1. The Truth Shall Set You Free

In this booklet I will show you how God is the source of all our 'good fortune' and 'good luck'; and that an unfailing trust in God will be repaid over and over again. But I speak not of the tribalistic God of organized religions whose believers live in fear of punishment and retribution. I speak of what one writer described as follows:

God is the name for the highest and best in your life, and for the way your conscious and subconscious minds work.

He added, 'Where God's love, peace, harmony, and joy live there is no evil, harm, or sickness.' 'God' is another word for what some call 'Cosmic Consciousness', the spirit animating all living things, which, when approached with an attitude of trust and positive belief, supplies our every need, not only psychologically and spiritually but also materially.

Consider now the following statement:

God is merciful to those who reverence Him, and He heareth him that calleth. He protects the weak against the strong; He heareth the cry of him that is bound in fetters. He judgeth between the mighty and the weak. God knoweth him that knoweth Him. He rewards him that serves Him, and He protects who follows Him.

You would be forgiven for thinking that this is a passage from the King James Bible – but, no, it is from an ancient Egyptian inscription, written long before the Bible! Yet we think of the Egyptians as 'pagan', heathens who worshipped devilish 'gods'. Such a notion must be banished from our thoughts, for God cannot be contained in one single book or confined to a single religion. Even the Bible itself
refers to multiple ‘gods’ when revealing the Godhead. Divinity is both singular and plural: it simply cannot be contained or held in any one concept. We can look at a beautiful flower and behold, ‘Here is God!’: but there are billions – trillions – of beautiful flowers, and therefore countless ‘Gods’! One could touch a stinging nettle or taste a toxic mushroom and declare, ‘Here is the Devil!’ ‘God’ or ‘Devil’, both share the same consciousness.

The course of our life depends on whether we choose to embrace God, through positive thought and action, or embrace the Devil through negative thought and action.

Within the pages of not only the Bible but also the other great scriptures of world religion, lie the great spiritual and psychological truths of existence, clothed in metaphor and allegory. Believe in the healing power of their truths and your fortunes can change forever.

‘The truth shall set you free!’

2. ‘Vengeance Is Mine’

When we read in the Bible, ‘Vengeance is mine, sayeth the Lord’ we are being given a profound spiritual and psychological truth, masked in what seems very negative terminology. Those who take it at face value therefore lead a negative life with little chance of ‘good luck’ entering it. Yet this is the voice of Cosmic Consciousness speaking!

We burden ourselves with the frustration of other people’s wrongdoing. They may let you down or betray you. Do not fret about it. Let go of it. Put not your trust in others but in yourself! The Lord afflicts his vengeance on them! It is not your concern. By betraying you they have in effect betrayed themselves – the ‘punishment’ they receive will be certain. Even if they appear to have gained or prospered from the betrayal it will carry a price, a price which cannot be avoided.

It is not your duty to get even with them – for ‘The Lord’ has already set the motion of punishment in process!

Every human being has an in-built sense of right and wrong, even psychopaths know they are in the wrong. To be in the wrong sets up a short circuit within consciousness which exacts a price. You may not see this ‘price’ manifest, and you do not see what is going on in this person’s head.

Never envy another’s good fortune or their luck.

To envy others is to limit your own possibilities.

Think only of your own coming good fortune – and trust God completely to bring it – for no matter how slowly it may seem in coming, come it will!

Allow your spirit to follow your vision, and never complain about your apparent lack of good fortune. Complaining must stop at once, substituted by trust. Trust rewards. Nourish your ideal, believe implicitly in its attainment, no matter
what the odds. Your vision is a certain promise of what one day will be.

‘Luck’ is not as blind as it may seem. Those who perpetually complain about bad luck are always of a negative mindset, and their luck is unlikely to change: even if they suddenly ‘get lucky’ it will work against them! Those who count their blessings, on the other hand, will have their blessings added to.

3. Myths of Luck

So that we may be blessed and enjoy good luck, we need to see with open eyes the way luck operates. You cannot simply say, ‘This time I am going to be lucky,’ when you next play a lottery or place any other type of bet. Millions of others may be thinking the same thing and only a relative handful of players can win.

When we hear of someone winning handsomely we don’t usually hear what went before. It could be that the winner spent years trying various systems and losing all the while. But they never gave up. They may have had enough faith to have stuck with the same numbers.

It stands to reason that playing the same numbers week in week out, month in month out, year after year, is more likely to obtain a result than changing them regularly. Permanency is always a better bet than the impermanent. Patience and persistence are usually rewarded, but these are the very qualities most people lack.

Frequent changes of mind make good luck less likely. Frequent changes of mind suggest a lack of faith in one’s own judgment.

Fortunate, or ‘lucky’, people are generally slow to change their mind. Their constancy acts almost like an insurance against misfortune.

People perceived to be ‘lucky’ don’t become that way merely by chance, if you would pardon the pun. God favours the lucky, turning His back on the unlucky. ‘To him who has, it shall be added; to him who has not, it shall be taken.’

Someone who wins a great deal of money, who had never placed a bet before, is certainly an example of luck at its blindest. But blind luck is extremely fickle, if not actually dangerous, for ill fortune has a habit of following in its train.

Do not envy anyone for their apparent good luck, nor waste pity on the habitually unlucky.

We all get what we deserve. Make sure that you deserve prosperity and perpetual good fortune, blessings of every kind. Apply what you read here and that will be the outcome. Don’t be like a man who approached me recently. A kindly man, he attended church regularly and kept the observances. Yet he believed he was ‘jinxed’. He seemed to have one accident after another, and most recently his car was stolen. He had also lost his job of twenty years; he was estranged from his children, and to top it all his wife had left him.

I said to him that believing in a jinx would simply perpetuate his unhappy circumstances, that there was simply no way forward carrying such an attitude. I
explained that his religious faith lacked depth, that the only true religion is the private relationship between God and the individual, and that the obligations to church are secondary and even unimportant by comparison. He had to get right with God in his heart, to become harmonious with the best in his own spirit and with the best in the Universe. I explained that he had a choice: he could go on entertaining negative thoughts, which were the real source of his 'jinx', or embrace instead the positive, which would ultimately lead to an improvement in his fortunes. Instead of complaining, I said, he should begin affirming the goodness of life, and believe in the unerring guidance of God, and in God's love for him. I told him that he was created to win and achieve, and that from now on he should begin to believe in right action, in success, in the wisdom of God governing all his actions. Whereas before he was compelled to experience misfortune, now he is beginning to experience good fortune. He had learned the hard way that whatever orders we give our subconscious will be obeyed. If we tell our subconscious mind that a jinx is following us it will proceed to bring us difficulties and disappointments, hardships, and so on.

Our own 'bad luck' makes us resent the good luck of others. A woman complained to me that she had saved a person from drowning for which she did not even receive thanks. I explained that this person's lack of gratitude would turn his fortunes sour. We should not bothering ourselves with the ungrateful and the wrongdoer; their own subconscious mind reacts negatively or positively according to their thoughts and actions. The good we do, even for the ungrateful, will find a way of returning to us through another person. Do not fret about others: use your own mind constructively and harmoniously, and don't worry about the other fellow; let him get on with it.

4. Luck In Disguise

The sun shines on both the just and the unjust. A crook can breathe the air just as well as an honest man. If a murderer can swim, the water will sustain him as well as a good man. The so-called good and honest man may secretly hold obnoxious, hateful thoughts, and he will bring upon himself the misfortune which such negativity produces. One does not see the secret fears and grudges of others, looking outwardly one is apt to judge by external appearances.

Luck often has a strange way of disguising itself. I read a true story of a prominent spiritual teacher who was on a tour of churches and halls trying to raise funds for a worthy project. There was a fearsome snow storm, and he was tempted to not go to his next venue, thinking no-one would be there. Even so, he struggled to get there on foot, for he felt that even if only one person turned up he didn't want to let them down: if they could take the trouble to show up so also could he. At the church hall he found only the caretaker, otherwise the place was empty. After some time two elderly ladies arrived. He announced that although they were
the only persons present he would still give the same talk as if a thousand were present. To his astonishment one of the ladies said she was ready to donate $200,000; then the other said she would meet that amount. Never had he raised so much from one talk, regardless of the number present.

Here was a situation where luck appeared to be totally absent: his car was snowbound and he had to trudge miles to a place where he thought perhaps no-one would show up. Yet he did it – because he was infused with the spirit of God.

Most people would say, ‘What a stroke of luck that those two ladies showed up’, which is exactly where most people go wrong, failing completely to grasp the principles of Cosmic Consciousness that govern good fortune.

What drove the speaker to keep his commitment was his sense of duty to what he believed in. Someone else would have said, ‘What the heck! Win some, lose some; better to be safe and in the warm.’ It would be this same ‘someone else’ who would moan about his ‘bad luck’.

*Good luck often disguises itself in misfortune.* It is how we respond to misfortune that determines our luck to come. Lady Luck – God’s hand – will not show herself to the one who keeps complaining about his lot.

I smile when I recall what a clothing salesman told me many years ago. I had been a regular customer of the high quality menswear shop some years before he knew me well enough to say, ‘You know, when you first came into this shop the manager whispered to me, “Don’t waste any time on him, he looks like he doesn’t have two pence to rub together.”’ This was a reasonable enough observation to someone of a usual or negative frame of mind. I certainly compared unfavourably to the shop’s other clientele, beautifully turned out in their country tweeds and brogues. I must have seemed unkempt in my pullover and unpressed trousers, but I was in between manual tasks and was using a little spare time to see what the shop stocked. But it so happened that the salesman wasn’t beholden to the manager, he was in fact a friend who was helping out, and he believed that anyone who entered the shop was entitled to the same level of attendance regardless of appearance. This man was in fact that rare breed, a ‘gentleman’, the correct use of the word being applied to someone of civility and good manners. He himself was always impeccably well dressed, also well spoken, the type that someone of inferior thought might assume is a ‘snob’. But a gentleman is never a snob. In any event I walked out with over £200 worth of clothing (equating to several thousand pounds in today’s values), and continued to purchase regularly from the shop for many years.

I am reminded of a similar story told by the late Napoleon Hill, perhaps the greatest inspirational writer of the twentieth century. The sales assistants in the furnishing department of a large store paid no attention to a small, apparently rather shabby looking, woman of advanced years, but for one charming young assistant who was not predisposed to judging by appearances. The elderly lady was so impressed by the young assistant’s attention and civility that she approached the store’s manager. It transpired that she was the mother, or maybe the wife, for I cannot recall which, of Andrew Carnegie, the steel magnate and one
of America’s five richest men. She gave the store the biggest furnishing sale in many years in commissioning the complete refurnishing of Mr Carnegie’s mansion in Scotland – on condition that the young sales assistant in question should come to Scotland and take charge of the project. Thereafter this young lady advanced rapidly in the store’s hierarchy.

These are examples of the adage ‘Never judge a book by looking at its cover’, but more appropriately they reveal the nature of luck.

The public speaker, the clothing salesman, the furnishing lady, all possessed a positive, outward-looking, attitude.

It was this attitude which made Lady Luck reveal herself; otherwise in all three examples she would have remained hidden.

I can think of so many ‘lucky breaks’, enjoyed by myself and those I know, but I know that the real ‘luck’ was keeping faith with God.

5. As A Man Thinketh

Napoleon Hill wrote that there was no such thing as ‘bad luck’. In *Think And Grow Rich* he wrote: ‘The subconscious mind will translate into its physical equivalent, a thought impulse of a negative or destructive nature, just as readily as it will act upon thought impulses of a positive or constructive nature. This accounts for the strange phenomenon which so many millions of people experience, referred to as “misfortune” or “bad luck”.

‘There are millions of people who believe themselves “doomed” to poverty and failure because of some strange force over which they believe they have no control. They are the creators of their own “misfortunes” because of this negative belief, which is picked up by the subconscious mind, and translated into its physical equivalent.’

Certainly I have observed time and again a correlation between the ‘bad luck’ of people and their mental attitude. The problem begins in childhood when the subconscious mind, like a sponge, accepts and believes every negative statement heard. The child grows up and tries to get on with his life, little realizing that all the negativity planted in his mind so early is going to eventually manifest itself as ‘bad luck’. Not aware that there is a problem that needs to be addressed he blunders through one calamity after another.

‘As a man thinketh in his heart, so is he.’ A person is what he thinks all day long, and his character is the totality of his thinking. Cause and effect are as absolute and undeviating in the hidden world of thought as in the world of visible and material things. A person’s joy and suffering are the reflection of habitual thinking. Thus a man garners the sweet and bitter experiences of life.

To alter one’s experience, to change one’s luck and fortune, it must be realized that an inner change must take place. You – and you alone – are the master of your
thoughts, emotions and reactions in life. You are the maker and shaper of your condition, experiences, and events. Every thought felt as true, or allowed to be accepted as true by your conscious mind, takes root in your subconscious mind, blossoms sooner or later into action, and bears its own fruit of opportunity and experience. Good thoughts bring forth good fruit; bad thoughts harvest bad fruit.

Cherish the vision of what you want to be; dare to dream lofty dreams, go where your vision is. Spurn any notions of whining and complaining, and groaning about bad luck. Such an attitude merely perpetuates the very conditions which you seek to change. The vision that you hold is a definite promise of what one day shall be; your ideal is the prophecy of what shall at last unveil. The oak sleeps in the acorn, the giant sequoia tree sleeps in its tiny seed, the bird waits in the egg; and God waits for His unfoldment in man. You will always gravitate to that which you most secretly love. You will meet in life the exact reproduction of your own thoughts. There is no chance, coincidence, or accident in a world ruled by law and Divine Order. You will rise as high as your dominant aspiration, and you will descend to the level of the lowest concept of yourself.

6. The Higher Power That Transforms

God – or whatever you choose to call the Supreme Power that guides every atom of the universe – desires you to be accomplished, gifted, prosperous, healthy, and very fortunate. But such a desire only manifests when you become one with it. ‘If God is with me, then who can be against me?’ Believe with your whole heart and mind that you are destined to be fortunate, and God will make it so. This is not fanciful thinking, but an absolute law of the universe. For as long as we persist in dwelling on our misfortunes, then this is what we will continue to get. Your vision of yourself must change: you must see yourself as the son/daughter of the Father – as Jesus did – and understand that to partake of the divine essence is to become invincible.

Such a vision should be made a habit, for we are all creatures of habit, and it is just as easy to cultivate a good habit as it is to cling to a bad. To habitually think of yourself as fortunate – even though your present circumstances may suggest otherwise – becomes just as easy in time as dwelling on misfortune. We are what we think; our present life and circumstances are the sum total of our past thoughts.

A highly gifted young man said to me that a ‘streak of bad luck’ was following him. He had lost three jobs in succession. In speaking to this young man, I discovered that one of the reasons for his ‘bad luck’ was that he could not get along with the other employees. He was shirking his work, and considered himself justified in trying to deceive his employers on the grounds that his talents were not fully recognized. This man was actually severing himself from each organization by his critical and resentful attitude, calling each employer cold, callous, and indifferent, and by referring to each organization as a ‘soulless corporation’.
I explained that a seismic shift in his attitude was required, and that God would help him. He said he didn’t believe in ‘God’, I explaining that he would be helped just the same by trusting to a Higher Power. I asked him to pretend that such a Power exists, and said that in time such a pretence would lead to his awareness of an inner reality that could not be categorized or defined by analytical thought.

I said that he needed to exude good will to his colleagues and to his superiors, even if he thought they weren’t worth it. That he thought they ‘weren’t worth it’ was not the point: the point was to break his run of ‘bad luck’, and what I was suggesting was what it would take. So he began cooperating with his fellow employees, and to think right and act right. His world is now changing; and as I write this I have learnt of his promotion. He now is in no doubt that he is the artificer of his own fortune, the maker of his own luck.

Your life can be changed, if you really want. You must abandon resentment. Simply ask God to let go. It is enough to say:

Oh Guiding Light, shine on me.  
Shine on my resentment and dissolve it.  
Let it dissolve. Let it go. Make me whole.

Or choose your own words. ‘Of myself I can do nothing’, Jesus said, for when we struggle on our own we fail, or at least most of us do. By supplicating ‘the Father’, ‘The Light’, ‘God’, the task is suddenly made easier. Negative thinking must be supplanted by constructive thinking in order to move forward in life.

A young lady with a beautiful singing voice told me, ‘I do not stand a chance. I am already too old. I don’t have the right contacts.’ I responded that if she persisted with such a belief success would always elude her. I said that she must stop fretting, for she could fret all day and all night and it would change nothing. She needed to form a new concept of herself, a positive self-belief; that there could be no more self-doubt and complaining. I advised her to imagine singing before an audience, and she became entranced, fascinated, and absorbed in the joy of it all. A new door of expression opened for her because she gave up her old way of thinking and affirmed the truth about herself.

If one says, ‘There is no way out, I don’t stand a chance’, one is looking at the winds of confusion, fear and human opinion. When one remembers the Lord – the Supreme Power within you – the way out will be found, leading to the happy ending, thereby ignoring the winds of human intellect and the waves of despair, sadness, and depression.

A man I once knew told me of his never-ending bad luck: his home burnt down, two cars stolen, and major surgery. He was falsely accused of something he didn’t do; and then his wife had a child which he later realized was not his. He was a hard-working man, a ‘God-fearing’ man, to use his phrase; he attended church regularly, did volunteer work for various charities, and so on. He asked why one who tries his best in life should be plagued with such ill luck; he felt that ‘God had it in’ for him. I explained that that was exactly why his life was not going
well. He believed that God was a separate Being from himself, out in space somewhere and that we are all here to suffer; that God sends sickness, pain and suffering to test us. He came to the conclusion that God was punishing him for sins he had committed years ago.

Such a conclusion, I said, was at the root of his problems. If he believed that the Higher Power in his life was so vindictive then he could know no good things in his life, no matter how many good deeds he performed, for he had set God against himself. I suggested that he affirm three times daily with all his heart the following:

I rejoice in the Supreme Power within me. I am a vessel of the true living God; He that sustains the universe also sustains me. I know that God is Love, and Love can never be unloving. I accept the will of God for me is greater measures of joy, happiness, love, peace, perfect health, and harmony. I claim, feel and know the vitality, inexhaustible energy, and beauty of the Infinite which animates and sustains me. I allow God’s love to fill my soul. I give thanks for God’s riches, which are forever active, forever present, unchanging and eternal.

He committed these affirmations to memory, although I did say that the exact phrasing was not as important as the feeling at their heart. He followed my advice carefully, realizing that the only true religion was the one between a person and the Father, and if that isn’t right then nothing else in his life ever will be. His life went through a transformation. After a few months his health was never better; he remarried and entered into the spirit of forgiveness. He now believes implicitly in a God of Love.

7. The Past Is Past

We are held back by the past, or at least by our memories of it. In a sense we continue to live in the past, our attitude and feelings being determined by what happened long ago. In order to function effectively in the present we must let go of the past. I suggest this affirmation, spoken once every morning and every evening:

I realize that all my present feelings are conditioned by what happened in the past. I can only live with God in the here and now. I allow God to wash away past hurts and grievances. I cannot be punished for what happened in the past: I am the child of the Father who lives for today and tomorrow. I allow the Supreme Power to cleanse and renew me. Let me see things in a fresh light, for God renews everything.

Within weeks you will find your perspective changing, and it will seem as if a
weight has been lifted from your shoulders. The person you will become is not the person you were. By renewing yourself you will be forgiven for the past and freed of its hurts. Hurts only live on because we allow them to. They are no more a part of us than a discarded item of clothing. If letting go of the past seems hard, then say:

Please, Lord, help me to let go.
Of myself I can do nothing.
In the Father I trust.

Spoken frequently, this will build a resolve hitherto lacking. Remember, there is nothing in which God cannot help. Simply trust the Higher Power: it will not — it cannot — fail you. Do not despair of your weakness, simply trust. Trust is so hard for many of us, for we cannot let go of our suspicions and our tensions. Recitation of the above will unshackle your bonds.

People turn to the occult to solve their problems. They think that by casting a spell problems can go away: but problems do not go away if one clings to old attitudes. Nothing changes until attitudes change. The past is not the problem, but our attitude to it. Blaming an unhappy childhood or a bad parent is not a green light for the future. Persons unkind to you in childhood have already been punished by their own subconscious, and you must accept that this is not your concern.

Unlimited happiness, constant peace of mind, wealth, glowing health, friendship: all the things that previously seemed unobtainable can at last be yours. The beginning of all the good things is in letting go of the past and letting God into the present. By allowing the Supreme Power to occupy your thoughts you are automatically open to all the good that life can offer.

A beautiful woman in her early forties came to me for a consultation. At face value she had it all: married to a successful businessman, a sumptuous apartment, beautiful children; yet inwardly she was in turmoil. 'I can't sleep and I despise myself', she said. She told me what no-one else knew and she needed to unburden her guilt. Some years before meeting her husband, she had practised the world's oldest profession because of financial hardship. But she loathed herself for doing it, and although it was long ago, she was terrified of her husband ever finding out. This guilt had been so suppressed that it erupted into many tensions which threatened to destabilize her marriage. At the root of it all she felt she didn't deserve her present good fortune, because once she had been 'bad'.

Describing her husband as the 'kindest and finest man' she felt unworthy of him. 'But are you loyal and faithful to him now?' I enquired. 'Absolutely!' she answered, 'I have tried to be a perfect mother and a most devoted and loyal wife since our marriage.' Then I said slowly, 'The only thing you have to heal is the present thought. Get your thought right today and your whole life will change into harmony and joy. All that you can ever experience is the outer manifestation of all the thoughts and beliefs you are holding at the present time. The results of past thoughts — be they good or bad — are still the expression of your present
thinking. The only pain you can experience is the pain of the present moment. Get the present moment right. Realize peace, harmony, joy, love and good will – this moment. By dwelling on these things and claiming them, and letting go of the past, a new and glorious life will be yours. Whatever your opinion of your past, the fact is that you are a good woman now. This is all that matters. You are a good wife and mother now, and you have a perfect right to all the blessings of your present life.

Next I related to her a tale of a little boy who had been very bad. His mother gave him a lot of chores and tasks to do around the house and kept him indoors for a week. He fulfilled all the tasks joyously, and at the end of the week his mother said, ‘You are a very good boy. Your work is excellent.’ The child replied, ‘Am I just as good now as if I never had been bad?’ and she answered, ‘Of course, you are! How wonderful is the truth!’

To this woman I said, ‘You are just as good now as if you had never been bad.’ I never saw such a change. Her eyes and her whole being came alive, and she said, ‘I feel as though a ton of bricks has been lifted off my back! Now that I know I am good now, and the past is dead and has no power.’ She walked out rejuvenated and exhilarated.

We owe it to ourselves to remove the old, accepted viewpoints, opinions, and false beliefs implanted in our minds when we were young and impressionable. The average man thinks and expresses the thoughts of dead men; the dead past seems to rule in the minds of most. I talk to people who have not had a new idea or viewpoint in thirty years.

Do you simply accept what others say or do you think for yourself? You were not born to be an automaton, you should think for yourself. Cease letting others think and speak in you and for you. Refuse to let others despoil and pollute your mind with thoughts of fear, hate, sickness, and misfortune. If you have a ready ear for them and listen to their fears and prejudices, you may contaminate yourself with the same.

8. Successful Prayer

Very few people experience successful, answered prayer, for their approach is faulty and based on what they have been taught to believe. We should not pray as ‘worthless sinners’ begging a remote deity for something we need. It is this approach that is worthless and is sinful, for this way prayers are never answered. The only sin committed is the one against ourselves, separating ourselves from the One. Remember: ‘I and the Father are One.’ This Oneness, accepted and realized, makes you unstoppable: it is only then that prayers are automatically and unfailingly answered. God never fails, we fail only ourselves. Jesus said: ‘Whatever you ask for in prayer, believe that you have received it, and it will be yours.’ God will not fail us if we believe and accept. IT IS AS MUCH ABOUT BELIEF IN
YOURSELF AND ACCEPTANCE OF YOURSELF AS IT IS IN BELIEF IN GOD. Crucially, Jesus adds: 'When you stand praying, if you hold anything against anyone then forgive that person, so that you may also be forgiven your wrongs' (both quotes from Mark II: 24-25).

Here is the theme of unity: if we are divided in ourself we cannot succeed. We are divided when we hold a grudge or won't let go of someone or something which grieves us. Thus we sin against ourself. We cannot be forgiven until we let go; then 'the Father' – one's Higher Self – forgives and the schism is ended.

Only when we let go do we receive. Grudges, resentment, bad memories of the past – all these things stand in our way.

If you cannot let go or forgive, then pray that you can do so. Do not be afraid to admit your weakness, for the Father already knows it. Ask and you shall receive, so long as your heart is in it. Pray from the mouth only – as they in Church invariably do – and you will never know successful prayer.

Successful prayer can become a way of life. In point of fact your every thought and feeling is a prayer – a prayer which, in one way or another, is always answered. For if your thoughts and feelings are full of the negative then negative circumstances will always be what you experience. But if every thought and feeling looks upward and outward then your life will always be on 'the up and up'. Specifically, prayer is contact with the Infinite Intelligence within you. This is what we mean by 'God': not a remote old man in the sky, dishing out admonishments; this is the infantile thinking of bitter old men who created God in their own image. God is not separate from you, He is you, your Higher Self, and the Higher Self is of the same essence as the Infinite Power which sustains everything. When speaking of the Father or the Lord, the spiritual and psychological language of the Bible is alluding to this timeless and boundless reality.

Successful prayer is based on the premise that there is a Supreme Intelligence within us that becomes the thing we desire, to the degree that we accept this as being true. Successful prayer is a sustained affirmative attitude of mind which results in conviction. Once your desire is completely accepted subconsciously, it works automatically as part of the Creative Law. The true test of whether or not you have reached conviction is that your mind accepts the idea completely and cannot conceive of the opposite. Believe what you want to believe, and when you do, you have truly impressed your subconscious mind, then your subconscious mind will respond accordingly. A definite decision must be reached in your conscious mind first; you must decide what you want to know, and then trust your deeper mind to answer you. When turning your request over to the subconscious, you must do so with the total belief that it has the 'know how' of accomplishment and that it will respond according to the nature of your request.

Remember God cannot fail you. Through the subconscious mind He will give you what you want. He already gives you what you want: if your present life is one of woe and disappointment it is because that is what your subconscious mind has been conditioned to accept and expect. This is how 'God punishes us'. We then
blame God or some other being, vindictive and unchallengeable, when in fact it is ourself we should blame. This is the true meaning of ‘the Devil’: when we feed our subconscious mind with hateful thoughts and ideas we make a devil out of our God. God in truth represents the best and finest in us: if we insist on turning this upside down – as the Satanist reverses the cross – then we get the reverse of the best and the good in ourself. We create our own Devil and our own God. You must choose: but don’t blame someone else for your inability to take control.

If you lack the ability to take control then pray that you will be able to do so. For God already knows your weaknesses. Jesus said: ‘Ask and it shall be given to you; seek and you shall find; knock and the door will be opened’, and also: ‘Who among you would give his son a stone if he asked for bread? If he asked for a fish, would you give him a serpent?’ Jesus spoke truths as old as time itself; truth known to the ancients before him, truths that will hold for all eternity, regardless of how small men with their fixed religious ideas choose to distort them. Belief is the power that opens doors. The subconscious responds unerringly to what is asked of it, hence Jesus’ words about bread and stone. Bread represents not only nourishment but also prosperity and abundance. The stone represents hardness – hardship and lack. We get stones figuratively speaking because that is what our subconscious seeks: substitute bread and prosperity will surely follow.

We get exactly what we ask for. Don’t blame God; or the Devil. You have created your own world; you are the cause of your own ‘luck’, be it good or bad.

The realization of this fact, and acting upon it, can change your life forever. Whatever you seek can be yours, unequivocally and absolutely. The only condition is that you do your part, for God only helps those who help themselves. If you wish to pass a difficult examination or test, you can do it – providing you do your part in studying and preparing the best you can. God will do His part if you will do yours.

If you seek the company or admiration of a particular person, God will pave the way – providing you take the necessary measures required.

If you are chronically ill, God can heal you – providing you do what is necessary (see my booklet, Arise And Walk: The Healing Secrets Of The Bible).

If you want to trade a life of hardship and poverty for one of prosperity and affluence, God will deliver. But you must seek and exploit whatever avenues are available to make this change possible. If no such avenues seem available, then ask God to show you the way.

When doors seem closed, always ask God for help. ‘Knock and the door will be opened.’

If everything seems to be caving in on you; debts seem insurmountable, and it seems as if nothing can go right, turn to God. Not to the God of the ‘born again’ Christian or the Islamic fanatic, but to that Eternal Non-Judgmental Essence that Jesus spoke of. There is no God to chastise or punish you; the chastisement and punishment you have already given yourself.

God can never harm you as much as you have already harmed yourself. Ask for
help. Last thing at night and during the day, standing, kneeling or sitting, say with feeling and conviction:

I don't know which way to turn. Oh Father, hear me and guide me.
I will do whatever it takes – but please show me.

An idea or opportunity will soon present itself, and you will find a way of dealing with the 'insurmountable'.
No matter how difficult your circumstances, others have known the same – or worse. Those who 'got lucky' were those who believed.

If you find it difficult to make yourself believe, ask the Father to help you. Say as often as you can, with conviction and feeling:

Oh Father, help me to believe.
Release me from doubt.
Allow me to see the Light.

A young man approached me saying, 'Why do you always refer to “the Father” – why not “the Mother”? I replied that, if it felt better for him, say 'the Mother', for Infinite Intelligence is not bounded by gender. Our language is trammelled by limitation and definition, but the Infinite is not. Some even refer to Infinite Intelligence as ‘It’: but for some that may seem cold and impersonal. Allow your subconscious to dictate whatever choice of words to describe the highest and best in you.

9. The Only True Religion

So long as you do your part, Divine Mind will do its part. The Father will not fail the child. If you seek a promotion to a position for which there are other candidates, then obviously you should make sure that you are truly qualified for it. To ask God to give you something for which you are not qualified is tantamount to asking the Universe to help you cheat. All cheaters end up cheating themselves. You cannot cheat the Universe. If you are qualified and trust God, you will get the position.

I have known persons who have prayed for promotion and worked hard, and yet did not succeed. Speaking to them, I realized that their claim that ‘God had not answered their prayers’ was false. I found that they harboured secret grudges against colleagues: Jesus said ‘forgive’, it is in the concept of prayer. God hadn’t failed them, they had failed themselves.

To win anything, to succeed in anything, be it sports, business, friendship, career, whatever human enterprise, God delivers if we deliver.

A young man complained to me about never winning any lotteries. God ‘didn’t want’ him ‘to be lucky’, he said. I enquired of his circumstances. He had been unemployed for a year and had given up trying to find a job. ‘Every position is
already taken by the time I apply for it.' He had got into a rut; still living with his parents and becoming dependent on unemployment benefits he was losing the will to find work. He told me of another young man who had made a big lottery win. He, too, was apparently unemployed at the time of his good fortune. I asked him if he knew how this lucky young man had since fared. 'Oh, he's in jail now.'

I suggested to this young man that his priorities were wrong. He was unlikely to win, for he was filled with negativity and resentment: and that, if anything, he was actually being 'protected' from winning the lottery. The young lottery winner whose luck turned 'sour' tried to cheat the Universe. I suggested he should concentrate on finding a job and focus on the lottery later.

Gambling of any kind is no sin; for all life revolves around risks and gambles. The odds are in our favour when we are in tune with the Infinite. When not in tune with the Infinite winning any kind of game of chance becomes a self-inflicted curse.

Our lack of good fortune is not down to a deaf and blind God but to our own confused priorities and lack of purpose. We must know what we want, and we must be prepared to give in order to receive.

The Infinite is not a fool. But we make fools of ourselves. We cling to our grudges and resentments, thinking that the Universe won't notice.

You can be free of negativity by wanting to be free. ‘Negativity’ is that state of mind in which we keep saying ‘no’ to everything: ‘No, I can’t have that’; ‘No, I’m not worthy of this’; ‘No, I couldn’t possibly do that’; and so on and so forth. All of that has to be switched to ‘Yes, I can have that’; ‘Yes, I am worthy of this’; ‘Yes, I can do that’; and so on. This change of mind is then accompanied by the thought ‘What can I give in order to receive?’

Giving is a highly charged and energizing quality. It loosens the shackles that grip our spirit, opening us to opportunity and advancement.

Cultivating a positive frame of mind and learning to give need not be difficult. God will always help you, so long as you commune with Him with an open heart and without resentment towards your fellow man. Seek God’s guidance and He will never be found to be wanting.

Do not confuse this concept with that propounded by the Christian evangelists who insist on putting God in a box and who will tell you that you should never read any books on mysticism, nor converse with witches, and so on. This is all negative and limiting, for God does not belong to one creed or doctrine. Preaching to or at others is not in harmony with Divine Mind.

I am sure that if any of the great spiritual teachers of ages past, including Jesus, were to see today what is being taught in their name they would realize how humanity has failed to advance spiritually. The human race-mind remains stuck in one place.

The only true religion is the personal relationship between the individual and his Higher Self, called ‘God’, or by whatever name one chooses. There is no need for any ‘Ten Commandments’ or strictures on conduct, for when one is in harmony with the Higher Self there is automatically harmony with others.
10. The Spirit Lives On

Our physical form has a beginning and an ending. When the body is no longer a fit instrument it is laid aside, but the spirit continues – in another dimension. Death is not in fact an ending, but a transition, signaling another beginning. Instead of glumly thinking of parting, let us think of re-uniting with past loved ones. Instead of thinking of going away, let us realize we are arriving at a new destination. When we have experienced the reality of what is called ‘death’, we will become aware that we have in fact experienced birth. Milton famously said that ‘Death is the golden key that opens the palace of eternity.’ It is impossible that anything so universal as death should ever be looked upon as evil. It must be good or it would not be. The journey is from glory to glory; we go onward and upward. Death is only life in transformation.

Arriving in the next dimension of life, you will have the full use of your mental faculties. You will recognize others you once knew and they will recognize you. You will see, understand, learn and advance in all phases of your new life. The entry into the next dimension of life is characterized by newness, freedom, and expression; for life is always a progression, an endless unfoldment forever expanding. In the new dimension you will possess a memory of your life on this physical plane, and the remembrance of who you are and what you are is the link which reminds you of the continuity of your individual life as you expand ceaselessly. God is Infinite. You are also infinite, and never in eternity could you exhaust glories and beauties that are in you – this is how wonderful you are!

In the Bible, Paul says in the First Book of Corinthians, Chapter Fifteen, ‘There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another. And as we have borne the image of the earthly, we shall also bear the image of the heavenly.’ The meaning of this passage is that there is no death and that all humans are immortal. Every child born is a manifestation of Universal Life, God. This is God coming down from Heaven, the true meaning of which is ‘Invisible State’, to appear in an earthly body. When this instrument ceases to function perfectly, we put on a fourth-dimensional body, often referred to as the ‘subtle body’, ‘astral body’, ‘subjective body’, and so on. The only thing you take with you to the next dimension of your life is your state of consciousness, meaning your knowledge, awareness, and convictions.

A nurse told me of her observation of those making the transition from this world to the next. She had never seen any of them exhibit any sign of fear, intuitively they feel they are entering a larger dimension of life. The inventor Thomas Edison was reported to have said as he died, ‘It is very beautiful over there.’ The ‘dead’ are all about us, and we must desist from thinking that they are no more. They live in and through God, the Divine Mind, the Infinite. They live in another mansion of our Father’s house, and separated from us only by a higher frequency. Television and radio programmes fill the room though you cannot hear
Man is under a hypnotic spell of belief in death; but when he lets the scales of centuries' belief fall from his eyes, he will realize that he has an existence beyond time and space as we know it, and he will see and feel the presence of those whom he now calls 'dead'.

Arriving in this world a child is met by loving hands. It is coddled and loved, and all its needs met. Likewise, arriving in the next world, one is greeted by those who loved you before they passed on. Spirit nurses and doctors are there to guide you through the various planes of existence. All lost loved ones will meet you again. If you are a teacher of truth here, you will be a teacher of truth over there and also write. You will travel and do all the things you did here – the only difference is that you will be operating on a new wave length of higher frequency. You will not see any sun or moon there, as time there is not the same as time here. When you go to sleep at night, for example, your mind is very active, but you are not conscious of time. A famous writer told me that he fell asleep and in this sleep he travelled the world, gave lectures which lasted hours, visited thousands of people, and read many books – one of which contained 5000 pages. When he woke up he found that he had been asleep for just one minute. He had entered another dimension where time and space is not the same as here. Everything that is here is also there, but functioning at a different frequency. When cynics remark that the idea of an eternity doing nothing seems like 'hell' they speak out of ignorance, for they are measuring time and eternity by the standards of our dimension. The ancient Egyptians made thousands of paintings of life in the next world: they believed that everything in that world was the same as here, and in their 'Book of the Dead' important instructions were given for dealing with evil spirits, for the unregenerated here are also there, but can be avoided as we avoid them here. Yet many souls choose to reincarnate on this plane, still not satisfied that they actually deserve the next world which for all intents and purposes we can call 'Heaven'.
The Mystic Light Arcanum
Volume Five
William Alexander Oribello

(Volumes 1 & 2 can be found in The Hand of God and Get Them To Come To You respectively. Volumes 3 & 4 can be found in Blessings of The Egyptian Gods and Arise And Walk respectively.)
14. GUIDANCE FROM BEYOND

We will now explore the techniques and benefits of communicating with our spirit guides and Ascended Masters, as well as learn how we can know of our past lives. This knowledge helps us to understand and master the world beyond, even while we are yet in this realm of existence. The ability to communicate with beings from other dimensions is termed mediumship.

OBJECTIONS TO MEDIUMSHIP
Some people feel that it is wrong to communicate with spirits. This is due to misinterpretation of certain Biblical Scriptures. There are passages that forbid certain forms of necromancy, because some of the ancient occultists were deliberately in communication with evil spirits. However, the scripture that is most commonly misunderstood is the one that forbids to communicate with the dead (Isaiah 8:9). This is a misunderstanding of terms, for in Biblical terminology the word dead does not only apply to the departed, but to the 'spiritually dead', the soul who is in a state of spiritual ignorance. When a man told Jesus that he had to go bury a relative before he could follow him, Jesus replied, 'Let the dead bury the dead.' In other words, let the unregenerated of your family take care of the funeral. You are on the Path, so follow me.

Therefore, when the Bible speaks against communication with the dead, it does not mean that it is wrong to communicate with spirits; what it does mean is that we should not seek counsel from the unregenerated, or spiritually dead, whether they are living in a body or have departed to the land of spirit. However, those who are pure in their intentions may seek counsel from righteous spirits of the departed, in matters of guidance and inspiration.

THREE TYPES OF MEDIUMSHIP
A person who is able to establish a link of communication with spirits is called a medium. All people have this ability, but it must be developed, as do other psychic abilities. There are three types of mediums.

1. Mental Medium: This is one who receives telepathic messages from spirit guides, Ascended Masters, Angels, etc. This is the most common form of mediumship, and it the best form for beginners.

2. Trance Medium: One who goes into a mild or deep trance, so that the spirits speak or work through them. This is the type that manifested in the messengers and prophets of old. The prophets spoke with inspiration as they were touched, and became the instruments for higher beings of the heaven world.
3. **Manifestation Medium**: One who is able to demonstrate the presence of spirits by such phenomenon as levitation, materialized forms through which the spirits manifest, clouds, flames of fire, lights, etc.

The best way to develop mediumistic abilities to an advanced degree is to become part of a development circle in which qualified teachers guide you. However, I will share the technique of mental mediumship in this lesson, and you should be able to master this phase of work in a short time. This is the easiest form of mediumship, and the best for the average busy person.

**OUR INNER AND OUTER BAND OF SPIRIT GUIDES**

Our inner band of guides may consist of several spirits of various rank, who advance themselves on the other side by helping certain people here. At least one of these guides may have been a loved one in this or one of your past lives. The inner band is with you most of the time, and each may specialize in guiding you in specific areas of your life.

Our outer band of guides consist of Ascended Masters, Angels, Archangels, etc., who are not with us all the time, but who teach and help us in important matters when required. However, as we evolve to an advanced degree of inner development, our outer band become closer companions.

**WHAT SPIRIT GUIDES DO FOR US**
1. Guide us into making the right decisions;
2. Warn us of danger;
3. Send healing thoughts to us;
4. Expose negative people who seek to harm us;
5. Teach us inner wisdom;
6. Guide us into astral journeys;
7. Help us contact other spirits;
8. Perform missions for us.

**HOW TO CONTACT YOUR SPIRIT GUIDES**
1. Set aside a quiet time two or three nights a week. This is for the purpose of making contact with your guides. It is best that you do not eat for at least two hours before your quiet time.
2. Be sure that you will not be disturbed, take the telephone off the hook, dim the lights, then play some soft music.
3. Direct a prayer to God for success and protection. Then formally invite your inner and outer band of guides. Do not command them, be gentle and courteous.
4. Sit in silence for at least thirty minutes.
5. Take notice of all impressions, symbols and visions that you receive. Write them down.

6. Ask your ‘watcher’ or main spirit guide to mentally communicate his or her message to you first, then introduce other members of the band who wish to communicate.

7. As you make progress, ask if you have attracted the attention of an Ascended Master, or other advanced beings for the purpose of forming your outer band of guides. Invite them to speak with you mentally or whichever way they choose.

8. Have regular meetings with your guides – like most of us, they do have feelings and will leave if they are ignored – once you know them. Always dismiss your guides formally and politely at the close of a session, for they have their own business to attend to and other duties in the other dimension. Always give them courtesy and thoughtfulness.

PROTECTION AGAINST DECEIVING SPIRITS
Sincere intentions and prayer should be sufficient protection from being misled by negative spirits who would try and deceive you. However, in the event that such entities should get through, here is how to recognize them.

1. Evil spirits like to flatter. One of your authentic spirit guides may compliment and commend you during a communication. But they will also reprimand you for shortcomings and encourage you to abandon certain negative traits in your personality. Evil spirits, on the other hand, almost always begin their deceptions with excess flattery of the medium. Remember, you are not perfect, and anyone who tells you that you are is trying to pull the wool over your eyes.

2. Evil spirits try to force you to do things against your accepted code of morality. If something feels wrong to you, do not do it just because some spirit tells you to.

3. Evil spirits love to waste valuable time by drawing the medium into strange beliefs and practices that are not healthy to the whole person. Beware of such things as the impulse to gather people together to wait for the second coming of Christ, complicated doctrines of metaphysics that confuse more than instruct, cultish practices of any kind, making the proclamation that the world will end on a certain date, or any other absurd impulse. Such things have brought disgrace on the true way.

HOW TO BANISH EVIL SPIRITS
Always remember, righteous spirits help one to obtain harmony and balance in life. Evil spirits find it amusing to destroy a person’s mind in any way possible. Such a corrupt spirit lies, robs and does everything else they did in the past. If
they have not repented, they will do anything to bring ruin on a person whom they hate for any reason (some people hate others for ridiculous reasons, and they are no different when they cross over). An evil spirit of this type is a negative person who lived a life of gross neglect of spiritual principles, or outright evil deeds against others. Such people go to a very low dimension after physical death (see chapter 12). However, they do pass in and out of the physical dimension, because of their attachment to material things in any form. This is a tormenting experience for them, and may indeed be called hell. An old saying informs us that ‘misery loves company’, and when these entities see the opportunity to ruin the life of some uninformed person in the land of the living, they go for it. They love it when inexperienced people, lacking the direction of a true mystery school or teacher, go about obtaining occult power too quickly. They may try to convince such a person that they are advanced spirit teachers or even angels, for the sole purpose of wrecking their life. The experienced student on the Path knows by intuition, how to test the spirits. This is why I have given you the guidelines to recognize the true from the false. Master these techniques and you will not fail.

If any negative spirit tries to misguide you, simply reprimand him or her in the name of the Almighty God. Then call upon your guardian angels and true spirit guides to force the negative entity from your presence. Do this with emotion and will power.

HELPING LOST SOULS
Lost souls may be found both here in our physical world, and in the life beyond. There are two types of lost souls: the first are the ones who are confused about the purpose of their existence, caught in some web of negative thinking, speaking and deeds, but refuse to ever do anything about it. In other words, they never seem to take any positive action to change, and they become so comfortable in their little world of some degree or other of evil that they become totally blinded to any genuine higher influence. The second type are those who have the same problems as the first, except they do come to a point in which they sincerely want to change, and seek help.

No doubt, you have met both these types throughout your life. They may even be members of your family. Some people will try their best to pull you down to their way of thinking, but refuse to give an inch if you try to help them. Others may have made a mess of their lives, but at some point in time they will sincerely seek help. The first type will waste your time, burden you to the point of tears (and may do some weeping themselves), but when they are stronger they will turn on you, and even try to do you harm. The second type will try and take your advice, and make every effort to mend their ways.

In chapter 12 I teach about the different levels in the astral world. After physical death, both types of lost souls go to one of the lower regions that I
describe. As stated in this lesson, these spirits do pass in and out of this dimension, and in their excursions may come to notice you because of the importance of your work. I have already given instructions for banishing the first type when they ask you for help in gaining freedom from the lower levels of the astral.

At times, you will become aware of a person from the land of spirit. This awareness may be due to a feeling, by a message from one of your guides, or a vision of the spirit stranger. The first thing to do in such a case is to ask the person how you can be of service. These will turn out to be one of two types of spirits: the first may be a new spirit guide who wishes to become one of your helpers; the second may be a lost soul. If it is a new spirit guide, the next thing to do is to get to know each other better. If it is a lost soul, you must determine as quickly as possible if they are sincere or not. By sincere, I mean if they really want your help in liberating themselves from lower astral levels, or if they just want to play head games and waste your time. Following is a list of what to do if they are sincere lost souls who are ready to be free.

1. Ask the entity if he or she realizes why they are in a lower astral level. They may be able to tell you why, but most are confused and do not know why. Below are examples of some of the reasons that attract souls to a place of torment.
   
   (a) Refusing to forgive others for the wrong they have done.
   
   (b) Failing to ask forgiveness. (It is not always possible to associate with people who have wronged us, or that we have wronged because some relationships always end up with arguments or some other type of negative clashing. However, we can forgive and ask forgiveness within our hearts, and thus be free. Explain this to the spirit if this is their problem.)

   (c) Attachment to things or people of earth. We must release all things and all people when we leave here, because we cannot advance in the next world if we are worried about our children, mate or any material possessions.

   (d) Guilt over sins (real or imagined). The different religions have different concepts about what is sin. If this is the spirit's problem, explain that because they had been taught a certain way, they have concepts that may conflict with their life style. Encourage them to release this guilt by prayer and new ways of thinking. If theirs was a serious crime against others, admonish them to learn the bitter lesson of their mistake, and determine never to do such a thing again.

   These are the prime examples of what binds a soul to lower levels, but these can take on many forms. As you progress in the knowledge of metaphysics, you will become adept at giving sound advice to spirits.

2. When the reasons for their captivity has been determined, the next thing is to ask the spirit to pray with you. Guide him or her in a simple prayer for Divine help and guidance, forgiving and asking forgiveness. It is good to close the informal prayer with the words of the 23rd. Psalm.
3. Call in one of your advanced spirit guides to help the spirit into a brighter place where they can make better progress.

You now possess sufficient knowledge to perform a most noble deed. Use it to help those who wander in the darkness of the unknown, and greater light will come to you.

DEATH, REBIRTH AND THE TRUE SELF
In most humans, the spiritual man, or true self is in a dormant state. As if in a dream, it projects a fragment of a dream image, and this fragment is the personality that incarnates in physical life. We will consider this in further detail, but first we will investigate the origin of the true self. In the Eastern Esoteric Tradition, it is revealed that all true spirits came from the Divine Mind, as sparks issue from a fire. In future lessons, we will consider how the Divine Mind manifested at different levels to bring forth the original Adam, which was a race of spirits. However, in our present discussion, let us say that each person has a higher counterpart of themselves, and that part is the true self that issued from the Divine Mind (see figure 24).

Figure 24

![Diagram](image)

Every spirit that issued from the Divine Mind is the true self of every human. That great divine part of us has also been termed 'the Oversoul', 'the Overself', 'the Monad', and by other terms. In keeping with the simplicity of our present discussion, let us say that because of a condition known in theology as 'the Fall',
this divine part of us fell into a state of inactivity which may be compared to sleep. In this state, it projects a dream image of itself into the lower dimension. In the mental world it attracts the elements of that plane and forms the Causal (higher mental) body, and the mental body as a vehicle to express itself on that plane. As it projects further, it attracts the substance of the astral world, forming a body of that plane. Finally, it enters the physical realm where it forms the vital and physical bodies. It is this dream image that projects into this life, living, dying and reincarnating until it frees itself from the cycle of illusion and reunites with the true self, awakening the latter into its former glory (see figure 25).

Figure 25

As the Divine Mind issued fragments of itself, even so are the fragments made in its image, and issues a fragment of itself. The incarnating ego is connected to the true self by a link of energy termed 'the silver cord'. This cord of energy penetrates into the physical being, and is anchored in three locations: the brain, the heart, and the solar plexus. The anchor point in the brain holds the record of the mental activity of the person's past incarnation; the heart holds all past memories of physical activity; in the solar plexus anchor is stored the record of past emotional activity. The anchor points of the silver cord are also termed 'seed atoms'.

Death is a great mystery to many. It is a subject of fear to most people because it is part of the unknown, and the majority of humankind fears the unknown. One of the reasons that people fear death is because some think that they will cease to exist. Another reason is because they know that they have neglected development of the higher faculties, and fear having to deal with it in unfamiliar realms beyond. I trust that the following remarks will enlighten and prepare the reader for this experience.
At the time of physical death, the true self sends signals through the silver cord, to the anchor in the heart. You might say that the incarnating ego is informed that the present dream of that particular life is over, and it is time to change dreams, to pass from one dimension into another. At this time, the personality withdraws through the silver cord, now clothed in just the mental and astral vehicles. It leaves the vital and physical body lifeless; the portion of the silver cord that was in the body is broken. The lower soul then passes into the stages of experience in the astral and mental realms before reincarnating here (see chapters 12 and 13).

After the moment of physical death, a soul experiences a peace as they pass through what may appear to be a tunnel. At the end of this tunnel, they meet with a bright light (this light may have the form of a person); if the person has made advanced progress in esoteric development, they will gravitate towards the light and enter the freedom of higher dimensions. However, if they still retain the roots of illusion, they will black out and see a vision of their past life. This review of the past life begins with the moments before death, going backward to childhood. The actual time in which this review takes place is about three days after death, although it may seem like the person sees their whole life in a few moments. The person who failed to resolve inner conflicts will find this review period very painful. This is why it is so important to resolve these things now, and the techniques of the Path show us the way to find inner peace. It is wise to arrange one's affairs so that the physical body is left untouched for at least three days after death. This is because the magnetic attraction to the body needs this amount of time to dissolve.

When the person has completed the review of their life, they wake up in the level of the astral realm that is most suitable to their nature. I have described the astral levels in chapter 12 of this work.

THE NATURE OF THE INCARNATING EGO
The part of us that experiences life, death and rebirth is the personality projection of the true self. Although the true self is in a dormant condition, it dreams with faint memory of its true divinity, and this memory is reflected into the lower soul. This is why every living person has a spark of curiosity about the unknown dimensions of spirit. The problem is that most people fail to follow through on their curiosity because they are too busy chasing the illusions of life. They will either follow the blind concepts of a dead religion, hoping that the clergy will see to their spiritual well being. Or they will neglect any type of spiritual work altogether. Thus, the bulk of humanity remains in the clutches of illusion, grabbing, fighting, living out the shadow they call their lives, until they are snatched from the dream.

When we take positive action to satisfy the inner curiosity, we begin to awaken to the fact that the real meaning of life is to find love and wisdom. When we say
this, we do not refer to the selfish love and poor excuse for wisdom that people value: there is a greater love that is universal in scope, and there is a wisdom that far surpasses anything this world calls wisdom. It has been said, 'There's no fool like an educated fool'. When we find true wisdom, which is knowledge of the hidden side of life, then are we truly educated. When we love in an unselfish way, then have we truly loved. When we have found that true love and wisdom, then we have discovered our reason for living. This not only awakens the incarnating ego to higher possibilities; it contributes towards the grand awakening of the true self to its divinity. Sooner or later we must walk the path of self discovery, but we must not wait beyond the day of dispensation.

WHAT HAPPENS IF WE FAIL?
The people who fail to walk the Path of illumination, because of rebellion or neglect face a most undesirable experience that may extend into literally millions of years. In chapter 3 I teach about the cosmic days and cosmic nights: during a cosmic day, when the Divine Mind is actively engaged in evolving creation, everyone has the grand opportunity to advance in power or regain any lost position. However, as surely as there is a cosmic day, there will follow a period of inactivity – the cosmic night. This is what Jesus meant when he said, 'I must do the works of him that sent me while it is day. The night comes when no man can work.'

If we fail to discover ourselves and solve the great problems of life, we become what is known as a 'straggler' at the close of a cosmic day. What this means is that during the cosmic night of inactivity that follows, we are held in a state of limbo in which we observe the progress of other souls, who through their experience in successive reincarnations, faithfully found and walked the road back to the Divine. Such souls become the great messengers and hierarchies of the new cosmic day. But the stragglers will pass through what seems to be an eternity of remorse and limitation, until they slowly are allowed to resume the long journey once again in the experience of life in some remote cosmic day – but it will be a long and treacherous path. Now is the time to do something about our inner development, while it is day.