beingness. I Am That I Am.

The word "I" is that number 1. All "I's" are one!

The first name for God is "I," your very Self.

Aloneness is Al-Oneness.

Lonesomeness is to the degree that you are separated from your Self.

Lose the sense of separateness and gain the sense of "I am All, - every person, animal, and thing."

Every day is an opportunity to prove you mastership.

The realer Real is more in feelingness than it is in the hearing and seeing.

The five senses are in limitation. God, Truth, is in “feelingness in the heart.” When the feelingness becomes matured, you will still see the world. But, instead of seeing it as separate and apart you will see it as your Self, You; that you are it and it is you! Then it becomes subjective rather than objective. You see it alright instead of allwrong.

This life of limitation is a reflection of the Real.

The only human thing about you is your belief that you are human. (You are Divine.) This belief is the medium for lack, sickness, limitation, and misery.

Love is a shove to the above.

Hate is a grate holding you down.

Help those who are not asking for it and get hurt.

Helping those who are not asking for it is imposing your will.

Helping one who is not asking for it is helping your ego.

We go in the wrong direction to learn what the right is.

Never get into a situation where you are helping someone spiritually and being hurt yourself. In the application of Truth, everyone gains.

Education teaches us things that are in the realm of limitation!

Get out of your cage. Be a sage.

We should get to the place where we feel that all mothers are our mothers, all fathers are our fathers, and all children are our children.

Language is an instrument of duality and admit separation. It implies the speaker, the one spoken to, and the matter spoken.

In Oneness language is useless as all is known.

Belief is accepting on hearsay.

Faith is stronger than belief.

Conviction is stronger than faith.

Knowing is absolute, - there is no doubt.

Highest beauty is just beingness. Beauty is by attitude.

Seek without and you're in a bout.

Dive within and you'll thrive alive.

What comes out of a man's mouth is far more important than what goes into it.

If you want to know your consciousness, just look at who and what is around you.

Man is always down on what he is not up on.

A radical reliance on your Self (God) is the secret to the operation of the natural or divine law.

Acts performed with pure love build no future karma.

Karma is a gift of the gods of an opportunity to grow.

Fortunate is the one whom life does test, that he may grow. The greater the test, the greater one may grow.

Man's extremity is God's opportunity.

The closer one comes to the Self, the more beautiful everything becomes.

Inspirational delights are more delighting than other entertainment.

Inspiration is dipping into the realm of omniscience.

When your heart is in the right direction, your thinking is in the right direction.

Direct your attention toward the other one's beingness. (Take it off your little self, your ego.)

It is happier to love than to be loved.

It is happier to give than to be given.

Happiness is in the spirit of giving; not in the gift.

Anger is a hanger.

When there is a real spiritual vision, one is never left the same. He or she is left with a higher understanding and feeling of love.

One's outlook is determined by one's sight. To the physical eye, all is gross. To the mental eye, all is subtle. To the spiritual eye, there is only the Infinite Self, and everything becomes one infinitude.

In the waking state, the physical body perceives the manifold physical world. In dreaming sleep the mental body perceives the mental creations in their manifold forms and names. In deep dreamless sleep, no thing is perceived and the Self is.

The time required to accomplish the goal varies widely with individuals. Few accomplish it rapidly as few really accept the way. However everyone reaches it eventually.

Man can man the universe.

Die to death and you will be born into immortality.

See the world as a 3-ring circus, with yourself on the outside, observing and unaffected.

When reason and feeling agree, there is no more conflict within the individual.

You can help the world only to the degree you can help yourself.

Doingness is higher than havingness. Beingness is higher than doingness.

When the ego is strong enough, you can't see a locomotive coming at you.

Thoughts can actually dim the sun to one whose thoughts are dim.

For best decisions, decide only when your mind is quietest and when you feel happiest.

Keep Whole-ly company with Whole-ly thoughts.

We are at this moment the result of the sum of all our past thinking.

Advice is thievery. It deprives the other one of an opportunity to learn by his own doing.

When you offer a suggestion, take the attitude that the other one may accept it or not, as the other one wishes.

Pain turns off if you recognize it and feel it. Ninety per cent of all pain is just memory of pain rather than pain, but it feels the same.

Grief is a thief.

Impatience is wanting things to be the way we want them to be, - now!

Sympathy is feeling the misery of the other one and stepping down to where the other one is.

Compassion is understanding what a person is going through without feeling it and lending a hand to lift him up.

Body fatigue is a toxic condition caused by no love emotions.

If we have absolutely no conflicts, we never get tired.

The body has no intelligence to do, - we do it

Be untainted like the sainted.

We have free will to identify with the limited body or to identify with the unlimited self.

The joy that is ours is infinite. Joy is our inherent nature. Most people look for joys in the world, in people, and are disappointed.

Will without emotion for happiest results.

Will, in early childhood, is used to satisfy physical needs. In youth we have not yet learned to rightly direct it and it is blind will. In maturity we should direct it with wisdom into channels that fulfill the purpose of life.

It is the blind will of youth that causes juvenile delinquency.

When the will moves contrary to natural principle, there is immediately established an opposition to the wrong movement. When will moves in accord with natural principle it meets no resistance.

Will is a great accomplisher.

When you are happy, you don't have to invoke will, you just let things be.

Blame is accusative rather than corrective.

Misery is thinking of the things you do not want.

We die only to those around us, never to ourselves.

The greater the messenger shines, the less the message shines.

Understanding is that which stands under.

Tolerance implies ego.

Don't be little by belittling.

Seek the seeker. Find out who he is and you'll find God.

To be or not to be, that is the answer.

Miracles are not God. The source of miracles is God.

A miracle is done with knowingness. All it takes is a knowingness in your mind and it is done.

Consciousness is the sole composition of any thing.

Never accept responsibility for another one's behavior, even if that one be closely related. Allow him to grow through his own learning.

Intellectual discussion is a mental activity wherein thoughts, mostly of others, are kicked around. It avails no growth and is "spinning in circles." The only really useful mental activity is that which directs the mind toward the Self.

Opinion has nothing to do with Truth. Opinionating is wanting one's opinion accepted and therefore is wanting ego approval.

Opinionating is foisting one's thinking upon another. It is totally useless in finding Truth.

The mere recognizing of the problem is more than 50% of the solution, for no solution is possible if the problem is not recognized!

By running away from a problem, we only run into it in the future.

If you let life strike you, it will do so less cruelly than your imagination.

Scale of emotions from bottom to top, - apathy, grief, fear, covert hostility, anger, indifference, acceptance, freedom, and joy.

Fear and it will appear. Quell the dwell on fear and it will disappear.

Any thinking or act that is "anti" (against) is non-acceptance and resistance. It is, therefore, not loving.

We are responsible for our own thinking.

Oneness is no-otherness.

I can have, I can be, I can do whatever I will or desire, because I am the infinite I Am expressing. (So long as I do not impose my will on others.)

SELF-GROWTH YARDSTICKS

We know only that which we can do. What can I do?

Am I completely at peace?

How loving am I? Do I love all beings?

Do I accept full responsibility for whatever happens to me?

Am I desireless? Do I have no attachments and no aversions?

Am I free to do or not to do the things I want or don't want to do?

Do I grant others their beingness?

Am I accepting of the world and the people around me?

Am I accepting of myself?

Am I completely free from reacting to people's wishes and thoughts?

Am I disturbed?

Am I able to express myself clearly, freely and truthfully?

Am I able to be alone and be at peace?

Is my life simple? (The further we are from the One, the more complex everything is.)

LAW OF COMPENSATION OR KARMA

Karma is the law of compensation. Whatever a man soweth, that shall he reap; that which a man thinks or does, returns to him in kind. Everything that one does now, causes the same thing to happen to one in the future. Likewise everything happening now, has its cause in something done in the past.

Karma is destiny as it determines exactly what happens in life. We can do nothing in regard to all actions happening. Whatever has been destined to be done by us will be done by us.

If all our action is karmic and predestined, then our will that directs that action must necessarily be predestined.

However, we can conquer karma and destiny. There is free will, - to identify with our body, or to identify with our real Self.

Do not identify with the body and be free from the pleasures and pains of the body and from the pleasant and unpleasant consequences of action. Identify with your real Self and remain eternally in the exalted state of supreme happiness.

A SUMMARY THE SELF-GOD-ABSOLUTE TRUTH

Self (God) is Infinite, Limitless; One, Indivisible; Perfect; Changeless, Immutable; Timeless, Without Beginning or End; Whole, The All; Omniscient, Omnipotent, Omnipresent.

If God is All, that certainly must include us. If God is likened to the ocean and we to the drops in the ocean, then each drop has all the attributes and qualities of the whole ocean, that is, like the ocean, each drop is wet, fluid, salty, H₂O, etc. If God is timeless and eternal, and if God is all, we are now, we always have been, and always will be that God which we are seeking. We are God ignorant of this fact, acting like not-God. All we need to do is improve our knowing of the fact that "I AM THAT I AM" until our knowledge is only that. Then we see and know that we are that which we have been seeking.

So the goal is to know that "I AM THAT I AM." This knowing, however, is not the intellectual knowing, which is but like a tape recording. This knowledge is an experienced knowledge gotten through Self realization, through stilling the five outer senses and concentrating the mind inwardly until the Self, Itself, gives us the answer by showing Itself.

No one can be taught Truth or God, each must realize Truth by himself or herself. A Teacher can give the direction, the way, and the pupil may take it.

All Truth is provable. Accept nothing on hearsay. Each must prove out everything for himself or herself.

There is only one Absolute Truth, and that is the Truth that is changeless. Before we attain to the one Absolute Truth we use the apparency of relative truth.

Reason and thinking, dealing with the limited senses, and being a lower level operation mind, cannot get us to the Absolute Truth, but must be used to get us in the direction of the Absolute Truth. Intuition, knowingness, super-consciousness reveal the Absolute Truth.

There are five major ways and paths suited to the various natures of man. The easiest way for most people today is through love and devotion to God. A second way is through serving to mankind without interest in the fruits thereof. A third way is through use of intellect and wisdom. A fourth way is through mind control through breath control. The fifth way, Self Enquiry, is to pose the question, "Who am I?" until the answer presents itself.

Our rate of growth is directly proportional to the intensity of the desire for it.

Man thinks of himself as body, mind, and soul. Soul is the real Self, - Infinite, All-Knowing, All-Powerful, Everywhere Present. Mind is a tool of Soul, used as an instrument to create and reflect the physical universe. Body is the creation of mind.

Therefore, we must first get to know that we are not the limited body, then that we are not the limited mind, and what is left is that we are the Pure Infinite Glorious Self, Omnipotent, Omniscient, and Omnipresent! This is the real evolution. Life, as we know it today, is in the limited realm of cause and effect. Natural or divine law works in accordance with cause and effect. To be masters and controllers of life, we need only to know that thinking is the cause and what ever happens in the physical world is the effect of that thinking! If, from this moment on, we would keep in mind only that which we want, that is only what we would get!

Remember, mind is only creative, and will create constructive and destructive things, determined by what we keep in mind!

Achieve New Levels of Performance and Vitality.

The Abundance Course

A Powerful Workshop for Individuals and Corporations That Assists You In:

- *Eliminating Stress at its Source*
- *Performing at Your Best...Even Under Pressure.*
- *Creating True Financial Security*
- *Improving Relationships...at Home and at Work.*
- *Improving your Health.*
- *Tapping Into Your Source of Unlimited Energy.*
- *Having Greater Joy and Fun in Life.*
- *Team Building for Corporations.*
- *Tailor Made Corporate Program.*

The Release Technique is a scientifically tested means of gaining insight into the primary principles that shape our lives. Even more significant, it is a practical, step by step process by which we can examine our beliefs and behaviors and in the process tap into a "natural ability" that allows us to lead a more productive, balanced, successful and rewarding personal and professional lives.

Tapping a Natural Ability

The essence of the Sedona Abundance Course is in getting in touch with what you already have – the natural ability to release the limiting thoughts and feelings that keep you from attaining your goals. As you use this unique technique throughout each day, you will find yourself happier and more confident – ready to handle life's most difficult challenges with an ease and effectiveness that you never before thought possible.

The only Technique you'll ever need – And because the Abundance Course gets to the heart of the problem, you'll find that putting this one simple technique to work in your daily life is all you really need to have clarity and happiness in any given moment!

That's because the Abundance Course puts you in charge. Moment by moment you can consistently release those inner obstacles that have prevented you from feeling the way you want to feel and performing at your best. You will be able to draw on this natural ability within you whenever you choose, and this skill will stay with you for the rest of your life because you had it in you all along!

It's so simple, it really works! The Abundance Course goes beyond philosophy giving you simple and practical skills to let go of those feelings or emotions that have been clouding your clarity and happiness.

Take charge of your life. Most of us have long lists of things we have been trying to get ourselves to do or stop doing. It's only our emotions that stop us. As you use your ability to let go, your life will naturally get better.

Thousands have learned the Sedona Method including John Wooden, Sally Jesse Raphael, Joan Collins, Dr. Toni Grant, Laura Dern, Shirley Jones, and executives from Merrill Lynch, Marriott, US West, TWA and more.

DESIRE:

EVERYONE WANTS SOMETHING

IT ARISES FROM THE PAIN OF NOT HAVING

RID YOURSELF OF DESIRES. THEN YOU WILL *HAVE* IT ALL AND YOU WILL SEE JUST WHAT YOU REALLY ARE.

Others Are Doing It – Why Not You?

"I had severe anxiety when I would get on the freeway. It was preventing me from having a life. Then - I took the Abundance Course, on the first day I dumped the phobia. It was so simple that it was almost hard to believe it could be so easy! I now look at life in such a way that it becomes magical. I recommend it to all."

Lauren Brent, LA, CA
Esthetician

"I actually let go of disapproving of myself - I hadn't thought it was possible. I feel exhilarated and energetic after years of fatigue. I have more clarity and peace and improved self confidence and self assurance - I have a feeling of "I can," after years of depression and anxiety - Thank you Lester and Larry."

Luz Ugalde Fortner, LA, CA
Mother

"I had chronic pain in my jaw and gum area for a very long time, I was able to get rid of it the very first evening of the course. I'm on my way to total abundance, because I have the tools to do what I want and overcome any obstacles in my way."

Roger Brunetti, Woodland Hills, CA
Marketing Consultant

"I gained the ability to stop being counter productive in life. I can now erase any attitude of "I never win." It enabled me to take control of myself - *wow!*"

Kathy Mullen, El Segundo, CA
Deputy Sheriff

"I made more money in the first two days after taking the Abundance Course than I made all last year, and I'm hardly working and just having fun all the time."

Monica Martinez, LA, CA
Artist

Why Not Join the Prosperity?

The only thing that is stopping you, are feelings. Call me and I'll give you a free sample of how easy it is. Call Larry Crane at (310)-826-8294.

A Consciousness of Truth meets no resistance.

All experiences contain a lesson. If the lesson is difficult, the same difficulty keeps repeating itself until resolved in the light of Truth.

Heaven and hell are right where we are and are created by our thinking. When we know this, we make it only heaven.

Liberation is acquired through understanding alone! Right action does not free, but is an aid to freedom.

Confirmation from one who has dipped into the Self is very helpful. It assures you that you are right even though all the others may think you are wrong.

As we grow we acquire new ways of thought and new friends in place of the old. Eventually we see all as our friends.

The higher the joy, the higher you may go! Joy is unlimited!

One must stand out and be separate, and never let go of Principle. If one does, he steps down.

One with God is a majority.

“One with God” is an absolute safety.

The worldly limited concepts do not let go easily. They are deeply ingrained over many millenniums, and fight (via the ego) for survival.

How long does it take for Omniscience and Omnipotence to know that It is?!

Man, in trying to regain his limitlessness, tried to conquer matter, energy, space, and time through science and external machines. When he recognizes his ability to do this directly there results clairvoyance, clairaudience, telepathy, telekinetic, teleportation, etc.

We do not have to react to disagreeable words. Words are sounds with but tiny bits of energy impinging on our eardrums. Let this infinitesimal energy affect you not.

No one's word can affect us unless we accept that it can.