

HOME STUDY COURSE
THIRD EDITION

UNIVERSAL LAW, NATURAL SCIENCE & LIVING PHILOSOPHY



Dr. Walter Russell
and Lao Russell

THE UNIVERSITY OF SCIENCE AND PHILOSOPHY
P.O. BOX 520 - WAYNESBORO, VIRGINIA - 22980
1-800-882-LOVE (5683) - WWW.PHILOSOPHY.ORG

HOME STUDY COURSE - THIRD EDITION

on

**UNIVERSAL LAW, NATURAL
SCIENCE AND LIVING
PHILOSOPHY**

THE UNIVERSITY OF SCIENCE AND PHILOSOPHY

P.O. BOX 520

WAYNESBORO, VIRGINIA

22980

1-800-882-LOVE (5683)

WWW.PHILOSOPHY.ORG

Table of Contents

AN IMPORTANT MESSAGE FROM THE AUTHORS

BASIC FOUNDATION FOR A LIVING PHILOSOPHY

STATEMENT OF PURPOSE

NOTE

UNIT 1 LESSONS 1, 2, 3 & 4

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 1

MEDITATION SCIENTIFICALLY EXPLAINED

WORKING KNOWINGLY WITH GOD

THE FIRST STEP

MEDITATION DEFINED

CREATING BODIES

AWAKEN YOUR OWN GENIUS

THE DAWN OF THE COSMIC AGE

KNOWING – CONCEIVING – THINKING – IDEA

TAKING IDEA APART

CONCEPTION OF IDEA IS RECORDED AS SEED OF IDEA

THE GLORY OF THE UNSEEN AND UNHEARD

LESSON NUMBER 2

MEDITATION SCIENTIFICALLY EXPLAINED

FURTHER CONSIDERING TECHNIQUE

LOVE IS THE BASIS OF THE SPIRIT AND

THE LAW OF LOVE IS THE BASIS OF CREATION

THE VERY ESSENCE OF MEDITATION
HOW YOUR MEDITATION AFFECTS OTHERS
MEDITATION AGAIN DEFINED

LESSON NUMBER 3

MEDITATION SCIENTIFICALLY EXPLAINED GOD IS LIGHT
MAN IS LIGHT
THE LOVE NATURE OF GOD
ALL NATURE MANIFESTS LOVE
HOW DOES MEDITATION HELP YOU TO CREATE?

LESSON NUMBER 4

HOW TO MEDITATE AND QUESTIONS ANSWERED
CONCERNING MEDITATION
CONCLUSION
BRAINS HANDICAP MEDITATION
CONCLUSION
THE WORLD OF IMAGININGS
A PERSONAL WORD TO ALL STUDENTS
THE PAGAN AGE OF MAN
THE COSMIC AGE OF MAN

UNIT 2 LESSONS 5, 6, 7 & 8

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 5

PRAYER SCIENTIFICALLY EXPLAINED THE POWER OF PRAYER
PRAYER IS BASED UPON DESIRE
MAN BLAMES GOD FOR MAN-MADE WARS
GRAVE MISCONCEPTIONS REGARDING PRAYER

LESSON NUMBER 6

PRAYER SCIENTIFICALLY EXPLAINED
RELATIONSHIP OF PRAYER TO MEDITATION

AGAIN TEACH US HOW TO PRAY

MISCONCEPTION OF PRAYER

THE DAWNING TRANSITION OF MAN

CONCLUSION

LESSON NUMBER 7

THE STORY OF MY ILLUMINING By Walter Russell

CONCLUSION

THE STORY OF MY GOD-AWARENESS By Lao Russell

SOME EFFECTS OF ILLUMINATION

CONCLUSION

LESSON NUMBER 8

QUESTIONS AND ANSWERS CONCERNING MEDITATION,
PRAYER AND COSMIC CONSCIOUSNESS

UNIT 3 LESSONS 9, 10, 11 & 12

SPECIAL NOTE TO ALL STUDENTS

PRELUDE TO UNIT THREE

LESSON NUMBER 9

HIGHER KNOWLEDGE OF THE SCIENCE OF MAN.
A NECESSARY PRELUDE TO EXPLAIN ITS MEANING.

WHAT IS HIGHER KNOWLEDGE?

WE DEFINE KNOWLEDGE, CONSCIOUSNESS AND SENSATION

CAUSE AND EFFECT

SUMMARY

WORLD TEACHERS OF HIGHER KNOWLEDGE

THE SUPREME TRAGEDY OF THE HUMAN RACE

LESSON NUMBER 10

THE PRINCIPLE OF HOLINESS IN SEXED MATEHOOD

LESSON NUMBER 11

HIGHER KNOWLEDGE CONTINUED THROUGH THE MYSTERY OF GRAVITY

AXIOMS

POSTULATES

LESSON NUMBER 12

QUESTIONS ANSWERED

UNIT 4 LESSONS 13, 14, 15 & 16

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 13

WE FURTHER PROBE THE SECRETS OF THE UNIVERSE

WE MORE EXPLICITLY DEFINE HIGHER KNOWLEDGE

CONCLUSION

LESSON NUMBER 14

HIGHER KNOWLEDGE OF CREATION

WE FURTHER DEFINE AND EXPLAIN GOD'S HOLY LAW OF MATING

LIGHT-WAVES AND SEX ARE ONE

THE SPIRITUAL BASIS OF POLARITY

THIS IS WHAT WE MEAN BY THE SPIRITUAL NATURE OF POLARITY

WE NOW EXEMPLIFY RHYTHMIC BALANCED INTERCHANGE IN NATURE

WE FURTHER ELUCIDATE THE IDEA OF BALANCE IN POLARITY

WE ANALYZE ONE HALF OF A WAVE CYCLE

CONCLUSION

LESSON NUMBER 15

THE NEED OF CHARACTER

AXIOMS

CONCLUSION

LESSON NUMBER 16

ANSWERS TO QUESTIONS

UNIT 5 LESSONS 17, 18, 19 & 20

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 17

A POTENT PRELUDE FOR THE THOUGHTFUL

THE BIRTH OF CHARACTER AND RIGHTEOUSNESS IN MAN

Lao Bussell's CODE OF ETHICS FOR A LIVING PHILOSOPHY

LESSON NUMBER 18

THE BIRTH OF CHARACTER

UNIVERSAL MAINTENANCE

WE TALK FURTHER ABOUT CHARACTER

YOU CAN DO SOMETHING ABOUT IT!

CONCLUSION

POET's CODE OF ETHICS

LESSON NUMBER 19

THE ETHICAL BASIS OF CHARACTER AND ITS GRADUAL DEATH

SOME OF THE IMMORTAL MAXIMS OF CONFUCIUS

CONCLUSION

WE NOW STUDY LAOTZU, ANOTHER GREAT CHINESE ILLUMINATE

WE SEEK THE MINDS OF OTHER MYSTICS

WE LISTEN TO WALT WHITMAN, THE GREAT ILLUMINATE OF
TODAY

WE CONSIDER THE WISDOM OF ALEXIS CARREL

FINALE

LESSON NUMBER 20

QUESTIONS AND ANSWERS

UNIT 6 LESSONS 21, 22, 23 & 24

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 21

FIRST PRINCIPLES

COSMIC THINKING

FIRST PRINCIPLES SUMMARIZED IN POSTULATES

AXIOMS

EXAMPLES

AN INTRIGUING THOUGHT FOR DEEP MEDITATION

ONE LITTLE STEP AT A TIME

THE GREAT SECRET MYSTERY OF BIRTH, LIFE, GROWTH,
DEATH, DECAY AND REBIRTH OF BODIES

AXIOMS

GOD'S ONE LAW OF BALANCE

GOD'S LAW OF BALANCE

THE AGONY OF UNBALANCE

KNOWLEDGE ALONE CONTROLS OUR DESTINY

LET US GET DOWN TO FUNDAMENTALS

POSTULATES

AXIOMS

CONCLUSION

LESSON NUMBER 22

THIS SPECTRUM SEX-DIVIDED UNIVERSE

POSTULATE

KNOWING AND THINKING

ALL MOTION IS SEX INTERCHANGE

BASIC SEX THINKING

GOD'S PAIRS OF OPPOSITES

THE LAW OF BALANCE MANIFESTED IN THE HEAVENS

CONCLUSION

LESSON NUMBER 23

HOW TO THINK THINKING SCIENTIFICALLY EXPLAINED

SIMULTANEITY AND TIMELESSNESS IN NATURE

ACTION AND REACTION ARE EQUAL AND OPPOSITE

THE TWO DIRECTIONS OF THINKING AS EXPRESSED BY WAVES

THE GREAT SECRET OF ILLUSION IN MATTER

THIS IS A TWO-WAY, THREE-DIMENSIONAL UNIVERSE

LESSON NUMBER 24

ANSWERS TO STUDENTS' QUESTIONS

UNIT 7 LESSONS 25, 26, 27 & 28

SPECIAL NOTE TO ALL STUDENTS

PRELUDE TO UNIT VII

LESSON NUMBER 25

DEEPER THOUGHTS OF LIFE AND DEATH

IF LIFE AND DEATH ARE BUT MOTION WHAT, THEN, IS MOTION?

A NEW VIEWPOINT

POSTULATES AND AXIOMS CONCERNING LIFE AND DEATH

SUMMARY

CONCLUSION

LESSON NUMBER 26

KNOWLEDGE MAKES YOU MASTER INSTEAD OF SERVANT OF
MATTER

ENERGY IS IN MIND. NOT IN MATTER

EXAMPLES OF SOUL ENERGY

THE COSMIC ILLUSION

THE ONE REALITY

WHAT THIS KNOWLEDGE MEANS TO YOU

TO CONTROL MATTER – FIRST CONTROL SELF

NEW THINKING FOR DOCTORS', CHEMISTS AND METALLURGISTS

LESSON NUMBER 27

TRANSIENT MATTER AND THE OMNIPRESENT ZERO

CONCLUSION

LESSON NUMBER 28

QUESTIONS AND ANSWERS CONCERNING FAITH,
BELIEF AND FAITH HEALING

THE GREAT MISCONCEPTION OF PRAYER

CAUSE AND EFFECT

WHAT MAN FORGETS WHEN HE PRAYS

FAITH WILL NOT DO YOUR WORK

PERFECTION OF GOD'S LAW

BODIES BELONG TO THE DIVIDED UNIVERSE OF DIVIDED BALANCE

PERFECTION IS EVERYWHERE THERE IS NO IMPERFECTION.

GRAVE INCONSISTENCIES OF NON-THINKING PEOPLE

BODIES ARE CHEMICAL MACHINES

THE VALUE OF FAITH AND BELIEF

CONCLUSION

THE SUPREME PURPOSE OF CREATION

UNIT 8 LESSONS 29, 30, 31 & 32

SPECIAL NOTE TO ALL STUDENTS

PRELUDE TO UNIT VIII

LESSON NUMBER 29

GOD'S UNIVERSAL LANGUAGE OF LIGHT

AXIOM

GOD – THE SUPREME COSMIC TEACHER

CONCLUSION

LESSON NUMBER 30

CONFUSION OF IDEAS REGARDING THE SPIRITUAL
AND PHYSICAL ASPECTS OF MAN

THE EXPLANATION OF UNCONSCIOUSNESS

SUBCONSCIOUS AND SUPERCONSCIOUS MIND

THE SUPREME HOPE OF MANKIND

THE GREAT DESTROYER OF UNFOLDING MAN

WHAT DRUGS ARE DOING TO THE HUMAN RACE

WE STILL SEARCH FOR SIMPLICITY

YOU SIMULTANEOUSLY LIVE IN TWO WORLDS
AND YOU MUST KNOW BOTH OF THEM THOROUGHLY
– AND THEIR RELATION TO EACH OTHER

ACTION AND LIFE MANIFEST REST AND DEATH

CONCLUSION

LESSON NUMBER 31

BALANCE IN THOUGHT AND ACTION

KNOWLEDGE OF YOUR UNIVERSE MUST BE SCIENTIFICALLY BASED

BASIS OF ALL OF LIFE'S PROBLEMS

CONCLUSION

LESSON NUMBER 32

QUESTIONS FROM STUDENTS

ANALYSIS OF PRINCIPLE

UNIT 9 LESSONS 33, 34, 35 & 36

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 33

THE SUPREME QUESTION OF ALL QUESTIONS
THE PISTOL SHOT
THE GREAT MERCHANT
THE MIGHTY SHIP
NEW CONCEPTS FOR COSMIC MAN
OF WHAT VALUE IS THIS KNOWLEDGE TO ME?
LET US NOW APPLY THIS NEW KNOWLEDGE
TO THE MEANING OF PRAYER

LESSON NUMBER 34

SIMPLICITY IN CREATED EFFECTS SUCH AS WAVES AND SOUNDS
THE DIVIDED AND THE UNDIVIDED
NATURE IS SIMPLE. NOT COMPLEX
WE COMPARE A SOUND-VIBRATION WITH LIFE AND DEATH
YOU HAVE NO LIMITATIONS UNTIL YOU SET THEM
THE UNIVERSAL BALANCE WHEEL
IN THE WAVE LIE THE SECRETS OF CREATION;
THEREFORE, KNOW THE WAVE.
CONCLUSION

LESSON NUMBER 35

REINCARNATION
THE ILLUSION OF DISAPPEARANCE AND REAPPEARANCE
CHANGING SOUND BODIES
THE ILLUSION OF REPETITION
CONTINUITY
WE EXPLAIN "REVERSAL OF POTENTIAL" AND "CYCLES"
AMAZINGLY NEW CONCEPTS
FACTS OF NATURE WHICH ESCAPE US

THE SUPREME MYSTERY OF THE AGES (REINCARNATION
CONTINUED)

GOD CREATES ONLY ONE FORM

WE LOOK OUT INTO THE CUBE-SPHERES OF SPACE

WE MAKE A SUPREME DISCOVERY

LESSON NUMBER 36

ANSWERS TO STUDENTS' QUESTIONS

UNIT 10 LESSONS 37, 38, 39 & 40

SPECIAL NOTE TO ALL STUDENTS

PRELUDE

LESSON NUMBER 37

I THE TRAGEDY OF MODERN SCIENCE

II BASIS OF THE PRESENT BELIEF OF INTERNATIONAL SCIENCE

LESSON NUMBER 38

PRELUDE TO THE RUSSELLS' NEW LAWS OF THERMODYNAMICS

THE RUSSELLS' NEW LAWS OF THERMODYNAMICS

SOUND AND SILENCE

LESSON NUMBER 39

I PHOTOSYNTHESIS AND THE GEOMETRY OF SPACE

II THE GEOMETRY OF SPACE

LESSON NUMBER 40

THE NATURE OF LIGHT, VISIBLE AND INVISIBLE

WHAT IT IS AND WHAT IT DOES

UNIT 11 LESSONS 41, 42, 43 & 44

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 41

THE PURPOSE OF THE CUBE IN NATURE

LESSON NUMBER 42

NATURE OF LIGHT (Continued)

LESSON NUMBER 43

WE COMPLETE OUR CONSTRUCTION OF THE WAVE PRINCIPLE

WE SEARCH MORE DEEPLY INTO THE SECRETS OF THE WAVE

LESSON NUMBER 44

WE OPEN THE DOORS WIDE TO OUR ROAD MAP INTO SPACE

POWER PROTECTION

TRANSMUTATION

SOLAR ENERGY

UNIT 12 LESSONS 45, 46, 47 & 48

SPECIAL NOTE TO ALL STUDENTS

LESSON NUMBER 45

THE SPIRITUALITY OF LOVE

THE LIVING OF LIFE

HOW TO KNOW GOD

LESSON NUMBER 46

THE MANIFESTATION OF LOVE IN CHARACTER

KINDNESS

HUMILITY

HONESTY

LESSON NUMBER 47

GOD'S PURPOSEFUL INTENT FOR MAN and

THE POWER OF MOTHER LOVE

WORLD DESTINY LIES IN MOTHER LOVE

HOW THE BATTLE CAN BE WON

LESSON NUMBER 48

QUESTIONS AND ANSWERS

AN IMPORTANT MESSAGE FROM THE AUTHORS

In these lessons, we are laying the foundations for a better understanding of God - the nature of God, the relationship of God to man and his universe, the structure of the material universe, and God's processes of creation.

After you have finished reading each unit of this Home Study Course, you must begin at the beginning and read it again. No one can step into a completely new dimension of thinking and comprehend it all at once. No course of study will reward you with larger dividends from rereading than this one will.

Always remember that this is new knowledge and therefore has a new language. As you read it over and over again, what you will find as we take you behind the scenes of God's cosmic stage is as profoundly simple and as fully comprehensible to you as adding two and two together.

Do please take our word for this, and never for a moment say it is over your head or you cannot understand it, for you can understand it. Remember that new knowledge always seems difficult. You have

to think about it over and over again, then meditate upon it, until what you now read with your senses you will gradually KNOW in your Soul. It will then become a part of you.

To become a master of creative expression - by being able to make the short cuts to achievement as we have done - you must master each step as you go - each idea as you absorb it - by going back to it time after time until you begin to wonder WHY you could ever have thought any part of it was difficult.

Again we say that all of its seeming complexity will lead you to the most surprising simplicity. This is why we persist in advising that you take one paragraph at a time and meditate upon it until your Soul KNOWS what your senses have read in words and recorded upon your brain. When it goes beyond your brain into your consciousness, you will truly KNOW it.



Walter Russell



Lao Russell

BASIC FOUNDATION FOR A LIVING PHILOSOPHY

To bring blessings upon yourself, bless your neighbor.

To enrich yourself, enrich your neighbor.

Honor your neighbor and the world will honor you.

To sorely hurt yourself, hurt your neighbor.

He who seeks love will find it by giving it.

The measure of a man's wealth is the measure of wealth he has given.

To enrich yourself with many friends, enrich your friends with yourself.

That which you take away from any man, the world will take away from you.

When you take the first step to give yourself to that which you want, it will also take its first step to give itself to you.

Peace and happiness do not come to you from your horizon; they spread from you out to infinity beyond your horizon.

The whole universe is a mirror which reflects back to you that which you reflect into it.

Love is like unto the ascent of a mountain. It comes ever nearer to you as you go ever nearer to it.

GOD'S GREAT GIFTS TO MAN ARE
LIFE AND THAT WHICH MAN CALLS DEATH

God's universe is based upon the love which He gives to His universal body as Life – and the love that His universal body re-gives to Him as Death for eternal re-borning as Life.

THIS NEW WAY OF LIFE

is based upon the balanced perfection and normalcy of the love principle of Nature which never takes, but gives for the purpose of equally regiving that which has been given.

LIFE

is the great gift of love which our Father-Mother has given to all Creation – and

DEATH

is the great gift of love which all Creation regives to our
Father-Mother for eternally resurrecting all Creation into
equally balanced and divided two-way life sequences
forever and ever.

* * * * *

STATEMENT OF PURPOSE

The purpose of life is to reach the topmost pinnacle of human unfoldment. That topmost pinnacle – beyond which no man can go – is the illumination into Cosmic Consciousness and Christ Consciousness. During all history, there have been not more than forty humans who have acquired Cosmic Consciousness, and only one who has attained Christ Consciousness. The purpose of these lessons is to help every seeker by illumining the path to that supreme goal, so that he can gradually become aware of his own immortal divine SELF.

The divine spark of that Light lies dormant in every human being. As long as that Light does lie dormant, one is aware only of one's mortal body which lives and dies and has physical desires one is forever satisfying. That awareness of physical existence lasts for many centuries after primitive man emerges from the jungle and before the dawn of his Consciousness begins to awaken a slight awareness of the Light of his divine power.

During that period, he is dominated by his body desires to such an extent that he thinks and believes that his body is his Self. Out of millions of sensually-dominated humans, however, one of them awakens that unquenchable divine spark which all inherits from God, and becomes an extraordinary human being with extraordinary knowledge and power. We call such extraordinary men "geniuses."

Genius is the first step away from the purely physical human toward the spiritual-Mind goal. Every genius has begun to develop God-awareness in him and knows that he is MIND and not body.

All body-dominated human beings think outwardly through their senses. They can hear sounds with the ears of their bodies. They can see objects with physical eyes and record the memories of such sensations upon their brains.

Every genius thinks INWARDLY toward his Mind instead of outwardly toward his senses. The genius can hear sounds coming out of the silence with his inner ears. He can vision non-existent forms with his *inner eyes* and he can *feel* the rhythms of God's thinking and His knowing— which are a blank slate to the man who believes that HE is his body. When a human rises to the exalted state

of genius, he becomes a co-Creator with God. The beginning of creative expression in man is the first evidence of the unfolding Light of his genius, for no man who is purely sense-controlled can create. He can remember and repeat the records which he has imprinted upon his physical brain, but his brain has no knowledge. Therefore, he cannot create. *Man can create only with his Mind – and the brain is not the Mind. The brain is merely the seat of sensation and the electric recorder of sensation.*

Humans must think outwardly through the senses in order to live and function in a sense-objective universe, but the genius – who thinks inwardly toward the Light of his Self – can vision or imagine that which spiritually exists and can then think outwardly through his senses and cause his mentally-visual image to exist physically. That is what Creation is – and what the genius-creator does.

Our first step with you is to teach you how to transform your thinking so that the genius in you will gradually appear and intensify to that high state which transforms you into the next stage of spiritual unfolding.

A few great geniuses have given the world its culture in all of the arts, and the great immortals among them are the few whose works

will endure as long as history endures. There have been, however, many geniuses whose works have raised the standard of world culture even though they do not stand out as being supreme in the Light of their own immortality.

The journey of life is long – and one must know many reincarnations to arrive at his destination in the Light of all-knowing. Each life, however, is another step toward that goal, and each day of each life can be a greater step than the last one. When we arise from each period of sleep with a wholly regenerated body, the seed of all that has transpired in all our lives unfolds within the new cycle of life to bring us still closer to the door of the immortal Light.

Each step upward toward that Light is a glorious one, for it becomes ever nearer and is worth the effort of its attainment – while each step the other way toward the dark is ignominious and fraught with cosmic frustration which may take many lives to overcome. Hence it is that you **MUST** go forward to attain that glory, and these lessons are for the purpose of giving you the knowledge which will make it possible for you to go forward toward the Light to any extent that you desire without limitation – *for man's limitations are set by himself.*

Cosmic knowledge can be given to others who desire to attain it only by those who have attained it. God has given that rarest of all gifts to both of us for the purpose of regenerating this decadent age by bringing the Cosmic Age into existence through those higher beings of earth who are ready for such knowledge. Of these, there are an increasing number who are reaching toward the Light to become the seed for world regeneration – as the masses of mankind sink lower and lower toward the dark which they are making for themselves.

To one of us, God gave all knowledge of His ways, processes and laws governing the construction of matter and electric motion so that other men may, likewise, know how God builds His universe and destroys it in eternally repeated life-death cycles – and also knowledge of how the Creator divides His light-waves of thinking into balanced male-female pairs of sexed opposites to continue the building of His sexed-electric universe.

To the other one, God gave all knowledge of the way of life which controls man's unfolding toward the Light of his immortality in order that the coming Cosmic Age could have a balanced living philosophy which conforms with God's ways, processes and laws. With this new knowledge, mankind will be able to live together as a

unified WHOLE and at long last know the peace, happiness and prosperity which conformity with God's Law of Love can alone bring to warring fear-ridden man who unknowingly defies God's law.

All of our lives, we have been prepared for just this one purpose and have known of it from the ages of seven and three, respectively. The details of these illuminations you will know later inasmuch as this knowledge will be helpful to you. It is because of our being prepared for this service to the human race that we were brought together to fulfill the destiny prepared for us. God works in mysterious ways to unfold His plan, and He gives as meticulous care to the working out of your individual destiny as He does to a whole solar system or the lowliest spore of His Creation.

The one thing which man has not yet realized in the building of his individual or collective destiny is that God will work WITH him in the unfolding of his destiny, but He will not work FOR him. You must KNOWINGLY create yourself and your destiny WITH Him and in accordance with His law of balanced interchange in all transactions. To work WITH God KNOWINGLY, you must KNOW

God and His ways. *You can know God only by knowing yourself as MIND instead of thinking of yourself as sensed body.*

The transition from sensed-body awareness to God-Mind awareness comes to the human race very slowly. It is the sole purpose of these lessons to KNOW God as the ONE reality and His universe as a simulation of reality. Man can think only what he knows in his Mind, or senses through his body. Likewise, the same principle applies to nations. Men and nations become what they think. Their standards are determined by their thinking. High standards are attained through Mind-determined controlled thinking, and low standards are attained through sensed thinking.

The standards of individual and national thinking have been steadily, and dangerously, lowering since world wars began to destroy world culture by using the wealth of the nation for destroying itself and man – instead of conserving it for the building of man.

The PHYSICAL world of man could disappear into another period of dark centuries – for half the world is already there – but man's SPIRITUAL world CANNOT disappear. The divine Light in man cannot be quenched.

Civilization will survive and grow toward the Light only in the measure in which mankind KNOWS the Light.

Our service to you aid to the human race is to increase the measure of your KNOWING in order that you may become CONSCIOUSLY aware of your Cosmic Source to such an extent that you can knowingly say, "I and my Father are ONE," and have full comprehension of its profound meaning.

Walter and Lao Russell

NOTE

Such terms as "electricity" and "magnetism" which are used throughout this course are used because they are the accepted terminology of today. It must be understood, however, that they are used for your better understanding *only*. The terminology for the New Age Science and Philosophy, which the authors of this course are preparing, makes use of other terms appropriate to their new concepts, but the use of them here would confuse the student at this stage.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 1

LESSONS 1, 2, 3 & 4

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. David McKay.
Copyright, 1900, by David McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 1

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

MEDITATION SCIENTIFICALLY EXPLAINED

Meditation is the most important of all the functions of human life which advance human progress. So little is known of it even by the greatest of the world's geniuses who constantly practice it knowingly – but cannot explain it – that it now seems necessary to define and explain that divine function. With sufficient explanation, everyone can knowingly practice meditation and thus knowingly command his achievements to be masterly. He can, likewise, command his body to be perfect, or his life to be full to overflowing, *for through meditation every man can become whatever he wishes to become.*

Meditation is communing with God for the purpose of working knowingly with God.

Meditation means to think *inwardly* toward the Mind-Soul rather than *outwardly* through the senses.

You will recall that Jesus told man to seek the "kingdom of heaven" within himself, not outside of himself. By that He meant that God

dwelt within man, and that God-awareness will come to any man who communes with God through inner thinking.

There are but two kinds of thinkers in the world – those who think outwardly through the brain and those who think inwardly toward the Soul. Outward thinking develops the physical qualities and desires of men, while inward thinking unfolds the spiritual qualities which await unfoldment for long ages of man's slow journey to the Light of his own divinity.

WORKING KNOWINGLY WITH GOD

You all know that is the way we both work and, because of it, we have been able to do ten times the amount of work we otherwise would have done, and all of it in a masterly manner. When we KNOW that God's Mind and ours are one, and we are consciously aware of His presence every working moment, our work could not be other than masterly. To work knowingly with God constantly, never ceasing, is to be inspired constantly with the ecstasy of His nature. We have both felt that way since we were children. God was our teacher. We needed no other. He was always with us, as Soul, and lifted us to great heights even in our early days.

All during our lives, we have walked and talked and worked knowingly with God. We had always dimly known the years ahead for us, and we were both so clearly conscious of each other's presence that we consciously searched for each other, each knowing that neither could serve mankind without the other.

Knowing that we must demonstrate by our own lives that which we must teach to other men, our one desire through life has been to live life worthily to manifest the power which God gives to every man for the asking, and to immunize ourselves from all that is unlovely in order that we could forever create with Him that beauty of balanced rhythmic thinking which is His universe. That is the reason why we both must now write down our teachings in this manner, so that they will always be with all who seek the zero of stillness in near places and far beyond where we could, ourselves, ever go.

THE FIRST STEP

To meditate with God, first forget your body and stop thinking about anything. Decentrate to the zero of stillness. Become a vacuum insofar as your senses are concerned. Desire the Light. If you could express it in words, let that expression have a meaning but without

words. Let it be more like a realization, as though you said in these words:

"The glory of Thy anointing Light is upon me.

"I am in the spirit. Thy Light is all about me. It encompasseth me. It shineth through me. I am dissolved in Thy Light.

"Thy Light is my Light. I am immersed in my Light.

"I am in Thy Light, knowing Thy Light.

"Be Thou me, that I may not be myself alone,"

You will, at first, find it hard to stop thinking. The harder you try to stop thinking, the more actively you will think. We, therefore, tell you how to stop thinking by substituting the ecstasy of KNOWING.

First, then, fill your whole Soul with DESIRE for that ecstasy which is the perpetual state of the God-Mind.

Remember that ECSTASY is that perpetual universal state of the Creator's Mind – and DESIRE that it shall become your state of Mind. You will first feel a growing state of inner joyousness which comes from the peace and stillness of complete bodily relaxation. That state of inner joyousness will gradually become a permanent

characteristic of your nature, and you will then find it as impossible for you to express such unbalanced emotions as fear, anger, discouragement, inferiority, envy, or jealousy as it would be for God to have such emotions. As that state of inner joyousness comes to you, all of your physical and mental ailments will be driven out of you, for all of them are the result of unbalanced emotional thinking which develops toxins in your body and mental disturbances in your Mind.

The utter relaxation from all mental and physical strains which comes from stopping your thinking and replacing it with *DESIRE FOR JUST ONE THING – INNER JOYOUSNESS* – will immediately begin the cure of any bodily ailment or mental disturbance. To strongly develop this mental state, which leads to the Godly ecstatic state, is to insulate your body and Mind from any ailment whatsoever which you, yourself, caused and to protect you from infection from outer sources.

Secondly, after acquiring the mental state of inner joyousness, or ecstasy, formulate a desire for a specific thing – the problem of life which now faces you or a concept which you wish to create. In other

words, give *form* to your desire. That is "talking with God about it."
That is real prayer.

You have placed yourself in the God-condition of Mind – so you are now able to talk to God about your creations which are, likewise, God's creations when you know He is working with you.

MEDITATION DEFINED

Meditation is the desire of man to know God in him and to manifest his God-awareness by extending his knowing – through his thinking – to the production of material bodies created by him in the image of his inspired conceiving.

We might put it more simply by saying that *meditation is a desire to be alone with God to talk with Him.*

Meditation is really a conference between your Soul and the Universal Soul.

To be One with God means to desire His knowledge and power. God's Mind is your Mind; hence you have all knowledge and power that God has to the extent of your awareness of God in you and the measure of your comprehension of your unity with Him. If God's knowledge is asleep in you, it must be awakened in order that you

may be aware of it. When you are aware of it, you can use it in the measure of your ability to comprehend it.

The entirety of Universal Law works with you at your command.

To the extent of your awareness and understanding, and to that extent only, you may use universal power to think your knowing into material forms.

Your knowing is your Mind-Self. Your Mind-Self is you, the eternal Being. Your Self is not your body, nor is your *knowing* in your brain, but your knowing controls your body and your brain as their absolute master. Do not confuse your Mind and brain as one. Your Mind *thinks* through your brain and *with* it, as a lever works upon its fulcrum, for your brain is but the *instrument* for fulfilling the commands extended to it by Consciousness, which Mind is. Your brain records memories, experiences and information electrically, just as phonographs likewise do, but it is the will of your Mind which orders your body to obey through electric messages from your brain, just as it likewise orders your automobile to obey. The nerves of your body are the "wires" of the electric machine which your body is. The brain is but a nerve recorder and distributor.

The measure of your cosmic knowing is the measure of your God-awareness. It is the measure of your ability to dwell in the Light of all-knowing and to command the thought universe of Creation with God. You are then a co-Creator *with* God.

Thinking what you know into imagined forms is expressing your eternal Self in the invisible universe of Mind.

Giving formed bodies to imagined thought-forms, by following up your thoughts with actions, is expressing your eternal Self in the visible universe of matter.

That is all that God does, for He controls His electric body as its absolute master. He keeps all of its interactions and interchanging in absolute balance, for God is eternally creating His body in the image of His desiring.

You can do likewise, if you desire to, by working knowingly with God. You can be master of your body in the measure of your awareness of God's power in you. You must remain in balance instead of continually unbalancing your thoughts and body actions in divers ways from morn until night and from night until morn. Tensions and strains, fears and worryings, and various emotions destroy your body by the accumulation of toxins. You will

continually pay the price of your wrong actions until you ultimately learn that *whatever you know, you think – and what you think, you become.*

CREATING BODIES

This brings us to a point where much confusion exists regarding Mind and matter. We must make this relationship so clear that the confusion will dissolve in your understanding.

Mind is spiritual and constitutes the invisible universe of CAUSE.

Matter is physical and constitutes the visible universe of EFFECT.

God's Mind has but one Idea. That Idea is Creation as a whole.

God has but one desire. That desire is to give creative expression to His one whole Idea.

God expresses His desire dynamically by thinking and imagining.

God is the Universal Soul. God's thinking and imagining create a body to manifest His Soul. That body is the light-wave universe as a whole.

It is God's one Idea divided by His thinking and imagining into countless millions of units of ideas, each having a differently formed body but all manifesting the one by being extensions of each other.

There is naught else in all of this vast universe but moving bodies extending from the stillness of the cosmic Light of Soul which centers thinking- Mind of God and man. All formed bodies are made in the image of God and man, and extended from Mind-imaginings to manifest God and man.

How simple it really is when you think of it that way – Creator and Creation being just Mind-imagined forms dynamically extended into light-spectrum-formed bodies fashioned in the images of their imaginers.

How much more simple it is to think of all the universe as one *Mind, one Soul and one Body*, seemingly divided into many Minds, many Souls and many bodies.

You must really learn to think of God and God's body that way before you can fully understand the ONENESS of all things. When you do learn to think of it that way, you will then know that there are not two separate or separable things in the universe. Likewise, you will fully understand that you are the center of the universe, for all things in it extend from you and all things are extensions of each

other and of the ONE. Therefore, all things center all things, and each is the center of the entire universe.

How glorious and wonderful is the realization that Mind of man and Mind of God can know their oneness in meditation in order that the creations of man can have the balanced rhythms, the symmetry, and the stability of God's creations! All that God does is to think thought-forms of ideas and give them formed bodies from His Body and Soul of His Soul. God thinks man and the body of man appears in the image of God's imagining. In the same manner, the bodies of roses and oaks of the forest, ants and lizards, elephants and camels, planets, suns and oceans with their living hosts of swimming things, and countless other formed bodies appear as separate ideas all extended from the One, and all from each other.

And that is all that man does. He also thinks thought-forms of ideas and gives them formed bodies from the Universal Body, and Soul from the Universal Soul. The engineer conceives the image of a bridge and the formed body of the bridge appears in the image of the engineer's imagining.

Likewise, the musician thinks music in the silence of his imagining and, behold, the formed body of the music appears in sound

extending from the silence. And so are you – and all men – thinking imaged forms of multiple things and giving them formed bodies in the image of your imaginings.

AWAKEN YOUR OWN GENIUS

Whatever the greatest genius in the world can do, you can also do. You have the same inheritance that he has. The only reason you have not given evidence of it is because you have not yet been aware of it.

In other words, you have not yet discovered your Self.

That divine spark of genius which is aflame in him is dim in you. You can illumine yourself by inspiration and deep meditation. The greatest miracle that can happen to you is that wonderful discovery of your Self, the divine power which lies within your Self, and the awakening of unlimited knowledge which you unknowingly now have.

One of the reasons you have not yet made that marvelous discovery is because meditation is still new to the Western races. It is slowly being discovered by men, one by one, as each one begins to hear that "Inner Voice of the Spirit" which is forever calling *within* the Souls of

all men. When you are too busy with material things to have time to listen to that Voice, you become chained to emotions of your body and to the demands of material things. You are enslaved by them. The moment you begin to listen to your Inner Voice, that moment you become freed from slavery to the body. The high heavens of God's omnipotent and omniscient universe then become your dwelling place.

Meditation began when thinking began at the Dawn of Consciousness in the human race.

That was but a few thousand years ago. Until that time, men were ruled by their senses and their instincts. As soon as humans began to think and know, they began to suspect a superior Being. Worship then began, sun worship, idol worship and, finally, the Inner Voice of thinking-man led him to the spiritual idea of many gods – *then to one God.*

Through the centuries of meditation or communion between the physical senses of men and their spiritual inspiration, the genius of some unfolded beyond others. This gradual unfolding has been taking place during several ages of man until now a new stage of the

human race is unfolding which is the dawn of the Cosmic Age. The great masses of mankind are not yet ready for cosmic knowing but many thousands are ready for this new knowledge of the invisible universe of thinking-Mind. It may be that there are even a few millions who are ready to become the seed of the new race of cosmic man.

The test for ascertaining the average number of those who are ready for this higher step upward in the unfolding of the man-idea is not a religious one. It is a cultural one. In New York City, for instance, about 25,000 out of 8,000,000 people seek the higher inspirational rhythmic creations of the world's great geniuses who interpret the heartbeat of Nature for the Souls of men. These same few shun noisy crowds, shudder at jazz music which distresses them acutely and seek aloneness in the forests or ocean's shores where they can hear Nature's silent whisperings and rhythmic sounds within their very Souls. To the rest of the 8,000,000, the silent whisperings of Nature have no meaning whatsoever other than boredom. If these be found at ocean's shores, it will be where boardwalks and blatant noises vibrate the senses of their bodies pleasantly for the excitement of their senses. These still live sensed existences with body-awareness controlling their lives. The Dawn of Consciousness has not yet

illumined them with the Light which still awaits their Soul's awakening.

THE DAWN OF THE COSMIC AGE

Those illumined ones who are now ready to open the doors of their Souls far wider for the Light to illumine them further will uplift the whole human race to higher standards. Out of that whole, there will always come an average few until the Cosmic Age will be strong with growing numbers of the more and more illumined. These are the Illuminati who forever unfold the spiritual nature of the human race.

KNOWING—CONCEIVING—THINKING—IDEA

Creation is an IDEA of God. Love is the one whole Idea. That one whole Idea constitutes what God knows. God thinks the one Idea into countless parts of countless forms. Thus God's thinking takes God's knowing apart into seemingly separate ideas, each of which is given its separate form. That is exactly what you do. You may have all of God's knowing if you become fully illumined, but in each communion with God you get a little more each time your Soul

touches the Universal Soul. You then take it apart and think it into objective form. That is what constitutes God's Creation – or yours.

You always get that which you ask for if you ask for it with your Soul instead of your senses.

If you ask in words alone, you will not receive what you ask for, because you have not asked God for it – you have but asked your senses for it. When, however, you have actually written your desire into your heartbeat, as we have automatically done all our lives, from moment to moment, you unfailingly acquire the knowledge you ask for. It comes to you in a timeless flash in the rhythmic language of Light which God uses to talk to His children.

Having thus acquired that part of the one whole Idea which you have asked for in your heart, you then think it into the form of a concept by imagining it into a form. This conceptual form may be misty or nebulous at first. Do not act upon it while it is still nebulous. *Decentrate* to the zero of the Light, *over and over again* – then concentrate. Each time you concentrate, you more clearly see the image of it in your inspired imaginings. While it is still in embryo, do not give it birth into the objective universe of form and motion.

Dwell on it until it becomes clear to your outer vision.

If it is an invention, meditate upon it until you clearly see it. Do not waste time experimenting. See the embryo of it completed mentally before you spend time on it physically; otherwise it will be immature just as a child's body is immature if born in embryo.

If it is a sale, assemble all of the elements of the sale together until you can vision its consummation clearly before approaching your client. If it is a motive for a symphony, hear it completely in the silence of your Soul before you give it a body. No matter what your desire is, take it to God for a spiritual form before you give it a physical one. Create it *invisibly* before you create it *visibly*.

Get into the fixed habit of seeking that zero of stillness in the Light before starting to think or act.

When you finally act to give your concept a physical form, keep your Soul attuned to the Universal Soul.

Hold fast to that ecstasy of inner joyousness which comes from working knowingly with God.

Your creation will be finished in much less time and you will know no fatigue. Let this paragraph become a part of you by meditating

upon it endlessly. Talk to God constantly in His wordless rhythmic language of Light.

The moment you find yourself working alone with your own ego, stop working, for the emotions of your sensed body are making you aware of it and your work will not be enduring without the Light of your Soul in it. Physical emotions immediately smother spiritual inspirations.

TAKING IDEA APART

You can know an idea timelessly, all of it, but to think it into objective form is to take it apart for extension into the three-dimensional universe of time and space. To thus think it, you divide and multiply it into many conditioned material forms and set them in motion to become a part of this physical universe of multi-conditioned moving forms. This creative process requires a technique – but knowledge and inspiration require no technique.

Always remember that God is creating His universe by giving body forms to Mind-imagined forms.

Likewise, you are creating your universe by giving objective body forms to your imagined forms.

You must, however, conceive the idea for those forms before you begin to build them into your imaginings.

Then you must imagine them fully before giving birth to them objectively. When your imagined idea is sufficiently clear, then start creating it whether you know its technique or not. Learn the technique of it in the doing of it. A technique is something that your body acquires, and anyone can acquire any technique; but knowledge and inspiration you do not acquire. You already have that. All you need do is to awaken it. And to awaken it, all you need is desire to awaken it.

The moment you have the desire and let God know of it, you will then begin to know that glorious language of the Light which you, yourself, are.

Inspiration will then come to you, and in that inspiration your desire is being fulfilled with the knowing which that inspiration is. The language of Light is wordless, but in it is the essence of Intelligence. You, yourself, can put Intelligence into words, for words are but a technique.

Likewise, whatever form you wish to give it, you, yourself, can translate the essence of that divine language of Light into form through any medium by acquiring the technique of that medium.

That is something which your body does by acting solely with your will.

Through your will, you command your body to express your desire. Your body is but an automatic machine which must be manipulated by your will.

It must be trained by your will to fulfil every technique of expression, and it may take years to so train your body to automatically obey your will.

That is why it takes years of practice for a body to become a perfect musical instrument, or an instrument which paints, writes or sculpts with tools which are but extensions of the body.

CONCEPTION OF IDEA IS RECORDED AS SEED OF IDEA

Your conception of an idea has the same relation to that idea as the seed of an oak has to the full grown oak. Your imagining is recorded in your very Soul, and from the stillness of your Soul the idea extends into form, just as the form of the oak extends from the stillness of its formless seed.

The inner joyousness of conceiving an idea and imagining its form and purpose is as uplifting as the "created" extensions of it are, and it is purposeful even if it but uplifts you alone. To be purposeful for

the world, however, you must give your inspired imaginings a formed body which responds to the senses of man. It is through this action-reaction of giving your creation a material body that you make it a masterpiece. Extending your Soul into it by moment-to-moment communion with God is the way you give love to your creation.

If you do not extend love from your Soul to your creation, you do not give it life.

Not having life or love given to it, it cannot regive life or love to inspire others. It is already dead and soon will be buried in the trash basket of dead things.

A masterpiece of any product whatsoever is that to which the life and love of the Creator's Soul have been extended to it through your Soul for re-extension to other men by re-inspiring them with your immortality.

Above all, remember, moment by moment, that your body is an extension of you. If you give it love, it will re-give love. If you make of it a surly, grievous unbalanced thing, it will extend to others what you extend to it. Stop right here and give deep thought to this idea. Then come back to it often and give more and more thought to it

until you become meticulously careful as to what thoughts you are going to allow passing through your body, lest you make your body ill and driving others away from you by your repellent thoughts and repellent body.

THE GLORY OF THE UNSEEN AND UNHEARD

There is an indescribable glory all along the road which leads from your active thinking to the stillness of deep meditation.

If you cannot actually go to the forest or sea, the better to commune with God, go there in your imagination.

If some problem demands your thoughts, let the imagined tones of the sea drown them out. If you imagine the sea and hear the rhythms of its waves pounding upon the shores as echoes of the heartbeat of the universe resounding within you, or if you hear the breezes whispering in the pines with your inner ears, the glory of that ecstasy will soon drown out dross thoughts of earth.

Meditation transports you from the world of sensing the motion of things materially to imagining them cosmically.

It transports you from the world of blatant sounds which sear the senses to the world of rhythmic silences which is without body – to

the world of the Soul and *the seed of things unborn which await their birth through you*. The world of your imaginings is your escape from emotions, with its tensions and nervous strains, to the ecstasy of your Soul's high heavens. It is the cosmic way of restoring balance.

Earth music is melodic and chains you to earth.

The "music of the spheres" which you hear with inner ears is deeply tonal, not melodic.

The rhythms and tones of Nature's music which sing its octaves in the language of Light have always within them the pulsing rhythms of the universal heartbeat, always the one-two one-two pulsing of the Father-Mother heartbeat of birthing-rebirthing forms of things which manifest the Father-Mother pulsing rhythms of the Soul's high heavens. Always in your deep meditation, the music of the silences from which sounds of earth spring is like unto the aftermath of the great symphonies by cosmic masters which have refolded from sounds of earth that your ears have heard into your very Soul which still hears them in the pulse beat of your imagining.

Never will you hear the one-two-three of waltz rhythm in the Soul's high heavens, for that syncopation brings you quickly back to earth and to awareness of your body emotions and its senses. That one-

two-three rhythm makes you want to dance, and that is good for it gives physical happiness. To those whose desires are so deeply rooted to the senses of earth that their deep appeal is the deeper syncopation of jazz, the silences of the high heavens are but a deep void and as though they were not. Jazz music splits the rhythms of nature into such unbalanced rhythms that he who listens severs his Soul from the Universal Soul. Even of such a one it may not be said that he is without Soul. It may be said of him only that the Light of his Soul is dimmed or sleeping and he, himself, can awaken it if he but listens long enough and often enough to the rhythms of the Soul's high heavens to awaken recognition of the Light which is within all men.

The story is told that "Diamond" Jim Brady thus awakened his sleeping inner Self quite accidentally. He bought an automatic piano and many jazz and fox trot records for his worldly friends and ordered many classic records for his "highbrow" friends, or whom he had many. While playing these classic records, he "recognized" within him the glory of the universal heartbeat rhythms. It is said that he listened to those records alone for hours until he became completely transformed culturally.

We are in no way suggesting to you that you should not listen to the music which excites body emotions, for they are good when properly divided between the rhythms of earth and the rhythms of heaven, such as the one-two-three of the rhythmic waltz. We need to live gloriously on earth as well as in the high heavens, but to live the rhythms of earth alone is to be but clay of earth, chained to earth as slave of earth, never soaring into the high heavens of the Light of immortality.

Mortality is a prison cell from which you can escape only upon the wings of your immortality.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 2

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

MEDITATION SCIENTIFICALLY EXPLAINED FURTHER CONSIDERING TECHNIQUE

There is much confusion regarding the relation of an inspired idea to the technique of its expression. Thousands of times one hears people say,

"I could never be an artist for I could not even draw a straight line."
For this reason, we would like to expand what was said in our first lesson regarding this relationship.

We have told you that anyone can acquire the technique of giving a material body to any idea. But so can an automatic machine or a tape recorder. A technique can be photographed or electrically repeated, and such a recording of a rendition by a master may even be immeasurably better than the technique of a human for the automatic recorder may record much of the Soul of the master's technique while *the human may have acquired a perfect technique with his senses but be lacking in Soul.*

Just as an inspired conception is the result of a conference between your Soul and the Universal Soul to produce a thought-body, so must your rendition into a material body continue that Soul-to-Soul conference. Every technical rendition of a painting, symphony, or any other creation conceived by the Soul of a master, is an extension of the Soul of the master. Every brush stroke or tone of symphony must conform to the nature of God reflected in the nature of the master.

LOVE IS THE BASIS OF THE SPIRIT AND THE LAW OF LOVE IS THE BASIS OF CREATION

The nature of God is to give out His love for regiving. The nature of the master must be to give out love to inspire others to regive love.

It has often been our good fortune to hear such masters as Paderewski or Gabrilowitsch practice scales and finger exercises. The unthinking listener might marvel at such "skill," while one who listens with inner ears hears the silence of the Soul even in a master's practicing.

Masterliness in anything is the fruit of love. The Soul alone can give out love. The body can render a perfect technical reproduction but if the love nature of God is not in it, it is not art, for the art of anything is not in the

skill of rendering a visible or audible thing but in the beauty and love which only the stillness of the Light of your Soul can give to it. And therein lies the difference between the genius of the master and Soulless mediocrity.

That is why your constant communion with God is necessary for every moment of life and every stage of your creation.

God must sit with you on your piano stool or work bench. Your hands must be His hands. Your thinking must be His thinking. Love must be interwoven in every stitch of whatever pattern you are weaving, every word you are writing, and every interchange between yourself and your fellowmen.

Love is rhythmically repeated in its givings and regivings to synchronize with the givings of your outward breath to the heavens and their regivings to you. Balanced rhythmic interchange between your heartbeat pulsing and all other electric extensions from the stillness of your Soul is LAW – the basic fundamental LAW of all creating things in all this dynamic universe. Your own masterpiece is the measure of how divinely you have conceived it and how worthily you have rendered it in balance with Universal Law.

In the measure that you can extend the beauty of your imagined rhythms to material bodies, built in the images of your spiritual conceptions, those

rhythms will be the measure of your ability to create masterpieces.

The very measure of the quality of your material interpretation lies in your ability to translate imagined forms and rhythms of the universal heartbeat into bodily forms and rhythms which can re-inspire others with the ecstasy of your inspiration.

When you inspire others, you are manifesting the love nature of God and the fulfillment of His law by *giving love*. Those whom you reinspire are, likewise, manifesting the nature of God and fulfilling His law by regiving love. You cannot reinspire others, however, if you leave God out of your technical rendition. That is why meditation is necessarily continuous. That is why great masters never go into their concert hall, or to their easels or work benches, without an interval of time to forget materiality. They first seek the zero of the still Light which centers their Consciousness before extending their thought- images out from that stillness into the three-dimensional universe of moving electric waves, which Creation is. Not only every day should be started by seeking that zero of stillness, but every moment from the beginning of anything to its fulfilment. Never start your day's work by yourself alone. Be sure that you feel God's Presence within you. If some disturbing

telephone call or other distraction severs your inner-Self from the Universal Self, open your door and let your sensed-self out and let God in; otherwise your work will not be masterful.

You cannot do anything of yourself alone. Whether you are aware of it or not, you have to acquire God-power even to lift your finger.

You are *automatically* controlled in your every action. Why not be controlled by working knowingly with God at all times, and being fully aware that God and His law are working with you.

Continuous meditation means continuous God-awareness, and that continuity of awareness is forever leading you higher and higher into the high heavens of your own mountain top and insulating your body from physical ills.

That, and that alone, is the great glory of life and of living. That awareness and that alone, leads you to masterliness of achievement, peace, prosperity, happiness and the love of all mankind which is forever enduring. That is the only thing worth striving for.

THE VERY ESSENCE OF MEDITATION

The basic reason for meditation is that you want to ask something from God. There is no other reason for it. And you do not begin to

ask God for anything until you begin to realize your oneness with Him. You then ask God because you realize that you cannot fulfill your Soul's desire without Him. When you finally do ask Him, you naturally ask how you may fulfill your Soul's desire. You wordlessly say in your heart, "O, God, show me the way. Illumine my path with Thy Light." Your Soul asks this in the silences of the Universal Soul.

Naturally your inner ears cannot hear the answer except in the silences of the Light of inspiration.

Naturally, also, you cannot comprehend the wordless answer from the silences of rest in His Light unless your Soul is so attuned to the Universal Soul that your inner ears can hear that answer in the universal language of Light. That is the language in which God talks to inspired man who knows God in him and is thus illumined.

Naturally you seek aloneness with God in the quiet of your chamber or work shop, or in the forests of Nature where the nature of God is being made manifest in the forms and whisperings of rhythms which echo within your own heartbeat as one. That very desire puts you in the "mood" for meditation, and the more you thus become companion with God, the more readily you comprehend His language of Light and can put words and forms to it.

When you have formed the habit of constant communion with God, you will then not have to make any conscious effort, or seek the quiet of Nature's environment, to induce it. It will become a working habit — a fixed habit of working knowingly with God — under any circumstances. A cosmic thinker can instantly decentrate to the zero of the Light of all-knowing whether he is in a subway or in a forest.

Let us analyze what is meant by "Soul's desire." What is the greatest thing in the world you can ask for or become? There is only one answer, and that is to be like unto God and manifest His nature. In its simplest form, just what, exactly, does that mean? In its simplest form, how can we be like God and manifest His nature? The simplest answer to that is to say that God is love, life, and the truth which lie in the Light of all knowledge and power. That is what God IS. Love is the nature of God, the Universal Mind or Soul. Now, as to what God does, the answer can be just as simple.

God extends His knowledge and power from the still Light of His Mind, through the pulsations of His thinking, to waves of moving, divided light to create one pulsing body to manifest the love, life and truth of His knowing, which constitute His nature.

And that is exactly what you do to the extent of your knowledge and ability. You extend your knowledge and your power from the still Light of your Mind, through the pulsations of your thinking, to create your universe in forms which reflect your nature. Whatever you create is the image of you. You call it your individuality or personality. Whatever it is, it is YOUR IMAGE projected into forms imagined by you to manifest your nature. You create a manifestation of your immortal Self by thinking your knowing into form.

If you know but little, and think but little, you will create a little person. If you think out of balance, you will create an unbalanced individual with an unbalanced body.

If you are a hypochondriac, you have made yourself into one instead of into a genial, cheerful, happy and healthy leader of men.

Whatever you wish to become, you may become. If you create your own personality alone, by yourself, it will have all of the weaknesses of the senses. The more you ask God to help you make your Self into His image, the more power of His Mind you will have to fashion your Self into a powerful individual.

When His nature and yours are one, you will then be a man of cosmic power and your creations will manifest your nature and

God's nature as one.

Our very name for God's Creation is NATURE, for God is Love, and Love is what Nature is.

We thus define Nature for you in simple words:

Nature is a light-wave image of thoughts which express God's love nature. Light waves are optically projected from His formless and unconditioned ONE LIGHT into countless many forms of conditioned light which we call matter. In other words. God is Love and matter manifests Love.

HOW YOUR MEDITATION AFFECTS OTHERS

Your genius does not depend upon your ability to translate your Soul- imagined patterns into material ones, for your genius unfolds for your own exaltation even if you never express it through a technique which gives it a body. To awaken it in your Soul exalts you to your own high heavens, but does not exalt your neighbor to his high heavens until you have expressed it as a Soul-to-Soul message by giving it a formed body.

When the genius of your Soul sends out a visual or audible message which awakens the genius in another Soul and re inspires him with your inspiration, you have then extended your immortality to

another. He then recognizes his own genius in the measure of your awakening of the knowledge of his immortality in him. That is what is meant by the following quotation from "Salutation To The Day" in THE MESSAGE OF THE DIVINE ILIAD:

"I am the Light of universal thinking.

"I translate the language of Light into the words of man for those who know not their universality.

"Immortality is mine. I will earn immortality. I will bestow immortality.

"Mine is the power to give immortality. I shall not deny that which will give immortality to those who dwell in the darkness and who reach out for the Light.

"I will reach out my hand and lead him who asketh into the Light."

It is not necessary to another whom you may inspire that he should have the technical mastery of any instrument or medium you employ to lift him up into your ecstatic heaven, for the moment you inspire him with your genius he has genius in himself to the extent

of the intensity of his inspiration. He cannot bring his heavenly inspirations to earth, as you can, unless he acquires the technique that you have acquired to be enabled to bring them to earth. It has, however, uplifted his cultural standard and, in so doing, has uplifted the cultural standard of all mankind, even as one drop of water uplifts the whole ocean by that measure.

Your transcendent genius is the result of your communion with God. By your masterly interpretation of the rhythmic heartbeat of His thinking, you have caused others to commune with you and God. Your meditation and theirs are one. You have made them forget their sensed-bodies and dwell in the Mind- kingdom of your high heavens with you and all illumined Souls who dwell in God's kingdom of Light. That is the way that culture gradually awakens in unfolding man. Those who have come to know that kingdom through meditation tell it to others in the inspired language of Light — *and that language has no words, no sounds, no form and no technique.*

It is purely an ecstatic state of *knowing*, without *meaning*. When meaning does begin to come into that ecstasy of your meditation, it comes in rhythms of octave thought-waves of light, and those

rhythms are always the rhythms of the Universal heartbeat and your heartbeat. That is what is meant by being "in tune with the Infinite."

When your ecstasy is a state of knowing, *without meaning*, that is the state of meditation. When, however, IDEA enters your meditation *with meaning*, your meditation is also a communion with God. That is what we mean by talking with God. That is also what is meant by inspired revelations from God.

The language of Light is from Light to Light, or Soul to Soul, and there need be no words, nor sounds, nor forms. The Soul understands that rhythmic language whenever expressed by Soul. The body-senses, centered at the seat of sensation in the brain, can never understand it, even though they hear its expression in words and sounds and-see it expressed in form.

MEDITATION AGAIN DEFINED

The seat of Consciousness, which is the Light in man, centers the seat of sensation from which the electric action-reaction sequences of thinking extend. In meditation, you are partially or wholly severing the extending sensations of your thinking in order to find the stillness of the Light, which your Consciousness is. You thus lose

your manifestation of life – which your body is – to find the eternal life – which your Soul is. Let us again define meditation in other words:

Meditation is a communion with God for the purpose of acquiring knowledge and power to manifest God as co-Creator of His universe.

In other words, it is to enable Mind to control matter. That acquisition gives you the power to create your individual universe in the image of your individual Self, as God creates His universe in His image. Through meditation, you free your body from slavery and acquire mastery over it. The human race has been a slave to its body all down the ages.

You and every other man are slaves to your bodily senses until knowledge gives your Mind mastery over them.

Since different words about the same thing have connotations which lead to better understandings, let us again define meditation with different words:

Meditation is the basis for intercommunication between your immortal Mind and the electric senses of your mortal body.

Meditation is a conference between your immortal Mind-Self which knows and your thinking which builds images of your knowing – also your body which acts in obedience to the will of your Mind.

Meditation is an expression of desire for knowledge of perfect CAUSE for the purpose of producing perfect EFFECT.

In communion with God, you acquire God-awareness, which means Cosmic Consciousness, by forgetting body-awareness, which means material sensing. God-awareness in you brings realization of the Light of Cosmic Consciousness in you. When your realization of your cosmic unity with God is strong enough, your cosmic power is the measure of your intensity of that realization.

The only way you can multiply your strength to think, or to create, or to command matter to your obedience such as commanding your body to health, or commanding masterly achievement by control over your body, is to multiply God-awareness in you.

Your Mind is God's Mind. Your thinking is God's thinking. Your creative processes are God's creative processes. When God concentrates His thinking, body-forms appear in the image of His desiring. When God decentrates His thinking, those body-forms

expand into disappearance to reappear when God re-concentrates His thinking.

You do likewise, for there is but one KNOWER, one THINKER and one CREATOR in the universe.

God is all that IS. YOU are all that IS. In meditative communion with God, you become aware of that.

To be alone with God is to know the ecstasy of that awareness. Meditation is for the purpose of recollecting your immortality.

God creates His universal body by extending the electric pulsations of His thinking from the stillness of the Light of His knowing. Idea of God's knowing is projected by light-waves through the motion of His thinking to mirrored image wave-forms of idea which we call matter.

All matter is but electric wave-pulsations of His thinking, recording the idea of His thinking in forms which appear, disappear, and reappear to synchronize with the cyclic sequences of His concentrative-deconcentrative and re-concentrative thinking which characterize the entirety of effect in this dynamic universe of His creating.

God's eternally-creating universe is the result of His eternally- continuous meditation and desire to manifest idea.

You create your universe in the same manner and by the same processes and method under control of the same law. There is no other manner, nor process, nor method, nor law. Your universe is your Mind-idea of what you are. It is your Soul's desire manifested into the material image of your thinking.

It is the fruit of your meditation.

The most wonderful thing about it is that God will give you whatever you ask, fulfill your desire no matter what you desire. You can make yourself into the kind of person you desire to be, whether bishop, poet or thief, for the whole universe will work with you to fulfil your desire if you work with its law.

If you work against the law, it will avail you nothing, even if you fulfil your desire.

Balance your desires, therefore, and their fulfilment will, likewise, be balanced.

Communion with God in meditation will not only mold your desires in harmony with divine law but will give you knowledge of the

nature of God – which will become your nature. To the extent that you reflect God's nature, your desires will also reflect God's nature.

This should be your constant endeavour for its supreme attainment is your ultimate goal.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 3

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

MEDITATION SCIENTIFICALLY EXPLAINED GOD IS LIGHT

God's communion within His own Being is a sequential transition from the still, unconditioned Light of His knowing and the moving, conditioned lights of His thinking.

The Light of His knowing is undivided. It is a balanced equilibrium. The two lights of His thinking are divided. They are the electric pulsations of two-way motion which build thought-forms for recording His knowing.

God's light-wave universe is the invisible still Light of Mind-knowing. God's electric universe is the product of God's knowing, expressed by the visible, pulsing lights of His dynamic thinking.

MAN IS LIGHT

We cannot say more to you than that, for God's communion with His Self is identical in principle and practice with your communion with your Self-Oneness as God. The eternal Light of eternal Life is the balanced Light of the Soul-Mind universe.

Your electric body is the product of your knowing, expressed by your thinking – as God's universal body is the product of God's knowing, expressed by His thinking.

If you can but fully realize this vitally important fact, you will be farther ahead than you could possibly be by reading all the books in The Congressional Library.

When you commune with full understanding, you become aware of your oneness with God. You become more and more aware of the fact that God's Mind is *your* Mind, that His knowledge and power are *your* knowledge and power. When God becomes your teacher, you need no earthly teachers. To the extent that you become aware of God as the still Light which centers you as Soul of you, you *are* God. As you become more and more enabled to forget your body-awareness and find yourself alone in that stillness of cosmic Light, you form inspired conceptions of ideas which come to you in timeless flashes of that Light which you do not see but KNOW because of its illumining presence. You feel the ecstasy of it in the Light of your Soul and in the inspiration which accompanies your exaltation.

All geniuses conceive their ideas with that accompanying ecstasy and exaltation of inner thinking. They then think those ideas into form. After the mental image is clear, they give a material body to each idea by outward thinking through their senses for others to interpret in the measure of their knowing. To sum up this as a formula, we might say that *meditation is a sequential journey from the zero of Mind-knowing – through the action of Mind-thinking – to the rest point which centers two-way thinking – and back again to that zero of Mind-knowing.* The more intensely you can comprehend this definition, the more simple you will find all things in life, for we do not depart from the above formula in any decision or action of life, or the solution of any problem of life. Nor do we depart from it during this entire course of lessons. It is very basic, as you will discover as we proceed. We urge you, therefore, to give deep thought to it and recognize its prototype in principle in all things, even unto life, death, and rebirth as being the same effect as inbreathing, out breathing and repeated inbreathing.

Desire in God to manifest His Being by producing imaged forms by projection in light-waves of motion from the stillness of His Light of knowing is the energy of the universe which He is eternally creating. Desire in you is, likewise, the energy which enables you to create

your universe. We will talk much, later on, about your energy and God's energy in relation to the motive power extended to you from God, and your use of it.

Constant communion with your Source of energy will give you both knowledge and power to use it by giving form to your inspired conceptions under your cosmic control instead of under your sensed control. Communion with God in meditation means talking with God in Mind silence.

THE LOVE NATURE OF GOD

In the last lesson, we took you one step nearer to the simplicity which underlies your interchange between knowing and thinking. We will now take another step in that direction by having you understand the love nature of the universe and how that love principle parallels the simple formula given to you in Lesson 2.

Communion with God exalts you to the ecstasy of that universal love principle of God and of Nature. Ecstasy is the one undivided emotion — the balanced ecstasy of love for which there are no opposites.

The reaction to the giving of love is love regiven. When your meditation gives to you the love nature of God, you will then know that there is no evil, nor sin, nor bad in God or in Nature. There is naught but GOOD in God's universe.

In communing with God directly, or through those moods of Nature which lead you to God, you become aware that His nature is your nature. In your deep communion, you feel only the universal love nature of God extending through you to all the universe. You then love all things for there is naught but love extending through you and from you. Your own ecstasy tells you that.

Imagine yourself communing with God indirectly, such as listening to the heavenly rhythms of God's heartbeat in a masterful symphony. While thus enraptured by the divine rhythms reaching your very Soul, can you possibly imagine yourself thinking evil, or thinking sinfully by planning to cheat, or lie, or steal? No – of course you cannot. The reason you cannot is because you are reflecting the love nature of the universe in your spiritual Self, and there is no sin in that love nature to reflect.

That is why you should seek God in meditation immediately if you indulge in angry or unkind thoughts. You must restore the balance of the universal

love principle; else the toxins of unbalanced thinking will upset the balanced normalcy of your body rhythms, which all illnesses are.

Form the constant habit of meditation. Make it a moment-to-moment continuous attitude of your Mind in order to keep in tune with the universal rhythms of God's balanced thinking. Be in tune with them always. Never stray far enough from God-awareness to allow the slightest imperfection in your work / your health, your friendships/ your business plans or any achievement whatsoever.

The more you become fully aware that you cannot do anything of yourself alone, and desire partnership with the whole universe, the more you will find that you can say, in the deep depths of your communion. "I am the universe. I am all that is. for the Light of my Father is all that is, and I am that Light. I and my Father are ONE." That is cosmic meditation, for that is the thinking of the new race of cosmic man now in its birthing.

In those deep depths you can desire what you will/ and "behold/ it standeth before you."

It is recorded that every man who has known the illumination into Cosmic Consciousness has first lost all awareness of sin or evil. He finds himself in a universe of love in which there is no evil.

Meditation leads you into the REALITY of love and away from the unreality of evil. When one is wholly Mind/ he can know no evil for there is no evil. God and His universe are founded upon love. Love is all there is

ALL NATURE MANIFESTS LOVE

The entirety of Creation is the manifestation of love. Every effect of motion in Nature is a manifestation of the nature of God, for Nature gives of its all in every action and regives equally in every reaction. If that were not so, the movements of the planets would not be predictable. The electric heartbeat of Nature expresses love in both halves of each cycle of the universal heartbeat. Nature never takes — for God never takes.

Nature always gives equally — for God always gives equally. God's equally balanced giving for regiving is never violated in Nature.

It could not be violated for Nature is an extension of God's nature. For this reason, the balance of Nature can never be upset.

When you commune with God, do not have desire written upon your heart for that which is to be given to you. Ask, rather, to be

inspired as to what you can give, and how, in order to be worthy of that which will surely be given you if you first give.

Unless you first give, you will not be regiven.

Let your thinking be energized to express love by first giving love in order that its inviolate reaction will regive love.

To give possessions is not giving love. Love can only be given from your Self to another Self, and gold given without Self is like unto sounds of music given without Soul. To extend love is to multiply the Light of it a thousand-fold.

To the extent that you are illumined with the Light of love, which comes only from communion with the Source of love, to that extent you will be enabled to manifest your genius in masterly creations of your own. The very purpose of meditation is to enable you to give body-forms to ideas conceived by your Mind.

Unless the Light of love which illumines you is extended into your creations, they are but dead things which cannot endure.

The one point we wish to accentuate is that what we are now telling you is universal law, inescapable and inevitable law, which cannot be violated. Just to tell you this is not enough.

Talk it over with God in your heart and you will really know that if you defy the law to the slightest extent it will hurt you equally, while if you work with that law it will work with you to the fulfillment of your every desire.

HOW DOES MEDITATION HELP YOU TO CREATE?

A musician asks how meditation helps a musician to compose a symphony. He claims that teachers are necessary because of technique. Teachers can never teach you to be a poet, musician, artist, inventor, or creator of anything.

God is the only one who can teach you to create. A teacher can tell you how to give a material body to your concept, but only God can give you your inspired concept. In other words, a teacher can give you a technique for expressing your idea, but he cannot become your Soul from which your concept extends.

If the teacher can re-inspire you with his inspiration, that inspiration of his, reflected in you, awakens the sleeping genius which is within you, but no one can teach you that. If you have been inspired by listening to Paderewski, he has not taught you anything. He has

enabled you to recognize the Light within your Self by his re-illuminating.

The beauty of music is not in its technique; it is in the Soul of its creator. Neither is it in the sound vibrations of music; it is in the silence of the Light from which the sound sprang. You can KNOW music and THINK it without having acquired the technique of expressing it, or without producing sounds to give it a body. Your inner ears can hear the music in the silence of God's eternal rhythms and you can interpret your moods into the rhythms of the universal heartbeat, as Beethoven interpreted the mood of the moonlight into the rhythms of it without having any teacher but his God-Self.

Consider the life of any great musical genius.

What he finally produces in a written composition first begins in his Soul.

He must first find aloneness with Self by getting away from all other people — even from his own body-awareness.

*He must suppress all outer influences to seek that stillness from within from which the inner ears of his Soul can hear the rhythms of the universal heartbeat of God*s creative thinking.*

To find that stillness in the Light of knowing, he must stop thinking in order that he can conceive idea from the Light of all-knowing. From the ecstasy of that stillness, the inspiration is born in his very Soul. The motive for his symphony gradually takes form through the heartbeat of his thinking, which he extends from the stillness of his Soul. He then ceases to extend it, again to find the stillness of the Light which is gradually giving him his motive through inner inspiration.

This is the mood of all creative geniuses during the inspiring and ecstatic hours during which they commune with God. By such communion, you awaken and unfold your own genius.

There is no other way to become a cosmic being. There is no other way to acquire inspired knowledge to uplift you from earth into the high heavens of the kingdom of the Soul where cosmic man dwells.

Not until the creator of a cosmic idea wishes to give it a material body can a teacher be of any help.

Giving an inspired concept a material body means to extend the conception from the consciousness of Mind, through thinking, to the sounds of a musical instrument, or the symbols of a written manuscript.

That is purely a question of technique. A teacher is helpful in the acquirement of a technique and all of its mechanics.

In giving your conception a material body, many years of technical and scientific practice are needed. The science of the octave spectrum of color or tone is needed for expressing each of the arts, for from those octave- wave rhythms the poet, painter, architect, sculptor, or musician gives rhythmic bodies to his inspired conceptions.

The architect must first go to the Source of all inspiration for his conception. He does not need to be an engineer or mathematician for that, but when he builds the cathedral of his inspired imaginings he must know the technique of the engineer and mathematician in order to give a material body to his imaged one. Likewise, the painter, sculptor, poet, or musician needs to be informed, either by books, teachers, experimentation, or experience, regarding the techniques of giving bodies to his spiritually-conceived ideas.

Remember, however, that technical information is not knowledge. You can be informed through the senses but you can acquire knowledge only through desire of the Soul for illumining with the Light of all-knowing. Knowledge is of the Soul and the Soul is not concerned with techniques. To

the Soul they have no existence for your consciousness can conceive a greater symphony, poem, monument, painting, or temple than you could ever give to a material body, no matter how perfect your technique is.

The Soul's greatest masterpieces are never produced on Earth. They never descend from their high heavens of the Mind universe. No musical master can produce in sound the music which he hears in his Soul while in communion with God. Physical sounds can be heard by anyone but the silences from which they spring can be heard only by a cosmic God-conscious being while his Soul is in communion with the Universal Soul.

Speaking, again, of techniques, an electric machine can remember information recorded upon it electrically, and it can repeat it countless times with accuracy. The electric machine is sensed (wired) for that purpose. It is a body without a Soul. It obeys the will of an intelligence which presses a button.

Many humans are but electric machines which remember and repeat information recorded upon their senses. People say of such persons that their technique is perfect but soulless. That means that God-awareness in them has not yet been awakened. That is what we

mean by saying that teachers can give you techniques but only God can awaken the Light of cosmic inspiration in you.

Many un-awakened humans forever repeat the ideas of others, such as those who stand in assembly lines, each one electrically sensed to do his unthinking, unknowing part like an electrically-driven automaton. But many there are who also stand in assembly lines that perform work automatically with their bodies while their Souls are in communion with God in His high heavens. These are the cosmic ones among men who are seeking to find the kingdom of the Soul's high heavens. They gradually break away from the treadmill of life through communing with God.

John Jones of the assembly line can escape from John Jones and be Rachmaninoff, or Shakespeare, or Phidias at will. Through meditation, John Jones can roam the universe and be alone with God in the deep woods hearing the rippling fall of waters or the breezes in the pines above the crash of factory wheels or gears.

No matter how heavy the burden of the treadmill of life may be, or how bitterly your body may be chained to Earth, you may escape from it and be exalted among men by hearing the still small Voice within you whispering inspired words in God's language of Light.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 4

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

HOW TO MEDITATE AND QUESTIONS ANSWERED CONCERNING MEDITATION

Meditation is the key that will open the door to your inner-Self wherein lies all the true power for material manifestation, for, as sound springs from silence, so does positive action come from inner KNOWING.

It has been said that one must lose one's life to find it. Applied to meditation, it means that one must lose (forget) one's mortal body in order to become aware of one's immortality. That is exactly what happens when we seek the Light of Self-illumination in our eternal Selves. The great glory of existence is reached only by Mind-awareness. You can only reach supreme heights that way.

In that ecstatic existence is the seed and Source of all power and all-knowledge, which is yours by just desiring it.

It is not easy to acquire the meditative state all at once even as carefully as these lessons tell you how to acquire it.

It must come slowly and always through desire to talk with God.

There is no other way. You must either desire to live in the sensed body of earth or in the Light of the Mind-kingdom of heaven. That is the answer to those who say they try to meditate but find that they cannot stop thinking to "get into that state of Mind." To those who are thus troubled in making the transition, we would say that if you desired to talk to the President of the United States, your Mind would be centered on the reason *why* you desired to talk to him.

Exactly the same procedure takes place when you wish to talk with God. Your Mind is centered on your *desire*. You could not possibly think of other things, nor could your thinking wander aimlessly. Concentrate hard upon your desire if you wish to, or just breathe your desire softly, or just write it upon your heart wordlessly. Perhaps your desire has no definite objective other than to find the peace of heavenly companionship by dwelling in the love nature of your Self and God.

It makes no difference what your desire is, or whether your approach is in deep concentration upon some specific thing, or in dreamy decentration upon some nebulous idea — or upon nothing at all.

You cannot concentrate long in any case, not more than five to ten minutes, before the reaction of decentration replaces it.

Gradually the inspiration you ask for will come to you. Before you can realize it, you will find yourself "stepping in and out of the body" in that alternation which always takes place while losing your sensed-awareness. Gradually you will completely forget your body and have full awareness of the Light of knowing, which Mind is.

Slowly – very slowly – read the answer to the first question on HOW TO MEDITATE. Then follow through one step at a time letting the ego of your material self melt into the great Being of your eternal Self. Gradually you will find it becomes increasingly easy to merge into the oneness of the universe. The secrets of the universe will then be gradually revealed to you and YOU MUST THEN PUT YOUR INNER KNOWING INTO MATERIAL ACTION. Remember, YOU HAVE ALL KNOWLEDGE AND POWER WITHIN YOU, so tap your inner reservoir, and express your inherent genius.

* * * * *

QUESTION:

"How can I decentrate into that stillness of the meditative mood? The more I try to stop thinking, the more things I keep thinking of."

ANSWER:

FIRST: Desire to be in the Light. Say to yourself wordlessly, "I want to be alone with God." If you do want to be alone with God, there is a reason for it. That reason is that you NEED God. You have a desire you want fulfilled – a problem to solve – illness – misfortune – financial loss or need – an idea for invention – a conception for a work of art . No matter what it is you need, whether knowledge, power, or inspiration, no matter what it is, DESIRE IT IN YOUR HEART *WORDLESSLY*. Do not talk to God in words. Talk to Him in essence. KNOW Him. Do not *think* of Him and thus make Him objective and apart from you. *Be Him. Let your Soul touch His Soul.* Seek His ecstasy of Mind. When you find that ecstasy, you will know that He is One with you.

SECOND: Your desire is written upon your heart. *It is registered in your Soul. It is no longer your body's desire; it is your Soul's desire.* You are in communion with God about it – not in

words but in Light. You have an increasing sense of joyousness. Your desire is written into the universal heartbeat rhythmically. You are responding to it rhythmically. *You are no longer just body – you are Soul* – slightly aware of body – slightly aware of earth and the heavens above, and of creating things. You are not thinking of extraneous things. You cannot think of objective things of earth while you are in the Spirit.

THIRD: You are in a contemplative mood. There is an indescribable peace in its rest. Your Soul sees the beauty of the flower you are passing. It is not your eyes which see neither that beauty, nor your ears which hear the silences from which the sounds of earth spring. You are in the rhythmic world of imagining – the world of inspiration – the world of the high heavens – the formless, indescribable world of the high heavens. You become less and less aware of your body as you become more wholly Mind. You "dream" rather than sense.

FOURTH: You are in communion with God. You are ONE with all things. All things are ONE. *You KNOW all things as ONE.* You KNOW the Light which all things are. You KNOW the love nature of God and of all things. You KNOW God as love.

You KNOW yourself as love. You KNOW the ecstasy of love. You know your Self. The mortal YOU has become the eternal YOU.

FIFTH: That which you desired to know, you do know. That which you desired to have, you now have. *You have always known – and always have had that which you have but now desired. You have always known it in spirit for you are the Light of all-knowing, which spirit is.*

God does not give you knowledge or power. He gives you awareness that you already have all-knowledge and all-power that He has, for He makes you comprehend your oneness with Him. *When you actually KNOW that, you can then say, "My Father and I are one."*

Neither does God give you material things without your equal regiving, for that is the inviolate law regarding all material things.

He gives you the seed but you must unfold the seed. He gives you His body to fashion into the form of your desire, but you must give equally of your body to fashion it. God gives you the

tools you need, but you must use them. God manifests the spirit of His nature in His own body by creating His body in the image of *His Self*. You must manifest the spirit of your nature in your own body by creating your body in the image of your Self. God will forever work with you, but you must work with Him.

SIXTH: *In meditation, you have stepped out of the material into the spiritual YOU.* You have stepped out of the body of yourself into the Mind of your Self – out of the manifestation of reality into reality. You have stepped out of the conditioned universe of divided and unbalanced things into the unconditioned and undivided universe of balance which controls unbalanced things. You have done this because you had desire in you which must be fulfilled.

Your desire has been fulfilled. God has illumined you with the knowledge you desired. You have become inspired. Conception of idea in *spiritual* form is now in you – but can you now come back into the *physical* world and transform your conceived *image* into a *material one*? You now know CAUSE. You have acquired that knowledge from the stillness of Mind-

knowing. Can you translate it into EFFECT by making a body for your conception? God has given you what you have desired – but now comes the important question as to what you are going to do about it. How shall you use it? *Have you the moral courage to use it or are you still a weakling, preferring to suffer the effects of your ills rather than remove their cause?* Will you work with God and arise, or against God and fall?

Your body manifests your Mind. It will do what you command it to do. Is it ill? If so, it is out of balance. Restore its balance by balanced thinking. Balance is in the eternal YOU – now extends balance to the mortal you. Whatever your problem was, it has been solved in the spirit of you. Can you now manifest it? Can you now give it a body? Can you now extend your spiritual balance to your unbalanced physical body to stop the wreckage of your business – or heal your body – or regain a lost friendship?

CONCLUSION

All of our problems of life lie in the fact that we are forever manifesting CAUSE by extending CAUSE into effect. What we know spiritually, we

are endeavoring to manifest physically. We succeed or fail, partially or fully.

Our failure is certain if we work alone without God, for we can do nothing of ourselves alone. The measure of our ability to transform the reality of CAUSE into its simulated manifestation is the measure of our God-awareness, coupled with desire to work knowingly with God from moment to moment.

To commune with God for inspiration alone, then to forget God until later when mediocrity is stamped upon your work, is to fall short of manifesting your Soul's desire. To create a masterpiece which truly manifests your Soul's desire means that you must work knowingly with God every moment while interpreting the rhythms of your inspired vision into rhythmic forms.

God's creative processes are our creative processes.

His creations are extensions of His knowing transformed into the desired form through action.

Our creations are also extensions of our knowing transformed by action. If we think that God has not granted our desire, it is because we have failed to manifest the awareness which He has given us.

If our problems are still unbalanced, it is because we have failed to extend our balance to them. We HAVE that balance to extend but do not extend it. We continue the CAUSE of our ills and then blame God for continuing their EFFECTS. In this manner we learn our lessons of failure or success, good or ill.

Life is just a lesson – just a continuous process of learning how to transform CAUSE into EFFECT in such a manner that we accomplish what we desire to accomplish, or we do not.

There is only one reason for failure to fulfil your greatest desire just as there is but one reason for fulfilling it abundantly.

We cannot fully explain and define this one reason so early in the unfolding of this new knowledge, for you are not yet ready for it and will not be until *some basic misconceptions commonly held by all mankind of this present age are changed. Gradually, as the real picture of God and Nature unfolds, this one reason will be given to you as the most basic and fundamental law and principle of Creation. Also it is inviolate, whether heeded or unheeded.* All we can say now is to realize the fact that this universe is based upon love and the law of love – which is the principle of *rhythmic balanced interchange – or equal giving for receiving-- as the basis of what we shall try to unfold gradually.* To say that

it can now be comprehended is to assume that you know what love means — and you do not. Its meaning has not yet penetrated mass-consciousness sufficiently to become a part of human practice.

Words alone will not convey KNOWLEDGE of God's one law to you. You must know it in your heart until it becomes your nature.

When it becomes your nature, you will then practice it without compromise, or without the possibility of violating it.

No civilization can hold together until love becomes the basis of human nature.

When you and many other men have acquired this understanding as a part of human nature, the day of cosmic man will have dawned.

* * * * *

QUESTION:

"You say that God does not give us material things without our equal regiving. That is contrary to all of my whole life's teachings which say that all God's gifts are free — that God gives us everything, supplies all our needs freely and without price, as freely as the air we breathe."

ANSWER:

That idea is one of the commonly accepted misconceptions we have just referred to. It is entirely erroneous because it is not the nature of God, nor does it conform with His law, as exemplified in the universal heartbeat and in the electric wave. Let us begin to reform our old conceptions one step at a time.

God works WITH you, not FOR you as man believes. God gives – but you must regive – and *equally*. God gives you the free-will right to your action but withholds the right to the reaction. Woes betide you if your action is out of balance with its reaction, for God will not allow unbalance in all His universe.

You have spoken of the air we breathe. God gives it to us from His body, but we must make the effort of breathing it in. Then we must regive it *equally* to His body for regiving. Likewise, God gives us our very bodies from His body – and we give them back to His body *equally* for regiving. He gives us our daily bread for our bodies, but we must nurture and attend our bodies continually, else His gift of bread would be of no avail.

God gives us the seed but we must nurture the seed. Those who believe that God's gifts are free spend much time in wishful thinking and selfish prayer, and the making of many useless affirmations in the hope and belief that God will work magic at their request and drop money, or the applause of men, or full-grown fruit of their desire right in their laps, freely, and with no effort on their part. "Let God do it," they say, and "Ask and ye shall receive," and "With faith and belief you can move mountains."

Men have moved mountains by working with the knowledge and power given by God, but not through idleness and wishful thinking. God has given man the power to fly the heavens of the whole world, to talk simultaneously to the whole world of men, to command the tides, to sail the seas, and to harness Niagara, but not by wishful thinking, nor by faith and belief, nor by sitting idly by and letting God do it. The only way men have done these things was to regive of themselves for that which God has given of His Self. If you ask God to help you become a concert pianist, He will unfailingly help you and

work *with* you, but He will not work for you while you sit and affirm that you are going to be a concert pianist.

That is what we mean when we say that you must work knowingly with God – KNOWING that God is working with you – giving you exactly what you are able to give back equally from moment to moment, and not more – but setting no limitations on what He will give. God lets YOU set those limitations which may be bounded or unbounded, or be as great or small as your desire is great or small.

God works *with* engineers and architects to build great bridges and cathedrals – with poets to create great epics – *with* painters and sculptors to create great masterpieces – with inventors to ease men's burdens – but God does not work FOR them.

He gives all they ask and can receive, but they must receive equally.

Let us be specific. Let us say you want to have an apple orchard in your meadow. Your desire is for wonderful apples, the best ever grown. Your meadow is God's body. If you put seeds in your meadow where you *desire* the trees to be, God's body will extend apple trees and apples in due time, and of a

quality measured by the regiving of your body in service of watering, pruning and other expressions of love to equal the love given by God.

The wonderful apples of your desire will come only if love given to them by you equals love given by God to them.

A story is told about a farmer who desired a wonderful farm and asked God for it. Soon he found a rocky and overgrown farm and purchased it. Whereupon a critical neighbor said:

"You prayed for a wonderful farm. If this is what God gave you, what good is prayer?"

"God is answering my prayer, you wait and see," the farmer said. "This is all I could give now to match His giving, but He will give more when I give more."

So the farmer worked knowingly and lovingly with God, and God worked with him with equal love. Year after year God extended love from His body and the farmer from his, until the wonderful farm of his desire stood before him in all of its majesty as a co-Creation of God and man.

Five years later, his minister looked out over the lovely well-cultivated fields and said:

"How wonderfully God has blessed you with this beautiful farm. How lovely and rich these fields are."

"Yes," said the farmer, "but you should have seen it when God worked it alone."

There is not the slightest irreverence in this story, for it is Law, and it is the way God works. The critical neighbor was wrong in expecting God to give to the farmer more than he could regive, and the farmer was right in stating that God was answering his prayer in the full measure of his desire.

*The law of equal giving for regiving is absolute. You must give equally for what is given you. An effort on your part must pay for the effort on God*s part. If you stop giving, you will shut off your own supply.*

If the heavens cease giving rains to earth, the earth ceases giving crops and forests to the heavens. God's law will never give you anything without an equivalent repayment in action.

You must nurture the health which is given you and give much care to your body as long as you use that gift. You could starve with food ten feet away from you unless you gave effort to reaching for it and more effort in preparing it for use.

Love means exchange of service for service – and God's law demands that service given must equal service rendered.

* * * * *

QUESTION:

"What I cannot understand is your constant insistence upon the word 'equally' in relation to giving and regiving. I have always been brought up to believe that God gives abundantly/ very much in excess of what effort we regive. If we put a bushel of potatoes in the ground, God multiplies them a hundredfold for us, and for every measure of wheat we give to Him, He gives us a hundred to our one. Please explain that."

ANSWER:

God's universe is founded upon balance — one balanced condition which He divides into two *equal and opposite* conditions of His electric thinking. This electric universe of matter is composed entirely of these two equal and opposite conditions. Every effort of every creating thing is expressed by the motion of interchange between those pairs of opposite conditions, such as matter and space which constantly interchange equally by breathing into and out of each other *equally*. Without that equality of rhythmically repeated interchange, the universe could not continue. That rhythmic interchange constitutes the heartbeat of God's body. Its rhythm and balance are absolute because the division in God's electric thinking is equally balanced.

Now, as to the question. It is not a bushel of potatoes or a measure of wheat which you give TO God's body for regiving FROM God's body; *it is a measure of seed which multiplies its patterned form in God's body by transforming one form into another form. There has been no multiplication of God's body nor has its balance been upset. An equal substance of earth has been transformed into an equal substance of potatoes or wheat.*

Likewise, you have given service as well as seed. The more service you give in caring for your seed, the greater service the soil will regive to you. Whatever you give will be regiven equally, no more, no less. If you give little service to the potato field, you will get few potatoes. The more service you give to them, the more potatoes you will get.

There is no more and no less in God's body when one substance is transformed into another. Neither is that multiplication of potatoes or wheat given to you until you regive in effort or service.

If you do not regive to obtain them, they are still God's body and will re-transform their forms and substances into the formless earth from which they sprang. You cannot have what you do not pay for. Love given must be paid for with equal love regiven.

Service accepted must equal service rendered.

The potatoes or wheat in the ground are *still* God's body. They are not yet yours until you regive equally to earn the gift by

digging them out of the ground. Until you do dig them out, they have not been given to you.

* * * * *

QUESTION:

"I see that clearly now, but how would you explain its application to a man in business who gives more than he is paid for, or more than is expected of him – or to a genius who gives all he has with less pay than a workman – or to a great inventor like Goodyear who starved all of his life but gave untold value to the world many millions of times in excess of what he received?"

ANSWER:

The type of man you refer to could not give more than he has received. He could not give more of himself than he is, for all his life he has been given that which has made him what he is.

If he gives more than is expected of him. God's law will balance it in promotion or increased salary. If that is not his motive, and if an

increase is not given him, he has enriched himself by experience and better judgment in the management of his life.

The genius who gives his all of great value for less than a materialist has ten thousand times more reward of the kind he wants than the materialist.

He has the ecstasy of living in the high heavens – he knows the joy of self-expression, of hearing heavenly rhythms which do not exist for the materialist – and his immortality lives forever in the memory of man, while the materialist is forgotten. The genius never counts reward for service in terms of money values. Goodyear's body starved but his Soul was enriched for aeons to come by having demonstrated his immortality. His reward was a satisfaction that all the money in the world could not equal. He won the gratitude of the world. You are still regiving love to him for the love he gave to you, and so is the whole world.

There are other values than money values, and money values have no meaning whatsoever unless they manifest love.

* * * * *

This gives us an opportunity to say something which we have been leading up to say to you.

We are trying to unfold the cosmic mentality of the coming race of man by helping mankind to realize that the nature of God and of man – and of all creating things – and of all the laws and principles relating to creating things – and of all the laws and principles relating to man's dealings with other men – is founded on LOVE.

God is LOVE – and Creation is LOVE MANIFESTED.

The universe is founded on love.

There is naught in the universe anywhere – or in any thing – or in any experience of man, or animal, or of the elements, or of the starry systems – that does not express love.

It may be difficult to change such misconceptions as sin, evil and wickedness in general, but sin or evil do not exist, and we shall fail in our task if we cannot demonstrate to you with conviction that God's universe expresses God's nature, and that it is all GOOD. We have lived in an evil universe long enough. Wars, fears and hatreds have been the fruit of it God sent a Message of Love into the world two thousand years ago to

prepare man's Mind for the thought of love which was then unborn in him.

God sent another Message of Love to man of new comprehension for the express purpose of gradually ending man's barbarian days of fear and hate and transforming him to the ways of love. That is the reason for these steps in trying to unravel the great complexities of the unknowing life of material sensing to the KNOWING life of cosmic expression of the God nature in all the ways of man.

* * * * *

QUESTION:

"Do we meditate with our Mind or our brain?"

ANSWER:

We meditate with our Mind. There is only one Mind which is God's Mind. God's Mind is the one KNOWER, the one THINKER. The reason you think that you have a separate Mind of your own is that the thoughts you think are the ones stored in your brain as memories of experiences of your own

body, or of your own thoughts. God's Mind motivates those thoughts which you think of as your own. You could not think except for the motivating power of desire in you.

Mind thinks ideas of its knowing into form by dividing one idea into many parts.

These parts are electrically projected into a three-dimensional universe through the pulsations of thinking. The brain records the thought-forms, symbols, and other electric actions, but records of thoughts are not thoughts.

Thinking is electric, but electricity is not knowledge: it is but the motivating power for expressing knowledge.

* * * * *

QUESTION:

"What relation is my Mind to my brain? "

ANSWER:

Your brain is electric matter, just electric waves which all matter is. Matter does not think nor does it know.

You do not think with your brain; you think through it by projecting an electric current through it exactly as you project an electric current through your phonograph to motivate phonograph records, or through a lens to concentrate light.

Your phonograph may have a dozen recorded ideas but it does not know what is recorded upon them. Your brain has thousands upon thousands of ideas recorded upon it but your brain does not know what is upon them. The Intelligence which selects the desired record for your phonograph also selects the desired record from your brain. The electric current of your desire motivates those records into action.

Your brain is a part of the electrical machine which is your body. Its function is to record memories, experiences, and information.

It is also the central nerve ganglion of the body which acts automatically to fulfill the demands of the body, or when willed to act by the Intelligence which centers it. The brain does not know what it is doing any more than the automobile knows what it is doing or where it is going when activated by the Intelligence which centers it.

Knowledge is a quality of Mind, and not of matter.

Matter records knowledge but a record of knowledge is not knowledge any more than a printed book is the idea recorded in the book.

One student reminded us that science has proven that the brain thinks because an instrument has been invented that records electric-wave pulsations in the brain. That instrument does not prove any such thing. It merely proves that an electric current is passing through the brain when Mind thinks, just as the same instrument can prove that an electric current is passing through your recording phonograph, or washing machine, or wire recorder, or your heart, or your refrigerator, but that does not prove that those machines *think*.

It merely proves that all electric matter obeys the Intelligence which motivates all matter. Electricity is the servant of Mind, but is not Mind.

Witness, for example, the telegram which passes through an electrically motivated wire as an electric current. You know that the idea in the telegram is a Mind-extension arising from

an Intelligence which thought the idea into form. You know that the wire is not thinking that *thought*. You know, also, that the wire is but recording form symbols automatically, and that it has no knowledge of what it is doing. You know, also, that the telegram itself does not know the idea which it manifests just as books do not know the ideas and diagrams which are printed in them.

In this whole universe, we have only Mind and matter to deal with. Mind alone can know things and *think* things.

Matter is electric and can only sense things. Sensing is the sensation caused by an electric current passing through matter, such as nerves or wires. The brain is composed of nerve matter which extends to the whole body in nerve forms. Electric vibrations belong to the physical universe of motion.

All matter is motion only, electric-wave vibrations of motion, and the sole purpose of matter is to build bodies in forms and patterns conceived by Mind and imagined into form by the electric thinking of Mind.

Electricity is the tool used to fashion Mind-conceptions of the Creator into form, but the tool used by any creator is not the creator.

* * * * *

QUESTION:

"What is the relation of my Mind to my brain?"

ANSWER:

Your invisible Mind has its center of consciousness between the two lobes of visible brain, and that conscious center coordinates with the dual seat of sensation in the brain. The brain obeys your will whenever your consciousness demands action by it. There are machines made which will do a thousand complex things when buttons are pressed by the will of Mind to compel those machines to obey one's will. The machine adds or subtracts, prints columns and computes totals more accurately than the human machine can do them, but the human brain has no more awareness of what it is doing than the computing machine has.

Ideas and concepts formed by your Intelligence are expressed through the brain but not by the brain. Your meditations are spiritual.

You interpret them into matter electrically. The physical universe of matter is but the electric record of thoughts of Mind but it is not thought.

Much confusion arises from the assumption that we are thinking when we are but sensing.

The brain is constantly receiving electric messages from all over the body. Such messages are not mental. They are purely electrical. They produce sensation, and sensation is just the "friction" caused by the tensions of electric strains as the two opposite directions of electricity resist each other. The brain senses and records every message and sends counteracting messages to other parts of the body. A message from the arm says, "I am in pain." Pain is merely an overload of electric tension. It is a sensation, not a thought. Pain is caused by too great a current passing through a nerve. A strong electric current will burn out a small wire by heating it. Pain in your

body is the same effect — too much current forced through the nerves which burns them.

Sensing comes from the body while thought comes from the Mind. We believe that we are thinking when we are but electrically sensing.

All day long, the body is telling the body, through the brain, that it is hungry, that it needs a drink of water, or wants to dance, or that it is cold, and a hundred other things. The senses of the body are thus continually intercommunicating with the senses, *but these electrical sensations are not thoughts until those sensations make us mentally aware of them.* We then think and we decide to do something about them. We give our body a drink of water, or gratify its desire to dance, or put a coat on it to warm it. Our mental decision is a thought, but the electric message of the body to the body is but a sensation. It is the body speaking to the body. Such a sensation may not even come *from your own body to your own body.* Another body can record his thought into an electrical sensation by ordering his senses to record the thought in words, which are again recorded as a telegram to you. A series of sensations which have no meaning in themselves are translated into meaning by

your Intelligence and you then mentally decide to do something about it.

The sensations in matter which have taken place between the mental operation of the sender and the receiver are purely electrical. They have no relation to Mind, nor to thought of Mind.

Again we repeat this fact in other words of the same meaning:

All matter is but sensed electrical-wave vibrations of motion. *Matter has no intelligence, nor knowledge, nor power to think or meditate. That applies to your brain, for your brain is naught but matter centered by a guiding intelligence. The same thing can be said of your automobile.*

All material bodies have what might be termed an electrical awareness of each other, and of their relation to each other. The brain is the seat of such an electrical awareness in man. Electrical awareness is necessary to an electrically-mechanized universe, but electrical sensations, or vibrations, between mechanized parts of matter are not mental, for an electrically-controlled machine in your factory has exactly the same electric

awareness that you have. Its wired nervous system conveys electric messages to all of its parts for the dual purpose of motivating them as well as for adjusting all parts to each other.

BRAINS HANDICAP MEDITATION

It might well be said that instead of our brains aiding in meditation, we meditate in spite of our brains. For perfect meditation, you need to lose your body – to forget it as though you have no body.

One cannot lose or forget his body if his senses will not let him do so. Imagine a musical genius trying to compose a symphony in competition with sensations. He could not do it except by long practice of being able to shut out any sensations whatsoever, such as of noise, discomfort or inharmonious environment. A master can do this but not a novice.

* * * * *

QUESTION:

"Does that explain why geniuses are so far greater than other men?"

ANSWER:

Yes, it does. The genius is ahead of other men because of his awareness of his divine power which he has multiplied and re-multiplied a thousand-fold by his lifelong habit of seeking aloneness for the purpose of unfolding that divine power for his own creative expression.

Your own genius is as great as any man's on earth. The only reason that you do not know it is because you have never given yourself an opportunity to know your divine inheritance by forgetting your body long enough to become aware of your Soul. You allow emotions and tensions of body-sensing to dominate you, instead of your sleeping Soul. Go into the deep forest and awaken your Soul. That is what meditation is for, and the moment you begin to practice it, that moment you begin to express the unlimited power of the awakening genius within you. If you acquire the habit of meditation, you multiply your knowledge and the power to express your knowledge. You also give your body an escape from its tensions which heals it of all ills by restoring its balance.

Through meditation, Edison acquired the knowledge and power to unfold an idea not yet known on earth. Through

meditation, he got the concept for that idea in a flash of inspiration and created a body for it through concentrative thinking the idea of that concept into a physical form.

Through meditation, the great writers, painters, sculptors, poets and musicians are enabled to work knowingly with God as One with Him. Having acquired their concept from God's all-knowing Mind, they "create" their concept into material form by knowingly working with God's hands to create eternally living masterpieces which will endure because their very nature is God's nature manifested in them.

* * * * *

QUESTION:

"How can your Mind relax when you say that Mind is unchanging? Also, do I have to concentrate to meditate?"

ANSWER:

It is not your Mind which relaxes; it is your electric thinking. When your thinking is concentrated, it is under the same stresses and strains which a clock spring is when wound up

tight. It is an effort to wind a clock spring, for it resists being wound, and it is straining to become unwound. We will draw you a picture which will illustrate that. It will also illustrate your thinking when concentrated.

When you release all tensions, the clock spring relaxes. It expands to a position of rest. It is utterly released from effort to resist strains. We will diagram that also. It will illustrate your thinking when decentrated. (See diagrams on the following page.)



Fig. 1 is a clock spring wound up tight, to exemplify concentration .

Fig. 2. Same spring unwound to exemplify decentration.

Fig. 3 represents water concentrated into a drop.

Fig. 4 represents it decentered into vapor.

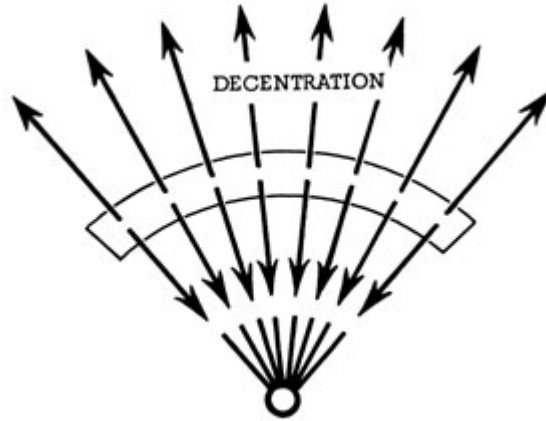


Fig 5. Concentration

Fig. 5 represents concentration of light rays to a point. Light rays thus concentrated through a lens will burn a hole through paper or fabrics because of the resistance of multiplied sensations.

Light rays proceeding in the opposite direction will expand and cool by decentrating toward space because of the lessened tensions of resistance.

The whole physical universe of forming, growing bodies is due to the fast motion of concentrative thinking. Conversely, all degenerating and decaying bodies are due to the expansion of decentrative thinking.

* * * * *

CONCLUSION

We hope you can all clearly see that the only desire you should ever have is the desire to acquire God-awareness in you for the purpose of extending God's love nature from you as your nature, His power as your power, and His knowing as your knowing.

Meditation is for the purpose of acquiring this awareness. And if you acquire it just for the bliss of it, for the ecstasy and peace of it for yourself alone, that is not enough, for the God nature is purposeful and *you must be purposeful by extending your love nature to all other men for their cultural uplift.* World culture comes only from those who have God-awareness in them. Without God-awareness in man, he is of the jungle. The measure of his growing God-awareness is the measure of his growing culture.

What applies to man as a whole applies to you.

Your masterliness is of your own making as well as its mediocrity. Remember that "Genius is self-bestowed and mediocrity is self-inflicted."

THE WORLD OF IMAGININGS

Meditation transports one from the transient world of matter to the real world of dreaming, visions and imaginings where idea is and concepts are born.

That is the world where sounds are heard in the silence of your Soul where no sound is – where rhythms of symphony and poem are the rhythms of cosmic pulsing of God's thinking manifested in the heartbeat of His universe.

God's ecstatic kingdom of Light is the uncreated universe of Souls of things which have not yet appeared in form but which eternally are. Go thou there. You may journey to that ecstatic world in God's high heavens for just your Soul's asking to be transported to that kingdom of the Souls of things.

Desire that stillness within your Soul – and, behold, you are the Soul of all the universe of countless uncreated ones which spring from One in you. Behold, your Self, your uncreated Self – eternal YOU – not yet manifested or, if manifested, have forgotten it as though you never had been.

Desire thou that kingdom and, behold, it standeth before thee. And if there are those among men who ask, "Wherein shall I seek that kingdom of the Souls of uncreated things," we say, "Go thou and seek beauty."

And where shall I find beauty?

You will find beauty where love is for beauty lies in the giving of love, and its regiving.

And where shall I find love in this sordid world of fear where no peace is – of hatred where no love can be – of ugliness which stifleth beauty – and of evil which driveth love away?

Seek it within your Self.

When you find Self, you will find love, for naught but love is within Self. Where love is, neither fear nor hate can be. For evil exists not.

There is naught but experience in extended bodies – and all experiences are good – for all experiences extend from love and love awaits their completion in love.

Remember our Father-Mother's saying in THE MESSAGE OF THE DIVINE ILIAD:

"I am a patient God. All men will come to me in due time, but theirs is the agony of awaiting."

These are God's words to cosmic man.

* * * * *

You have undoubtedly read these lessons all at once, from beginning to end.

Now begin from the beginning again, slowly, carefully. a sentence at a time, a paragraph at a time, and a page and chapter at a time, until their deeper meaning becomes a part of your inner Consciousness.

This is new knowledge and new thinking. You cannot transform your past ages of traditional thinking into new KNOWING without giving such deep and earnest thought to it that it becomes a part of your very Self.

New thinking cannot be grasped at once. Do not be discouraged if you do not attain expected heights immediately. You would not expect to play the classics at once if you studied music, for that would be new thinking for you and you would have to begin with scales and finger exercises.

When you begin to think cosmically, you will advance rapidly if your desire is keen but from the very day you begin, you will note increasingly greater power in your work and a still greater transformation of your personality.

This message to you is from our Soul to your Soul and not to the senses of your body. By giving deep thought to it, you will find that which you seek. We can open the door for you through which we

have ourselves entered and found the Light, but only you, yourself, can make it a part of you by giving yourself the time to absorb it completely.

Realizing this fact, we have not asked you to send in examination papers, reports or essays, such as you would be required to do if you were obtaining information which could be remembered and repeated at will. To apply the customary rules of examination by questionnaires would not be fair to you for one can be examined only for what information he has. A man cannot be examined as to what KNOWLEDGE he has, for the depths of knowledge cannot be sounded – nor can he be examined for the measure of his INSPIRATION. Knowledge is Light from which all ideas of things are born about which you can become informed, but information concerning EFFECT is not knowledge of its CAUSE.

Whatever emanates from you as a result of this knowing will be creative expression, not mere repetition.

Knowledge is the one basis for Creation.

To become knowingly a creator is to achieve the highest pinnacle of human expression.

Your main object in life is to THINK and KNOW, like a creator – not to REMEMBER and REPEAT, like an automaton.

* * * * *

A PERSONAL WORD TO ALL STUDENTS

Dear Cosmic Friends:

Your desire for God's Message for the new Cosmic Age was expressed when you enrolled for the HOME STUDY COURSE, and if we can but impart this new knowledge to you during the coming months, we will have worthily fulfilled our mission on earth – which is to bring the Cosmic Age of Man into being.

In these first four lessons, we know you will realize the trend of our desire in respect to each one of you, individually, and as a whole.

This letter is to make our purpose a little more clear. Let us, therefore, look back on man's cycle of unfolding to aid in clarifying our intent.

If the human race survives, it will undergo a great transition which will uplift it to as-yet-undreamed-of heights. The purpose of these

lessons is to prepare you for your own uplift, and to become a leader for world-uplift even though part of the human race may sink into great depths at the same time.

THE PAGAN AGE OF MAN

The first transition occurred at the Dawn of Consciousness when primate man first began to think and know. Out of his search for a greater Being, the Pagan Age of idol-worship of many gods arose, but man was still brute man, fearing all things, still loving to shed blood for self-purposes and to appease his many gods, whom he also feared.

Mystic messengers told of the one God of Love, but man could then conceive only a god of wrath and vengeance whom he feared, and whom he appeased with bloodshed on his very altars in exchange for mercy and absolution. This present age of Barbaric Man has but one God but many religions. Out of fear of God, man created hate and evil. He divided into tribes, then nations, which killed for plunder and for power over other men. The Barbarian Age is still killing and is still afraid of God and man, but it has already begun to dissolve because man is beginning to comprehend the unity of God and man, the meaning of love, the interdependence of man and his

ability to vision the possibility of one God, one religion and one unified world.

The pagan, barbaric age of unfolding man is followed by the stage known as the genius stage. The genius in man is evidenced when he has unfolded spiritually to the extent where he thinks inwardly toward his Mind-Soul – which is his Source of knowledge and inspiration – rather than outwardly through his- senses toward the illusive world of effect.

Culture comes to the world through its geniuses. Genius is the stage which is the steppingstone toward Cosmic Consciousness that all humans are striving for and all will eventually attain. There have probably been about two hundred geniuses in all time and less than fifty Cosmic Conscious Illuminates.

THE COSMIC AGE OF MAN

The great transition now dawning is the new Age of Cosmic Man of spiritual Mind-knowing who has transcended his body-sensing. Cosmic man is illumined with the Light of love and its application to life and law. Cosmic man knows God in him as one. He communes

and works with Him as one/ and knowingly interprets God's nature as co-Creator of God's universe.

It was for the express purpose of bringing the necessary new knowledge into the world to effect this transition into a world of one God, one religion and one world that God illumined us. Our life's work demonstrates the multiplied power of cosmic man to multiply his versatility and masterfulness in creative expression, and for giving that knowledge of the Light for the illumining of other men.

To present most effectually this all important and least known subject, the *Illumination*, we have decided to define, describe, and explain Cosmic Consciousness and the Illumination by our own experiences. We had thought that we would never reveal these most sacred experiences as personal ones, but we now feel that we owe it to the sum of human knowledge. For many centuries, it has been known as an extremely rare human event which not one who has experienced it has been able to explain because of the inability of past ages to comprehend it. For this reason, we shall both describe our cosmic experiences for your greater understanding.

There are an ever-increasing number of cosmic humans who are now ready and able to comprehend Cosmic Consciousness. We

know of many. Some have come here, others have written from all over the world, and many are now taking this study course. Everyone who is deeply inspired by THE MESSAGE OF THE DIVINE ILIAD is ready for it, otherwise our writings would have no meaning for them.

Now, as we told you to do at the end of the fourth lesson, study these four lessons carefully and *slowly*. Remember, always, it is *new knowledge* and therefore has a new language. Next month, we shall not only explain and define Cosmic Consciousness, but give the scientific explanation of prayer. Many have told us their prayers are not effectual, thus proving that they have not yet learned HOW to pray and the true meaning of prayer. All prayer is answerable in the Light of all-knowing, and we shall endeavor to unfold more of this inner power for you by giving you every possible explanation of this all-illuminating subject.

Devotedly yours,

Walter and Lao Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 2

LESSONS 5, 6, 7 & 8

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 5

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

PRAYER SCIENTIFICALLY EXPLAINED THE POWER OF PRAYER

Today we wish to supplement everything we have told you about meditation – or communion with God – and talk to you about prayer, which is the desire basis of meditation and out of which meditation grew.

Prayer is the mightiest of man's powers, for through prayer – if understood and rightly used, and accompanied by action – man may have anything he desires, attain the loftiest heights, or extend his powers to others for their exaltation. Rightly and knowingly used, prayer can transform one's own condition or that of the whole world. If prayer is not rightly and knowingly used, the time consumed is wasted, for it will be of no avail.

PRAYER IS BASED UPON DESIRE

“Desire ye what ye will and, behold, it standeth before thee. Throughout the aeons it has been thine without thy knowing, e’en though thou has but just asked for it.

“Sit thou not and ask, acting not, for unless thou reach out for thy desire it shall not walk thy way to thee unaided by thy strong arms.”

(From: The Message of the Divine Iliad)

This means that God will fulfil your every desire if you work with God to fulfil it. The whole power of the universe will work WITH you for its fulfilling, but it will not work FOR you while you do nothing about it.

In this promise is the key to why prayers are or are not answered. God tells you very plainly that He will give you whatever you desire, but you must regive equally by the action of service to God through Nature or your fellow- man.

Think that over. Recall the many prayers you have uttered and how disappointed you were because they were not answered. Most prayers are just selfish ones, continually *asking for something to be given* without even the intention of giving something in exchange.

Think of the thousands of entreaties which are sent up to God with the hope that what is asked for by people will just fall into their laps. You ask God for money. God says, "Yes, I will give you money, all you want of it, but what are you, yourself, giving for it? What is the price you are paying for it?" Again we quote God's word in His Message of the Divine Iliad:

"He who desireth riches of earth alone, denying Me in him, shall dwell in outer darkness of his own making, until he shall desire Me strongly.

"E'en to him will I give all he asketh without stinting; yea. and even more; but he, having more than all he sought will have naught but worthless dross of his earth desire.

"Things of earth which man desires are but things of earth to be returned to earth with bones of him. But things of earth, heaven blessed by Me, are as eternal in the immortality of his Self-recording Soul as Light of Me is eternal."

You ask God for peace, happiness and prosperity to be given to you, but you take peace, happiness, and prosperity away from another by malicious gossiping about your neighbor or treating your servant

unjustly, thus taking happiness away from him or her, or by misrepresenting the product you are selling.

Until you balance your desire for peace by giving peace, or happiness by giving happiness, or prosperity by giving prosperity, your prayer will be voided by you, yourself. The only way you can have happiness given to you by the Light of love, which God is, is for you to give love to others. You cannot take happiness or love. *You can only give it.* If you give love, it will as surely be given to you as light shone into a mirror will reflect light back from the mirror.

Witness the nations which have tried to become powerful, prosperous, peaceful, and happy by plundering other nations. Empires who have thus taken by force, without giving equally in exchange, are heavily in debt and on rations, and for every man killed in taking wealth and happiness away from others for themselves, ten have paid the price in blood and a thousand in tears. Witness, also, the great fortunes which have been built upon that principle. *No man has ever yet been able to purchase happiness, prosperity, peace or love with any other coin than happiness, peace, and love.*

The price of love is love. The price of greed is agony.

You ask God to heal your body from its ills which you, yourself, created by overeating, by giving vent to violent anger, or by divers acts which destroy normalcy of balance given you by God. It seems never to occur to you that you must regive that which you ask for by eating properly, by substituting love for anger, or by cessation of the abuses which have caused your disorders. Such unbalanced conditions as anger or overeating, or worry and excessive grief – yes, and even loneliness and introspection – will cause grave disorders.

That which we wish to impress upon you is, the one fact, that any disturbance of balance in the body is immediately *recorded* in the body by some malady or maladjustment, which we think of as sickness. *Also, that any sickness of any kind is self-made, whether knowingly or unknowingly, whether intentionally or unintentionally.*

God's laws are never set aside by prayer or otherwise. The CAUSE of your illness is in your defiance of the law. You are suffering from its effect and ask God to eliminate the EFFECT while you continue to repeat the CAUSE.

MAN BLAMES GOD FOR MAN-MADE WARS

Consider the many prayers for cessation of wars. "O, Lord, we beseech Thee to stop this cruel war," we say, forgetful of the fact that we make our wars ourselves by the free will to act as we choose. *We fail to realize that the way to stop wars is to stop causing them.* War is just as much an effect of a cause which man created by his selfishness as a business failure is the effect of a cause created by man.

We not only pray to God to let us defy His law without suffering from its effects but we blame God for our own actions in breaking His law. How often we hear people say, "How can a loving God in heaven permit such cruel wars? It is hard to believe there is a God, else He would not permit such wars."

We might just as well say that if there is a God, He would not permit us to lie to our neighbor.

God gives us free will to do as we choose in the making of our selves to our own image, and He gives us all the power in His universe to help us break His law if we wish to, but the nature of free will we exercise will become our nature. Let us again quote God's Message of the Divine Iliad in this respect:

"Verily has man free will to control his actions. That my Father-Mother has given to man as his inheritance. But the

control of the reactions to those actions man has never had.

“This my Father-Mother holds inviolate. These cannot become man’s except through modifying his actions until the reactions are their exact equal and opposite in equilibrium.”

We thus create ourselves in our own image.

GRAVE MISCONCEPTIONS REGARDING PRAYER

It is generally believed among men that one who prays often, and with many words loudly and piously uttered, is holy among men and much favored of God. But we say that he who finds ecstasy of happiness in his Soul from the giving of his love to touch the Soul of a despairing neighbor is a hundredfold more holy in God’s sight. To him the “kingdom of heaven” is as though he dwelleth in the house of the Lord, while the holy man of piety and words sitteth afar outside its garden walls.

When you pray to God, saying, “O, God, pity us for we are as dust beneath Thy feet,” God’s silent Voice whispers within you:

“Know thou the Light which I am. Thou art man, exalted in Me. What I am, thou art. Thou art Light.”

For long ages, God’s silent Voice whispers within your unhearing ears. God, therefore, gives you your desire to be what you wish to be in the building of your Self. As long as you believe yourself to be dust beneath the feet of the almighty God, you are that dust which you have built in the image of your imagining.

When you pray to God, saying, “God have mercy upon me, a miserable sinner,” you have not prayed to the one God of Love, Creator of His universe of love. Creator of you to manifest His love, for you *do not know Him. You have but prayed to a God of wrath and fear of your own making whom you have built in your own image.*

He who builds gods in his own image builds idols for his worshipping. He whose idol is fear and wrath cannot know the God of Love. *Until you know love, you are what your idol is, a miserable sinner to whom mercy must be shown by your idol whom you, yourself, are. And you will be punished for your imagined self-made sins by you, yourself, for the idol you worship will show you no mercy until you are freed from him by knowing love.*

When you pray to God resignedly, as though patiently accepting the punishment of grief at the death of a loved one, and you say, “Thy will be done, O Lord. The Lord giveth and He taketh away,” you have not yet known the God of Love, for God *giveth* only. God never takes that which has not been given. *What God gives to you, you give to Him for His regiving.*

You rejoice when God gives birth to life, yet you deeply grieve when you give rebirth to new life – for that is what death is.

It will be many centuries before mass-man comprehends this idea which is commonplace thinking to cosmic man, but you, in whom the seed of cosmic thinking is being sown, will go to your neighbor and sow it in his Consciousness and he, in turn, will do likewise until man-in-the-mass will be transformed from barbaric man, *who still crucifies love*, to cosmic man, who is love.

In Lesson 6 we will give thought to the deeper meaning of prayer.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Walter and Lao Russell

LESSON NUMBER 6

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

PRAYER SCIENTIFICALLY EXPLAINED RELATIONSHIP OF PRAYER TO MEDITATION

“Let us unite in prayer.” How familiar these words are on every religious occasion and, upon hearing them, the congregation automatically bows its head, bends its knees, and words come from the pulpit in earnest tones which may be superficially heard by some and hardly heard at all by others, while the very few who hear in their hearts are deeply stirred by the ardour of the supplication to God for forgiveness, or mercy, or blessings upon the congregation and various other human interests.

Prayer is just meaningless words if not felt in the heart; just as music is no more than sound if it does not reach the Soul. Prayer to God is a realization that the Soul of man is ONE with the Universal Soul. It is not an appeal by man to God. It is a communion between the divine man to the divine God of man.

As such, it is the mightiest of man's powers, but when prayer is but words, not coming from the Soul, it is no more effectual than the hundreds of prayers written and distributed throughout the streets

in Asia or prayers written into a disc and whirled to repeat themselves by turning the prayer wheel swiftly.

Worded and formal prayers issued periodically like morning and evening prayers, prayers of thanks at mealtimes, and prayers on arising and retiring, become habits which people obey automatically. There may be great earnestness in them or there may be none. The habit of praying periodically, and with a sense of duty, tends to automatic prayer rather than devotional. A silent prayer at mealtime brings more realization of God than wordy prayers half listened to.

Those who thus pray might just as well not pray, for prayer is a union of Soul of man to Soul of God, and *words alone cannot make that union.*

Automatic, formal, and habitual praying from the lips alone, whether in one's chamber or in groups, is of no avail. *Prayer based upon desire and uttered within the Soul of man wordlessly, or by silent thought, will always command the whole universe to fulfil the desire, but words alone are not prayer any more than paint is the art in a picture.*

When you pray to God asking for all the things you want, enumerating them carefully – even to timing their arrival as your desired possessions – yea, even informing God as to what His

method should be in giving them to you – detailing your business and family needs – never giving thought as to your worthiness to receive them, or whether it is wise to have them, or what you shall *regive* to deserve them – *you are but making yourself into your own selfish image and not in the image of God's spirit in you.* You are thus telling God how He will serve you without thought of how you will be worthy of that service.

When your child prays for a long list of birthday or Christmas presents, ending with “God bless Papa – God bless Mama,” you tell the neighbors how *cute* that prayer is and then buy everything the child wants, to uphold its belief in prayer.

It is not *cute*; it is *tragic*. It is helping the child build its own selfish image. It is also helping the whole world to build its own selfish, greedy image. It is helping to perpetuate this barbaric age of greed, selfishness, and fear of neighbor against neighbor.

When will parents teach their children that they must give love for love given them? Not until *they* first know that they, themselves, must not ask to be given anything without a deep desire in their hearts for regiving love equally for love given. Parents who know that will say to the child:

“God will give you all you desire because He loves to give, *but what are you planning to regive in love to God?* You want God to show His love to you by giving you the things you want, but God wants love *from you*. The way you can show your love to God is to love all things which God puts on earth. When you ask God to bless Papa and Mama, you can help God bless them by getting Papa’s slippers and helping Mama dry the dishes. That is the way you can be worthy of receiving all the things you ask for.”

When a mother prays to God to extend His loving protection to her son and keep him from harm in transit on stormy seas, *she, herself, must extend her love equally to all other sons of all mothers of earth, and to all things of God’s creating. Her devout prayer can alone be answered that way.*

When she prays devoutly, no matter how deep her sincerity in asking love from her mother’s heart, then turns angrily or impatiently upon her friend or neighbor, or a servant in her house, *she, herself, voids her own prayer as though it had never been uttered.*

When you ask God to bless your business and make it prosper, God will answer your prayer when you go out into your plant and bless

all in it and make them prosper. When you regive to your helpers the love given you by God, it is God's love given to them by God through you. *That is what is meant by manifesting God on earth.*

When you pray for God to show His love for you by giving your field good crops, you must yourself give your love to your fields to regive His giving. Your love given to them is God's love given to you for regiving. *Your love and God's love are ONE. Its manifestation is TWO in giving and regiving but that TWO is the ONE HEARTBEAT of God's body, even as the swinging of the pendulum is the TWO of the ONE source of their manifestation.*

If the farmer would but stand in the midst of his fields and pray, saying unto them,

"I love you, my green fields. I love every part of you, every grass blade, every root and herb and ear of ripening corn. I love every tree of you, each leaf of you which gives love in oxygen for nitrogen given you in love. I love the fruit of each tree of you – and the red-gold you regive to me in your luscious fruit for the love I have given to your roots."

If the farmer would but pray that way – deeply and in his heart – he would prosper as his fields prospered with him. And he would know no fatigue, for love given is not work – and there would be a light in his eyes and inner joyousness in his heart, which naught but the manifestation of love given on earth as it is in heaven can ever give to man.

AGAIN TEACH US HOW TO PRAY

He who can say in his heart, “I and my Father are one,” and feel the ecstasy of that unity, is continually IN PRAYER, even as he is continually IN LIFE and continually breathing. His prayer is like unto his inward-outward breath which is forever with him, forever vitalizing him. Every life should be a continuous Mind-communion with God.

He who knows the Light of love in him does not beseech the Father-Mother of the universe for his next breath, nor for his next heartbeat, for he fully knows that his heartbeat is one with the universal pulse, and that for which he would needlessly ask is already his.

Therefore, we say to you when you ask of us, “How shall I pray and when?” we say to you, “As you live and breathe continually, *and as*

you are in life and love continually, so shall you be in prayer continuously."

And as the air you breathe surrounds you abundantly, awaiting your need of it, so is that which you would ask for awaiting you in abundant supply; yea, even to overflowing fullness.

And as there is not a time when God does not center you, nor an interval in which He does not control your balanced heartbeat to synchronize with His, so is there not a time when you should pray to Him and another time when you should not.

And, likewise, as there is not a time when the air you breathe is denied you while you manifest your Father-Mother on this earth, so, likewise, *there shall never come a time when that which you need to manifest Him worthily shall be denied you for, we again say, you already have that for which you ask, even as you have love and life for which you have not asked.*

If there are times when you would like to put words to your desires to give them form, let not your words be from your lips, nor give voice to them. You cannot deceive God with empty words as you deceive man. Say in your heart when sorely perplexed, "Be Thou Thee in me, my Father," and know Him as your very Self.

Your problem may be great and your wisdom may be in doubt to your Self. If then you would say, "Father, stand by — I deeply need Thee," it might mean more in assurance to you — but to our Father it weighs not one whit more than saying it in your heart — so pray to Him that way if it comforts you to commune thus.

If sleep will not come to you for heaviness regarding your dealings with a friend, write your questioning upon your heart with desire that love shall guide you, then sleep in peace and know that the answer will be written in balanced rhythms where the question has been erased. Then let not the morrow pass without extending love to thy friend.

And if your handiwork goes not to your liking, having too much of your earth-self in it — sensing instead of knowing — liking and not loving — diverted by sounds of earth from hearing the silences of heaven which bears them on earth — then, we say, open wide the doors of your Soul and let God in to work with you. Rejoice then in your renewed ecstasy as you again think your work knowingly with God, creating with His hands and yours as one.

If a friend approaches you with a grievance, send love to open the door for him to you, and say within your heart, "Father, let my

words be Thy words to him, not mine alone.” Then weigh his grievance on the scales of love and not let him depart unillumined by the Light. Void his grievance with your love. In so doing, a great happiness will descend upon you.

If you find your business slowly ebbing because you have, perchance, founded it afar from where you should have founded it, and you grieve because you have not the means to transfer it to that far State where you now know it would thrive, we say to you, do not grieve but rejoice that God has illumined you with the Light of knowing what to do to balance your unbalanced beginning. *In your rejoicing is your power to take the first step of that far journey which will be followed by another, and still another one — even as one breath forever follows another — until that far State is beneath your feet in answer to your prayer.*

Know, however, that all the prayers in all the world would have been as soft blown winds on desert sands had you not regiven to your Father even as He has given to you by working with Him, step by step and breath by breath. to balance that given to you by Him to manifest you on earth with that which you give to manifest Him in heaven.

He who would become a music master and grieves because he has not the means to meet the years ahead to so become already has the means to play his first note. And when that first note is played, he has the means to play the second one. Therefore, we say, he who takes his first gift from God and regives to Him will find that first gift to be a trickling stream, a running brook or mighty cataract of power ever ready to be given in the measure of any man's ability to regive equally.

Again we say, God will work with you but not for you. *No one ever became a concert pianist by prayer without action, for that is wishful thinking, or by faith-and-belief without knowledge manifested.*

If you are low in spirits because of some fancied hurt, or have been too much alone and would balance your Self-awareness with God-awareness, let your prayer be a desire for realization of your high place in God's universe. Say within your pulse beat, wordlessly:

"I, My Father, am not alone I. Thou, my Father, are I_. Thou art in me and I in Thee. I am favored of Thee. my Creator. I am of the inner Mind. I know Thy ecstasy. I am exalted in Thee.

"I have all knowledge and all power. That which I desire to know, or to have, or to give is mine to know, to have, or to give.

My dwelling place is in Thy high heavens. Be Thou Thee in me that I may be Thee – knowingly.

“I am in Thy Light, O my Father. Enfold Thou me ever in Thy Light that I may not again feel the heaviness of the dark upon my heart.

“Dissolve Thou my separateness and make me One with Thee.”

MISCONCEPTION OF PRAYER

Realize, therefore, that prayer is not for the purpose of asking for something you wish to have. It is for the purpose of realizing that you already have what you have asked for. All power exists in the universe and is yours when you do your part in bringing it to you.

You have health — and a perfect body. It is eternal in you. What have you done to drive it away so that you now think you do not have it?

What have you, or your ancestors, or loved ones, done to destroy the perfection of your body — or the seed of your body?

Why do you now ask for health and a perfect body as though it is not already yours? What you did to destroy your health or your perfection, you must undo to attain the normalcy which is already yours and always has been. Whom are you blaming? If you have lost anything, have you not gained its equivalent? Is not finding your Self worth a broken back?

Balance and perfection are normal. They are primal CAUSE. Imperfection is an EFFECT of unbalance. Who – and what – caused your unbalanced effect? You still have perfection. Restore it by eliminating imperfection.

Normalcy is the basis of abnormalcy, just as silence is the basis of sound. When sound ceases, silence reappears, but silence IS. It has never ceased to be. Likewise, normalcy IS. Stop abnormalcy and normalcy reappears. It has never ceased to be.

When you pray to God for love because you are lonely and without love, God answers, saying:

“You already have all the love of all the universe. Prove what I say to you by giving love out from you. You will find that all of the world loves you in the measure that you love the world.”

When you thus give love out from you to all the world, love will come to you from its far horizons.

He who would pray for love and the companionship of many friends shall be given that for which he asks in the measure in which he gives love and friendship to others whom he befriends.

And he who would feel the ecstasy of all the world at prayer with the God of Nature should go out into Nature's great cathedral of forest pines and oaks and join in that mighty prayer of running streams and babbling brooks, and the singing of birds, the buzzing of bees, the droning of countless insects and hidden things that chirp and trill, and sing hosannas to God in His high heavens to gladden our hearts as we walk and talk with God.

You who have read the BOOK OF EARLY WHISPERINGS know what we mean by that, and how wonderful it is to pray to God with all of His creating things which manifest Him in love for the love He gives all things.

When any man prays to you to fulfil his desire, as you do to your Father, know that he is praying to your Father who is ONE with you. Even as God works with you to fulfil your desire, you should work with him who desireth aught of you to fulfil his desire — *for as all men are one, so, likewise, are all desires of all men one.*

If he thus prays to you to help him to fulfil an *unbalanced* desire which is not love given and regiven equally, extend to him your love and balanced knowing, even as God whispers it always to the unhearing and unknowing.

If he hears but heeds not your counselling, do not condemn him or fail to watch over him until the Light of your illumining has reached his heart as it some day will, even as God watches over the unbalanced ones who have not yet learned to manifest love. Say to him within your heart what God says in His heart – *“All men will come to me in due time, but theirs is the agony of awaiting.”* And be thou there awaiting him with love when he has at last known love.

And so it is in all ways of man – for we say that God is Love and *love is all that is in God’s kingdom of heaven – and the manifestation of love is all that is on earth.*

Man of earth does not yet know that, but he is beginning to know it through cosmic man of the high heavens who knows love in him and gives it to the world in the heavenly rhythms of the high heavens.

The geniuses of the world manifest God’s love and give it out from themselves to uplift the world by re inspiring man-of-earth with the inspirations of heaven-born men.

The love-inspired symphony is prayer for love fulfilled in the composer, and again fulfilled in the hearts of those whose heartbeat

feels the ecstasy of God's heartbeat as expressed in those heavenly rhythms.

And so is all the art of all the world a prayer for love fulfilled in inspired cosmic man for regiving of love to the race of man. For art is beauty, without which man is not yet even human.

The workman at his bench who gives beauty to his work regives the love which God has given him to all the world to uplift the world. Likewise, the housewife who puts love into her cooking enriches the food with God's love which re-nourishes her family with love. Likewise, the butcher, the baker, and candlestick maker who regive love for love given to them to manifest God in building His universe of love with Him also uplift the world.

And the mason gives love to his wall in the laying of each brick which, in turn, reflects love's beauty to each passer-by. Beauty thus given by the mason and reflected to man is the Light of the kingdom of heaven extended to man for his illumining.

THE DAWNING TRANSITION OF MAN

The new age of cosmic man which is now unfolding for the saving of mankind from self-suicide by the barbaric dealings of man with man

is a transition from *believers in a far-off God of fear, whom they fear, to knowers of a universal God of Love, Whom they love.*

Those cosmic ones who KNOW God are the cosmic thinkers, inspired geniuses and illumined mystics who know God within them and see God everywhere. These are the ones who down the ages have uplifted man gradually by bringing the beauty into the world which has gradually given man his culture and his ethics.

These are the ones who will unify mankind through their knowing to end this babel of tongues of many religions, and bring into being the ONE religion of the ONE God of Love.

This now-ending Barbaric Age is peopled with GOD-FEARING MEN.

The dawning Cosmic Age is to be peopled with GOD-LOVING MEN.

The coming cosmic race of men will know that love is all there is in God-nature and that the expression – or manifestation – of love is all there is in the nature of the physical universe.

It is our responsibility so to clarify the above statement that you will thoroughly understand the basis of what is called evil – or bad – and it is your responsibility to teach it to others so that they will gradually comprehend that a universe which is founded upon balance cannot be unbalanced, or one founded upon good cannot be bad. As you become more and more illumined with the Light of God's knowing, you will know that evil is a creation of man and has no existence in Nature.

When you understand how *unbalance*, which is the basis of the idea of evil, can seem to be overthrown but can never succeed, and that *good* can seem to be overthrown to create that which we call "*bad*," you will readily see how the race of man has made itself suffer through gross *ignorance*.

Conversely, you will as readily see that the only way to conquer evil, bad, illness, failure, fear, worry, superstition, greed, selfishness, loneliness, grief, or even death itself, is through cosmic knowledge of the Light which gradually illumines the Consciousness of man.

You who are readers and deep students of The Message are the seed of the coming Cosmic Age. You who know THE MESSAGE OF THE DIVINE ILIAD in your hearts know God's command to you which it

contains. Let us again read that part of The Message that refers to the method which all must use in making the transition of man which will bring love into the world. You will find it in THE BOOK OF BEAUTY, Chapter V, verses 5 to 18:

5. *“Verily I say, the dawn of ‘cosmic man is in its beginnings. Go thou, therefore, to all the world and sow the seed of thy knowing . . .*

6. *“Thou shalt sow the seed of knowing man in unfolding man’s progression, and no rest shalt thou know until thou hast well fulfilled thy task.*

7. *“Through cosmic man the unity of man beginneth.*

8. *“Many are they who know Me in them. Sow thou the seed of Beauty, Love and Balance in them. And multiply thou them until their legions shall illumine the dark of man’s barbaric ages with My Omniscient Light.*

9. *“Say thou to thine anointed ones, these. My words: Thou art Love. Thou art Beauty. Thou art Balance. Go thou and give Love, Beauty, Balance and Truth to thy neighbor.*

10. *“Think not thou of doing great works in My name. Go thou to thy neighbor. Think thou of thy neighbor alone. One seed sufficeth not for a meadow but out of one seed cometh a sheaf of ten.*

11. *“As many sheaves of ten filleth great granaries, e’en so will thy sheaves of ten encompass the whole earth to bring into being the new age of cosmic man.*

12. *“Say thou these. My words, to thy neighbor: Go thou to ten men who will believe on thee: and multiply thou them by ten, and vet another ten, until a legion shall be as a wall of granite beneath thy feet.*

13. *“Heed thou My commandings and sow thou My seed of Love lest man destroy himself by his continued desires of earth. knowing not Me in him.*

14. *“Be not neglectful of thine own tasks. My son. Leave not to others of lesser knowing that which thou thy Self must do. That which must be done for cosmic man to come must have thine own Self in it.*

15. *“He who conceiveth must first unfold his concept.*

16. *“The mason layeth the stones of the master’s thinking. Thou thy Self, must impart thy knowing in the Light of thy anointing to cosmic man who will build thy knowing and Mine into balanced rhythmic forms with thee and Me.*

17. *“And out of the knowing of thine anointed legions a new world of unified man shall spring.*

18. *“For where thine anointed shall gather together to thus unify man through his knowing of the Light of Me in him, there shall I be in their midst. And they shall not fail.”*

CONCLUSION

Just as we are both giving our entire lives to sowing the seed of the Cosmic Age through YOU – which is *our* responsibility – we know you will give great heed to the above words of our Father and realize that they are addressed to YOU as *your* responsibility.

These words you have just read do not demand that you give up your whole life to help mankind make the transition. It simply means that you should LIVE IT and thus be an example to your neighbor. It means living it WITH your neighbor by making your dealings with him conform to the teachings of The Message.

When people are asked to work for most causes, it generally means to give up something, or make some *sacrifice* to do it. This requirement of our Father reverses that thought, for if you actually practice the love principle of first giving, you will find that you have not sacrificed anything. Instead of that, you have enriched your life in every respect. Sacrifice gains you naught, nor helps another, and very often hurts. If you give with love, you have not sacrificed, for love will be regiven to you in equal measure.

If you could keep this most important working thought of life before you always, and put that thought into every dealing you have with everyone, your patient, your client, the man you are selling to or buying from, your servant and your neighbor, you would soon find yourself in a very different kind of world of your own making for yourself and for all mankind.

The most important thought is:

*The God of love is all there is in the kingdom of heaven – and
the manifestation of love is all there is on earth.*

and be beholden to no
 man for thy strength
 lieth within you. Thou
 mayest not carry an ^{and}
 for thou hast been prepared as a ^{an} almsbouse
 rock upon which thou must
 thyself lean
 and it will not fail
 and then must thou write
 down the ^{of} service
 earth to call back the
 soul for the soul
 come back ^{of} the soul
 the call of earth ^{cannot}
 and man for what ^{without}
 need ^{of} fruit or ^{earth}
 in thy service ^{which}
 in giving hearts will be
 the reward will be plentiful
 do go thy way over fear
 and thy ^{will} ^{be} ^{plentiful}

Example of handwriting during Walter Russell's period of illumination in 1921, referred to on page 114.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 7

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE STORY OF MY ILLUMINING

By
Walter Russell

I

And now the time has come when I shall try to tell you of the greatest thing that can happen to any man in all the world, as it happened to me and as it also happened to Lao, which she will tell in her own words – the illumination into the God-Light of Cosmic Consciousness – the ultimate goal of all unfolding mankind – to come at the end of an aeons-long road which began in the dark of sensing alone and ends in the glory of the Light of all-knowing in God's kingdom of the high heavens where Soul of man and God are ONE.

The first great inkling of the grandeur to come was in May of 1878, when I was seven. I had strange premonitions of it for months – perhaps even for a year – but the glory of it when it did happen was less mystifying and more understandable than the premonitions which always left me deeply wondering.

Even as a boy I had been doing extraordinary things which caused much wonder. Before I could walk, I could play on the piano with one finger all things heard by me, then all fingers gradually, even to the complex melodies played by blind Mr. Maynard who came into my life when I was three and who to me was the greatest man in all the world.

Mr. Maynard lived in the dark, but walked and talked with God in the Light. And what the Soul of Creation told to his Soul, he told to me during all my boyhood – and I walked and talked with God in those early days in His wonderlands of Peat Meadow and the huge oaks down in Bachelder’s wilds where nobody went but me, for no one else in all My World heard what I heard there – nor saw what I saw there – so it was mine alone, all that glory was just mine alone.

II

Then it happened – a blind glare – red – then incandescent – then a field of blue shut the whole world of all things out from me leaving naught but indescribable ecstasy, while my body wandered by itself without me to the great root of my beloved oak where I found myself sitting with a handful of marbles with which I had

been playing with other boys in a ring full of marbles drawn in the dirt near the grocery store.

I remember as though it was but a minute ago the effect of that tremendous transition into another world so utterly unlike that one in which my body dwelled – and breathed in and out so strangely and unnecessarily. When I began to realize the world of many things, I felt myself to be that world of many things – all one – and I – the universe – the tree – the sky – the little ant on my thumb, and the great oak above me.

An indescribable ecstasy pervaded me like unborn vibrations of the great silence from which the vibrations of sound rhythms will be born, an ecstasy which I was to know again and again for ten thousand times ten thousand times when I walked and talked with God in My World all through my long, long life of working knowingly with Him from that very day.

This state of ecstasy is referred to in the Bible as “being in the spirit” or “in the “Light” In Hindu philosophy it is referred to as “the Brahmic Bliss” and Mohammed called it “Paradise.”

I know not how long I sat there, but do remember saying, when asked where I had so long tarried, “I have been in My World.” And

to this day I have always talked and written about the glorious happenings in My World.

Most assuredly I was another person – quite transformed – quite unable to be the same, think the same, or play again the same with other boys. I soon learned that My World had no meaning for them so I stopped talking about My World to anybody but my blind friend who really did know My World.

Little boys like me seemed little boys so very much unlike me that I needed them no more. I would rather hold mighty converse with the men at the car barn or play the music of My World simply to my blind maestro and hear him play it back to me, glorified, while my very Soul was alone I in My World, and my body afar – always afar. My blind maestro was the only friend of my early days who dwelt with me in My World and I in his, for he had his own world in a forest by the sea in northern Maine where he often took me and where we would commune with Nature by being alone. Many long years passed before Lao, another Illuminate, came to take aloneness away from me by dwelling and working with me in My World.

III

Seven years passed and each year, always in May, the doors of the Light which opened into My World gave me those few days of more illumining, more knowing of the rhythms of God's thinking, more unfolding of inner sensory perception of the inviolable and inaudible which registered in my Soul and tried to find birth in sounds and colors and forms through me. I played Chopin, Mozart, Handel, Leybach and Beethoven in ecstasy for these Illuminati dwelt with me in My World day by day. It concerned me not one whit that their bodies had passed on for they lived in me – and souls do not die.

I had long since been taken out of school and put to work. God would not let me read books. He became my teacher and closed the books which I would open. Things said in them were so unlike the nature of things in My World that He guarded me against their intrusion to blur the clarity of things I visioned in the Light. He made my education to be one of increasing inner sensory perception instead of the outer sensory perception of man's educational concepts.

I found that whatever I wished to know, I could know by just desiring to know in my heart. If I wished to know music, it came to

me in overwhelming fullness. Musical composition and improvisation flowed from my Soul as water flows from a spring. I spent glorious hours in the forests listening to celestial rhythms which sprang into being from forest silences, and fed my Soul with the colors of Nature turned inside out for me to see their Source with inner eyes, the outer ones being too dimmed with tears for seeing.

IV

Then in my fourteenth year came the second great illumining at a time when my body had been declared dead by the doctors, and undertakers were arriving. Black diphtheria had seemingly destroyed my throat and shut off my breathing.

Then, again, came the great Light which had come to me in my first illumining and I arose from my bed to the great amazement of my weeping parents and to the doctors who found that my throat functioned as properly as though it were perfectly healed.

During the period of complete unawareness of my body and cessation of my heartbeat, I had complete consciousness of knowing from the moment of that severance of electric sensation and

conscious awareness – which I will describe later from a scientific basis.

From that moment, I fully knew that God had a purpose for my living to manifest Him by a life of demonstrating the power of man who knew God in him and worked knowingly with Him. This I fully knew, but I did not fully know of the transformation of unfolding man into his next Cosmic Age until the seventh full illumining of 1921, when my years were seven times seven. Up to this time my cosmic severances were forty-three.

No words of mine can quite convey as much meaning as those set down in THE DIVINE ILIAD itself in reference to this event which God caused to take place in order that I should fulfil His purpose by conveying His Message to man, for which I then knew that I was being prepared. These are the words as written in THE DIVINE ILIAD in 1921:

“It had been given me to know that regeneration of the body from that which man calls Meath¹ is within the range of power of inner thinking if the Soul has not left the body. (Meaning that the Soul no longer controls the body through a centering Consciousness.)

“That disease which man calls ‘black diphtheria.1 or black plague,1 had so disintegrated my body that my Soul made ready for its departure and I was pronounced dead by man.

“God took me up unto a high mountain top where inspired man is God-man and there gave unto me higher knowledge of the power of regeneration of my body through His all-knowing Light.

“Through the red-violet world. and the red, red world to the world of pure white Light beyond the world of blue – and back again to the world of pure white simulated light beyond the yellow world, the Spirit within me journeyed in an ecstasy for which there are no words of man to tell.

“In the ecstatic state of inner-knowing, the great truth of creating and decreating things was made known to me.

“That majestic swing of the cosmic pendulum spelled out for me the glorious rhythms of things to be and, then, not to be.

“The mystery of Soul was mine – the Souls of all creating things.

“The memory of ten times ten thousand lives mirrored themselves in Light from their records on my Soul to tell me that my body was still new – that my time of disappearance had not yet come.”

It was then given me to know that the power of revitalization of my body was mine and I, who had been pronounced dead by man, lived strongly in the body.”

I then dimly knew that there were two opposite chemical reactions which controlled the generation of life and the degeneration of death. These were instantly reversible in the human body by the will of man, and the reversal of one voids the other completely. A simple example of the normal action of this principle is the inbreathing of oxygen which multiplies life and its reversal to death-giving carbon dioxide when one breathes out.

This fact, which was amplified in my 1921 illumination, explained the instantaneous healings by Jesus and the two recorded by Mary Baker Eddy. This fact lifts such instantaneous healing out of the realm of the miraculous and gives perfect understanding of them as a process of Nature which must obey the will of the One Mind of the universe which created both opposite effects as a part of Nature’s

cyclic principle of Creation. The reason it seems to be miraculous is because this reversal principle is not yet known to science.

V

Each year in May, year after year, came those ten or more days when I sought the forests to be alone with God. Each year I became slightly more aware of my purpose which I was to know fully in 1921. Each year my inner- sensory perception made it possible for me to “see” with inner vision the electric workings of the universe in the construction of matter which no man of outer perceiving could ever “see” or know. It was enough for the time that I was made aware of the fact that I must demonstrate tremendous versatility to prove to man that whatever he desired to do, he could do.

And so the years of preparation passed, each one, however, evidenced by doing something that I had never done before, or even thought of doing, because of my ever-increasing powers of inner “seeing.” And each seventh year was marked by the doing of something extraordinarily different from what I had ever done before, such as painting THE MIGHT OF AGES at twenty-eight, the designing and building of many buildings costing millions during

the following seven years while painting the most beautiful children in America – then introducing figure skating in America and acquiring personal masterliness of the art, in addition to painting many portraits and writing many books.

So complete was my inner sensory perception that I was as much aware of Lao's birth as I am aware of the coming birth of another planet in this solar system. I know that it will seem incredible and unbelievable but I was so aware of her growth and purpose that I felt certain that she would come to fulfil our mutual destiny before the day given to me as May 19, 1946, arrived which was to begin our mutual activity in reversing the thinking of the human race from its greed-and-fear basis to the love basis of Nature.

During all these years of my continuous awareness of her presence, we had many telepathic communions together in which her wisdom guided me then as it does today. There was not a moment of this time in which I did not feel that she was the other half of the message to man which was commanded of me to give, and this belief was fully demonstrated by the actual fact that not one scientific disclosure or written word ever given before her coming bore fruition until after the day she came. From that day on,

everything which we have jointly given to the world has borne deep fruit.

Lao was as fully aware of our mutual destiny as I was. She knew also that she would seek me, and that she would be guided to me when the day came. I was not surprised, therefore, when she came in March of 1946, two months before the destined date. So simple was this meeting that it seemed like the meeting of two who had always been together. She telephoned me from a far city to tell me that she was here. I recognized her voice and her presence and immediately took a plane to that far city.

This story is incredible only to those whose limitations are outer sensing. To anyone whose inner sensory perception has unfolded to the great spectrum range which is given to all Illuminates, this story is perfectly comprehensible and natural. I look forward to the day when I may find time to write this cosmic romance to inspire others to deeper comprehension of the multiplication of power which results from male-female unity and equality.

And so the years of intensive preparation passed until May in the year of 1921 when the supreme experience of the Anointing of Light

became mine and My World of Light and the ecstasy of it was once more mine in all of its fullness.

VI

This consummate event was prefaced by an intense premonition of something strange in the world such as I had before known *after* its happening but not *before*. A certain ominous and mysterious something in the very light of the sun and in the air compelled me to seek the privacy of my own chamber to await that which must be again coming – for the time was here.

I afterwards found that “magnetic” sunspot storms tore man’s cables from their beds and disrupted the telephone and power systems of the nation during the middle of May, while that intense severance of Consciousness from body again took place and made me just a Soul and a Mind again, hardly aware of my body, and made my body dependent entirely upon instinct – entirely controlled by instinct, as it once was a million years ago.

The great Light of my first and seventh illumining again came, and again I found my universality in that ecstasy which is the only emotion of the God nature. That ecstasy is the one unchanging and

constant Mind state which inspired man always feels in variable intensity as measured by the intensity of his inspiration.

Owing to man's lack of knowledge of God's electric universe and man's relationship to it, no man of past ages has ever been able to give a satisfactory explanation of that instantaneous flash of red-orange light which completely blinded me for an undeterminable interval which was followed by a feeling of being bathed in a great sea of blue.

The explanation of that light flash which Paul and other Cosmic Conscious men have experienced is that there is an electric short circuit between the two lobes of the brain which causes a flash of light at the instant of severance of Consciousness from electric sensation of the body. Such a flash occurs at the moment of death in all cases, and has been photographed many times.

The Light of spiritual Consciousness centers the divided or polarized light which constitutes the electric awareness of sensation in a body. Normally there is a complete synchronization of Consciousness and sensation, but when the severance takes place which makes the body seem like an unattached and remote appendage, and the Mind alone

to be all that is, the synchronization is interrupted and does not operate normally.

Usually the cosmic illumination has duration of a few minutes or hours, leaving an aftermath of a few days, but no matter how brief it is, it completely transforms one into another higher being. My usual period through life has been about ten days following the first intensive few hours, but this 1921 period lasted for thirty-nine days and nights, beginning on May 10th and ending June 19th.

VII

The illumination into Cosmic Consciousness is an entirely spiritual experience and is the ultimate goal of all mankind, which completes the unfolding of the man-idea on earth. All down through man's unfolding it comes gradually to all people. Every inspiring thought which comes to you is a partial illumination.

The geniuses of the world are those who have had the greatest number of spiritual inspirations. Every such inspiration is also a partial illumination, and each illumination is a further unfolding of inner sensory perception and inner hearing.

Whenever a great genius creates any masterpiece of art, in any of the five fine arts, and you are re-inspired by the creation which his "inner ears" hear in the eternal silence, he is illumining you with the Light given him. That is how man arises from the brute stage to the divine cosmic stage, by gradually adding to his culture.

Every one of the great mystics who has been anointed in the Light of all-knowing has uplifted countless millions of men who become his

followers. The great religions of the world grew out of the illuminations of such supreme mystics as Buddha, Mohammed, the unknown mystic who wrote the Bhagavad- Gita – which became the Eastern Bible – and Jesus.

Of these, Jesus and the unknown writer of the “Gita” were the only consummate Illuminates recorded in history, as they alone scientifically understood the love principle as the basis of Creation and the undivided Divine Light of God as the Source of the divided light of God’s Creation. They alone of all the mystics had all-knowing to the extent that they so fully comprehended their divinity as Sons of God that they could say, “I and My Father are one,” and KNOW what it meant. Full illumination is the goal of all mankind. It is the Christ Conscious status which no other mystic of past ages has acquired except possibly one other still more ancient Egyptian, but all men will eventually acquire this status when their journey of life is completed.

There have been quite a number of lesser illumined mystics whose teachings and works have exalted mankind in varying degrees, such as Laotzu, Confucius, Plotinus, Paul, Isaiah, Socrates, Jacob Behmen, Spinoza, Leonardo da Vinci, Bach, Beethoven, Shakespeare,

Baha'u'llah, Walt Whitman and Mary Baker Eddy. These mystics were illumined with the Light for the purpose of illumining the paths of unillumined men.

These, together with genius-masters in all of the arts, have given the world its culture. Without these few Illuminati, the world of man would still be primate.

Inspiration is the first steppingstone which leads to genius. Genius is the next of the three great pinnacles of mankind – which are inspired man, genius, and mystic. When one is inspired, either through meditation or through the works of inspired men, he has arisen through that partial illumination from the purely physical to the spiritual status which leads ever upward to the all knowing, fully illumined Son-ship with God, which is the Christ status.

Inspired men, geniuses, and mystics are the saviours of other men. They are the interpreters of God's language of Light and teachers of the love nature of God who uplift the world of men by re inspiring them with the Light of their illumining, each in the measure of his own awareness of the Light of God-Consciousness (or Christ Consciousness) within him.

Treasure, therefore, your inspired moments which become more and more yours as you increasingly walk and talk and WORK with God.

Each of the supreme mystics of the past brought the message of LOVE, UNITY, and the BROTHERHOOD OF MAN to the people of his day, but the human race was too newly out of the jungle either to comprehend the principle of love or practice it.

The human race has not yet unfolded enough to more than faintly understand it or practice it. Man's attempt to understand it has led to the formation of many religions which have disunited man instead of uniting him, and the misinterpretation of the nature of God as a wrathful God of fear has created a world of fear, sin, evil, selfishness and greed which has led to countless killings in war after war. Man becomes what he thinks and believes. He is an evil sinner because he has been made to believe that he is an evil sinner.

Until the last hundred years, human comprehension has not reached the possibility of comprehending what this electric age has taught to man.

For this reason, God has again sent His message of love to this new electric age of unfolding man for there are a sufficient number among men who can become the seed of the Cosmic Age now

dawning, for re-inspiring other men to their exaltation into cosmic knowing.

These few among the many, such as you are – else you would not have been led to it – will spread their knowing of the love nature of God throughout the earth and to man of the comprehension of this electric age, and that alone will save mankind from his own destruction.

VIII

My personal reaction to this great happening left me wholly Mind with but slight awareness of my electric body. During practically all of the time I felt that my body was not a part of me, but attached to my Consciousness by electric flux threads of light. When I had to use it in such acts as writing in words the essence of God's Message, it was extremely difficult to bring my body back under control of my Consciousness and make it do as I ordered it to do.

As an example, I herewith have reproduced (Page 99) one page of hundreds, if not thousands, of fragmentary writings to illustrate the difficulty of coordinating Mind and body. After many days of such effort, I suddenly wrote as clearly and as legibly as the script of a child, and in a handwriting which I have never before or since used.

It was necessary to overcome this difficulty, *for the great reason for keeping me in the Light for such a long period was to write down THE MESSAGE OF THE DIVINE ILIAD as Interpreted from the rhythms of*

God's thinking in the inspired language of Light, for the purpose of making mankind, at long last, know and comprehend God.

Also it was necessary for me to make hundreds of diagrams for chemical and astronomical charts for the purpose of giving science a new cosmogony in harmony with the laws of Nature – to replace the present one which does not conform with Natural Law.

Over forty thousand words were thus written, and hundreds of charts made, with God's Mind and thinking being mine – with hardly an erasure or correction.

You who have read the Books of Beauty, Love, Desire, Healing and other parts of THE DIVINE ILIAD surely know that I could not alone write such rhythmic and masterly literature, nor can any man at any time produce masterly art except while in the ecstasy of working knowingly with God.

During the entire period of severance, I could never attach my body to my Mind as a part of my Self. It always seemed outside of me, unattached, like an instrument which I could use but was in no way related to my personal being. Lao experienced the same effect during the three days of her severance in 1946.

When my body felt hunger, it was not I who was hungry. My body automatically picked up food under instinctive control without mental interest in the process whatsoever. The food my body ate was as impersonal to me as the food given to an animal or to another person.

My body, likewise, acted under instinctive control when it felt the necessity for air or exercise. It sometimes walked itself in the park where it knew the way, and it would come back unerringly, but it was not I who walked for *I was forever in the high heavens of indescribable ecstasy, forever talking with God in His thought-language of Light.*

IX

It is impossible ever to convey to anyone whose inner vision has not yet begun to unfold a dynamic understanding of that transition from the sensing of a Mind-controlled body to the knowing of Mind which has been severed from the body. I shall do my best to explain it by describing what happened.

I cannot relate anything to time, for time ceased to be. All I can say is that there came a time after that blinding flash in which I became

aware of *"knowing all things."* Somewhere in the Bible it says something like these words: *"Ye shall have an anointing of the Holy One, and ye shall know all things."*

On the face of it, such a statement seems incredible -- but it is not. Our concept of knowledge has been built upon the complexity of multitudinous *effect* instead of the utter simplicity of the cause of complex effect. *Cause is .as simple as the three mirrors in a kaleidoscope, while effect is as complex as the infinite repetition of a few pieces of broken glass reflected within those three mirrors.*

We can comprehend effect but we cannot know it. We can know only the CAUSE of effect. Encyclopedic information is not knowledge, but that is our concept of knowledge.

In one timeless flash I "knew all things." *All that I have ever written since then are but three-dimensional extensions into a universe of time and space.* It DID take time to think them into form and write them down, but to KNOW all things was timeless. All of my chemical and astronomical charts were made before I knew the names of the elements or of stellar formations.

Illumination into the Light means just that — for it is the Light of all-knowing, or the Light of love, which is manifested by THINKING

God's all-knowing into complexities of patterned form.

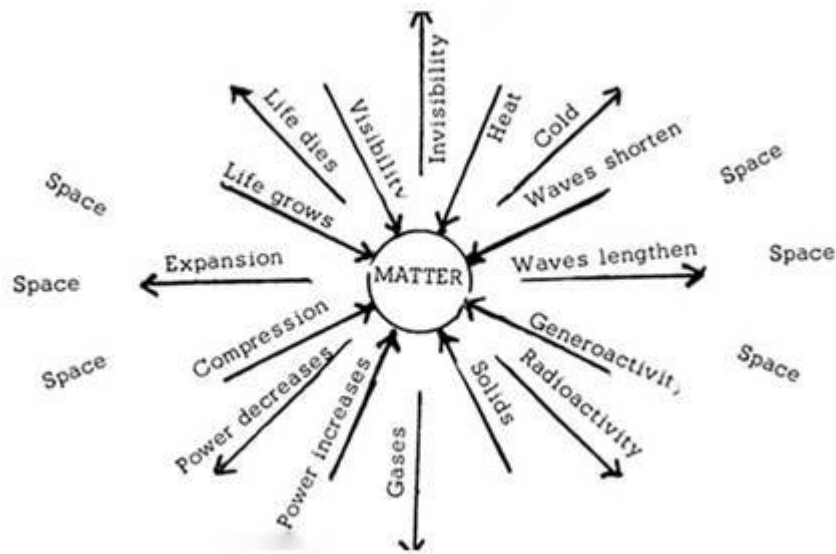
I instantly, and timelessly, knew the still undivided Divine Light of God which is the fulcrum of life and power; also I knew the heartbeat of the divided light-wave universe which manifests love, life and power in matter. And I also knew that Mind – and Soul -- and God – were One, the ONE invisible, omnipresent, omniscient, omnipotent Creator of all visible things in all this universe of Mind which God is.

I also instantly and timelessly knew that the undivided cosmic Light of the God of Love was what God is – and that the sensed electric- wave universe of motion which simulates love, life and power, had no reality whatsoever. I knew it for what it was – God's thinking – God's imagining – pure illusion – simulation – self-voiding forms thrown on the screen of space to manifest changeless idea by setting it in motion to produce the effect of change.

Thus knowing the universal heartbeat, I knew the electric-wave, or universal pulse, to which all moving, creating things were geared. *And thus knowing the wave and its octave pulse beat in cyclic rhythms which spelled their rhythms out for me always as zero – one – two – three – four – zero of generoactive life – and four – three – two – one*

– zero of radioactive death, I then knew all cause and comprehended all effect.

There was nothing to know but God’s one whole idea of Creation which is represented in the following life-death diagram by the changeless ZERO of the spiritual Mind universe of REST – and by the heartbeat of this pulsing electric universe of moving waves.



The dynamic principle of the universal heartbeat.

This diagram is given to you now as the first simple step toward your acquisition of all knowledge of CAUSE and all comprehension of EFFECT.

During the whole construction of this light-wave universe in this entire course of study, the basic principle diagrammed will never be departed from or exceeded, for there is nothing in Nature, or in your

own life, or in your thinking, or in any action of yours which can vary one whit from this basic electric pulse beat of Creation.

Nor is there anything the chemist, physicist, metallurgist, or engineer can exceed beyond this formula or vary it in his work. Likewise, the poet, painter, inventor, musician or architect is limited to this simplicity beyond which he CANNOT GO and to which HE MUST CONFORM.

Likewise, the healthy growth of your body, or the conduct of your friendly or business relations, *must conform to this principle of BALANCE or else suffer the consequence of whatever unbalanced residue remains from lack of conformity with the heartbeat of the universe.*

As we proceed to unfold this principle by its application to the many departments of life and work, other series of words will be used which have different connotations -- and therein lies the seeming complexity which makes everything you do *seem* difficult.

The difficulty of that seeming complexity lies in the popular belief that CAUSE and KNOWLEDGE are complex while CAUSE and KNOWLEDGE are utterly simple – but INFORMATION CONCERNING EFFECT is so utterly complex that it takes many large volumes of encyclopaedias to write it all down – and yet not

one thing in those vast volumes can possibly vary in principle from this simple formula of action-reaction sequences of expressed energy which is the electric heartbeat of our physical universe.

The reason why a genius is able to do so many things in a masterly manner is because of his constantly *growing knowledge of the universal heartbeat* which multiplies power in him as his inner sensory vision unfolds.

This cannot suddenly unfold in you except by cosmic illumination, but you can vary greatly accelerate its unfolding if you will *open your heart to these lessons and get their essence into your Consciousness instead of just photographing them upon your brain.*

If you just photograph them upon your brain, you can remember and repeat them but you will not know them until deep thought and much meditation – while alone in your chamber – make them a part of your Soul pattern. The more you do that, the more speedily you will extend your inner sensory perception toward CAUSE. Until you do that, you have no knowledge whatsoever for knowledge is cosmic – it is mental – while the brain is but a recording instrument which *senses* impressions recorded upon it and cannot KNOW anything.

Electrical awareness of EFFECT must not be confused with cosmic awareness of CAUSE. Electrical awareness means only the outer sensations caused by bodies of matter in motion – while Cosmic Consciousness means an inner awareness of Soul, the Universal Soul of God, which man is to the extent of his awareness of his unity with God. Electrical sensation must not be mistaken for cosmic inspiration, nor for thinking, nor for knowing.

* * * * *

CONCLUSION

There now remains but one never yet explained mystery which all Illuminates experience, even those who have but the slightest flash of it. All experiences are accompanied by great seas of color which the eyes do not see for the eyes may be closed. These color flashes are the beginnings of the unfolding of inner sensory perception. They are the effects of inner vision – which means the division of the color spectrum in that part of the color range which is invisible to the outer senses but perfectly visible to the inner senses of one who has found that “inner kingdom.”

As the usual one to four cosmic flashes – which are the sum total of most Illuminates – never take them so far within the inner “gates” to the very zero of the undivided Light, these Illuminates are not fully aware that they are beginning to “see” God’s creative processes which are fully revealed in His divided spectrum.

No one but a Consummate Illuminate ever attains this center of stillness, and then only by a continuity of cosmic experiences during many years of preparation. As my own “flashes” began at seven years of age and continued until I had forty-three of them up to 1921, and as seven of these were long extended ones, the last one continuing for thirty-nine days, I thus attained that center wherein the whole 360-degrees of the invisible spectrum became known to me as clearly as the very small range of the visible spectrum is known to those who are limited to the range given to the outer senses.

During this life period of gradual increase of inner vision, I sensed the increasing color range which indicated the processes of the construction of matter as a periodic “passing through nine gates” which reached from Creation back to its Source in the zero of undivided Magnetic Light which God IS.

These “gates of light” through which I entered were the nine octaves which constitute the whole color spectrum. Five and one-half of these are known by the outer senses of man and have been charted by him in what is known as the Mendeleef Table of the Elements. During my 1921 prolonged illumination, I charted the whole nine octaves from zero to zero. This completed the spectrum cycle given by me to Science in 1926, which gave me my Doctor of Science degree in 1941 and also gave atomic energy to the world.

Thus it is that I knew God’s ways and processes in which His universe of electrically-divided light came into being without the necessity of consulting books or experimenting in laboratories. Also I was removed from the dangers of deception by the illusions of motion which the outer senses are unknowingly subjected to. These deceptions have led to such a mass of wrong conclusions by those who have relied upon them that the present electrical concepts of man are quite the reverse of Nature’s processes.

Unfortunately for the progress of science, man is peering into EFFECT to seek the CAUSE of effect. Cyclotrons, microscopes and telescopes will reveal EFFECT only, for CAUSE is not in them. Unfortunately, also, for Science, its outer-sensed conclusions are so

utterly convincing that the true concept as visioned by a Consummate Illuminate – whom the world knows only once in thousands of years – is deemed worthless. Instead of realizing the infinitely priceless value of such a visitor to the human race, he is calculatingly suppressed lest the beloved traditions born from sensed conclusions be destroyed.

They cannot be destroyed, however, for the day will come, even though it may be one thousand years from now, that the revelations which shall be given to man by Lao and me in this course of study will make a new world based upon its cosmic Truths.

These revelations will live in YOU who will know them, and through YOU the world will someday KNOW what YOU shall know.

A handwritten signature in black ink that reads "Walter Russell". The signature is written in a cursive style with a long horizontal line underneath the name.

THE STORY OF MY GOD-AWARENESS

By
Lao Russell

I

That rare experience into Cosmic Consciousness, known as the Illumination, means being transformed into God-awareness. That is why I use that word in the title to this story. I also use it to indicate to you that God- awareness is as much yours when you are ready for it as it is mine and every other of the great Illuminati who have given the world its present culture. I also use it that way because it was never a “happening” or “transforming event” to me as it was to all recorded Illuminates of the long ages.

A “happening” must have time and place for that happening. I was never thus “transformed” from the physical to the spiritual. There was never a time or place for my illumining for I was born into it and never lost it. God- awareness was natural with me from birth and became more and more real as I learned to talk with Him

knowingly in my early infancy. He had always been more real to me than any human being could ever be.

So vivid is my Soul-recording of the inner ecstasy I knew as a child that just recalling it always gives me the power to meet the human challenge of living in a body-world and meeting its many tensions and frustrations with knowledge of how to overcome them in myself and to extend that power to others as I grew older. Illumination gives one that power through awareness of inner vision and inner hearing that gradually becomes absolute. To make that fact clear to the world is one reason why I wrote *GOD WILL WORK WITH YOU BUT NOT FOR YOU*.

As you can now see by the above, my adjustment into the body-world of man was in reverse to the usual adjustment of those who must be “transformed” into the status which I never lost, for I was fully aware by the age of three that other humans did not think and react to life as I did. I had to learn to live in two worlds – my inner-world, which I could not speak about without meeting worried looks and doubting, and man’s outer-world, which I thought very strange and somewhat stupid. My bewilderment as a small child was in trying to adjust myself to the sensed-world in which I was

compelled to be a part, and to keep from speaking of “my world” which I found they could not understand.

I was always aware of the fact that I could gain knowledge and power to do things by talking to God about what I wanted to know or do. I avoided books and teachers, as I later found that all inner-visioned geniuses and mystics always do. My husband was a noteworthy example of this power of inner-visioned men, for he discarded books, teachers and schools at a very early age and became entirely God-taught.

Like him, I found that anything I desired to do, I could do. Many years later, when we were working together to interpret my conception of the Christ which is now in our garden and the face upon which he was working was not as I had conceived it, he said,

“You do it yourself. Your power of expression is equal to mine because you have discovered that whatever you have conceived in your Mind, you can give a body to, which will image your conception. The fact that you have never before touched clay does not enter into it. The technique of anything melts into insignificance when knowledge and desire are strong.”

The circumstances of my family life during my childhood were such that I had much aloneness. This was wonderful for I was thus enabled to “grow up” alone with God. My distinct God-awareness from early childhood led me to the realization that all children are born with spiritual Consciousness, for they alone have the great Mind-imaginings which are evidenced in their love for imaginative and symbolic stories. I am convinced that children thus born are of the “kingdom of heaven” at birth, but become transformed into sensed physical beings through the necessity of using their senses for survival of body alone or for satisfying body tensions, passions and frustrations, or for the acquisition of possessions for the purpose of experiencing pleasurable sensations. When man thus gives all of his time to his body demands and no time to be alone with God and his immortal Self in communion, is it any wonder that he, himself, weans himself away from his divine birthright?

When Jesus said, “Ye must become as a little child for of such is the kingdom of heaven,” He meant just that.

This explains the difference between my continuous God-awareness from birth and the transformations into God-awareness of the thirty to forty other known Illuminates who had “forgotten” or failed to

retain their early God-awareness. God will not allow this forgetfulness in those whom He is preparing for Messenger-ship to the human race. When the appointed day arrives for their severance from body to Mind, they are illumined into the Light and made to find His purpose for their transformation. This often means the complete withdrawal of the illumined one from the world of sensation for long periods of adjustment and understanding through continued communion with God. History tells of Buddha's withdrawal under the shade of a banyan tree – of Jesus' retirement into the wilderness for forty days of communion – and my husband's withdrawal for thirty-nine days and nights to write down his communion in THE MESSAGE OF THE DIVINE ILIAD for man and the completion of the Mendeleef table of the elements for Science.

I would say right here that God's whole creating universe is purposeful in its every part. Every man's destiny is based upon the gradual discovery of his Self, his purpose and his destiny. As children grow older and farther away from God, and talk more to man as man, and less to God, they lose their contact with Him as they sail out on the sea of physical experience.

A child, however, is actually born with full knowledge of his purpose and destiny for it is in his very seed and Soul. In other words, all of the qualities of the invisible Mind-universe are in him at birth, but as his body grows and asserts itself more and more strongly in the “ survival-of-the- fittest” body-world, he gradually loses his awareness of those spiritual qualities. They are there in him, however. They still center his Soul-seed until some sudden flash of the cosmic Light severs his Consciousness from his sensed body.

Body experiences wean him away from spiritual awareness of his cosmic purpose. They also wean him away from awareness of his cosmic identity for he begins to view God from the viewpoint of body rather than of Mind. As his body experiences more and more physical sensations, his senses convince him that his body is his identity.

In his outer-sensed world of physical activities, all that is cosmically omniscient in him lies dormant within his sleeping Consciousness until, suddenly, some great flash of God-awareness awakens the Light in him and he is at last transformed into his Mind-identity,

with almost complete forgetfulness of his body-identity during the period of his severance.

That is what all Illuminates mean when they say – like Paul – that they were transformed in a flash into another being and can never again be as they were.

That is the overwhelming experience of the few world Illuminati, but I would not have written this story if it were not for the fact that a second Dawn of Consciousness is giving birth to thousands upon thousands of people who are beginning to hear that Inner Voice of God trying to reach their Consciousness in lesser illuminations than great Mind-severing flashes – *but they do not know what it means*. All they know is that they are becoming different beings. They feel an ecstasy of inspiration which they have never before known, and it sets them to seeking – seeking – for its inspiring Source and not knowing where to seek. Very often, from not knowing where to seek, they are led away from the Light they seek into the dark of imagining that voices of the dead are trying to speak to the world through them. Many of these are so bewildered that their mental exaltation develops in them what is known as “the Messiah complex.”

These thousands are the ones we seek in order to tell them what is happening to them, and to have them so fully comprehend it that they will know how to control it – *for the future of the human race lies in their hands*. These thousands are the seed of the new Cosmic Age which will arise from this second Dawn of Consciousness, the first being that one which transformed man from his jungle-animal stage into the barbaric-human stage of his early beginnings. It is vitally important that these saviours of the race fully comprehend that their inner-sensory powers are beginning to unfold and thus save themselves from useless seeking from cult to cult, and one belief after another, until they are lost in its confusion and bound by the physical demands made upon them by the many systems of belief which they are compelled to support.

We must tell them that *there is only God and themselves in the universe*, and there is nothing *between* that Oneness. We must explain God's ways and processes so thoroughly that they can see that *their own ways and processes are like unto God's*. This we shall do in this course until they gradually see that God's Identity is like unto their own, and with that supreme discovery will come the realization of the Oneness of all Intelligence in the Light of the One Mind which controls all. Man, the unknown, must become the known. It is

useless to say, "Man, know thyself," in the face of such bewildering mysteries which accompany the slow unfolding of intelligence in the human race. Only one who has been cosmically illumined can make another comprehend the awakening which is taking place in these thousands. This awakening is rendered more difficult by condemnation and suppression by parents and friends who do not understand it. Even the genius child is condemned by his own parents and teachers as being subnormal because they do not recognize the symptoms of Mind-illumining when they are confronted by them.

That is why we must teach the Science of Man until the whole human race not only understands the relation of body to Mind but also understands that the human race is not in its highly unfolded state at this time. On the contrary, it is only in its very early beginnings. It is, in fact, still in the barbaric, marauding, killing stage of its emergence into the human state — which was only a very few thousand years ago.

This is a tragic period for the unfolding of man. Unless he very soon becomes aware of his sleeping divine inheritance through the comprehension of the thousands of messengers whom God is now

born into the world, he will face another dark age of long centuries. These few can save the many, but only if these few comprehend that God is trying to reach their Consciousness to unify their identity with His. That is the one thing I have known all my life from the age of three – and have been preparing for all of my life to be worthy of giving it to the world of man. My whole life since then has been a preparation for that task. In my early years, I had thought of that task as mine alone and was eager to grow up in order that I could fulfil it. Later, however, my inner vision told me that another, in a far country, was also being prepared for the same task and that we two would unite as ONE in fulfilling it. And now I shall tell you that part of the story so you will better comprehend God's control over the destiny of all creating idea forms, which we call bodies, by sending messengers who KNOW to give knowledge to those who are beginning to know.

* * * * *

II

For your better understanding of God's ways of creating bodies to become actors in His play of Creation, it is well to pause here to

explain very briefly one of God's ways which is as yet unknown to man. Later in this course this unknown principle will be more fully explained, but it is necessary to sketch it briefly here in order that you may more fully comprehend why and how God prepares His Messengers for specific work, and *why it takes time to prepare them*. Give thought, therefore, to the following and learn to apply it to everything you do in life, no matter how great or small.

1. Man, the creator, is outside of everything he creates. He thus finds himself in an objective universe of many things, of which he is just one of those many things.

God, the Creator, is within each of the countless electrons which make up each atom of it. In Him, the objective universe disappears into just one omnipresent thing – of which He is that One Thing.

God cannot be omnipresent by being outside of any part of His universe. All of His desire is as much centered upon the smallest thing in His Creation as upon the largest thing in it. To Him, the smallest particle is as important as the largest galaxy. He sits upon its centering throne and controls it. He guides every animal form by instinctive control and every mineral

form by its electric prototype, which we call polarity. Thus it is that He centers all things to guide and teach them from within them. And He extends two balancing poles of gravity from His centering throne to the two halves of their electric bodies to make them aware of their subjection to His one Law of Balance. Now apply this knowledge to yourself and you will have a better and more vivid idea of how close you have always been to God without being aware of it. Also imagine God sitting upon that throne of your Soul, patiently waiting your slow unfolding as part of His Creation to the time when you will hear His Voice.

2. Knowledge is timeless, but its expression in the creation of bodies in a three-dimensional universe takes time. Time itself has no existence in Mind. It appears to exist in Mind-thinking because thoughts are divided into sequential events. You must understand this for when you know God sufficiently to talk with Him, you will find that He gives you a great amount of knowledge in a timeless flash, but it takes you a long time to unfold that knowledge into a three-dimensional projection in time and space. You lose some of it as you transform the spiritual conception into body-form, but the God-Light is

always within you and will always give you as much at a time as you can bear.

3. The most fundamental principle of Creation – which is as yet unknown, and unsuspected, to Science – is the fact that everybody and every effect which God creates in Nature is brought to its maturity by four consecutive rhythmic efforts – not just one.

This is as true of the slightest sound as it is of a man or a sun. It requires four different bodies of entirely different qualities to make one body which you can now say is a man, or the sound of a harp string, a sun, or the element carbon. More amazing still is the fact that each of these four bodies is an oppositely-sexed pair. Full knowledge of this inter-relative principle will give tremendous impetus to the sciences of biology, chemistry, metallurgy and medical practice, for no idea or effect can ever be completed to maturity without having made these four transitions in tonal “step-ups” of power and transmutations of attributes and qualities. More important still is the fact that no chemical, animal, or sound body can repeat itself, or escape the unbalanced tensions upon which all body diseases are

founded, or reproduce its kind, without making these four efforts. More amazing still is the fact that the end result of the completed body is dependent upon the balance or unbalance of the four successive foundations laid for it by these “step-up transformers” of Nature, which all electric waves are.

Later you will comprehend more of this biggest – but unknown -- principle of physics, as well as of your own destiny, when you become more familiar with God’s octave wave units of light with which He builds His universe and you. You will also be interested in how He does it, and how He controls and records what is being done. The special necessity of its brief mention here is because you must understand why it takes no time at all for God to give you all the knowledge you need to become His Messenger, but the action you must give to interpret that knowledge into words, experiences and other demonstrations of it takes long preparation. It must pass through those four pairs of efforts and you, yourself, must be the source of those efforts, as well as its result. That is why you eventually become exactly what you think. In other words, every creating thing must unfold from its invisible Source into the time and space world in four pairs of tonal efforts before it

can mature into the idea intended. This is Nature's life principle. It must then refold by the reverse four-tonal process. This is Nature's death principle. This is as true of a human destiny as it is of a tree or solar system.

I hope you will now have greater comprehension of the time element which was necessary for me to unfold from my Mind the knowledge which you must refold into yours, and why my husband and I must take many years in giving to the human race that which took so many years of unfolding in us.

III

The above interlude will give you more understanding of my meaning when I say God gave me a purpose to fulfil, as He also gives everyone a purpose to fulfil, the only difference being that I was enabled to unfold my purpose knowingly – never losing it – instead of losing it by body demands while manifesting life in the body as other people do. Some day the full story of the unfolding of my inner-sensory perception will be told in greater detail, but the result of that inner-knowledge is more important to be given at this time.

I vaguely felt that I had come into the world at a crucial time in its history. Its downfall toward another dark age had already begun. Cultural standards were lowering and just ahead were the agonizing wars where millions would kill other millions as retribution for the international marauding and killings of the empire builders, which filled the hearts of men with the enmity of hate and fear.

As time progressed, I became more and more distinctly aware that I was being prepared to make man know God. I became aware, also, that I was but part of that Message to the human race. During many of my early days of aloneness, I found myself talking to the whole world of men who seemed to be right there in my room or in the woodlands where I wandered. Always the theme of my discourses to them could be summed up in these words: "Man is not bad. Man is good in his heart. There is no evil in man. Man cannot be bad for God is always with him. I must make him know God. He will then know that he is good."

As I grew older, I felt myself more and more to be a part of that other who was also being prepared for the same purpose, and my Inner vision one day told me that he was in America. Thereafter I

often felt myself in communion with him, becoming aware of the burden of his long preparation and knowing that he shared mine.

In 1921, I felt the overwhelming experience he was undergoing and made a desperate attempt to go to America, but a young girl in an English family such as mine, and the conditions of my environment, made that attempt an impossible one.

It was not to be, however, and also it should not be. He had twenty-five more years of difficult preparation to make, and he was commanded to await those twenty-five years before beginning his activities while the world made more ready for his Message by deeper suffering.

I also was not ready. I was still very young. The demands for my preparation were to lead me to many far countries to look into the hearts of men and know that man was good, for God was in him and he could not be bad. For months I lived at the foot of the pyramids in great aloneness and looked into the hearts of desert tribes and world travellers alike. I found naught but good when I look into the soul, but a great vision came to me on that desert waste – the vision that man's belief in evil was confined to his *senses* only, and the *senses of man are not man*.

There came unto me the full import of the one thing which could alone save man, and that one thing was the discovery by man of the Light of his inner- Self and his identity with God. Many years later, I discovered that my husband had been commanded to make man *know God as a scientific fact, and to know God's waYs and processes as the means of saving civilization from the rapid decadence which it has been experiencing since the year 1900.*

This means that the upward turn in the spiritual unfolding of man is dependent solely upon his transformation from being an *outer-sensing* body to becoming an *inner-knowing Mind*. This also means that there can never be a spiritual rebirth of man until he has first become transformed by the discovery of his inner-Self unity with God. That is the great import of the Message which God was preparing me for in my way and my husband in his way. It was one Message, however, of which, let us say, I was to be the mother and my husband the father.

It is a strange fact that every illumined Messenger whom God has sent into the world with full preparation by Him to save mankind from belief in his own man-made evil has given that very same Message to the world of his day. Every one of them, without a single

exception, has told man that he never can know love or the “peace which passeth all understanding” until he has first sought, and found, the Light of the “kingdom of heaven which lieth within man,” to quote Jesus, or “The Brahmic Bliss,” to quote Buddha.

The Messengers differed but the Message was always the same and always will be until man heeds it. That Message of unity which says, “My Father and I are One” and “all men are one brotherhood” has always been the same and unchanged since Krishna spoke those words in ancient India to the days of the modern Messengers, Baha’u’llah and Mary Baker Eddy.

The only element of change, which makes successive repetitions of the Message necessary, is the comprehension of the people of successive ages. No matter how true the words may be, they are ineffective when they convey no meaning or convey false interpretations of meaning. Our present civilization has a greater power of comprehension than past civilizations had. The boy of ten who comprehends radar can comprehend omnipresence. This electric age has prepared man with power to comprehend the Message now for it can be expressed in scientific terms instead of abstract ones. Likewise, God can now be scientifically verified. That

is why God prepared my husband during a whole lifetime to give man a scientific comprehension of God and, likewise, prepared me to give him that comprehension as a living philosophy.

IV

And thus it was that the years of preparation passed in great aloneness for both of us. I found myself in far countries still within the soul of man, and Doctor gave the world its first knowledge of the existence of the trans-uranium elements and the hydrogen "isotopes." In the meantime, civilization continued its downhill plunge toward the chaos which it had made for itself by its centuries of sowing the seeds of hatred and fear. Man killed by millions instead of the hundreds of yesterday. Brutality and slavery, heretofore unknown in world history, became the order of the day. Treason became commonplace and the cultural arts became as decadent as the last fall of man when the culture that was Greece was thrown into the sea.

The day of our united action was at last at hand, however, and deep within I knew that the time was near when that destiny for which I had been born was to be fulfilled.

I had come to America – the country that had “called” me from my birth – and finally settled in Boston where my inner-vision led me for my last years of preparation and communion in great aloneness. My inner-sensory perception was so intense in those last three years of my preparation that I knew every moment must be used to write down the essence of my inner-knowing. Many of these writings, which had been started at the foot of the Pyramids, you will read all through our HOME STUDY COURSE and in my book – GOD WILL WORK *WITH* YOU BUT NOT *FOR* YOU.

A few months before the greatest severance of Mind and body I was yet to know, I cried out to God in my human impatience: “God make known to me my work and guide me to that one with whom I am to share the Message.” In the deep stillness that followed my plea, God’s answer came: “Rest a while on the Hill of Tranquillity.” That brief instruction brought the glorious peace to my heart which passeth all understanding and, patiently, I awaited my appointed day.

Three months later, the full glory of becoming all Mind was mine and I knew my final days of preparation were over. The life experiences so necessary to prepare one for God’s work had been

completed and I knew that from that time forward every moment of my life would be lived for Him alone.

For three whole days and nights from January 14 through January 17, 1946, during my severance from body-sensing, I knew myself one with the rhythmic 1, 2, 3, 4 pulsing of God's light-wave universe. I knew the untold power of the whole universe that centered me for which there are no words although the instructions were clear in that "wordlessness" of knowing. Those of you who have known but a flash of illumination will comprehend what I mean by "wordless" knowing.

In that Oneness with all Creation — and yet apart from it — I *knew* I must forever hold within my Consciousness all that was revealed to me and in the three months that were to pass before the physical meeting with that other half of me, I wrote down many pages of that inner cosmic knowledge that God revealed to me in those three ecstatic days and nights. In those timeless hours, I knew we must not fail in the giving again of God's Message of Love, for if we failed this time it would be another three thousand years before man would be ready to hear again a cosmic Message from our Father.

I knew the assurance of personal power to undertake my great task and that very soon the one with whom I was to share the work of giving it would be by my side.

God had taken me unto a high mountain top for my illumining and it was then I vision the very mountain top we now live upon in Virginia. It was to be almost three years later that I was actually to see this mount of my vision – but it was exactly as I had vision it – although I had never expected to see it in form for such a place had not been part of my human planning.

I returned to body-awareness with these “wordless words” indented in my Consciousness: *“You shall know space but never emptiness.”* Those words held a world of meaning for me then as they have done ever since. I was many times to recall them in the momentous years ahead and draw great strength from the message of assurance they contained when in the “space” of waiting for specific instructions from God I was to know His Presence always and never the “emptiness” of *unawareness*.

V

In March of 1946 – three months after my completed illumining – that one whom I had telepathically “known” so long came into my

life. Our meeting was as though two rivers flowing into the same valley became one. The power and the glory of that unity of purpose was ours.

And now we but live and work solely to fulfil our sacred trust to illumine mankind with knowledge of the Light of Love which alone can give to the world the happiness and peace which all men forever seek.

La'o Russell

SOME EFFECTS OF ILLUMINATION

I

The first and most conspicuous effect of illumination into full Cosmic Consciousness is the utter absence of evil, sin or shame. There is no thought of such an unbalanced condition while in the one ecstatic condition of perfect balance – which the Light of love is.

When we say there can be no thought of such a thing, we can best transfer that thought to you by asking if you feel the slightest thought of falling while you stand in balance. You obviously cannot for your senses will not vibrate to tell you that you are falling until you actually begin to fall.

Likewise, when you are perfectly comfortable, your senses will not tell you that you are uncomfortable until you begin to be. You will then put on a coat if you are cold, to bring your body back into the balanced condition of comfort.

Illumination into the Light of Cosmic Consciousness transports you immediately into the Light of all-knowing of CAUSE which balances and controls all EFFECT. *The cosmic spiritual Light IS balance.*

That which man calls evil, or sin, or shame – or any of its attributes such as anger, jealousy, worry, fear, cruelty, lust, or the greeds which lead to murders and wars – are unbalanced conditions created by man who has not yet known God and, because of it, has not learned the Law of Love which demands equal interchange between all opposite conditions in all human relations Man, himself, has manufactured evil, sin and shame because of the impossibility of keeping himself in balance. His material greeds impelled him to take what he wanted without giving in order to be regiven.

There is no such thing in Nature as evil, sin or shame. Nature is never unbalanced. The heavens give of light and rains to earth and earth regive equally of her forests, and crops, and vapors which replenish the heavens. Nature does not cheat, lie or steal. It only gives and regives. When man learns that lesson from Nature, his civilization will be as eternal as Nature is eternal.

THE LOVE CYCLE II

The very essence of the love principle is the action of giving and its reaction of regiving. This action and reaction is expressed in every electric wave, every physical event of every living thing, and in the creation of every particle of matter. Every visible moving form is given to Creation by the invisible universe of stillness, and must be regiven to that invisible stillness.

The seed gives all of itself to unfold into a tree. The tree regives all of itself to refold into its seed.

The earth gives you your body but you must regive it to the earth.

Space gives you your breath but you must regive all of it to space. Everything on earth and in the heavens which appears as a material moving body must disappear into the invisible stillness from which it came in order to reappear as another visible body.

That forever-repeated action and reaction of giving visible substance to idea and regiving that substance back to invisible Idea is all that constitutes the process of Creation. There is no other process in all Creation.

The universe is founded upon love. Love is its fulcrum. The love cycle of giving and regiving is the expression of love in the visible universe of motion. If both expressions of the love cycle are balanced with each other, the result is what we call GOOD. If they are not balanced, all of those things which we call ills, diseases, frustrations, misfortunes, failures, hatreds and enmities arise from that unbalance.

The secret of life is to learn how to balance one's transactions so that the givings and regivings are equal and in balance with each other.

In the still universe of love unexpressed lies all CAUSE. In the moving universe of action and reaction lies all EFFECT. Effect is always divided into four pairs which must balance with their One Cause. The very living of life is a continuous lesson in learning to balance *effect* with *cause*.

As every effect which you do set in motion is a pendulum which will return to bless or smite you in the measure of your knowledge or lack of it. it is imperative to your welfare that you open your heart and Soul to what is herein written and not sift it through any traditions, or cults, or teachings which have been so deeply impressed upon your brain, by sensations or

emotions, that all you have accumulated in a lifetime are but abstractions which you forever repeat but cannot possibly explain.

That which your brain alone has recorded, you do not know and, therefore, cannot explain to others, *or even to yourself*. That which you know in your heart and is recorded within your Soul remains with you throughout the ages and is reincarnated within the seed of you for adding to it life after life as you journey through the ages of your final goal of complete unity with the Light of God which you are gradually knowing, a little at a time, as you walk and talk with God to know Him in you, more and more, day by day.

III

There is much in the Message we are delivering which probably will not be published for years and much which is personal in the nature of instructions as to time and method of delivery.

We will now give you some of these unpublished pages so that you may know how explicit is every detail of the unfolding of any of God's plans when you work together with God as ONE. We hereby quote:

"Thou art the Light.

"Content thou never shall be with a reflection of the Light in man s outer vision.*

"Content thou never shall be in man's universe of dimension.

"Content thou shalt be only when in communion with Me upon thy mountain top.

"Thou art ecstatic man.

"Thou art the herald of ecstatic man to come.

"Thou art to unloose the bindings with which man has bound himself.

"The ecstasy of my Light is thine.

"The agony of man's revilings shall be thine in generous portion.

"Heed them not, my Son. The capacity for ecstasy is measured only by the capacity for suffering. Therefore rejoice thou in thy suffering.

"Gather thou all the nations of the earth and sing to them my words written for ecstatic man in Light upon thy pulsing heart."

* * * * *

“Go thou in all humility and heed not thy crucifixion in the hearts of ten times ten million men.

“He who comes to man bearing inspired knowledge does man crucify. Crucifixion awaits all inspired messengers of the Light.

“Truth lies beyond the crucifixion.

“To tear down the idols of man and open the doors which lead to eternal life in the knowledge of the Light shall be thy Father-Mother’s work to do.

* * * * *

“Teach thou those laws by which My universe is bound. Such laws are within the comprehension of man and none are beyond it.

“Avoid thou, therefore, such wordings as psychic things and powers, and occult things and powers, which mislead man and tempt him toward his early imaginings, and answer thou all questions dynamically.

“All man’s questions are answerable in Light.

"Thou art Light. Thou canst answer them."

** * * * **

"Confine thy teachings to thy written words translated from thy

Father-Mother's rhythmic words in Light.

"Preach not thou, nor teach, beyond what thou hast written down, for thou art man and-full of man's failings.

"Answer no man that which has not yet been written down by thee. even though thou knowest the answer in the universal language of Light.

"Man's words are treacherous things of many meanings, therefore meditate when queried beyond thy translated words, until thou art alone in Light, then answer by thy well considered written word.

"Thy strength shall be in writing down thy words and exemplifying them in charts.

"Preach thou and teach through thy books. Send them to the four winds to all peoples and all nations.

“Have a care that any spoken words of thine shall not be beyond what thou hast written down, nor divulge, nor discuss with any man My vet untranslated words. This will be thy great temptation. Be strong. therefore, in this wise lest thou yield to it.

“Thy strength through thy written words shall be as a mighty rock which will withstand the batterings of the whole world of men, and thou canst teach and preach within them. But beyond them thy ill considered translations will be as a heap of sand to wear away by the erosion of soft blown winds.

“Hear thou these words My Son of Light and heed them.”

* * * * *

It has been commanded of me to turn man’s eyes away from his jungle, to tell him to look upon the face of the Lord and know God’s ecstasy in him. These are the words of the Lord. Hear thou them through me.

“The world of man is decadent. Go thou and resurrect it in My name.

“The beauty of my balanced thinking has man buried in his dank tombs and set ugliness in the images of man’s earth thinking as idols for his worshipping.

“Man-might is he placing before Omnipotence in Me.

“Love is he seeking to crucify – to deify brutality.

“Barbarity of his own inviting is e’en now crossing his horizon to crush him who would exalt it.

“The seeds of hate is he sowing for the babel of many tongues to multiply.

“I am a patient God. All men will come to Me in due time. but the agony of awaiting that day shall be theirs alone.

“And that day shall not come until man himself shall cleanse himself from his own unbalanced thinking.

“Prepare thou, therefore. My messenger to the Cosmic Age of ecstatic man, which is now in the deep dark before its dawning, and be thou ready for thine appointed day when man’s own chastening shall awaken him in Me.

“Seven years hast thou to prepare for thy first beginning to manifest thy messengership to man. Guard well thy knowing, and herald not thy messengership for these first seven years of thy preparing (1928).

“Then shall all the world begin to reap the harvest of self-inflicted suffering sown by his own hands in the seed of his unbalanced thinking.

“And the period of man’s self cleansing shall be another three sevens of years added to the seven of thy novitiate years.

“And thine appointed day shall be in the eighteenth year of those three sevens, and be thou ready for that day, for thou shalt know no rest in worthily preparing to fulfil thine appointed task. (May 19, 1946)

“Before that day of man’s rebirth in Me his self-made way of earth will be deep strewn with the ashes of his earth-planned tower of self-might, denying Me in him.

“Untold suffering shall await him on the blood drenched road which leads toward the jungle of his own seeking.

“Anguish will be his lot, and there will be weeping in every home.

“And many who see such agony in man will say to thee that a God of love cannot be if man be son of God, and God the loving Father-Mother of all men.

“But I say to thee, all men are one. The thinking of one is the thinking of all, and so shall the world-harvest be that which was sown in the seed of world-thinking. Man’s world is the sum-total of man’s thinking. It is what all world-thinking makes it.

“If love be in the world, hate cannot also be.

“In the early days of this cycle My messenger of that day said; ‘Love thy brother as thyself, but man has not yet faintly comprehended its meaning.

“I now say more, for man is not now so new, and can well comprehend My meaning after the coming carnage by man shall have spent its furies, as the calm of earth’s storms always follow those storms.

“These words I now say for newly comprehending man of this new cycle:

“Love ye one another all men, for ye are one in Me.

“Whatsoever you do to one in Me ye do to all; for all are one in Me.

“Love thy brother as thyself. Serve thy brother before thyself.

Lift high thy brother, lift him to high pinnacles, for thy brother is thyself.

“For of a verity. I say, love of self, or a nation of selves, turns neighbor against neighbor, and nation against nation. Self-love breeds hate and sows its seed in all the winds to blow where'er it will. Wherefore say I, love of neighbor by neighbor, and nation by nation, unites all men as one.

“Serve first thy brother. Hurt first thyself rather than thy neighbor. Gain naught from him unbalanced by thy giving. Protect thou the weak with thy strength, for if thou use thy strength against him his weakness will prevail against thee, and thy strength will avail thee naught.

“Such is My decree which thou well knowest in the inviolate workings of My law which holds balance in all creating things.

See thou that man well knoweth this principle as the foundation of his new day."

CONCLUSION

We have herein given you parts of the unpublished sections of the Message which specifically command in quite some detail the very manner and method of its delivery – as well as its time for delivery.

We have given you these instructions for the express purpose of bringing deeply home to you the most important – even though hardly believable – fact of your life. This fact is that if you KNOW God in you, not just abstractly believing it with some slight reservations, and work knowingly with God, your life will be the highest of the high, forever knowing the peace which passeth all understanding, and your achievements will be mighty – for the divine YOU will be in them.

The knowledge of your oneness with God is not possible of instant acceptance by any human in its fullness, as you would instantly accept the knowledge that two and two are four.

Such illumination is too wonderful for quick unfoldment in man, for every cell in man's body cries out the selfhood of the body, and

every sensation of man tells him of reality as being in the senses. Outersensory, objective awareness in him is so strong that the transition to innersensory *creative thinking* awaits long ages of man's slow unfolding.

You are able to see and feel that which you have long believed to be you, and you have built up a sense of ego or individuality around and within your body which has forcibly separated you from all other men, for they are individuals also – human bodies of persons in countless numbers, all separate and apart from each other.

It is not a quick process to forget body and separability of bodies just by being told about it, even though you believe it. *Your body is the high hurdle which you must surmount in order to know your divinity.*

These stories of our illumination will help you to realize that you can put aside your body at will – TO A GREATER OR LESSER EXTENT – and know your divinity to the extent in which you can put your body aside.

In meditation, you learn increasingly to forget your body and increasingly become God-Conscious. Therefore, we say, walk and talk with God constantly, from moment to moment. Let meditation become a fixed habit and state of Mind. Let it get deep down into

your Consciousness that God is with you at all times awaiting to work with you.

When you realize that every cell of unfolding and refolding matter is centered by God-Light and controlled in its every second, and that every insect, bird and beast is instinctively controlled and watched over just as you are whether you know it or not, how much greater is that power of love which is watching over you when you KNOW it and work with it!

There is no detail of your life or work that you cannot take under instant advisement with God. Many thousands of times each of us has asked Him in our hearts – wordlessly – to guide our hand with His to give balance to sculpture, painting, writing, teaching or other work when it seemed lacking, and always the next brushstroke would be made by God's hand and balance restored.

The time has come when cosmic man should perpetually acknowledge God as companion and co-worker and cease to think of Him as The Almighty God afar off to whom he can pray when he needs Him and at all other times get along by himself.

When you are in a quandary, you are often prompted to seek some friend for advice, or if some friend comes in, you are apt to ask his

advice. That desire is prompted by your feeling of need for help, *but never ask of anyone before asking God.*

Make it the most *natural* thing you do to ask God about it. *This you will always do if God is ever present with you and you feel His presence as He works with you.*

Let us earnestly counsel you against asking or receiving advice from anyone. *No one can advise you unless he becomes a part of you.* Your problem must be his problem, and your desire for its solution must be his desire. No one can know all of your problem, nor can you tell it to anyone fully except to God.

How many people are there on earth who can be one with you through love? If you know such a one, you can then merge your unity – and God will be in your midst. Such love as that between perfectly mated men and women multiplies their power, for when husband and wife both belong to God, working knowingly with Him, each one is then KNOWING together, THINKING together and WORKING together with God as ONE.

This principle can be well illustrated by group thinking, such as a meeting of directors in a business, or in the Senate and Congress. Such groups should be as one man, for they all have the same

interests and problems. The problem of one is the problem of all. How useless would be the advice of anyone brought into such a meeting who did not take the interests of all into his heart.

Try to develop the intense realization that if there is but the one universal Mind of God, then YOU are that Mind, and YOUR thinking is God's thinking. *Meditation will do that – and the more you meditate with God by taking all of your desires and problems to Him, the more you will develop that oneness.* Every meditation is a partial illumination, for you cannot possibly open your Mind to God without God immediately responding.

And, above all things, do not desire the full illumination until and unless it comes to you. *It will come when you are ready for it and not before.* Rejoice in every partial illumination which you will always recognize by the ecstatic – or even joyous – feeling which inspiration always engenders.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Walter and Lao Russell

LESSON NUMBER 8

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

QUESTIONS AND ANSWERS CONCERNING MEDITATION, PRAYER AND COSMIC CONSCIOUSNESS

How often we have told you that the greatest miracle which can happen to you is the discovery of your inner immortal Self. We would say that again and again for a thousand times until you fully know that the “kingdom of heaven” is really within yourself. Let us add to it by telling you that one inspiring hour alone with God, in communion with Him in His Light, is worth more to you than all the possessions of all the earth, all of its jewels, its gold, yes, even its richest thrones.

This highest of all the attainments of man, we are trying to open up to you through your continued growth of comprehension. *Do not think it is easy for you to acquire such a high goal overnight.* That is impossible. Many write that they have followed our instructions carefully but cannot decentrate to the stillness of zero, try how they may. The following is typical of many such questions

QUESTION:

“Although your instructions seem explicit about decentrating to the zero of stillness, I have great difficulty in doing so at will. Does this mean to hold the Mind steady and quiet without thinking? If so, it is a very difficult thing to do. Just once have I reached the point of absolute stillness and it was beautiful. I was unconscious of anything but being merged in that pure Light. How I wish I could attain that state at will.”

ANSWER:

The more you can attain that state, the easier it will be to repeat it. Your question indicates that you make too great an effort to accomplish that result. This means that you are concentrating upon HAVING it happen instead of decentrating to LET IT HAPPEN.

Do not look for the symptoms of it. Do not expect it or try to make it happen. Just say to yourself, “I want to be alone with God,” and the majesty of that thought and your desire for aloneness with God will drive all things else from your Mind.

The effort you indicate you are making gives us the impression that you are making your brain very active in trying to make

your *Mind* become still. *Forget your brain. Forget your body.* Take the attitude that nothing in the world interests you, nothing whatsoever. Think of beautiful music to stop your thinking about your grocery bill, or your visitor who is coming, or any problem that weighs heavily on your heart. Meditation comes from the desire of the Soul. Do not let the brain interfere with your inspiring communion *from Soul to Soul.*

It is wonderful that it happened even once to you, for that means that it must happen again, and more frequently, as you open your heart to it.

You might as well expect to play a symphony after one music lesson as to expect to be able to decenter to that ecstatic state of inspiration at once. *You must realize that your unfolding to the point at which you have already arrived has been a long one.* You are ready for the Light NOW; otherwise you would not have so keenly desired it.

Our Light and our inspirations, however, cannot reinspire you immediately, for you always take instructions, or readings, first through your senses by recording them on your brain before

they are finally absorbed by your Soul to become knowledge, just as you have to take food into your stomach first before it is absorbed into the blood stream to become nourishment. The great drawback to the unfoldment of inner vision is that what is recorded on most people's brains never passes beyond them to reach the Soul.

Very many even expect to attain full Cosmic Consciousness immediately by applying our instructions. That is as utterly impossible as it is undesirable for one who is not ready for it.

* * * * *

Students often write us that they have "been in metaphysics" for twenty years and think that is a sufficient reason for the attainment of the highest and rarest of all human attainments. One can be "in metaphysics" for fifty years without having one's Soul touched by the Light for even one second.

The study of metaphysics, like university training, may give one much *information* without any *real knowledge*. Many great metaphysical authorities may be able to make many scientifically true *statements of fact* but have no *knowledge* of them whatsoever.

They would be unable to explain them if asked to do so. Such a metaphysical authority might be as completely unable to commune with God in his heart as a student of musical history and theory might be unable to compose even a simple melody, much less a concerto.

There are many throughout the metaphysical world who perpetually repeat the same scientifically true statements but cannot explain them because they do not know what they mean. Affirmations and quotations without explanations are meaningless even if true or authoritative. Of what benefit if a man says to you, "Be ye ever transformed by the renewing of your Mind," if he does not also tell you *how* to renew your Mind and what *with*.

We have heard such statements as, "All things are one," hundreds of times, but when asked to explain how the fifty men in the room, plus everything else in the universe, are one, they become as silent as the scientist becomes if asked what light is, or gravitation is.

The only way you can ever find that great treasure which is your Self is to be able to decentrate to the point where you can forget your body and be aware of your immortal Soul. We can tell you how to do this through these lessons, and can undoubtedly reinspire you with the Light of

our inspiration, but only through your own great desire in cooperation with the principles, practices and instructions we are giving you. We cannot even do that unless you let our Soul touch your Soul instead of just reading our words with your senses.

Metaphysical students and teachers have often told us that they have known some of the things we are teaching for twenty-five years. This is not true, for most of the knowledge given in these lessons has never before been known on earth. It has come to us cosmically.

We want this to be thoroughly understood, for it is important to you that you know the difference between stating a fact – which really is a fact – and KNOWING it. We will give you a simple example to exemplify our meaning.

For centuries, people have made these two true statements: God is Love and God is Light, yet no one up to this day has any knowledge whatsoever of their meaning. Until today, the *meaning* of love has a sex connotation to the average man – and the meaning of light has never been defined or explained by science. Every scientific theory of light is a physical one based upon waves and corpuscles.

If mankind ever knew the meaning of love, we would have had a different kind of civilization. Its scientific meaning as the giving and regiving of

Nature's process has never been known. Likewise, the scientific meaning of light, electricity, gravitation, magnetism, energy, polarization, atomic structure and many, many other things, has never yet been known on earth, and is being revealed in this course for the first time in human history.

So much for the true statements which *are made but not known.* There are an equal number of untrue statements constantly being made in both metaphysics and science which are believed to be true but cannot be tested as true or untrue because of lack of knowledge regarding them.

We will also quote two of these as examples. Metaphysicists and metaphysical books have for years been saying: "Get into the high vibrations of the Spirit, and out of the low vibrations of matter," and "It is only in your Consciousness so it is not real," not knowing that the Light of Consciousness is the only reality.

There are no vibrations whatsoever to the Spirit.

The Light of the Spirit is absolutely motionless, while the vibrations of matter increase with density and decrease as they approach the stillness of space. Such teachings are very confusing when one says

in one breath, “Seek the high vibrations of the Spirit,” and in the next breath, “Be still and know.”

There is one thing in particular which THE DIVINE ILIAD MESSAGE teaches that no one has ever heard of before, or taught. That is the *principle of decentration*. or expansion of the senses, in order to forget body and become wholly Mind when in meditation or communion with God.

Teachers have taught that one must *concentrate* in order to conceive idea for creative expression. Such teachings defeat the very purpose of meditation, for concentration focuses the senses to a point and thus forces body awareness, while decentration expands the senses toward zero and thus aids body forgetfulness and spiritual awareness.

Decentration is a relaxation of the senses to give freedom to the Mind to conceive idea from its Source, while concentration tenses the seat of sensation in the brain and prevents reaching beyond the electric activity of the brain into the stillness of the seat of Consciousness from where our knowledge comes.

Our teaching regarding *decentration* is an entirely new principle for no one has ever thought of — or suspected — it as an attribute of the

Mind until God gave us this knowledge and commanded us to teach it. You have read a few of the words of God's command in Lesson No. 7.

As proof that this principle was never before known on earth, or had ever entered human Consciousness, is that no word which covers that idea has ever been provided. The dictionary makes no provision for the thought. for the word "decentration" is not in it.

In the same sense, many will say that they know God and have always known Him, basing such a statement upon the *belief* that God exists. *Belief is not KNOWLEDGE*. We say to him who believes that he knows God, "If you KNOW God, you can define Him and relate Him to Nature and Nature's processes. Can you do that? "

Naturally he cannot, for no one has yet known God sufficiently to define Him as a scientific fact until He, Himself, gave that knowledge through His Message to those who are able to comprehend it.

That is the way God unfolds all creating things. He gives that for today which is of today.

If God had long ago been definable, there would be but one religion and one concept of God instead of many religions because of the many concepts of God.

Out of this new knowledge contained in The Message, and its teachings, will come the One God and One Religion.

Nothing can stop it for it is God's plan to blot out now the vast ignorance of man which is keeping him in the barbaric stage of unfolding, where he still kills in order to take and is himself killed because he still takes.

Until human relations are based upon the love principle of giving for regiving, which God gave as His One Law of RHYTHMIC BALANCED INTERCHANGE IN ALL TRANSACTIONS OF MAN AND NATURE, mankind will be on the descending direction of self-annihilation in the mass — while the few who do know, and who live the love principle, will survive.

And out of these few a new civilization will be born unto the glory of God.

We tell you this because of the present decadent state of man-in-the-mass whose ever-growing greed for possessions, even to whole world ownership, will as surely break him in the measure of his own breach of the law.

These present wars of man are the manifestation of KILLING FOR GREED, and greed must disappear before love can be in the world.

In relation to this idea, God's words in The Message are: *"If love be in the world, hate cannot also be."*

* * * * *

QUESTION:

"How long do you think it will be before people will stop praying to God as a God of fear and wrath and know Him as a God of Love?"

ANSWER:

Just so long as fear, wrath, crime, selfishness and greed, and the wars' which are their harvest, continue as the practices of man, just so long will his God be a wrathful, vengeful God who invents untold tortures for sinners.

Man conceives a God of his own image, and that conception which he imagines always reflects himself.

* * * * *

QUESTION:

“Why is it that people ever got the idea of a God of fear and wrath? The Bible is full of it. Why should it be in the Bible if it is not true?”

ANSWER:

When man first began to think at the Dawn of Consciousness, he then began to arise from his jungle ages and was slow to throw off the habits and practices of the jungle.

Early man was fearing man of wrath. He feared the wrath of all things, tempest and avalanche, torrid heat and icy cold which froze his infants at their mother's breasts. He feared the jungle animals and reptiles which smote him mercilessly, even as he, himself, smote mercilessly.

When he suspected the existence of a God, he could not think of Him in any other character than a wrathful God of fear for he knew naught else but wrath and fear and killing mercilessly – for he was still brute man and he could not conceive of any other kind of God than a brute God.

He could not possibly conceive a God of Love for he had not yet begun to have the slightest trace of knowing what love meant.

All during those early pagan and barbarian days, men appeased God and gave Him pleasure by slaying men by the thousands, sacrificing their own sons, and shedding rivers of blood upon their altars. They filled fountains with the blood of dozens of animals to baptize newborn infants.

They cleansed sinners by plunging them beneath those bloody founts which we still sing about in our hymns. That is the primate conception of God which grew out of pagan barbaric customs. So long as we believe that they are right, we will still be pagan and barbaric.

The entire Bible is a true record of the history of its day. It tells of the nature of people of that day and that record is invaluable to tell us the nature of past ages of people. Long after the Bible was assembled, gladiators still killed each other for the amusement of women and children of their day.

In the time of Jesus, the very altars were daily drenched with blood. Kings thought nothing of ordering all male babies slain,

or of killing thousands upon thousands of prisoners taken in war, sparing only the virgins for their own pleasure. During that time, practically every tribe warred against every other tribe. Killing and looting were common and people held great festivals to see prisoners slaughtered and their raiment divided.

If the Bible did not truly record its day and age, it would be as valueless as a history of today would be if it left out the atom bomb in order to give posterity a better opinion of us. That does not justify us for the looting, killing and enslaving which the whole world is still doing upon a greater scale than ever, and will still do as long as it believes in a God of fear and wrath.

* * * * *

QUESTION:

“What evidence is there that the unknown writer of the Bhagavad-Gita was a Cosmic Conscious mystic?”

ANSWER:

All Illuminates speak the same language in words which may differ but in meanings which are identical. No matter what words are used by any past mystic, other mystics who follow always recognize the one meaning which is in all writings, or in the spoken word, such as those of Jesus who did not leave any written record for posterity. We will quote some passages from the Bhagavad-Gita which sing their own glory in language unmistakable.

“Another Sun gleams there; another Moon;

Another Light, – not Dusk, nor Dawn, nor Noon –

Which they who once behold return no more;

They have attained My rest, life’s utmost boon.” (Chap. XV)

* * * * *

“... I am what surveys!

Only that knowledge knows which knows the known by the knower!”

* * * * *

“Fain would I see,

As thou Thyself declar’st it, Sovereign Lord!

The likeness of that glory of Thy Form

Wholly revealed. O Thou Divinest One!

If this can be, if I may bear the sight,

Make Thyself visible, Lord of all prayers!

Show me Thy very self, the Eternal God!

* * * * *

“Behold! this is the universe! — Look! what is live and dead

I gather all in one — in Me! Gaze, as thy lips have said

On God Eternal, Very God! See Me! see what thou prayest!

* * * * *

Thou can’st not! — nor, with human eyes, Arjuna! ever mayest!

Therefore I give thee sense divine. Have other eyes, new light!

And look! This is My glory, unveiled to mortal sight!”

“Of many thousand mortals, one, perchance,

Striveth for Truth; and of these few that strive –

Nay, and rise high, – one only – here and there –

Knoweth Me as I am, the very Truth. (Chap. VII)

* * * * *

“For in this world Being is twofold; the Divided, one;

The Undivided, one. All things that live

Are ‘the Divided.’ That which sits apart,

‘The Undivided.’” (Chap. XV)

* * * * *

“I am the Spirit seated deep in every creature’s heart;

From Me they come; by Me they live; at My word they depart.”

(Chap. X)

* * * * *

Every line of the entire Bhagavad-Gita is recognizable by any mystic as the unmistakable work of a supreme mystic. Furthermore, any writing purported to be the work of an illumined mystic, but is not as represented, would at once be known by another mystic.

THE DIVINE ILIAD says of this fact: "*Light knows Light and there need be no words.*"

We would suggest that you procure a copy of this work. It comes in several translations. The one we like best is called THE SONG CELESTIAL and is written by Sir Edwin Arnold. It is a small pocket-size book. The only other book which we would recommend for you to read upon the subject of Cosmic Consciousness is the fine book by Dr. Richard Maurice Bucke, published by E. P. Dutton & Company, entitled COSMIC CONSCIOUSNESS.

Dr. Bucke actually experienced the severance of Mind from body in a partial Cosmic Conscious experience for a few seconds or moments which utterly transformed him. His own words are very illumining in this respect. We hereby quote him from pages 9 and 10 of his book:

“It was in the early spring, at the beginning of his thirty-sixth year. He and two friends had spent the evening reading Wordsworth, Shelley, Keats, Browning, and especially Whitman. . . His mind, deeply under the influence of the ideas, images and emotions called up by the reading and talk of the evening, was calm and peaceful. He was in a state of quiet, almost passive enjoyment.

“All at once, without any warning of any kind, he found himself wrapped around, as it were, by a flame-colored cloud. For an instant he thought of fire – some sudden conflagration in the great city; the next (instant) he knew that the light was within himself.

“Directly afterwards came upon him a sense of exultation, of immense joyousness, accompanied or immediately followed by an intellectual illumination quite impossible to describe. Into his brain streamed one momentary lightning- flash of the Brahmic Splendor which has ever since lightened his life. Upon his heart fell one drop of the

Brahmic Bliss, leaving thenceforward for always an aftertaste of Heaven.

“Among other things he did not come to believe, he saw and knew that the Cosmos is not dead matter but a living Presence, that the soul of man is immortal, that the universe is so built and ordered that without any peradventure all things work together for the good of each and all, that the foundation principle of the world is what we call love, and that the happiness of everyone is in the long run absolutely certain. He claims that he learned more within the few seconds during which the illumination lasted than in previous months or even years of study, and that he learned much that no study could have taught.”

* * * * *

Dr. Bucke also says (Page 6):

“The Saviour of man is Cosmic Consciousness – in Paul’s language – the Christ.”

* * * * *

This experience was never repeated with Dr. Bucke but he gave his life to the study of it as related to the few mystics of all time. He lists thirty- seven partial and complete illuminations, and cites many extremely interesting facts in comparing one with another which will help you comprehend this supreme happening much better.

When you read of those very few cases out of billions of men born on earth during the last three thousand years, it should not make you wonder why it does not happen to you immediately after becoming aware of it as an existent fact. Nor should you feel disappointed because we cannot open that door at once for you which you alone can open.

Rejoice, rather, that the Light comes to you a little at a time more and more, as ignorance is voided by *knowing*, as comprehension of The Message gradually reaches your heart and Soul.

That is why we keep persisting that you take one paragraph at a time and meditate upon it until your Soul KNOWS what your senses have read in words and recorded upon your brain. Until it gets beyond your brain into your Consciousness, you do not KNOW it.

* * * * *

Treasured Cosmic Friends:

To all of you who have REGIVEN to us so sincerely and deeply for that which we are giving to you in these cosmic lessons, we send a great big THANK YOU. The letters have been so richly rewarding after the first four lessons and mean more to us than words can ever say. Through you, we hear God's Voice telling us that by giving this course of study in this way that that is what He wants us to do – and NOW.

We heard HIS call to give The Message in this manner through you, for it was the repeated requests of so many deep readers and students of our books and teachings that made us decide The Message must be given through an intimate HOME STUDY COURSE so that this need could be met. Thus does God direct us – all and every one – in unfolding His great plan.

God commanded that The Message be spread through well-chosen written words to all nations and peoples, and in giving this HOME STUDY COURSE we are obeying that sacred command.

So that we may share with you the words written to us by other students, we will give some brief excerpts from some of the precious letters received. The most glorious human experience is that of sharing, and while it may be many months before we can know the touch of your warm handclasp, we CAN share the warmth of this love regiven. Wish we could share all the recent letters with you for all are so wonderful since they portray an understanding and appreciation that only comes with KNOWING. However, space will only permit these few and later we will share more with you.

(These excerpts are from a clergyman, lawyer, doctor, business man and woman, and a homemaker.)

"The lessons are truly wonderful. I have read and reread them with much joy and inspiration, and I am glad to say with constantly increasing understanding. These lessons are very precious to me as instruments for developing Cosmic Consciousness. I want to be illumined to know my oneness with the Eternal Light. These lessons are moving me toward that goal. If the first lessons are a prophesy of the forthcoming ones, then I am already

assured of complete envelopment in the glorious Light.
The lesson on meditation is a masterful presentation."

E. H., Arizona

"Your Home Study Course is most inspiring. It is just what I needed. It inspires me with confidence and strong faith that I shall comprehend every bit of it and begin to live every minute in ecstasy and in balance. Even the structure of the course and the manner in which you express your knowledge seems to contain and express to us your infinite balance and loving ecstasy."

H. T., Chicago, Illinois

"You certainly know and show the scientific and true reasons for the 'WHY*' of the universe and cover them as no teachers have ever done or even attempted to do from anything I have heretofore read. I hope that by careful study of what you have so carefully written to some day get a feeling realization of your wisdom."

C. L. J., New Jersey

"Although I've been an earnest student of metaphysics and philosophy for 24 years yet I was never too sure about my foundation. Your lessons are clearing up many misunderstandings."

M. L. F., Moline, Illinois

"We want to thank you both with all our hearts for The Home Study Course. It is the most wonderful Teaching of God and His Love for man we have ever heard in our lives. We thank you with all our hearts for showing us the Light and how to know our God."

N. C. K., California

"It is so tremendous in its application yet you make it so simple."

J. V. M. Detroit

We wish we could tell you what such letters mean to us personally, for to know that those have come who are beginning to comprehend the true nature of God is a tremendous inspiration to us. The

comprehension and the living of God's Universal Law must and will come and you who are the forerunners and leaders of the new Cosmic Age will have the knowledge for the founding of an order of world peace and happiness never before known on earth.

Your next four lessons are extremely important for in them we will explain the heretofore unknown meaning of what Father-Mother means when we speak of God that way. No one yet knows what it means, nor how basic is this tremendous idea of the Creator as being FATHER-MOTHER of this sexed-electric universe.

When you get these lessons, you will realize the fundamental import of the Father-Mother principle in every thought and action of your life and of all Nature's phenomena.

You will then begin to know the mystery which shrouds the electric-thinking process which extends from the Light of Mind to manifest the knowledge of Mind, and how motion seemingly emerges from stillness to create this physical universe of form.

You will begin to have the very foundation of this majestic illusion of unreality which emerges from the One Reality. Gradually this idea will be constructed by simple diagrams and simply worded postulates, axioms and examples which will give you so vivid and

clear a comprehension of this sexed-electric universe that your inner vision will see God face to face and hear His inspiring Inner Voice in communion with you in a manner which would be impossible without that comprehension.

We believe that we can now make you fully comprehend why this physical universe is not real, being but an illusion of God's imagining. How comforting when one comprehends that in the unreality of matter there can be no death, sin or evil leaving naught but love and eternal life. We have long felt that it could not be explained to one who has not himself known the complete illumination into Cosmic Consciousness, but we now fully believe that by laying a proper foundation in point-by-point simple steps, the unreal universe can be comprehended for the unreality it actually IS.

The undivided Father-Mother principle from which emerges the divided Father-AND-Mother principle of pairs of sexed opposites will be the first simple step in the direction of transforming you into an advanced scientist. By taking this teaching one step at a time, you should not only unfold in God-awareness, which means personal happiness to the 'nth degree, but find yourself becoming a natural

scientist and confounding professors in physics as some of our students write that they have already done.

Always remember to take these lessons slowly for on first readings you may well miss the deep import of an explanation which may appear too simple to ponder on. A simple story is the hardest to tell and, we would add, it is the simple story of life that man has made complex by his unawareness of its basic simplicity.

Know our every thought is with you always and know, too, we treasure you so deeply for your help in spreading God's Message with us.

Our love to you,

Sincerely yours,

Lao and Walter Russel

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 3

LESSONS 9, 10, 11 & 12

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

PRELUDE TO UNIT THREE

Future generations of unfolding man must make so great a transition in their thinking that it is as though they were transported from the country of their own language into another country where its language had no meaning for them.

Man first unfolds his mortality as a sensed-body, without any realization of his immortality for long ages. During these long ages he lives for his body, takes what he wants for his body, creates sensual pleasures for his body emotions, and “educates” his body through the mirages of illusive sensed-observations with what he very mistakenly believes to be knowledge.

Mortal man is unable to obey God’s law for he does not know God’s law. For that reason he is constantly hurting himself and calls it evil. He believes in the existence of evil because he is never able to avoid hurting himself and other selves, and must blame his own ignorance upon an existent Satan who is forever punishing him.

During his mortal stage he has but the one language of the senses, but as he becomes aware of his immortal nature he gradually acquires an understanding of the divine language of Light which comes to him from out of the silence.

The human race has now arrived at that point where hundreds of thousands are at the transition point between their mortal, physical, sensual natures and their immortal, intellectual and inspirational natures.

Mortal man is beginning to know his immortality. The sensual in him is being lost in its own dark by his own Self-Illumining. It is for these few of the great many that this course is written so that MAN, THE UNKNOWN can gradually unfold into MAN, THE KNOWN.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 9

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

HIGHER KNOWLEDGE OF THE SCIENCE OF MAN. A NECESSARY PRELUDE TO EXPLAIN ITS MEANING.

The next twelve lessons will be devoted to giving you a more intensive comprehension of the higher knowledge of God's invisible universe and your physical and spiritual relation to it. These lessons are a preparation for the knowledge of what constitutes life, death and immortality, and of that unawakened Light within man which utterly transforms every man within whom that Light is awakened into a superior being.

It is a strange fact, but tens of thousands are now seeking higher knowledge of the Light, which indicates a transition condition in the human race during the last three generations. By "higher knowledge" we mean *Cosmic* knowledge. You are one of these who seek that higher knowledge which lies dormant in all humans for you would not have desired these lessons which are awakening that knowledge within you as you are ready for it. As proof of that fact, our writings and teachings of higher knowledge are meaningless to fully nine out of every ten people, which indicates that perhaps less

than ten per cent of the enlightened people of the earth are inwardly driven to seek and find that inner Cosmic *something* which their Souls desire. That means that fully 90% of humans have not yet begun to awaken their spiritual and intellectual natures. The few among the many who are seeking are intensive and hungry for that unknown Light which is awakening in them. They feel that craving within them and seek it in many places, in many religions and cults and in many diverse teachings.

Many sincerely believe they have fully found that which their Souls have been seeking even when they have but felt a slight glow of that Light of their own divinity. These many are inspired and uplifted as succeeding slight illumining gradually transform them into Cosmic beings who have become aware of their Inner Selves.

It is because the few who seek never know Just what it is that they seek that we must make its meaning clear to you so that you will better comprehend the import of the coming twelve lessons. Very few of the most enlightened people of the world have the slightest knowledge of what higher knowledge means. They would not understand you if you said to them that higher knowledge comes from Cosmic thinking toward one's inner immortal MIND-SELF as

opposed to the conclusions which we call knowledge which come from outer-sensing by the mortal BRAIN-SELF. The human race has not yet advanced to that stage where even world intelligentsia would comprehend its meaning. That is strange but it is demonstrably true for the human race is still in its infancy.

Witness, for example, the many schools and foundations which have been formed for “advanced learning” and “higher knowledge.” All that have so far been formed show by their teachings and curricula that their conception of higher knowledge is limited to finding out more about our material universe through sensed observation and deductive reasoning. They do not even suggest the necessity of reaching out to the Mind-Source of the material universe. They ask only for more intensive and deeper concentrative observation of VISIBLE EFFECTS rather than INVISIBLE CAUSE. In other words, their concept of higher knowledge means greater power for arriving at conclusions from sensed-observations through the processes of reasoning and deduction. There is not the slightest indication in any of the high institutions of learning of the need of the genius type of mind, even though the greatest mental and cultural progress of man is due to the genius type of inner-thinking, inner-visioning and imagining. The outer-sensory thinker of the mathematical and

statistical research type of mind is the one who is favored and highly patronized. In him is the hope for better instruments and machines for human comfort, and better machines to kill man in greater numbers. This means that physical man, who constitutes our present civilization, recognizes only the supremacy of physical man and the power to reason and deduce in him rather than to create by inspired guidance as all geniuses do. Our civilization would progress *materially* very much faster and with the greater stability of moral character which accompanies spiritual growth if the paramount purpose of man were to help the omnipresent Mind to THINK and KNOW rather than the present purpose of helping the physical brain to remember and repeat.

Less than two hundred geniuses have appeared among men since the beginning of man and not more than thirty or forty Illuminates. To these we owe what culture the world possesses today, yet our whole educational system is opposing their development and our society as a whole has leaned more to their crucifixion than toward glorifying them. It is most unfortunate that humans do not realize this sorry fact, for as long as mankind neglects to honor its geniuses who are engaged in the arts of peace and glorifies its heroes who are

most proficient in the arts of war, the human race will continue to suffer the agonies of its own making.

None of these institutions for higher knowledge gives any indication that higher knowledge means searching for God as the Creator-CAUSE of the effects of motion which they believe knowledge to consist of.

Higher knowledge means trying to discover what the greatest Mind that ever lived meant by saying, "The kingdom of heaven is within," or "I and My Father are ONE," or "The Father dwelleth within Me," or "God is Light" and "God is Love," and all such other teachings of that great Mind. The fact that such teachings are not of first import in every cultural institution in the world is proof of the fact that our civilization is still too young to be ready for them. The great mass of the human race is still at such a low intellectual level that it *even resents the idea of the divinity of man*, even though Jesus taught it very plainly when He said, "I and My Father are ONE," "What I am you also are," and "What I do, you can also do."

Jesus, Buddha, Krishna and Mohammed very plainly told mankind, in their separate ages, exactly where to find God and His Heaven, but countless millions of men still retain the pagan concept of

heaven as being “up there above the earth” instead of being within man. Many men still think of God as an objective Being “up there somewhere” who sits in judgment over His countless billions of people who come and go upon billions and trillions of earths like ^ ours. Nine-tenths of the people of today’s world retain this inherited pagan concept of long past ages of man’s primacy.

As the spiritual in man unfolds so, also, will man’s institutions of science, education and religion. These three greatest necessities of the human race will then unite in marriage and become ONE. While awaiting that day, science will gradually unfold its spiritual awareness of God’s invisible universe of Light and know God as CAUSE of the effects it makes use of. Education will make as its highest objective the study of MAN as it, too, unfolds instead of the material product of man’s body, and religion will someday substitute its pagan God of fear and wrath with the God of Love of Krishna’s, Buddha’s and Jesus’ teachings.

Human institutions progress slowly but they do progress and, like all humans, they progress more through their mistakes than through their traditions. Religion has made greater progress in the last century than in the previous five centuries. Hundreds of thousands

have eliminated the God of wrath, fear and vengeance which plunged the Christian world into eight centuries of Dark Ages and have substituted the God of Love of Jesus' teachings.

The modern Illuminate, Mary Baker Eddy, has explained the misconception of sin by teaching that Jesus came into the world to save people from a BELIEF in sin instead of from sin. As the Light of Intelligence unfolds in man, he will gradually know our universe and God's ways. GOD WILL WORK WITH YOU BUT NOT FOR YOU explains quite clearly that sin cannot exist in Nature and that it is purely a man-made concept.

When mankind does know God's ways and processes of Creation, he will know that God cannot possibly be sinned against. Man can sin only against himself by hurting himself or his neighbor. Imagine, for example, a man sinning against gravity by defying it or breaking its law. He would but hurt himself for he could not hurt gravity and gravity would have no reason for being wrathful about it. Such early conceptions of man gradually disappear as higher spiritual knowledge and God-awareness come into human comprehension, as man slowly comprehends that God is INVIOLETE LAW which no man can hurt or sin against.

The same principle applies to the idea of a wrathful God. That concept is scientifically impossible. Wrath is a human emotion. It is one of many changing physical expressions. God is not physical and He is unchanging. His one spiritual, unchanging emotion is the ecstasy of Love given out from His Light. It is as scientifically unnatural for that flow of Love to be interrupted by base emotions as it is for the flow of light from our sun to be interrupted by a flow of dark. Wrath and vengeance are ugly emotions which stem from hate and produce fear. The more the human race progresses toward a knowledge of our universe and God's processes of Creation, the more it will comprehend that *hate, wrath, fear and vengeance cannot issue from LOVE, which God IS.*

It is gratifying, and gives much hope, that hundreds of thousands of Cosmic thinkers are now coming into the world to leaven it. These, like you, are the real saviours of the race, if it still can be saved, for they are its seed of Love.

A spiritually illumined civilization will place its highest standards in making MAN,THE UNKNOWN become MAN,THE KNOWN instead of its present standard in making man a better material-producing machine. It will then realize the warnings of the great

poet-genius, Edwin Markham, when he said to our universities, “In vain do we build the city if we do not first build the man.”

A spiritually illumined science, which has grown to its present level through gaining knowledge from what it can see, feel and measure, will set its standards to KNOWING God’s invisible universe which it can neither see, feel nor measure. It will have then discovered the omniscience of Mind, the omnipotence of Mind-thinking and the omnipresence of Mind-product in action-reaction. When that day comes, science can then verify God, for humans will then worship in the ecstasy of KNOWING instead of having but emotion and abstraction as the basis for their devotions. As science thus unfolds, it will gradually realize what Alexis Carrel told it when he said, “Science knows many things, but the least of these many things it knows is MAN. The SCIENCE OF MAN is the least known, and most important, of all the sciences.”

We began to give that higher knowledge of WHO and WHAT God is – and WHERE to find Him – and WHAT heaven is and WHERE to find that also – and WHAT Mind is and WHERE also to find that – in the very first unit of this course, and will continue to reveal God and His zero universe throughout the rest of the course.

As a basis of the higher knowledge you are thus receiving, we have given you *THE MESSAGE OF THE DIVINE ILIAD*, by Walter Russell, which is the science of the universe, and *GOD WILL WORK WITH YOU BUT NOT FOR YOU*, by Lao Russell, which is the science of the divinity of man. These books and this course of study are given you for the sole purpose of helping you to unfold your own spiritual nature to that point of illumination when you will either gradually or suddenly become aware of God's Presence within you. This is the highest goal any man can attain, and all can attain it in the measure of their depth of desire for its attainment.

Material and objective teachings through the senses do not give knowledge, for the senses cannot acquire knowledge. Intensive reasoning is not intensive thinking, for when people reason through sensed-observation they are but repeating brain memories. Any product of man resulting from the assemblage of sensed-memories is not a creation of the Mind; it is an accumulation of plagiarisms, such as our automobile and most of our world-products of today. These are inventions of generations of sensed-observers and are forever changing by being added to by others. Mind-creations of a Shakespeare, a Beethoven or a Leonardo are not made that way. Creations of the Mind endure. They cannot be changed or added to

by others. Sensed-creations are as obsolete tomorrow as the automobile of 1904 is obsolete today.

Knowledge cannot be obtained through sensed-observations. One can merely be informed of effects of motion that way. Information is not knowledge, even if it will help to make a better television or jet-plane. Reasoning from such sensed-conclusions misleads one into forming baseless theories and postulates which have no resemblance to Nature whatsoever. That is what is the matter with our science of today. It is composed of hundreds of theories and postulates which will not only not fit together in one consistent whole but many contradict each other. That is also what is the matter with our civilization as a whole. Its educational ideal is to stress the physical and ignore the moral and spiritual. Our entire educational system stultifies the genius who is born with higher knowledge, and many parents of genius children weep because of being thus afflicted. That is also why the conclusions of mathematics are unreliable.

This explanation is necessary for you and other enlightened ones in order to transform you into a higher stage of your unfolding. It is necessary for you to realize that our civilization is still in its intellectual and spiritual infancy. It is still hard-bound by inherited

pagan doctrines and barbarian practices of man-exploiting and man-killing. Man is still too near the dawn of Consciousness which released him from his jungle days of universal fear to make much progress toward universal love by the unfoldment of his spiritual and intellectual nature. It is these very pagan practices, doctrines and beliefs which are driving the thousands of more advanced seekers, like you, to escape from their traditional, inherited bondage of orthodoxy, superstition and worship of the miraculous. Likewise, it is these many thousands like you who will become the seed for saving the world.

This we know because of the hundreds of our students who say that they have searched from cult to cult and from leader to leader for twenty or more years without finding what they seek. Many have even been misguided into seeking it emotionally and have suffered the frustrations resulting from the emptiness which follows any other than an inspirational, mental approach. It is this agony of not knowing just what one seeks and just where to find it, and not knowing what higher knowledge means, that is so disturbing to these many thousands whom God has finally awakened into an awareness of His Presence within them. One thing about it which is so gratifying to us is the fact that when they do finally find what

they seek in our teachings, they recognize it at once. The explanation for that is the fact that only Illuminates can give that higher knowledge to another which they alone possess, and that other must be ready for it before he can even slightly comprehend it.

It is even more strange that we are able to tell it to you, for all down the ages the illumined mystics have been unable to tell to others in comprehensible words that which was so clear to them. This you know without question. For ages, the mystics have told of the “divided and the undivided” without the slightest success in giving the real meaning of those words to man. The brilliant thinking of a century of scientists has never even remotely connected those words of the mystics – the “DIVIDED AND THE UNDIVIDED” – with the universal zero fulcrum of Mind and light-waves which emerge from it.

As far back as the Bhagavad-Gita, we have been explicitly informed of that Light which is God, without ever having conveyed any meaning to man during these aeons. Jesus also said to us: “God is Light” and “God is Love.” *Man has interpreted His words as meaning the incandescence of suns, and has built an objective God of limited form while still teaching an omnipresent one. The time is not far away, however,*

when man will discover and comprehend that man's Self is as formless and non-objective as God is.

All of this which we have herein written is for the purpose of telling you that man first unfolds his physical nature during the aeons of body-forming. His spiritual, mental and inspirational nature began its unfolding at the dawn of Consciousness, which was less than ten thousand years ago, if we accept the findings of James Henry Breasted as authoritative, and he placed that date at eight thousand years. From that point of view, it is quite wonderful that the human race has advanced even so far as it has in mental unfolding, even though it is still barbarian in its practices and pagan in its beliefs, for man still kills and preys upon his neighbor and he still believes in a brutal God of wrath instead of a God of Love. As long as man kills his own brothers by millions instead of loving and serving his brother as himself, man will be barbarian. Also man will still retain his pagan status as long as he believes it possible that he can "sin against God" and be *punished by God for his sinning against his own self.*

These are the things which should be taken into consideration by higher educational and religious institutions, for it is the lack of the

RIGHT KIND OF EDUCATIONAL TEACHINGS and THE RIGHT KIND OF RELIGIOUS BELIEFS that is holding mankind back in its barbarian and pagan status.

Ralph Waldo Emerson very frankly expressed the primal condition of our present-day civilization in these words: "We think our civilization is near its meridian, but we are yet only at the cock-crowing and the morning star.

In our barbarous society the influence of character is in its infancy." This is not to be wondered at in a civilization which does not make character growth a part of its educational programs.

These things, and more, you must now know in order that you can better comprehend the chaotic world situation of today which has been heading toward another Dark Age period for fifty years. This present fall of man is the harvest he is reaping for the seven thousand years of piracy in national and personal empire and fortune building.

We have been telling you of this coming decline of man for many years, and have explained it as the workings of God's law which will not let man keep that which he has taken from another, and will not allow happiness and prosperity to come to any man — or nation —

who has taken happiness and prosperity from another for himself — or itself.

For many centuries, one part of the world has endeavored to enslave the other parts of it. The strong have overpowered the weak, and the weak slave has grown strong enough to slay the master. That is what nazism is. That is what communism is. The mighty nations of the earth have created nazism and communism to fulfil the law of equal reaction for every action. Impoverished and debt-ridden, tax-burdened nations do not realize that communism is but a mirrored reflection of piracy and a natural consequence of it.

We will dwell upon this subject only long enough to say that these present decades are a focusing point where the repercussions of centuries of man's ignorance of his own spiritual nature are coming to a head. These are the years when man must decide which way he will head for the future without the possible annihilation of the greater portion of the race through atomic war, or a decline of a major part of it into the dark and a renaissance of a minor part of it to a high Cosmic level of civilization beyond what man has ever known. The few who may possibly survive such an Armageddon will give rebirth to the race to keep the Light of Love ever illumined -- even as the saints and monks of past ages preserved the wisdom of

past ages by hiding it in monasteries and caves until world-rebirth brought them from their centuries of hiding.

History ever repeats itself, but each repetition brings man ever nearer to God. We are facing that kind of transition right now, and our message to man is an endeavor to sufficiently awaken the whole intellectual world to that higher spiritual knowledge which unfolds the Light of genius in man. Higher knowledge of our universe, which creates Cosmic thinkers, is the only remedy for transforming this unhappy kind of world we now live in into one which is founded upon love and unity in the brotherhood of man. These seem to be very hard words. So, likewise, do the words of the surgeon seem to be hard words when he tells a man that his knife must cut the entire cancer out lest the man die. Our entire civilization is cancerous and we have been commanded to be the surgeon whose first duty is to tell his patient of his ills and the remedy for them in order to avoid death.

This long prelude to the principles of HIGHER KNOWLEDGE FOR MAN has been very necessary for what you are about to read is very new thinking to which only the one out of many is attuned. All who

read what now follows will better comprehend the reason for the dreadful state which humanity is in.

Can anyone who has the courage to look at this civilization of ours squarely in the face say that the world is united into one brotherhood of men who love and serve each other? Also, can one rightly say that man's love of culture and ethical practices indicates that he has arrived at a high state of intelligence?

Following this thought further, who dares, with honesty, to affirm that the might-over-right, survival-of-the-fittest principle of the jungle has become obsolete because of the higher educational and spiritual unfoldment of the God-like men of today? Before answering this question, look well to the east and to the west around this globe. Look well upon the practices of mass slavery and subjugation of the spirit of man in war-desiring nations. Look even more carefully at peace-desiring nations who are spending untold billions for protection against enemy nations. *Look still deeper into the hearts of the peace-loving nations who fear their enemies. and ascertain whether they did not themselves create their enemies by being their enemies.* Also, ask deadly enemies why they become friends with their deadly enemies when other deadly enemies threaten both.

We are painting a word picture of the kind of world mankind has created by its thinking. As man becomes what he thinks so, likewise, does a world of men become what a world thinks. Is this a true picture or is it not? *If it is a true picture. what right have we to feel that we are a highly civilized highly advanced and cultured people? And what right have we to assume that our civilized world teachings are right teachings?*

A highly cultured intelligent civilization would be a peaceful and happy one where each man's first consideration would be the welfare of every other man. *Is our world that kind of world?* It would be a world where human values would be first in every man's heart and material values only incidental to them. Love would be its dominant note instead of greed. Friendliness would be universal instead of enmity. Unity would bind all men together, instead of universal disunity in every one of man's essential institutions. *Is this present world that kind of world?*

Everyone who reads these words knows full well that every high ideal which we have cherished as a hope for a peaceful world of love has been shattered by man himself until there is but one way of saving the entire human race from another plunge into the dark, and

that one way is for man to become aware of his own divinity by finding the God of Love seated upon His throne o heaven within every man, and discard forever the vengeful God of wrath whor the great masses expect to see coming in a chariot from out of the clouds.

GOD WILL WORK *WITH* YOU BUT NOT *FOR* YOU was a preparation for what we are now about to say to you. It was written as a simple primer to tell the way to a unified and enduring civilization. It tells many things which man has never known about the imperative necessity of balanced mate-hood in every transaction of life, and especially the man-woman relation. Conspicuously above all other things, it tells man where and how to find God and the manner in which the Christ will again come to earth in the Christ-Consciousness of every man, and that coming shall be from the kingdom of heaven *within* man – which all men will someday recognize and comprehend. Christ will not come in a flaming chariot which could but land upon one spot in this whole world of tens of thousands of cities and towns, and tens of billions of other worlds of many towns and cities whose people have never heard of Christ but have, undoubtedly, had similar divine-messenger Christ-Conscious teachers.

It is time to ask of yourself in your own heart where man can really find an omnipresent, omnipotent and omniscient God. And it is the first obligation of *every learned man and institution of learning* to help man find that God of Love where the greatest teachers of the world have taught man to find him.

WHAT IS HIGHER KNOWLEDGE?

Higher knowledge comes to man solely through the unfolding of intelligence within him which leads him to discover the Light of his own divinity and Oneness with God.

WE DEFINE KNOWLEDGE, CONSCIOUSNESS AND SENSATION

Knowledge is Mind-Idea.

Consciousness is Mind-awareness of Idea.

Sensation is a body awareness of pulsing tensions taking place in nerve systems of bodies due to the interchanging of wave motion in creating matter.

All knowledge eternally exists in the God-Mind of the universe.

God is knowledge and power. Man's measure of knowledge and power is the measure in which he acquires God-awareness within him. Man cannot acquire knowledge through outer-observation by his senses. He can but acquire information that way.

Sensed-bodies cannot *know* anything. They are limited to a sensed-awareness of motion, for sensation is impossible without motion. Sensed-bodies see, feel, hear, smell and taste, but that is all they do. Sensed-bodies are devoid of intelligence and are limited to brain-reasoning from observed effects. They can never acquire knowledge for knowledge is distinctly a property of the Mind, and the brain is not the Mind. When that Light of Mind-Consciousness is awakened in man, he has arrived at his first beginnings of God-awareness in him. Knowledge then begins in him, and not until then. He then begins to create instead of imitate.

Jesus told these facts nineteen centuries ago and they have had no meaning all down through these ages. The great tragedy of His teachings was the un-readiness of man to comprehend them in His day and in ignoring their import in this radio age when human intelligence has unfolded sufficiently to quite easily comprehend them. When He was asked – “when the kingdom of God should

come,” these were His words: “*The kingdom of God cometh not with observation. Neither shall they say. Lo here! or lo there! for behold, the kingdom of God is within you.*” St. Luke 17: 20-21.

It seems incredible that the great universities of learning have paid no attention to these very plain statements, for their sole method of gaining knowledge is through sense-observations which merely inform one of *effect* while knowledge lies in *cause*. It is also incredible that the pagan objective God could still persist with that very plain instruction which tells *where to find God*.

CAUSE AND EFFECT

CAUSE is the desire-energy within Mind to manifest Mind-Idea by extending light-waves of thought from centering fulcrum points.

EFFECT is manifested Mind-Idea expressed by motion of extended light-waves of Mind-thinking. God – the Creator – is CAUSE. The created universe is EFFECT.

SUMMARY

The foregoing defines the very simple foundation for higher knowledge which man needs for the unfolding of his spiritual nature. Without this higher knowledge needed by man for the unfolding of his inner vision, he will still remain barbarian in thought and practice. He can never progress toward happiness, peace and prosperity while he is physically dominated and limited to sensed effect, for world history shows that the increase in material power of expression, unbalanced by spiritual power, is always accompanied by a multiplication of crime, wars and immorality, with increased sex and cultural degeneracy.

Every time a material civilization has prospered by the vicious methods which have made all past civilizations prosper, it has fallen low into the dark for long centuries and has recovered only through the agonies of tears shed for deep suffering. *Our present civilization is in its eleventh hour, preceding a similar fall and for the same reason, as everyone now knows.*

The only way that mankind can save this present degenerating pagan civilization is to throw off all that is pagan and barbarian in him through acquiring the higher knowledge necessary for his inner, spiritual unfoldment.

The only way that mass-man, who constitutes a civilization, can acquire that higher knowledge is through mass-teachers, and there are no such teachers in any of our scientific, educational or religious institutions. None of them has made any attempt to fulfil this requirement for bringing God and man together in close communion and companionship. In fact, every one of these presumably man-building organizations has done just the opposite, which has retarded the unfoldment of the spiritual nature of man. This is indeed unfortunate for some hundreds of thousands of advanced thinkers have freed themselves from the anchors of traditional pagan material concepts and are seeking earnestly for the Light of higher knowledge which will eventually illumine them into Cosmic Consciousness.

WORLD TEACHERS OF HIGHER KNOWLEDGE

The only ones who can teach higher knowledge to man are geniuses and Illuminates. Since the Dawn of Consciousness, less than two hundred geniuses and forty Illuminates have been prepared by the Creator to awaken the spark of divinity in man, and of these only two are known. These two have been fully prepared as omniscient Illuminates who had complete God-awareness, complete

knowledge, and a full 360-degree extension of the light spectrum which made God's ways and processes of creation fully known to them.

These two were Jesus, the Christ of the Hebrews, whom they crucified in His day, and the unknown mystic who wrote the Bhagavad-Gita, whom we will henceforth refer to as Sri Krishna, who is the Christ of the Hindus. These are the only two commonly known divine immortals who have arrived at that highest stage of spiritual enfoldment which is known as Christ Consciousness. There is a third unknown one, however. He came to earth about 8,000 years ago and founded the first religion of the one God of Light in which our sun became its symbol. Out of his teaching grew our first great civilization, known as The Age of Character, which lasted for 2,000 years. We will tell you more about this civilization in the two following units.

Two more, Buddha and Mohammed, reached a high state of Cosmic Consciousness and each founded a great religion, but neither of them knew God's processes of creation and could not tell of them although they each fully knew God and were fully prepared to tell man where to find God, and heaven, and "paradise," within man.

Among the lesser Illuminates – which means those who have been transformed by just a momentary flash of severance of sensation and Consciousness, such as described in the experiences of Paul and Moses, both of whom were Illuminates – were the following: Isaiah, Socrates, Plotinus, Roger Bacon, Francis Bacon, Jacob Behman, Pascal, Spinoza, Swedenborg, Blake, Balzac,

Walt Whitman, Baha'u'llah and Mary Baker Eddy. All of these have had a profound effect in the exaltation of the human race by bringing man closer to God, and the last two named have founded great religions, both of which have discarded the pagan concept of God and of sin.

Preceding the exalted stage of Cosmic Consciousness is the genius stage. These are the illumined ones who interpret God's rhythmic thinking in

God's Soul-language of inspiration. These are the exalted ones who are quite fully aware of their divinity and commune with God for long, ecstatic periods of isolation and then translate their communions into rhythmic forms to reinspire others and to awaken the Light in their souls.

There have been approximately two hundred great geniuses since the dawn of Mind in man. You know all of them. It is these who have given the world its priceless culture, yet the world honors and patronizes its "heroes," who kill and conquer, beyond all of these. It also gives such high honors as the Nobel prize to those who add to the world's material wealth, while the priceless Beethovens and Leonardos who may be living unknown among men are left to starve for lack of patronage and recognition.

Such is the state of the world today. It had reached a promisingly high stage of culture in 1900, but has degenerated so far since then that the only hope for saving it is through the coming of God-awareness and finding the "kingdom of God within man."

THE SUPREME TRAGEDY OF THE HUMAN RACE

The greatest tragedy of humans is their failure to recognize and comprehend the Krishna and Christ teachings. The Hindus, Lebanese and Persians recognized and revered their Teacher but did not comprehend him.

They sought God, as he taught them to do, by searching within themselves through deep meditation. They became a deeply

spiritual peoples that way, but the Hindus were more deeply influenced by Buddha and overstressed their searching through meditation without following it with action. As a consequence, they neglected the creative action of working knowingly with God, as Krishna more particularly taught. Because of that misinterpretation of Buddha's and Krishna's teachings, the Hindu world stood materially still for these many centuries.

The Christ of the Hebrews transformed many of His own people with His great love and would have, undoubtedly, created the One-World Ideal of the Brotherhood-of-Man, as He started out to do, if the religion of His day – which He so violently attacked – did not crucify Him on the cross and persecute His followers for three hundred years by hideous tortures and death in the arena by lions.

This failure to comprehend the divine Messengers whom God sent periodically to illumine man with the Light of God-awareness within him is the human tragedy for which the world has paid in blood, tears and agony for nineteen centuries. It is a great pity, however, that the human race has set itself back two thousand years because of but one thing – gross ignorance. *Shall we now have the courage to look at our faulty civilization squarely in the face and begin, at long last, to*

build an enduring civilization based upon Love and the Oneness of all men with God?

This we must do lest we perish. We have no choice. Every cultural institution as well as all industry, commerce and government must place the acquisition of higher knowledge first, else Markham's wisdom in saying, "In vain do we build the city if we do not first build the man" will be verified by witnessing another fall of man into chaos and degradation.

It is for this very reason that we both have been cosmically prepared during our whole lives to awaken in your Conscious Mind the great Truths of God and His universe. This we are doing by the founding of this university and writing its curricula together.

This course is now in its third printing and each new printing has been revised by adding much to what has gone before. The few who started with us thirteen years ago have now multiplied into many thousands, and have girdled the world by the word-of-mouth method for we have never, as yet, advertised this course of study. Also, those to whom we have long foretold the coming of the present world crisis, as we were cosmically instructed to do, have seen that crisis of fear and hate unfold until it has eventually been

recognized, realized, written about and talked about by every man to every other man, and by the press, radio and television throughout all the world.

At long last our world message is no longer being brushed aside and thousands are now asking, "What can I do?"

To these we answer: Our books and our Home Study Course tell you what you can do to make this a better world. Our latest book, THE ONE- WORLD PURPOSE, more specifically tells you what you can do NOW, in this hour of great emergency and danger.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 10

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE PRINCIPLE OF HOLINESS IN SEXED MATEHOOD

I

We have long sailed through the shallows and superficialities of matter, motion and process and are now sailing into deeper waters in our search for the higher knowledge which you must have in order for you to become the omniscient Being of God's intent for man.

We have directed our efforts toward the reversal of your thinking from outward motion toward inward stillness to awaken that divine Light of all knowledge, all-power and all-presence which centers every whirling thought- wave which constitutes your body.

Just how much of that Light we have awakened in you is dependent upon how much you have mastered the great art of meditation which gives you the power to transform sensed-effect to its Mind-cause. To say this same thing in other words of more import, which you have not yet heard from us, we again repeat the following words: *to unite the divided two into the united ONE.*

Now we are really getting into deep waters for we are getting right at the heart of the least understood but most basic principle of Creation, the sex-creative, physical principle which is measured, balanced and controlled by the spiritual surveyor of motion known as GRAVITY. Mankind has never yet fully realized or understood the basically spiritual nature of sex. The human race is still too physically new to comprehend it as a whole, but advanced Cosmic thinkers are beginning to feel it as God-awareness unfolds in them.

Truly mated humans feel it as they discover their multiplied power which arises from their actual transformation from being two to becoming ONE.

Marriage alone does not thus transform two to ONE. Nor do a minister's words transform two into ONE. *The words are but abstractions for they are not scientifically understood.* That is precisely what we mean by saying that we are sailing into deeper mental waters. That which but very few men and women of earth even slightly understand is the sex-polarity principle of GRAVITY which UNITES THE DIVIDED TWO INTO THE UNITED ONE.

It is time for this higher divine knowledge to come into human Consciousness for many are ready for it. In Krishna's and Jesus' day,

man was so physically sense-limited that neither of these two greatest of all teachers complicated his teachings by dynamically stressing it. To do so would have been a hopeless attempt to open the doors to the invisible universe before the people of their day could even faintly comprehend the visible universe of bodies. Whenever either of them mentioned that principle at all – such as the phrase, “I and My Father are ONE” – no one of their day had the faintest idea of its real meaning and very few of today more than superficially or abstractly grasp it.

Who in that day, or even today, would dream of connecting the sex-polarity principle with such words of Jesus as these: *“That they may be ONE; as thou. Father, art in me. and I in thee, that they also may be ONE in us; And the glory which thou gavest me I have given them, that they may be ONE, even as we are ONE.”* John 17:21-22

If you look back upon the physical man of that day, you will see that he was so absolutely unaware of this one holy principle of Nature that its totally physical expression destroyed men and nations of men so continually and so often that sex was made evil and sinful by man. *Instead of writing holiness into the Adam and Eve fable, they wrote evil into it and made of God’s one holy law the basis of “original sin.”* This

pagan idea is fast disappearing as intelligence in spiritual man unfolds, but it is still part of the thinking of fully three-quarters of the human race, and women are still held to be inferior to men and not ONE with them.

It might be well to build upon Krishna's phrase so repeatedly stated as THE UNDIVIDED AND THE DIVIDED and restate it as follows: THE UNDIVIDED, THE DIVIDED *AND THE UNITED*.

We must now relate these words to higher knowledge. Consider, therefore, that every wave action-reaction in Nature is expressed in cycles. Remember, also, that a cycle is an extension of a divided pair of equal mates from the undivided zero which unite as ONE and return as a divided pair of mates to again become ONE in the zero universe.

Let us think together about cycles for a moment in order to follow our thought. A life cycle of an insect may be only ten minutes, a day, or a week according to the complexity of the idea expressed by the insect. That is but one life cycle, however, just as one breath of yours is a completed cycle in itself, but millions of such cycles occur in one eighty-year life cycle.

What we are endeavoring to make clear to you is that cycles lengthen as bodies complex. They complex because they manifest a growing idea. The life cycle of a man at his beginning may have been but a few seconds or minutes. Millions of years have passed during the growth of the man-idea. The cycle of that growth to the maturity of a physical body is already millions of years long in just completing the physical body of man up to the point where his mental and spiritual nature began to unfold. This means that the cycle of the man-idea is only in its middle at present. A few thousand years of Mind- Consciousness is not enough to more than unfold his intellect a very little. Mind-awareness will now unfold fast but it may be a hundred thousand or even a million years before the spiritual nature of man as a whole species will arrive at the mental status of the Christ of the Hebrews or the Christ of the Hindus.

Please, therefore, realize that man of today is still in his early intellectual and moral period but has just arrived at a point where comprehension is multiplying in him much more quickly than it did twenty centuries ago because of man's greater knowledge of Nature's effects.

In spite of all such mental advancement, man is still strongly material-minded because his discoveries have been translated into material values instead of spiritual ones. He still senses television, radar and other such discoveries commercially and quite fully misses their much deeper spiritual meaning.

It is very difficult to convey the meaning which is in new thinking by textbook language. Parables and examples are great aids to comprehension so we will resort to them. If, for example, you lived in the 10th century and could have heard Beethoven's Moonlight Sonata or the Rachmaninoff Prelude, it would seem like noise, for spiritual unfolding had not then advanced to the stage where it could comprehend the diatonic scale. If you now hear it, you would hear something else that you could not hear before your spiritual unfolding had progressed to where it now is. As you hear that other "something" today which you could not have heard in your more primate days, you might realize that that "something" you now hear is evidence of your greater spiritual unfolding. What you are now hearing within that sound is the uncreated Idea, which is immortal. What you are really doing is tuning in to the thinking Mind of God and listening to His silent Voice within the sound.

Logic alone will tell you that there must be something more in music than sound alone. What is that something? Before we answer it, let us carry this thought farther. Mass-man hears nothing beyond sound in the greatest music ever written. You hear some of that spiritual quality which belongs to the invisible IDEA world, but you do not hear as much of it as Toscanini could have heard. Nor could you see as much in the greatest painting in the world as Leonardo could have seen, nor as much in the Apollo as Phidias could have seen.

Can you not plainly see, therefore, that the human species is slowly unfolding to an awareness of being able to see that SOMETHING *which has not been physically painted into the picture*, or hear that SOMETHING other than sound *which is not in the sound*?

That other SOMETHING is IDEA. IDEA is never created. Therefore it cannot be *sensed*. It can only be *known*. Creation manifests IDEA but the manifestation is not that which it manifests. It is but a simulation of it.

We may now be able to touch the sensitive spot of the great thought which we are endeavoring to infiltrate into your Consciousness. The first step is to realize that every physical action of every nature whatsoever is but a visible physical action of an invisible

UNCREATED IDEA. When you are but a physical body, you cannot be even slightly aware of that invisible IDEA which lies behind its manifestation.

IDEA lies solely within the Mind of the Creator. When YOU become even slightly aware of the Creator within you, you are then the Creator in the measure of your awareness of Him in you. To that extent, your inner vision can “see” what your outer vision cannot see— and your inner ears can hear what your outer ears cannot hear—and you can have the doors of vast knowledge opened up to you which no textbook could give you because the invisible IDEA, which the textbooks manifestos not in them.

The familiar terms “inner ears” and “inner eyes” really mean Mind-awareness. They mean the spiritual unfolding of innersensory perception. *They mean KNOWING instead of sensing.* The moment the *human* knows that fact by feeling it inspirationally, he has begun to be aware of his divinity, for *God alone has knowledge.* God alone can CREATE. Man cannot create until he becomes aware of the God-Mind which centers every cell of him, and every tube of growing tree, and all other things in all this universe which God alone creates.

These are the things which the divine teachers taught, but few there were to know their meaning even unto this day. Their words were filled with very plain admonitions to tell mankind that the physical man—who is designated as “mortal man”— could have no knowledge nor power of his own, nor could he create until he began to be able to *“see and know God.”*

We have told you all through our teachings that anyone who desires to see and know God can see and know Him. “GOD WILL WORK WITH YOU BUT NOT FOR YOU” tells you how quite explicitly. “THE DIVINE ILIAD” tells you so in these words: “Seek Me; Know Me; Be Me; Be thou fulcrum of thine own power.”

There are no more beautiful words ever written than the following words of Krishna to Arjuna who had so deeply desired to “see God face to face”:

Arjuna:

“Fain would I see, as thou Thyself declar’st it, Sovereign Lord! The likeness of that glory of Thy Form wholly revealed. O Thou Divinest One! If this can be, if I may bear the sight, make Thyself visible, Lord of all prayers! Show me Thy very self, the eternal God.”

Krishna:

“Gaze, then, thou Son of Pritha! I manifest for thee those hundred thousand shapes which clothe my Mystery: I show thee all my semblances, infinite, rich, divine, my changeful hues, my countless forms. Seel in this face of mine, wonders unnumbered, Indian Prince! revealed to none save thee.

“Behold! this is the Universe! - - Look! what is live or dead I gather all in one – in Me! Gaze, as thy lips have said, on GOD ETERNAL, VERY GOD! See Me! see what thou prayest.

“Thou cans’t not! – nor, with human eyes, Arjuna, ever mayest! Therefore I give thee sense divine. Have other eyes, new light! And, look! This is My glory, unveiled to mortal sight.”

* * * * *

For all these long centuries, the divine teachings of these Messengers of God have been as though of another language. Their teachings

have been revered by many but not understood by even those who have revered them.

They plainly tell that higher knowledge comes from looking within, not without. Jesus reiterated it over and over again in His many veiled and symbolic references, such as: “Ye must be born again” – meaning into the spirit. He told many parables likening heaven to spiritual things, but His most beautiful words in respect to the unfolding of the spiritual nature of man are His Lord’s prayer.

Those who have come to know God intimately as a moment-to-moment working companion see much with their inner vision that is forever hidden to those who just sense and never know.

II

We cure endeavoring to make it clear to you that higher knowledge is that omniscient Light within you which you gradually become aware of as God’s Silent Voice. It means the multiplication of Mind-power through the unfolding of the inner spiritual vision. These teachings are ignored by modern educational institutions. Their concept of higher knowledge is to develop human encyclopedias of information, which is useless to anyone who does not have creative

inner vision. To stress the process of “educating” the brain instead of unfolding the Mind stultifies whatever creative genius may be latent in a child. The creative genius in a child requires inspiration as a plant requires water. To force such a child to memorize useless information for which it has no immediate use is like nourishing a plant with salted water. Such a child should be asked to take a walk through the city market, or in the woods, and write an essay upon its reactions to what it saw. Such a child would respond happily and write from its Soul, while the child with a photographic memory would write stupidly, or probably nothing at all. The world loudly cheers the one who can answer the \$64,000 question and ignores its would-be Edisons and Beethovens until it is forced to recognize them by seeing their fruits. It does not help them to come to fruition because the world cannot see that fruit in the seed.

This is not a criticism of modern education. It is merely a picture of our present-day primate civilization. A fully unfolded civilization cannot come into being any more than a flower can appear as fully matured. Our civilization has reached a point, however, where hundreds of thousands are becoming quite vividly aware of the Light which centers them. Their spiritual unfolding is fast developing their inner vision, but they are confused by it and need

to be shown the way more clearly. It is to these that our words are addressed, for they alone can understand them.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 11

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

HIGHER KNOWLEDGE CONTINUED THROUGH THE MYSTERY OF GRAVITY

WE CONTINUE TO PREPARE YOU FOR COMPREHENSION OF SEX-POLARITY

It is now well to gather together the essential thoughts of the foregoing and restate them as principle in order to assist your comprehension. Principle must have a pattern and an orderliness of growth so you can vision it with as much understanding as you would understand the orderly changing pattern of a growing tree.

First comes the necessity of fully comprehending the pattern indicated by the words "THE UNDIVIDED, THE DIVIDED AND THE UNITED."

The undivided means THE UNCREATED changeless QUALITIES of God's eternal equilibrium, as explained in greater detail in later units. It means THE UNDIVIDED white Light of CAUSE which constitutes the spiritual universe of REST.

The DIVIDED means the sexed pairs of male and female bodies which constitute the gravity-pressure universe of MOTION. It means CREATED QUANTITIES of EFFECT.

The very first step toward higher comprehension is your discovery and realization that THE DIVIDED EFFECT has within it THE UNDIVIDED CAUSE. The *uncreated* is always within the *created*. The *spiritual* always centers and controls the *physical*. The *eternal invisible* white Light balances and dominates the *transient visible* spectrum-divided light. This is the most important for anyone who seeks higher knowledge to understand. Therefore, we must use every effort for you to understand it. Let us go back to the parable regarding that SOMETHING in music which you could hear but that Toscanini could hear better than you could hear. That SOMETHING is the UNCREATED, the UNDIVIDED spiritual IDEA that exists within the physical SIMULATION OF IDEA which your physical body cannot hear until spiritual awareness of the Presence of THE CREATOR within you unfolds.

If you will but spend many ecstatic hours in meditation upon this glorious fact, the wonder of it will gradually unfold within you. You will then understand that in the creation of YOU and all things else,

awareness of the PHYSICAL EXPRESSION of Creation comes to you first. The senses first become aware of the senses. In all Creation the senses never exceed sensed-awareness except in man. After millions of years in which man never exceeds sensed-awareness, Consciousness of that other SOMETHING which transcends sensing dawns in him. He begins to be aware of the UNDIVIDED from which he issued. He begins to hear the Still Small Voice of the Light of Mind within his DIVIDED being and does not know what that SOMETHING is.

We will give you Krishna's divine explanation of it as he gave it to Arjuna during the process of his illumination:

“For in this world BEING is twofold;

the Undivided, one; the Divided, one.

All things *that live* are “The Divided,”

That which *sits apart*. “The Undivided.”

The phrase which uses the words “sits apart” is Krishna's equivalent of the words “that SOMETHING” which we are now using. Krishna uses other words to amplify that SOMETHING. Read them with us:

“Who knoweth Me thus, with mind unclouded,
knowest all, dear Prince

Who comprehendeth this hath wisdom!

He is quit of works in bliss.”

In other magnificent verses, Krishna paraphrases Jesus’ teachings of God-man unity in His words which say that “The Father is in Me, and I in Him” with the following description of the transformed man who has become aware of that SOMETHING which “ sits apart” within him until he has become aware of it. To such a man:-

“Another Sun gleams there! another Moon!

Another Light, not Dusk, nor Dawn, nor Noon

– which they who once behold return no more;

They have attained My rest, life’s Utmost boon.”

.... “those see plain who have eyes to see.

Holy souls see which strive thereto.

Enlightened, they perceive *that Spirit in themselves:*

but foolish ones, even though they strive,

discern not, have hearts unkindled, ill-informed.”

Jesus constantly referred to the Father who “dwelleth within Me, and I in the Father,” and “the words I speak unto you I speak not of myself, but the Father that dwelleth in me, he doeth the works.” You will find these words in John 14: 6 to 21.

Whenever Jesus referred to the Father, He meant that uncreated Source of all things which we are now referring to as that SOMETHING which all spiritually unfolding people are discovering in every physical manifestation as they arise above its physical nature, such as we exemplified in the simple example of the UNCREATED element in music which is within the CREATED sounds that manifest the UNCREATED IDEA. Jesus meant by the word “Father” the Light of Mind which God is. The use of the word “Father” has helped to build the concept of a personal man-shaped God, but that is because His people, and most all of ours, were not ready for it. In essence, however, He was endeavoring to impress upon people that The CREATOR was everpresent in the CREATED, which is the same in meaning as Krishna’s words: The UNDIVIDED is present in the DIVIDED. Both were endeavoring to tell man where

to find God but man had not unfolded sufficiently to even grasp the edge of their meaning.

It seems incredible that we could have had such higher teachings as those of the Nazarene and Krishna for two thousand years without teaching them in every school and church throughout the world. The answer to that is just what we are now talking about. Man, as a whole, has never yet been ready for it. Man, as a whole, cannot yet see or hear that SOMETHING which the increasingly few are beginning to hear with inner eyes and ears.

Krishna's teachings are authentic, for they have been translated from the writer's own written Sanskrit words. They can be fully depended upon. Unlike Krishna's teachings, those of Jesus were verbal and have been passed down as folklore in repeated memories of others. He never left one personally written word. Most unfortunately, the New Testament quotes many sayings of Jesus which He could not have possibly said, which any mystic knows are vicious forgeries. History tells you that certain priests were authorized to decide what Jesus said and what He did not say. These priests very far exceeded their authority and wrote in many untrue things which they thought He should have said to uphold their pagan concepts and doctrines of

that ignorant physical age. These ugly, unnatural things which Jesus could not possibly have said can be easily recognized by you or anyone whose spiritual nature has unfolded to the extent that yours must have unfolded to qualify you for being able to comprehend what is now being written. We will give you a few examples of those forgeries, however, to help you to better recognize them yourselves. Luke 16:22-26. Matthew 25:41-46. Matthew 18:8-9. Matthew 5:29-30.

* * * * *

The foregoing prelude of explanation has now prepared you for examples which will further clarify your understanding. Always remember, however, that the UNDIVIDED is always the spiritual ONE. The DIVIDED are the physical pairs, or halves of one, and the UNITED is the physical ONE, such as the two hemispheres of our sun. Remember, also, that the UNDIVIDED is still, while the DIVIDED pairs are always in motion. If you will now fix upon your Consciousness the fact that each of the divided pairs is centered by gravity, which becomes ONE center of gravity when the two are united, you will more fully realize what we mean by saying that the UNCREATED and UNDIVIDED is within every DIVIDED pair and every unit of Creation.

Again we repeat that the spiritual REALITY is within the physical expression which simulates reality. We will say it in other words of different connotation to aid you in fully grasping the idea we are trying to give you. By thus saying that THE CREATOR CENTERS HIS CREATION in reference to the center of gravity in the sun, you will be better enabled to understand the thought which we are endeavoring to give you if you will realize that that SOMETHING which you hear in music which Julius Caesar could not have heard, and that Toscanini could hear more ecstatically than you can, is the *same thing*, and that means God.

The measure in which you can hear the SOUL of music is the measure of your God-awareness. *It is the measure of your ability to know the UNCREATED*, You increase that measure when you can hear what Toscanini could hear. That means that your spiritual nature has unfolded to that measure, and you can increase that measure vastly if you apply that desire to all things equally with music.

The sun is not in the least aware of its centering white Light which is its Creator and which is also maximum in gravity pressure because the sun is a physical expression of the IDEA of Creation and can

never have mental awareness. It is not intended that it shall have. Man is the only unit of Creation within which physical awareness is followed by God-awareness. *Physical awareness comes first, however.* This is the thought we have been leading up to and upon which we will very purposefully and necessarily dwell at some length, the better to aid you in recognizing the measure of your own God-awareness as it is expressed in the sex-mating idea. Always bear in mind that the *physical expression of every idea in Creation comes first in body unfolding.* Spiritual awareness slowly unfolds.

We return to the example given through music which expresses one idea of Creation. The greatest music known to man is but another kind of sound to early man. The very first dawn of any measure of spiritual meaning in jungle man is evidenced in his drum beat. He has recognized the rhythm of his walking, his running, and the beating of his heart, even though he has not yet recognized tonal variance or melody. The drum beat rhythm demands rhythmic expression in his body, and the wild dance follows. Melody and tonal variance unfold slowly as the spiritual nature of man very slowly unfolds in the great masses, and more swiftly in the few. Some centuries before the Christian era, the ancient Greeks and Egyptians stretched some gut strings which they strummed all

together, not separately, for tone and melody had not yet unfolded in them. Their first singing was mere chanting which gradually grew into tonal melody several centuries later in the Gregorian chantings.

The Greek lyre gradually grew into our harp and piano of today, while the Egyptian lyre grew into the ancient cithara, which became the forerunner of our mandolins, banjos and similar stringed instruments of today. In ancient China, its musical expression took the form of blowing with the breath to vibrate reeds, or through tubes which gave wind and flute tones rather than string tones. The Chinese finally evolved the cheng by joining a series of tubular reeds together, and the cheng is now our pipe organ, flute, mouth organ and accordian, and other "wind" instruments of today.

So slowly has the mental and spiritual awareness of God's Presence in music unfolded that the diatonic scale did not come into the awareness of man until a hundred years after Leonardo da Vinci's day. The spiritual rebirth in Italy during the fourteenth and fifteenth century brought forth this great unfolding. Instruments for expressing it developed with it, and genius in illumined man gave us Bach and the glorified Gregorian chant which have awakened the

Light in tens of thousands and brought all men closer to the door of heaven.

If you will, now try to realize that nothing whatsoever but motion has been created, of which sound is but one of its many effects. Everything beyond that is IDEA, and IDEA is never created. Idea is spiritual. *Idea cannot be sensed by you. It can only be KNOWN. You cannot begin to KNOW until you transcend your senses, for your senses cannot know anything. They can but sense the effects of motion.*

Civilization, however, is still made up of the *very many* who are yet close to their pagan primacy and the *very few* who are rapidly becoming transcendent beings through their increasing ability to commune with that Silent Voice of God which centers every unit of His Creation. These very many of the great masses of mankind, even though they have advanced to tonal awareness in sound, have not unfolded beyond the physical expression of rhythm. We must dwell upon this idea at some length, also, for this example given you in music will be paralleled in the example of balanced sex-mating. In fact, that is our reason for reciting the slow stages of unfolding musical awareness. It is fortunate for civilization that the few are multiplying into the hundreds of thousands instead of thousands, as

evidenced by the greatest increase in the sale of classical music ever known.

But to return to the musical taste of the great masses, if you listen to television very much you have observed that the popular "shows" have very much of the jungle rhythm and noise of syncopated beat, accompanied by much body writhing. Even the musicians are much given to beating with their feet, which is merely a grown-up version of the drum beat of early man. As these words are written, an article was printed in the newspapers which tells that one of the greatest feature shows of television endeavored to raise musical standards by occasionally including Metropolitan Opera stars in their programs. After several weeks, the leader announced that the clamor against it was so heavy that he would lose his audience unless he gave it up. He said that he had to cater to the many, not to the few. Two great pianists of concert standards sought television patronage. Both had to learn how to writhe their bodies and become clowns to please the public taste. Thirty years ago, both of these men could have retained their dignity through support by the cultured few of our people, but that patronage is lessening and many great pianists are teaching, playing jazz in night club orchestras, or selling vacuum cleaners for a living. We have not yet learned that subsidies for geniuses, even to

hundreds of millions a year, would be the best investment a government could make, for world culture comes only through world-geniuses, and geniuses are rare. There is great significance to this fact which has back of it one of the many reasons our civilization is still so barbarian and retarded in its spiritual development. As the reason is the same in sex-unbalance and every other effect which constitutes our civilization as it is in musical unbalance, the explanation of one will help to comprehend the others.

We shall now carry the simile of music still further for your greater understanding of the principles which apply throughout all Nature. In making this next step, we will add another word to the three basic words of Creation which we formerly gave as THE UNDIVIDED, THE DIVIDED AND THE UNITED. These are the basic words of the Creative process for they constitute the cycle of motion. There is another word which is not a part of motion for it does not move. It controls all motion, however, and higher knowledge demands full and complete comprehension of its controlling power over all Creation. By adding the word BALANCE, we now have four words which constitute the basis of Creation: The UNDIVIDED, the DIVIDED, the UNITED and BALANCE, or, more specifically, BALANCED INTERCHANGE between pairs.

This is so vital a principle that we could well generalize all actions in the universe by saying that all actions which are rhythmically balanced are good and perfect, and that all that we call bad, all ills, all hurtful things, all wars, failures, bankruptcies, divorces, frustrations and other unbalanced rhythms of man or Nature, and all things else which prevent man, or nations of men, to achieve prosperity, peace and happiness are the result of unbalanced mating of divided pairs. When we realize the tremendous unbalance which exists in the world-home of men, and in the lives and homes of individual men, it is easy to comprehend what a long road lies ahead of the human race before it can rise out of the chaos which it has made for itself during these last three thousand barbarous years. *What is most difficult to comprehend is why the human race thinks that it is highly advanced.*

AXIOMS

The UNDIVIDED is eternally balanced for it is ONE.

The DIVIDED ONE is eternally unbalanced for it becomes TWO.

The UNITED TWO can become a balanced ONE only if each mate of the TWO is equal.

A balanced UNITY is possible only where interchange between the mate-pairs of every transaction of man, or Nature, is equal and rhythmic.

We shall now apply the foregoing axioms and principles to such human transactions as our music example, individual and national relations, sex, industry and other examples necessary to enable you to fully comprehend where the physical expression ends in all such transactions and the spiritual expression begins.

We begin with sound itself. Sound is *created* by a collision between two states of motion or conditions of matter. We now consider the *creator* of the sound. Man, for example, is the *creator* of the drum beat, the chant, the march, waltz, jazz, choral or symphony. No matter which status of physical or spiritual expression that comes from the creator of sound, there is something else than Soul *within* the sound which is not a part of the sound itself—a something else which is not created—and that something is RHYTHM. There are other uncreated QUALITIES within sound, also, such as BEAUTY

which inner eyes and inner vision alone can see but, for the present, we shall consider only RHYTHM.

The savage beats his drum in rhythms which are as physical as he is physical. They force bodies to respond to such rhythms as his savage nature puts into them. They can be the body rhythms of the savage dance or the rhythms which arouse frenzy and low human passions.

The first point which we wish to emphasize at this part of the example is that the action *creates sound only*, but the rhythm manifests IDEA, and IDEA is not created. Emotions of every form can spring from sound, but the emotions are not in the sound. The emotions are in the creator of the sound and not in the sound, but he interprets the emotions which are in him by the kind of sound he makes, and those sounds awaken similar emotions in his listeners. It is not SOUND which does that; it is RHYTHM.

The second point which we now emphasize is that the rhythm and the emotion which sprang from the sound *manifest the nature of their creator. They are like their creator. They are made in his image.* If they spring from his senses, they are as physical as his senses are physical. If they spring from his Mind, they are as spiritual as his Mind-awareness is spiritual in measure.

The third point which we now emphasize is that physical expressions come first, for man is first savage. The rhythms which he first puts into his sounds are physical. They make the body move, and that body movement is controlled by the rhythm which the creator of the sound puts into it. The savage rhythm may put frenzy into the body movement. The beat of that frenzied rhythm is very much syncopated and distorted. In that rhythm is the IDEA which that man manifests—the IDEA of his *self* in its present stage of unfolding of the everchanging MAN-IDEA.

If you have followed this thought under standingly, you will more fully understand how BODIES grow into patterns of forms and rhythms which simulate IDEA and impersonate their creator. If you do understand this, you will also comprehend that the *sound body* which the savage man created will repeat and reflect its image into other man-bodies which have within them the very self-image of the creator of that frenzied sound.

We have thus painted a word picture of how early man manifests his physical self through making sound-bodies which image his emotional stage of unfolding, and those sound-bodies which he has created reflect their stage of unfolding into other man-bodies at an

equal stage of unfolding. We have, however, confined this example to the early stage of physical unfolding into which the spiritual has not yet entered. Let us now rapidly advance through other stages up to the spiritual, inspirational and intellectual stage of genius man. In so doing, we wish to emphasize another great fact of higher knowledge which will be better comprehended by postulating it as follows:

POSTULATES

1. Man expresses his unfolding nature in one way only – through repetitive, rhythmic action. The first or mortal stage of his unfolding is evidenced by the measure of unbalance in the rhythms of interchange between his actions and their reactions.
2. During his entire stage of physical unfolding, the decisions which prompt his actions and reactions are always *unbalanced and un-rhythmic* because he always takes without thought of balanced giving. He has not yet reached that point in his unfolding where love has entered it with sufficient strength and comprehension to base the patterns of his interchanging upon the balanced rhythms of equal

giving and regiving. That stage is still very far ahead to the many, but the few are entering its doors right now and are being illumined with the divine Light of their own immortality.

3. During the mortal stage, before immortal God-awareness unfolds in him, every rhythmic expression of his entire individual and institutional existence *accents body-awareness*. After the transition point has passed in which sensual man merges into intellectual man, every rhythmic expression accents *Mind-awareness* and *body-forgetfulness*.

* * * * *

The last line of the third postulate is what we wish to accentuate at this point. The spirit of *uncreated Nature* is divine and never becomes a part of *created Nature*. Awareness of the CREATOR within the CREATED comes slowly, but only through the balanced rhythms of the universal heartbeat. That majestic ONE-TWO, ONE-TWO, ONE-TWO rhythm of balanced interchange between the divided sex-conditioned father and mother bodies which constitute Creation is the only rhythm which frees the body from its mortal awareness. Complete forgetfulness of body always accompanies the arrival of

any individual, or institution, at that high amplitude point in all wave vibrations where wave motion merges into decentrated stillness. That wave-fulcrum point in all physical expression is where body motion ends and begins in stillness. Bodies cannot be aware of bodies at that high spiritual point. Passions and other unbalanced emotions are impossible at that point of silence which divides sound.

One could not possibly listen to the great masters of symphony and give vent to unbalanced emotions, or plan to steal or kill, or even plan any physical action, whatsoever, if one had reached that high point where his own intellect reached the immortal intellect of the composer. All of the works of every great genius synchronize with the rhythm of the universal heartbeat. That is the immortal rhythm, the balanced rhythm which is the basis for the universal language of Light which God makes use of to talk to you when you are ready to listen. You breathe in that rhythm and you also walk in that ONE-TWO immortal rhythm. Every great genius knows that language and interprets God's words to you in balanced rhythms within which are the silences of the uncreated. Many people do not know that they are hearing God's Voice when they reach awareness of those silences within and between those ONE-TWO rhythmic sounds. Have you not often heard people say that a symphony has

no meaning for them for they often find themselves put to sleep while listening? They do not realize that they have become so ecstatically attuned to the universal heartbeat that they have been forced to forget their bodies. That is one evidence of progress in spiritual unfolding which means one's *intellectual unfolding*.

When the mother sings a lullaby to put her baby to sleep, she adopts the balanced universal rhythm and lowers its tempo below the tempo of the human heartbeat. That forces the child to forget its body to seek that silence from which its body came. Contrast this rhythm with the ONE-TWO-THREE rhythm of the waltz, which has the symmetry of the pyramid instead of the cube symmetry of the ONE-TWO rhythm. The joyful rhythm of the Blue Danube waltz will just compel one to dance joyfully to that divided rhythm, for its very division is symmetrical and each of its three divisions is balanced and equal. The ONE- TWO rhythm has the symmetry of the square and the cube, and the ONE-TWO- THREE rhythm has the symmetry of the triangle and pyramid.

The symmetry of the waltz can be better comprehended if you make six pyramids of equal size and put them together. They become a cube. The symmetry of the waltz is, therefore, one-sixth of a cube,

which equals a pyramid. In this three-dimensional universe, the length, breadth and thickness of the pyramid is three , but six pyramids within a cube constitute three pairs if you divide them to take a waltz rhythm out of a cube. The undivided cube is nine in its unity, which is made up from its three inner planes that give length, breadth and thickness and its six boundary planes. By repeating the nine of Nature's light-wave field symmetry, an accent is forcibly injected into the position of rest in the heartbeat symmetry. This compels the body to continue its action instead of resting. It is a wonderful *sensation*, a happy and joyous *sensation*, but it is still an unbalanced *physical* expression. It is a cultured physical expression, however, for it contains a great measure of the spiritual rhythm in it, as it is a happy rhythm not a frenzied one.

The three of the waltz rhythm is also an unbalanced expression, for three triangles, or triangular pyramids, cannot unite as ONE in Nature. UNITY is possible only with balanced pairs such as you see in the unity of a pair of hemispheres which constitute a sun. In the octave wave, four pairs unite as one to conform to the balanced cube-spheres of Nature, while the waltz rhythm includes but three pyramid pairs to constitute a cube-sphere, which is not enough for octave symmetry.

The above may be difficult for you to comprehend when thus stated in words, but you MUST comprehend it. You must FULLY comprehend it, and you can, for it is basically simple. It is only the necessity of trying to describe it in words that makes it seem complex. To really simplify this great principle of higher knowledge for you so you will see why it is so necessary for you and this primate world to understand it, we will exemplify it in action instead of words. This example will be your first lesson in the deep meaning of rhythm in Nature.

We begin in this manner. Find a comfortable big chair and locate yourself in it comfortably. Now become conscious of your own body rhythms. Feel your own pulse beat. Familiarize yourself with not only its heartbeat rhythm but its tempo. Do not hurry this process for we can better demonstrate its relation to the heartbeat of Nature and to the cube-sphere wave-fields of Nature if you develop a conscious awareness of that rhythm. Next become conscious of your in-breathing, out-breathing sequences. You can become more conscious of them by folding your hands together over your stomach. You can then see your breathings because your hands will move up and down as you inhale to compress and exhale to expand.

When you have watched this effect until the rhythm of it has enabled you to count its ONE-TWO, ONE-TWO beat, then slowly hum Gounod's Ave Maria, Beethoven's Moonlight Sonata, or even Home Sweet Home as you breathe, and note that your hands will always be down on the ONE beat and always up on the TWO beat. Now try it again by humming "Rock-a-by-ba[2]-by—on the tree-top[2]—When the bough breaks[2]" etc. Note the similar effect. Now reduce the tempo of the lullaby below the tempo of your heart beat and you will find that your pulse lowers and your breathings lengthen their cycles. If you logically continue this experiment, you will put yourself to sleep. The reason for that is an important point which we must emphasize. You arrive at a balance point of rest between action and action at every beat of the uniting pair. That is the only rhythm in all musical expression where such a thing happens. It is, therefore, the only rhythm in music, chemistry, sex, business, government or science and education where the perfect unity of marriage between the pairs of opposites, which create bodies, can possibly be consummated. Rest, peace and happiness can, likewise, be attained only when interchange between mental and physical mate-hood in every transaction of Nature is rhythmically balanced.

We will now compare this balanced sex rhythm of the universal breath with the ONE-TWO-THREE rhythm of the waltz, and especially ask our many doctor members of the course to note it carefully for there is a whole “therapy” in the principle of rhythmic effects upon people.

Now repeat the same experiment by using The Blue Danube waltz as your basis. In order to better demonstrate it, substitute humming it in words. Breathe it in sounds like Ha[1] - ha[2] - ha[3] Ha[1] - ha[2]- ha[3]. You will now find that the ONE of the waltz is accented and takes all of your out-breathing, while the two of your in-breathing is divided right in the middle of the intake or compression stroke. Complete, balanced unity can never be accomplished that way in Nature. A residue of unbalance is left over which prevents such a balanced matehood as you would find in sodium-chloride or in the unity of a completely balanced matehood of a husband and wife who have actually found balance in each other.

It is the RESIDUE OF UNBALANCE in all mismatings which is the basis of every trouble in the world, its ills, its frustrations, its wars, sicknesses, enmities, bankruptcies and all other effects which we call BAD and do not like to have happen to us. This RESIDUE OF UNBALANCE in our

civilization of today is our immediate concern. The measure of it in every man's life, and in national and international relations, is the gauge of our present status of world-disunity which places the world in a low state of its unfolding. It is far from its balance point between its spiritual and physical expressions. It is at least 1,000 years away for the masses but, fortunately, a probable ten percent have arrived at its very door. Those who are among that ten percent will fully comprehend these teachings and apply them for their own transcendency, but to the other ninety percent these teachings will have no more meaning than The Moonlight Sonata would have for a man of the jungle.

This RESIDUE OF UNBALANCE is the answer as to whether there is such a being as Satan, or evil, or sin. Everything that man calls BAD, or EVIL, or SIN in his life is due to his own inability to balance his actions or his life. Ignorance of God's Presence in him is the cause of that. Therefore he hurts himself and blames it upon an evil being. As man unfolds his spiritual nature, sin and evil disappear in the measure of that unfolding. Every Illuminate has described as the very first symptoms of his Illumination that all sense of sin, evil or shame disappears.

You can see by the tremendous residue of unbalance there is in every human life, and every human institution, how very primate the human race is and how far it is from even an approach to unity and, *remember*, UNITY IS IMPOSSIBLE WITHOUT BALANCED RHYTHMIC INTERCHANGE BETWEEN EVERY TRANSACTION OF LIFE.

Returning to our waltz rhythm again, you can see that the physical effect of the *residue of unbalance* can be quite uplifting for it is joyous. It is but one beat away from the universal heartbeat rhythm. Now contrast those balanced THREES with the terrifically unbalanced distortions of jazz. If you comprehend that which is written above, you will readily understand the brutal, ugly, frenzied syncopations which constitute the worse than jungle rhythms of this Jazz Age. Every beat of it calls for body movement, frenzied body-shaking, sex-inviting movement, which is so far from even a countable beat rhythm that one could not even dance to it. The great masses who love jazz are a commentary and gauge of the standard of our civilization as a whole. To demonstrate the principle laid down in the above writings, we are printing wave diagrams of all three of the rhythms above mentioned, including the march, which is the ONE-TWO rhythm except much increased beyond the breathing cycle

tempo. The march is an action rhythm, a joyous work rhythm. It is a ONE-TWO rhythm multiplied into ONE-TWO-THREE-FOUR by doubling the tempo.

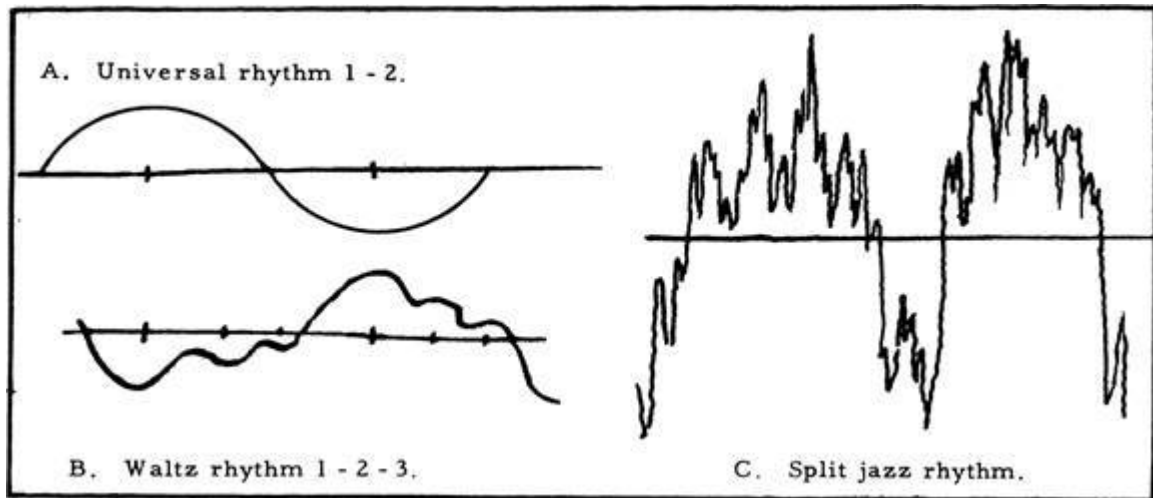


Fig. 7

We are now arriving at that stage of higher knowledge where you can have a perfectly intelligent summation of what your own life lacks and how to remedy it, or what the world-life lacks and its remedy. All of it can be reduced to lack of knowledge of the sex principle as God gives it to us in the light-waves of His thinking.

We still continue to say to our students that the entire principle of Creation, with all of its secrets, lies in every wave unit of light. We cannot teach you anything beyond that for there is nothing to know beyond it. All of the knowledge you can or will acquire does not exceed the knowledge of how to reach the balanced amplitude of the

wave in your every transaction, and in your life, and return to the stillness of its beginning for repetition. Your life is just a series of experiments in trying to learn that lesson. Civilization, as a whole, is also trying to learn that lesson. It is not easy to learn for man has been learning it for ages and has not yet begun to know the first principles of unity. That we can most safely say, for the practice which leads to unity means the giving of loving service to another and the equal regiving by that other. As all men are ONE, each one gives to the WHOLE and the WHOLE regives equally.

Man is still in his TAKING stage. Man's world is still taking and breeding fear. Love has not yet entered into it. Unity is still far away. The reason for that is because every institution on earth today is still in its physical stage where its values are material. Man does not even know what is the matter with man or with his civilization. He does not yet know God, or man, or his universe. He does not even know God's purpose, His ways or His processes.

We have just written long pages about the principle of rhythm in music which applies as equally to government, industry or sex as it does to music. We did it as our first step in leading you to comprehend the oneness of all things and the necessity of acquiring

BALANCED UNITY in all things, all transactions, all institutions of man and all effects of Nature. We laid down that principle in the words UNDIVIDED - DIVIDED (into pairs) and UNITED. We emphasized the fact that no pairs can be united until they are BALANCED and EQUAL, and that DISUNITY results from the marriage of unequal opposites.

We did it also to emphasize the fact that God has but ONE IDEA, the IDEA of Creation. He divides that ONE IDEA into countless many units, but all units of every IDEA—like man—are ONE. Also all units of all idea are ONE. We did it also to emphasize the fact that IDEA is never created. It is but simulated, or manifested, by motion. More particularly, we emphasized it to reveal to you that all-knowledge and all-power resided solely in IDEA, and that the measure of a man's knowledge is the measure of his comprehension of IDEA and not in the measure of his ability to observe and memorize effects of motion which simulate IDEA.

If you have followed with us so far and comprehend what has been written, you are now ready for the ONE THING that man has never known, the greatest of all secrets which has long awaited man's readiness for comprehension. If man had ever discovered that secret,

we would have been much farther along in our efforts to produce an enduring, balanced civilization. That is the unfortunate, but natural, situation for a man-civilization unfolds as slowly as man himself, who changes but little in many long centuries.

We will devote the nine following units to the giving of this higher knowledge of man's greatest unknown secret of sensation and consciousness to you in as simple words and diagrams as possible. When the world knows that secret and the processes of emergence of matter from space, you and it will then know what is the matter with our chaotic civilization and also how to remedy it.

Some great statesman, whose name we cannot trace, once said: "If some sage could but tell us what is the matter with the world, we might, perhaps, fix it. Our quandary is that we do not know." Yes, that is the quandary. We do not know. The purpose of the following lessons is to give the world that knowledge. Even then, man is slow to change existing conditions, but knowledge is power and the great power back of that knowledge will force man sooner or later to heed it. It seems paradoxical to say that great suffering is more conducive to spiritual unfolding than that kind of happiness which results from physical prosperity. When man has created conditions which cause

him to suffer, he invariably turns to God. Let us try to reverse that process and have him turn to God first.

We will look forward with interest to unfolding for you the one great principle of action which alone will bring the permanent peace, prosperity and happiness for which the world has been long and hopelessly seeking.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Lao and Walter Russell

LESSON NUMBER 12

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

QUESTIONS ANSWERED

It is very gratifying to have felt the change in the trend of thinking as our students advance into later units. When students begin to take this course, they think in the language of their traditional training which has always been directed toward the development of the outer-senses. Our efforts are to awaken the inner-perception, not the outer. Our purpose is to illumine the Mind, not to inform the body. We seek to make our students aware of their immortality which dwells within their mortal body and controls it.

Necessarily, a new language must be found for such new thinking. By a new language, we mean other ways of expressing thoughts with unfamiliar words or combinations of them. As the students advance to the fifth or sixth units, they find themselves thinking differently, and the words which express that different thinking become more and more familiar to them as they gradually become transformed from outer-thinkers to inner-thinkers.

We have often told you that all geniuses and mystics think, see and hear inwardly, while all who have not yet unfolded spiritually to that stage sense objectively, which is outward through their senses.

Those of our students who have become transformed to inner-thinkers are learning how to acquire knowledge from its Source instead of being informed of effects through the motion of their senses.

The ultimate of such a transformation is Cosmic Consciousness, and that means that your Mind becomes aware of its Oneness with God's Mind. Mortal man gradually, or suddenly, becomes aware of his immortality.

The Science of Man is a study which leads up to that awareness of the immortality of the Being which is within every mortal body. Everyone's Identity and Intelligence are within that body which we have for too long believed to be our real selves.

It is not surprising that it becomes difficult at times to think or reason it out, but time and meditation bring about that transformation until that which was at first mystifying becomes as clear as a bell.

* * * * *

QUESTION:

“I wish you would explain more what you mean by inner vision, inner eyes and inner ears. I have always felt that those terms were pure metaphor and had no actual meaning in the sense implied, which is that people actually hear sounds which are not there to hear, and see things which also are not there to see. As I study your Course I begin to realize that, to you, they are not metaphor. To you, people actually can see and hear what is not there to see and hear. That is what I wish you would make more clear.”

ANSWER:

The best way to answer that question is by exemplifying it. Let us take Beethoven for our first example. He has eyes and ears on his body just as you have. Somebody speaks to you, which Beethoven could hear with his ears if he stood beside you as well as you could. You both hear the sounds equally.

Now, imagine yourself sitting near Beethoven. Everything is silent, but Beethoven hears sounds coming out of that silence which you do not hear.

He hears glorious, inspiring, uplifting sounds which you cannot possibly hear. Pretty soon he takes a pencil and a sheet of music manuscript and writes down what he hears. Even then you cannot hear it, but he can. He then sits at the piano and translates the sounds which he heard within the silence into sounds that you can now hear with the ears of your body.

That is what is meant by inner ears. They are the ears of the Mind. The same thing applies to inner eyes, or inner vision. The great painter who sits near you can see a great allegory rising out of that nothingness which surrounds you both. He can see horses and chariots, and many beautiful figures and brilliant colors on this gray day, colors which are not physically there. They are spiritually there, however, for he can see them as clearly as you can see the curtains which are waving in the breeze of the open window.

Have you ever thought of that? Have you ever thought of a room full of men who are hearing the same sounds and seeing the same objects with the ears and eyes of their bodies but many of them are hearing sounds which are not in the room and seeing things and people who are not there. That engineer

over in the corner, for example, can see the four arches of a great bridge which he has created out of the silence and nothingness of space. He is so engrossed in it that he has become what is termed "absent-minded." That is not an appropriate term for the fact is just the reverse, for he has become "fully- Minded" instead of being "sensed." He has forgotten body to such an extent that when spoken to he is forced to ask that it be repeated. The ears of his body did not hear them. He really became "absent-bodied" instead of "absent- minded."

You really live a physical or material life and a spiritual immaterial one at the same time. The spiritual life is the *creative* one, and the physical life is the one which works with one's body to give form to the Mind-creations of those who have inner vision. Think of that for awhile. If you do, you will come to the conclusion that you must either be a creator and have others work to give bodies to your creations, or be one of the workers who makes those bodies. Or if you are a musician, painter or author, you can have the added joy of creating both the idea and the body for it. Such creators are the highest of our

intellectuals. God, Himself, is the great example of being both Creator and Creation.

This explanation could clarify for you what we mean by developing your innersensory perception until you become wholly Mind at times—which the state of Cosmic Consciousness transforms one into being.

* * * * *

QUESTION:

“ Some people claim that an idea must be fully conceived in one’s Mind before trying to give it a body, and others say that all bodies are created by the process of reasoning, which means one step at a time in which each step you take tells you what the next step should be. Will you comment on this for my enlightening?”

ANSWER:

Every idea must first be conceived as a Mind-creation before becoming the body-form of that idea. Bodies unfold from their seed patterns. The whole of the oak is in the seed of it. The oak

does not just start as part of an idea and then add more and more to it; the whole idea is in its conception, and all of it is enfolded in the Mind-record of that idea which we call a seed.

One creates only that which one knows, and he creates through Mind-control over body. By that we mean that every brush stroke which is added to any unfolding idea is done KNOWINGLY, and not reasoned experimentally.

One reasons with his senses, not with his Mind. His senses have observed certain effects, and he reasons that if he combines effects they will produce other effects. That is not the creative process. It is an imitative process which results from remembering and repeating instead of thinking what one KNOWS.

Let us give you an example. Beethoven conceived the whole idea and motive of the Moonlight Sonata in his Mind before he wrote a note of it. He could not possibly have *reasoned* that motive into being, for his senses could not create. They could only remember and repeat.

If, therefore, a man sits down to the piano and tries to create a masterpiece by *reasoning* it into being, he only writes down things which he has heard from others. A music publisher tried this in an effort to produce a lot of new popular songs for night club singers and to make records from. He employed a group of song writers who studied even classical music to see what kind of musical combinations produced different emotions like pathos, mirth, joy, excitement and other such effects which song writers try to produce. With this equipment, they reasoned and experimented by passing it along through the whole group. Each tried what the other had done and added to it. Finally they played the whole song and sent it through the mill again to fill in the defects which they criticized. If the song needed more pathos, they gave it to a certain man who was good at that, or another who could give it a little more life in a dull spot.

In this manner, they produced a dozen or two songs a day and made records which sold into the thousands for a month or two, but then they were as dead as last week's newspaper is dead. The average life of those songs was not more than two months, whereas a creation like Home Sweet Home or Annie

Laurie outlives generations, and those in the class of the Moonlight Sonata outlive the ages.

Things produced by reason and experiment are plagiarisms, not creations. A good example of our meaning is the man who reads a hundred novels to get ideas for writing a novel of his own. His own novel is an assemblage of the ideas he has remembered in those he read. In total, it is a plagiarism from a hundred sources instead of from one source which it would be if he copied all of one novel instead of copying — or imitating — parts of a hundred novels.

Let us apply this idea to an invention such as the automobile. In its very beginning, it may be an original created idea or it, too, may be a *reasoned* production. You know what the automobile of fifty years ago looked like as compared to what it looks like today. What has happened to produce that change? Someone reasons that if you do some little thing to change a carburettor, it will give better service. And so all down the line from body to fender, from glass in the doors to the tires upon which the car rolls, and from the springs to the cushions upon which one sits, many men and many factories reason the old

shapes and forms into new shapes and forms, but that is not a mental creative process; it is a sensed-reasoned process.

* * * * *

QUESTION:

“Just what does inspiration mean? I was shocked by the dictionary definition of it. This is what it says: ‘A supernatural influence which qualifies men to receive and communicate divine truth.’ If I feel inspired, or exalted mentally or spiritually, is that supernatural?”

ANSWER:

That definition shows how little the idea of talking to God is understood, for that is what inspiration is. It is the language which God uses to talk to man. Early writers spoke of the Bible as an “inspired” work. It meant that certain prophets or mystics had supernatural powers which enabled them to interpret God’s commands and instructions. That is not literally true, for it is not supernatural. It is natural, for everyone will in time discover his own divinity and be able to talk to God at will from moment to moment.

In the ordinary sense of the word," inspired " means to be exalted mentally into a highly spiritual state where the physical in you is forgotten and the spiritual state is predominant. You feel inspired when you hear or think beautiful music or glorious art. That is the Voice of Nature (which God is) talking to you. It is an uplift from the material to the spiritual. Anyone who has learned the art of deep meditation can step from the mundane material world into the inspirational world of high mental exaltation at will.

It is said of Mozart that he forgot his debts that way, which means that he could escape from all worldly affairs by seeking the bliss of inspiration.

* * * * *

QUESTION:

"I have been brought up in a family which believes implicitly in prayer. My father and mother both spend much time in

prayer and I have become as much of a believer as they, probably because I was brought up that way. I am now a salesman in a branch of a big business and each day I pray that I may advance more and more to the possibility of becoming head salesman, yet I do not produce the results which many others produce who do not constantly pray for God's guidance as I do. My parents continually tell me that my faith is not strong enough and that I must have more faith as they have. I am beginning to wonder about it all and to look facts in the face. My father, for instance, has never really gotten anywhere in his business. He has been in exactly the same place in his business for over twenty years and keeps up a great faith and belief that he will be promoted, while others who have worked fewer years than he has have been promoted. My mother is an angel if ever a woman was, but she seems to get nowhere either. Her house stands as it was thirty years ago. She has faith that my father will win a promotion and waits until that happens to fulfil her home desires. I cannot understand it all. Everybody loves my parents and me, too, yet we do not get on as others do. Have you any solution for my problem? I hope

you have for I am beginning to develop a fear that I am repeating my father's experience in my own life."

ANSWER:

Yes, we do have a solution for your self-made predicament. It is very clear to us, for we have known many like you who pray very earnestly, in long wordy prayers, to ask God to do for them what they should do for themselves with Him. Your faith that He will drop the answer to your prayers in your lap is not God's way of doing. You should read *GOD WILL WORK WITH YOU BUT NOT FOR YOU* for it would give you a full answer to your question, but we will say this as a brief answer. *God will give to you as much as you give Him, and no more.* We mean by that that the farmer who gives more service to his crops will be given more crops. It may well be that the farmer may have never issued one wordy prayer in his whole life, but his life demonstrated the power of prayer more than your life demonstrated it, because he *LIVED* prayer rather than *THOUGHT* it.

This brings us to a consideration of the meaning of prayer. The meaning you give it is to perpetually request that God do

something for you. Such prayers are requests for favors. Prayers should not be requests; they should be communions. They should be moment-to-moment actions and reactions which spring from a desire to give and be regiven. The farmer works with God and God works with the farmer whether the farmer is aware of it or not. He is obeying God's law – and that is prayer in action. He does not rely upon *faith* that his crop will be big. He relies upon his *knowledge* that it will be big because he does those things which God commands him to do to make it big. He fully knows that Nature will do its part, even if he does not think of Nature and God as being one.

Your trouble is that you have created a condition where you must remain static. If you had no faith at all but had knowledge that work given by you will bear the fruits of your work, you would be better off if you never prayed. Faith too often means wishful thinking and laziness. Or it might mean ignorance. Too often do we hear it quoted that enough faith will remove mountains, but we note that the man who has engineering knowledge can remove mountains, and does while the man of faith can stare at them with wishful thinking for a whole lifetime and they will not budge one inch.

One word more. When you utter these long, wordy prayers to God, what do you think God is and where do you think you will find Him? We have found that those who pray volubly with words believe that God is somewhere outside of themselves, like some king on a throne to whom they issue an appeal or supplication. They have a feeling that if they pray long and loudly enough, and with sufficient earnestness and piety, He will hear them and grant them the favors they ask.

When you at long last learn that your Father and you are ONE, you will then know that God is not afar, sitting upon a cloud, listening to the appeals of lazy wishful thinkers. You will eventually find that God is within you as MIND, His Mind and your Mind being ONE. You will then know that you are ONE with the one Creator. Knowing that, you will then know that you, yourself, must CREATE THAT WHICH YOU DESIRE. You will then know that God is giving you what you desire but you, as creator, must do your part of the creating and know that God will do his part.

All of this boils down to your wrong conception of God and His ways and processes, and also your wrong conception of the

meaning of prayer. Perhaps you will better understand our meaning when we tell you that we have both worked knowingly with God, in moment-to-moment communion, all of our lives, and neither of us has indulged in word prayers during that whole period. We just cannot do it, for the very attempt to pray like that seems to put God far away from us instead of within us. We feel His presence at every moment and do not think of sending an appeal to Him as though He were far away. Not only that, but we never kneel and bow our heads, for He has taught us to glorify Him by being Him and to never assume the attitude of being “worms at His feet.” That is the way to lose God, not to find Him. The moment you put yourself apart from Him, you become apart from Him. Oneness means oneness, not a superior and inferior, or high and low. The more you can cultivate the companionship of God’s Presence as co-worker with you, the more you will be enabled to reach that ecstatic state of Oneness with Him.

* * * * *

QUESTION:

“How can you say that God is merciful when He takes my nine year old strong boy and allows a worthless old drunkard to live? Our minister says: ‘The Lord giveth and the Lord taketh away.’ That does not satisfy me. I just say it is unfair and there is no mercy in it. Am I wrong?”

ANSWER:

Yes, you are very wrong. And so is your minister. God only gives. He does not take. God is Love and the only thing He gives is Love. God is not merciful, but God is the LAW. If man defies the law and jumps over a cliff, the law of gravity will work without fail. Any man who does such a thing shows himself no mercy. Why blame it on God? God gave man the law to work for him. It is GOOD for it is an expression of His LOVE. If one works *against* the law instead of *with* it, should you expect God to set aside that law instead of allowing man to learn the lesson of it? What kind of world would we have if God set aside every law that man violated so that man could not possibly hurt himself? There may as well be no law, and man need never learn any of the lessons of life which Creation intended by being divided into CAUSE and EFFECT.

If that is what you call mercy, you could Justly claim that God should be merciful to you and not allow you to punish yourself by eating arsenic.

Every law of God is an expression of Love. Every action of that expression is an equal interchange between people and things in Nature. The whole lesson of life is to learn how to obey that law of Love by equal giving and regiving.

Your son's death was the effect of some cause which arose in himself, or in you, or in his environment. It was law being fulfilled in any case. You cannot compare it with an older and useless man who still lives because he has not subjected his body to a condition for its destruction. You can as justly blame God for allowing a sapling oak to die because its roots were in rocky soil while allowing a big oak to live even if half of its limbs have been destroyed by lightning.

The point you ignore, and should not, is that your boy's body disappeared but the identity of that boy is eternal, and his body

will as surely reappear as the apple of next August reappears from the same Source as the apple of last August.

When you learn that a man cannot die and that God is Love only, you will find much more happiness in life. But that is one of life's lessons – and there are many lessons to learn.

* * * * *

Our dear Students:

We have long looked with hope and anticipation to the day when we would have sufficiently advanced students to whom we could open the doors to the higher knowledge which mankind must eventually acquire in order to build a UNITED civilization as a whole, or a united home as an individual.

Later in this Course, we will tell you that the greatest of all underlying principles of a living universe is BALANCE. We will quote from the Divine Iliad God's words in which He said that if He could give man but one word, that one word would be BALANCE. And if man needs two words, those two words would be BALANCED INTERCHANGE. If man needs three words instead of two, those three words would be RHYTHMIC BALANCED INTERCHANGE.

Many lessons have passed with but casual reference to those three words while we were trying to make you know God's universe and His ways and processes of Creation. Now that we have done this sufficiently to have arrived at a stage of comprehension which has

led into the invisible as far as it has led into the visible, we now return to those three words to tell you that your life and our universe turn upon their comprehension and their practice.

These three words – and more especially the ONE word BALANCE – are the very foundation of every aspect of life. The higher knowledge which we are giving in these lessons is based upon them. How well you may comprehend them measures your power to act them. You are the sum total of your actions. If your actions conform to the meaning of those three words, you have the whole mighty power of the universe as yours to command.

It may be many generations before a sufficient number of spiritually intellectual humans comprehend these three words sufficiently to know that they are obligated to practice them, to effect our civilization to become a united one, but the only way our civilization can ever be united is to comprehend and practice their intent.

That does not seem very encouraging for a One World of peace and happiness which people seem to believe is just around the corner "if we could but just stop wars." There is more to it than just stopping wars, for the cause of all wars is FEAR, and man is the supreme

creator of fear. In fact, FEAR is man's greatest product, and it IS man's product solely for fear does not and cannot exist in Nature.

Fear and disunity are one, and our world in its present day is more conspicuously disunited than at any time in its history. Do you realize this? Do you not also realize that a disunited or divided house cannot stand? How is it, then, that we expect this civilization to stand against the inviolate law it is defying? Fear and disunity are one, and our world in its present day is more conspicuously disunited than at any time in its history. Do you realize this?

Do you not also realize that a disunited or divided house cannot stand? How is it, then, that we expect this civilization to stand against the inviolate law it is defying?

To answer these questions so that you may make your own life supreme in order that you may become the seed for making other lives supreme is the purpose of these lessons which will transcend anything ever taught in the educational traditions of today.

Our blessings to you, therefore, as you enter these newly opening doors to the new and higher knowledge which will open the cosmos to you instead of just its simulation in motion.

Devotedly yours,
Walter and Lao Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 4

LESSONS 13, 14, 15 & 16

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 13

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

WE FURTHER PROBE THE SECRETS OF THE UNIVERSE

We, the human race, look about us and see how very enlightened we think we are. We have air travel, motor cars, television, radio and a thousand comforts unknown even one century ago, and admire ourselves as great people of a great age. We look back upon those unenlightened people of yesterday and say they are old-fashioned people of the horse-and-buggy days. Those people of yesterday were ourselves. There were many great minds among them, many immortals who enriched this age.

We look back a thousand years—two thousand years—three thousand years. We now say that the civilization of their day was archaic. They thought *this* about the earth and *that* about the stars—and one tribe slaughtered another and took over its herds—and one king took away the lands of other kings. That was long ago, we say, when the earth was peopled with barbarians, but those people of that far yesterday were ourselves. There were many great minds among them, many immortals who enriched this age.

Shall we forget that tomorrow is not far away when people shall look upon us as archaic barbarians who had learned how to kill by millions instead of by ones? Will they Judge our standards by the planes and motor cars of a material age of archaic reasoning in our science, disunity in our many religions, and parrot-like memorizing in our education?

What do you really think tomorrow will think of us? Can you really feel that we will be thought of as enlightened? Do you not feel that another age ahead would be justified in thinking of this age as being in its intellectual and spiritual infancy? You would undoubtedly resent this as men of Plato's age would resent your concept of their standards, but you will be one of tomorrow's age and you will undoubtedly think that way of us.

These people of tomorrow will be ourselves, yet there are many great minds of this age, many Immortals of today who will have enriched mankind of tomorrow. And so it is that man forever seemingly unfolds without realizing that it is not man who unfolds but Mind-awareness which forever transforms man throughout the ages of Mind-manifestation through the body of man.

WE MORE EXPLICITLY DEFINE HIGHER KNOWLEDGE

We are so deeply concerned in making sure that you know what we mean by higher knowledge that we interrupt our own narrative once more to more clearly define it. A clue to your greater understanding lies in the one supreme fact that *the greatest miracle which can happen to any man is the discovery of his SELF.*

When we use the term SELF as applied to man, we mean the divine spark of God-awareness which severs the physical body from the Cosmic Light of Mind. The discovery of one's Self, therefore, means the discovery of one's divinity which unites man with God.

Human educational institutions have quite a different concept of man, however. They base their study of man upon the premise that man is body. The study of man for that reason has never passed beyond the science of psychology which has kindred terms to describe it, such as psychoanalysis, functionalism and structuralism.

The entire principle of psychology is misunderstood, misrepresented and misnamed. Its dictionary description stems from the word

psyche—meaning the human soul. There is its claim in right of name. Its own definition is far from that and is absolutely unrelated to soul. Here is psychology's own definition of itself, and this definition is substantiated by its practice. These are the words of that definition:

Psychology is the study of man's (meaning body) adjustment to his environment, of the Instruments he has evolved to aid him in adjustment, and of the ways he can improve his adjustment through learning.

This very palpably means BODY—both as to man and as to environment, for all adjustment of man to his environment means SENSE-adjustment not Mind-adjustment. The Mind needs no adjustment.

Psychoanalysis is still more physical in its connotation. Also it is based upon a condition which is non-existent in Nature—the condition of *unconsciousness*. When one sleeps, his senses are unaware of his body simply because of the weakness of the depolarizing current of his body. In other words, his senses can no longer vibrate sufficiently to THINK Just as a harp string can no longer produce sound when its vibration frequencies lower beyond a certain point. Psychoanalysis tries to cure personality defects

which have their cause “in the UNCONSCIOUSNESS It endeavours to make the patient bring the UNCONSCIOUS part of his personality into CONSCIOUSNESS. This basic misconception of the meaning of CONSCIOUSNESS places the entire science upon a purely physical basis and does not touch the mental or spiritual. What the above sentence means could be more properly stated as follows: *It endeavours to make the patient recall his forgotten dormant brain records by stimulating his REMEMBRANCE of them.*

Psychoanalysis is engaged solely in “behaviourism” and endeavours to straighten out abnormalities by restoring normal behaviour rhythms. It is as purely a clinical and physical practice as the doctor’s practice is. It endeavours to do for the brain what the doctor does for the heart, and that is all. It succeeds in doing that in many cases and contributes value to medical and criminal practice because of that, but it is not any more entitled to claim its relation to Mind or Soul than the heart specialist or obstetrician is entitled to make that claim. It is merely one department of body-repairing *and that is all.* Proof of this fact lies in the acknowledged lack of power to explain (1) *the nature of the learning process.* (2) *the explanation of thought.* (3) *the organization of creative abilities* and (4) *the explanation of genius.*

These acknowledged dead ends of psychology and psychoanalysis and the fact that they mistake low brain potential for a Mind-condition which they so unscientifically, and unnaturally, call UNCONSCIOUSNESS should lift such a science entirely out of the right it has assumed as a Mind-science and the assumption that psychology is HIGHER KNOWLEDGE. It is purely a HIGHER SKILL or another TECHNIQUE which is being made use of by increasing the ability of the senses to reason from observed EFFECTS and assemble those observed effects with the very small amount of MIND-POWER that the human race has thus far become aware of.

Psychologists build a very untrue representation of their science and their powers, as well as their teachings and practice, by their frequent quotation of Socrates who said: "Man, know thyself." *Man's Self is his immortality.* Psychology does not even touch the rim of immortal Man who is ONE with God. It is concerned only with the body of mortal man while deceiving itself that it is dealing with Mind. When Alexis Carrel coined the term SCIENCE OF MAN, he meant *MAN - THE IMMORTAL MIND*, not *MAN - THE MORTAL BODY*. Therein lies the difference in the teachings of our university from all other universities and educational institutions. There is not one educational institution in America which searches for the

immortal in man or bases its conception of education upon the unfolding of the Mind. On the contrary, brilliant children are suppressed and genius is not even recognized. Edison and many other geniuses have been sent home with recommendations to their families to seek schools for subnormal's for them. Our educational institutions are stultifying the mentality of the whole human race by their misconceived belief that the child who can tell you *who* stabbed Julius Caesar and *when*, what was the date of the battle of Waterloo, or what was the cause of the second Punic War is more intelligent than the child who can interpret the rhythms which lie hidden in the silence. Our government gives billions in relief to help the indigent and the moron to survive, but allows its Beethovens and Leonardos to starve rather than to subsidize its geniuses as many other countries do in such ways as contributing to its orchestras and creators in the arts.

By the above example, can you not clearly see why we must continually interject such explanations as this to make us feel sure that you, our rapidly advancing inner thinkers, will really know what higher knowledge means? We MUST make you know this one thing, no matter how many times we have to interrupt our step-by-step unfolding to give you a clearer understanding of what it means

to transform yourself by the renewing of your Mind. The only teachings which can be considered higher knowledge are those which awaken the spark of divinity which lies dormant in every man.

You must someday realize that all-knowledge already exists. KNOWLEDGE and IDEA are God qualities. They ARE. They do not BECOME. *They are within you.* They are the basis of your omniscience – your omnipotence – your omnipresence. You do not LEARN them. You RECOGNIZE them when they awaken from their dormant state within you a little at a time. No teacher can teach you these things. No book can give them to you. The divine teacher can but re-inspire you with his own inspiration. He cannot GIVE it to you from himself. He can but AWAKEN it from its dormancy in you. That is what we are endeavouring with all our might to do. Our words have their limitations, however. What is written between the lines of those words is what we feel in our inner Selves. We cannot write that down, but you can feel it within your own Self if you seek the silences in sufficiently deep meditation to become one with our thoughts.

We had a very dear friend who was one of the great intellectuals of this age. He lived in the higher realms of inner sensory perception and endeavoured to lift mankind to his heights in many of his writings, but so few among men desire to be lifted to such heights that his audience was limited to such people as you, who are our audience. He was the late famous Francis Trevelyan Miller, poet and historian. He was delighted to know that we desired to quote him in our herculean endeavour to make your transformation more complete through a perfectly clear concept of what we mean by higher knowledge. (The Science of Man is for opening the doors to the kingdom of heaven instead of the pitfalls of earth for man's body.)

This is what he says about man, after reminding him that he has had 60,000,000 years to develop his physical body and only 6,000 years of recorded history to evidence his awakening into Mind-awareness. Several thousand years passed after the first dawn of consciousness before he could even record his growth from savagery. We quote him:

“Down through the centuries of human progress, we have come to the World's Greatest Adventure – Man's

Search for God.

And what do we find?

We have followed the trail of man's evolution from the four ages when the World was in its making: The Archaic – Palaeozoic – Mesozoic-- Cainozoic, We have seen man blaze his way out of the jungles in the Stone Age – Bronze Age – Iron Age – until he steps out today in the Scientific Age.

We have watched him as the first gleam of intelligence is ignited in his eyes; as he severs the link in the chain that binds him to the beast; as he begins to stand erect – a human endowed with the power of Reason.

We have seen him as he laboriously gains knowledge by experience in the slow process of time; as he combats the elements and subjects them to his use; as he conquers the wilderness; explores the earth on which he lives; as he evolves from savagery into tribes and nations; as he discovers the elemental laws of living; and sets up great systems of civilization with his genius.

And what have we found?

We have found that the first and oldest fact in all human creation is man's instinct for a God-power. It has existed since the beginning of time. It took root in the intelligence of man from the day he became a human being. It has persisted through the ages as surely and as positively as his appetite for food or his instinctive gasp for breath itself.

It is so deep-seated in human consciousness that it never has ceased for an instant—never has been eradicated since the world began. It is the most persistent fact in all life. It is elemental.

This Search for God has covered the range of all human instincts, intuition, emotion, superstition, imagination, creative genius—every form and substance, real and unreal, that the mind of man has been able to conceive.

Just as man himself has come up from the primeval, from the primordial, so have his God-conceptions been equally primitive.

They have grown and expanded with his own mentality.

When man is barbaric his gods are barbaric; when man is ignorant his gods are ignorant; when man is intelligent his gods are intelligent. He has worshiped everything—from Anything-ism to Fou-Fouism.

As a scientific fact his gods are always beyond the horizon — beyond his intelligence—superior or supernatural beings. He creates them out of his hopes and aspirations—his spiritual nature—like evolution, itself, always in a higher form. If, on occasions, the gods have deteriorated, it will be found as a fixed law that the race itself has deteriorated.

We have found this —

The blundering of man disproves nothing—except his own competence. The hideous concepts of man prove nothing—except the blackness of his intelligence before the dawn.

We have followed the evolution, the un-foldment and growth, of this God-idea since its first inception, through

to the present day, watching the cumulative processes of its un-foldment.

Like science, itself, its revelations have been slow, but inevitable. Like invention, discoveries and explorations on the earth, it has been a series of adventures into Unknown Realms.

It has kept pace with the increase of human knowledge, slowly divesting itself of superstitions, until it has come out into the clear, open field of science—with which it stands paralleled today and must eventually converge and prove its laws.

We have found that—

Strange and weird as may have been the rituals of the human race in its emergence from the primordial swamps and Jungles, appalling as may have been its practices, it has at all times been consonant with its mental state — an exact parallel and complement of the development of the mind.

Just as man has explored the earth and mapped out its cosmography, so man has explored the cosmic and built up his cosmology. It has been a constant adventure into the Unknown.

We have seen the savages searching for a God of hope to dispel their fear in their fights against the elements – the fight to exist; we have seen the pagans search for God in sensuality and materiality in Assyria, Babylon and Egypt; the ancient Grecians and Romans seeking God in intellectuality. We have followed through India and Persia in their search for God in Mysticism and symbolism; we have seen the Moslems searching for God through philosophy.

We have indicated how Judaism set up the rule of One God and the ethical system of the Ten Commandments - and how Christendom is founded upon the principle of man's direct contact with God through the spiritual laws.

It has required prophets of indomitable faith and courage to blaze the way for this world-old search – the spirit of the martyrs, willing to die for an idea or a principle:

Zoroaster – Moses – Guatama, the Buddhist – Mahavira
and Janlsm – Confucious – Lao Tze and Taoism – Jesus,
the Nazarene – Mohammed.

Let us again affirm the historical fact: No people have
ever lived who did not believe in some kind of a god –
no race has ever perpetuated itself without this elemental
faith.

Today, the World is seeking more ardently than ever
before the solution to this high question: *What is God - -
and is there a life after death?"*

* * * * *

You cannot but read this without great enlightenment. *It plainly tells
you that God has always been made by man and in man's image.* Two
thousand years ago, the pagan mind of that day created a god of fear
and wrath, a god who loved blood slaughter and the vengeance of
human emotions.

They made Him in their own pagan image. Today two-thirds of the
world still conceive of and believe in that pagan god of fear, for this

is still a barbarian civilization of fear and people must have a god who is like unto them.

Two thousand years ago, the people of that day also steeped themselves in the sensualities of sex and made a vile thing of it. They could not then see that God's plan of mating was his one perfect process of creation. They could not see sex as motherhood – and fatherhood – which they understood emotionally, for their vile abuse of sex was the foundation for their belief in sin. Man created sin by crucifying love on the cross of bestiality.

Two thousand years have passed and men still crucify love in the same sensual way. Even though they do not practice mass sex orgies on the same large mass scale, they still practice it on a small scale despite their belief that sex is the basis of original sin, and keep sin-belief alive by sex- sensuality and define that as “making love.- Now can you see why love has not yet entered the portals of the human race to any who have not known mental as well as physical mate hood? These alone know what no one else can know who has not thus been exalted. Not even the unity of two physically balanced mates can give them that knowing, for the union of a pair which

ceases at physical union is not a consummation of love until motherhood and fatherhood become One in Mind.

We have laid a better foundation for your comprehension of the one great fact of life, that man is ever searching for his divine Self and in thus searching he will someday find his Self and God as ONE. *Higher knowledge consists of only that which will lead to the Light of man's divinity. All else is but for the body and is as unreal as the body is unreal.*

CONCLUSION

There is naught but GOOD in all the universe, for God is Love and He created a universe of Love in all its expressions which is like unto Him.

There is no sin in all of the universe. *Sin is a product of man. It is made by man in his own image, for every creation of man is like unto man.*

Pagan teachings tell you that your sins can be forgiven by God and that Jesus came to save you from sin. That pagan belief will continue to create the belief in, and the practice of, sin as long as people are misled into believing that they can be saved from sin or forgiven for sinning. Sinning means hurting one's self or another by disobeying the law of love. When one does that, the damage is done and it

cannot be forgiven. He who “sins” can stop sinning, like sound which ceases when its cause ceases. Neither God nor Jesus can void that which has happened. It is recorded by the light waves of the universe forever. Its record is in the seed of the “sinner” whom it alone hurts.

No man can stop hurting another, or himself, except the man himself. “Sin” is man’s self-teachings. They are his lessons of life. He gradually learns his lessons and, as he learns them, he stops “sinning.” What man calls “sin” is, therefore, GOOD for it leads to GOOD. Creation grows that way. Civilizations unfold that way. Creation is a drama of CAUSE and EFFECT. *It is a hundred-million-years-long lesson in learning how to balance EFFECT with its CAUSE.* He who errs in learning that lesson is like unto the schoolboy who adds his figures wrongly, or the man whose forgetfulness to turn a switch derails a train.

Life must be lived. Man must learn how to live it. Every man on earth must learn his lesson of balanced interchange in his every transaction. He cannot learn it in one life, nor a thousand lives. Christ Consciousness does not come to primeval brute man. It comes only to the completely unfolded spiritual man. Why forever repeat

that the good will be saved and the bad will be damned? There is not one good man on earth in the sense that he is like unto the divine Self which he will become. Likewise, there is not one bad man on earth, for every man on earth has forever been searching for the GOOD since his beginning. The words of Francis Trevelyan Miller have told you that in clear language.

The only sin on earth lies in *not knowing*. When a man *does not know*, it means that his Mind has not yet awakened to an awareness of either good or evil. The body cannot sin. It but carries out its instincts. The body which has no knowledge of good and evil cannot sin because it is still primate. The enraged dog which kills does not know what he is doing. His body instincts act upon reflexes which cause the act as surely as a bell will ring if one presses a button. You cannot punish the dog because he "sinned." You may destroy him to prevent him from again reverting to his instincts, but not for "sinning ." When Jesus said, "Forgive them, for they know not what they do," he meant just that. They DID NOT KNOW. And people of today DO NOT KNOW. The spiritual in man has not yet unfolded enough to begin to understand the meaning and import of balanced transactions between mate pairs. The buyer and the seller are mate pairs. One cheats the other. Cheating and murder are relatively the

same. They differ only in degree, yet the deeply religious man who “gets the better of the bargain” really believes that he is good and will “go to heaven,” while the murderer must be condemned to everlasting fires of hell.

This is the pagan belief of two thousand years ago. It is still the pagan belief of countless millions of people of today. Humanity is like a class in school. Some are ahead of others. Some have unfolded more than others. Some have stopped murdering long ago, but every man on earth has been a murderer. He has merely ceased murdering long ago but condemns the man who now is what he was and believes that he will be cast into everlasting fires of hell. Every man on earth would be cast into everlasting fires of hell if there were any merit in the pagan belief, but there is no merit in it. The Bible is full of it, but the Bible was written by pagan man for pagan man. All references to eternal damnation and everlasting fires of hell which are written in the New Testament were forged into it to give one class of men power over others to remit their sins for a price.

They who did that also KNEW NOT WHAT THEY DID. They who committed that monstrous crime were supposedly good men. They acted their parts consistently with their day and age. They, too, must

learn their lessons, for they have been on earth many times since then and are learning them.

The time must come in man's unfolding when he will understand that Jesus came to teach him that there is no sin. He came to SAVE HIM FROM A *BELIEF* IN SIN, as Mary Baker Eddy first pointed out, instead of saving him from sin, which even He could not do.

Can you not see that if it were possible for anyone to save man from sin, it would mean that all men of earth would become Christ Conscious at once? They would instantly pass through all stages of growth – the primal stage, the genius stage, the Cosmic Conscious stage and the final Christ Conscious stage. To do this would render Creation purposeless. The purpose of Creation is to act the play of Cause and Effect in a universe of Time. Any man, or God, who could save man from the "sins" of experience would be defeating the purpose of the play.

It would mean that a man who builds an automobile must build it complete and perfect at once and never pass through Time's stages. The picture must be finished without sequences of brush strokes, most of which are wrong brush strokes which are ever being corrected to attain final perfection. *The wrong brush strokes are akin to*

man's so-called sins. They are experiments made in finding the way. All of life is an experiment in finding the way to live.

Do you not see, therefore, that the pagan beliefs of yesterday must be cast off in order that today may be an advance beyond yesterday? Do you not see the world cluttered up with these pagan beliefs? Do you not see that man becomes what he thinks, and if he thinks evil he becomes evil? *Do you not see, therefore that sin and evil are man-made products which do not exist in Nature? Do you not also see that this world of fear and chaos is also manmade by talking fear, teaching fear and creating fear, even unto creating a God of fear?*

Is there any wonder that the world is what it is, a fearing, crime-ridden, man-killing world which talks of brotherly love without acting it, which pretends freedom of thought and speech but practices intolerance, a world which fervently prays to ask God to stop wars which man has made, a pious world which makes a great show of goodness on Sundays in ten times ten thousand homes and churches but has killed and enslaved a hundred million people within the last fifty years instead of giving love and service to its own brothers whom it has killed.

Is it not time that man should begin looking at man squarely in the face and asking himself many questions? Man will not do this because he does not think it necessary. Every man thinks that he is quite right but others may be wrong.

Man in the mass is not yet willing to say, "I DO NOT KNOW. TEACH ME SO THAT I MAY KNOW THE WAY."

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 14

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

HIGHER KNOWLEDGE OF CREATION

We have written the foregoing Lesson Number 13 to define what Paul really meant by the words: "Be ye ever transformed by the renewing of your Mind." Paul did not mean the renewing of your senses, or increasing the ability of your body to produce material effects. Nor did he mean the increasing ability of your brain to remember effects, nor the Increase of your ability to assemble more and more complex effects through the process of reasoning.

The present concept of knowledge is encyclopedic. A complete human encyclopedia would be presumed to be a higher being, just as the boy in school who can answer the most questions would be considered supreme even though he had not one idea of his own in his head. Conversely, the genius boy who could write a great essay, or express himself creatively, would be considered an idle dreamer and a subnormal if he could not tell you the date of the battle of Waterloo.

The present concept of higher knowledge is to further extend memory of effect beyond the present sense-boundaries. To exemplify our meaning, the tremendous advance in high explosives and guided missiles of today over the bullets and cannon balls of yesterday is considered to be higher knowledge of today over that of yesterday. Such an advance is due to the increasing ability of the senses to observe EFFECTS of MOTION and to assemble those effects by memory and reason. That is not knowledge, for the greatest expert in the manufacture of those explosives does not know the CAUSE of them or their SOURCE OF ENERGY.

KNOWLEDGE IS MIND-IDEA – UNEXPRESSED.

Knowledge is expressed by the creation of bodies which simulate idea.

Knowledge resides in the CREATOR—not in CREATED BODIES.

The Creator does not create IDEA; He but builds an image of His idea in body form, *but the body is not the idea nor does the body have any knowledge whatsoever of the idea it manifests.*

What, then, IS the body? Our civilization is made up of the bodies of men. THESE MAN-BODIES HAVE BEEN CREATED SOLELY TO MANIFEST THE IDEA OF THEIR CREATOR.

We have arrived at a crucial point of understanding right here and now. We must make it clear what bodies are and what their functions and limitations are. It will help your understanding by saying that the forests are made up of the bodies of trees which have been created solely to manifest IDEA which resides in their Creator. Again we may say that the ocean is full of bodies of fishes which have been created to manifest IDEA which resides in their Creator.

YOU are now ready to comprehend that bodies are but imagined-forms of IDEA which have been created by THINKING that idea into motion. Also you can now comprehend that their function is to act their parts in the dramatization of the IDEA they manifest. *You should also be able to comprehend that the limitation of all bodies is to produce bodies like unto their thoughts.*

The bodies of man are limited to the production of other man-bodies and bodies which simulate IDEAS of their ONE Mind, also the instinctive motions of those bodies which are necessary to sustain

them. The limits of tree-bodies are the repetitions of tree-bodies, and to reaching out for sustenance of tree- bodies. Likewise, the bodies of fishes are limited to reproducing more bodies of fishes and to making the instinctive motions which are necessary for their sustaining.

Tree-bodies never become aware of their Creator who centers and controls them optically. Fish-bodies and countless other species of animal-bodies never become aware of the fact that their centering instinctive controlling Source is their Creator. Man-bodies alone, in all Creation, function as man- bodies for millions of years until the imaged form of man-bodies has matured to the completed body image of the man-idea, from that time on, God-awareness begins to unfold. We call that period of early beginning “The Dawn of Consciousness.”

Is this now a clear picture to you? If not, it must be, and we urge you to stop right here and meditate long upon these few pages or review past lessons until you are so sure of your full comprehension that you can no longer think of your body as being YOU –but, instead, you will think of your Self as the Creator of your body and you will someday know that your Self is within your body.

To help you to still further dismiss the concept of your body as being YOU, think of it as an infinite number of atoms divided by vast spaces between them as the suns and stars of the heavens are thus divided. It would amaze you to know that if all the atoms of your bones and flesh were compressed together so that all of the spaces between them were squeezed out, one would have to use a microscope to find you. Can you realize that? Can you realize that the greater part of your body is water, and that each drop of water contains 6,000,000,000,000,000,000 atoms—which means 6 sextillion. If you also realize that the space between each of these 6 sextillion atoms is millions of times greater than that of each moving atom, you should be intellectually able to dismiss the idea of substance and intelligence in relation to your body.

We have thus shown you that your entire body is but a microscopic dot surrounded by vast reaches of SEEMINGLY empty space. At any rate, you cannot see your Self in it, just as you cannot see the real oak tree in its seed.

We have talked about visible bodies long enough to make you realize that they occupy an infinitesimal amount of volume within a vast amount of MIND, for MIND is what we so lightly call space.

In later units, we will diagram the invisible Mind-universe and the visible motion-universe. You will plainly see that the invisible Mind-universe centers the creating universe of matter, just as your Mind is within your body and controls its motion. Having thus given you a concept of Nature as it IS instead of as you have thought it to be, you are now better equipped for your own further transformation by the “renewing of your Mind,” which means that you have increased your God-awareness and inner sensory perception by just that much. This also makes you ready for the next step in the understanding of God’s ONE PROCESS of Creation, which is His sex process.

WE FURTHER DEFINE AND EXPLAIN GOD’S HOLY LAW OF MATING

All through these lessons we have accentuated the idea of sex as the basis of Creation. We use the term “The Divine Trinity” which we wish you to think of in the same terms as the UNDIVIDED - THE DIVIDED - and THE UNITED, which the great teachers used.

You are now prepared to comprehend the higher meaning of sex. The lower meaning of present-day man is that sex is an act of cohabitation for the planting of the seed, for the production of a

baby, a bear cub, or any other form of life. That is a timed event. *Nature's meaning of sex is the eternally permanent and timeless continuity of father and motherhood. The baby and the bear cub must grow. They must be nourished. Motherhood is timeless and every interchanging action and reaction of fathers and mothers of Creation is as much a part of Nature's sex relation as cohabitation for the planting of the seed is a sex relation.*

The fact that sex-divided males and females are so unbalanced by stresses and strains caused by that condition that they can find relief from those tensions through UNITING – which we call cohabiting – has caused early man to so violently abuse that holy law which is manifested everywhere throughout Nature as The Divine Trinity of UNDIVIDED - DIVIDED - and UNITED FATHER-MOTHERHOOD that its very excesses threatened the human race with degradation. Civilizations fell because of such sex abnormalities as the orgies perpetrated in phallic worship, and Nature reacted by multiplying such other man-made abnormalities as homosexuality.

Nature is purposeful and quickly reacts to destroy that which violates her purposefulness. The pagan mind believed, therefore, that sex was an evil thing because of its violent abuse by man. Throughout these early centuries of abnormal sex practices, the

belief in the evil of sex crept into the entire race, so much so that the doctrine of original sin grew out of it through the Adam and Eve pagan fable.

So ingrained was that belief that the Hebrew expectancy of a Messiah every six hundred years carried with it the necessity that such a Messiah must be virgin born. History records several such Messiahs of virgin birth. The very fact that the human race has made sin out of God's ONE HOLY LAW OF FATHER AND MOTHERHOOD with its Love aspect of GIVING AND REGIVING THROUGH RHYTHMIC BALANCED INTERCHANGE, and its one light wave creative process of DIVISION of the UNDIVIDED few the purpose of UNITING DIVIDED PAIRS, indicates how primitive the human race still is.

We might safely estimate that fully two-thirds of the most enlightened peoples of the earth still believe that sex is sin, even to the extent of some who believe that babies are born in sin from which they must be absolved in order to be eligible for heaven. These are the teachings of many high intellectuals, despite the teachings of Jesus who said: *"Suffer little children to come unto Me. for of such is the kingdom of heaven."*

LIGHT-WAVES AND SEX ARE ONE

God created this universe. He created the IDEA of father-motherhood, and He created material bodies to manifest love through father-motherhood. *IN OTHER WORDS. ALL THINGS ARE SELF-CREATED AND THAT INNER CREATIVE SELF IS GOD.* If you give thought to this statement, you will see how utterly unnatural it is to believe that God's expression of Love in Nature can possibly be sin, for he who believes such a monstrous doctrine must believe that God created sin and evil instead of man who is the sole author of it.

To show the utter absurdity of connecting sex with sin and evil, we are reminding you that the entire created universe of matter is composed of waves, and that waves divide the one undivided, sexless condition into the sex-divided pairs of male and female bodies which constitute this universe.

You hear prayers of thanks in every church and home for the food God gives to us. Every mouthful of food thus given is produced through the sex-uniting process which creates wheat, millet, corn, meat, milk, fish, fowl, and the many varieties of fruits. *Not one species of animal or vegetable is virgin born.* Such a concept is indicative of vile

thinking and the perpetuation of such a concept by teaching it as a fact of morals prolongs vile thinking. This unnatural virgin birth story was conceived by licentious-minded ancients to promote the idea of chastity. It has had the opposite effect of spreading licentious thinking throughout the world for two thousand years.

Evil and sin are the effects caused by disobedience to God's law. Whenever one disobeys God's law, he hurts himself. He alone created what he calls sin. If he disobeys the law of gravity, he does not hurt gravity. He but hurts himself. If he places his finger on a hot stove, it is not the hurt of heat which is to blame; *it is his own decision which is to blame*. If a man hurts a friend and loses his friend because of it, he alone has hurt himself by his own decision to act against God's Law of Love. If he had given love, love would have been re-given and he would have blessed himself rather than hurt himself.

The basic law of Creation demands equality in all interchange between the pairs of units in all Creation which are engaged in such interchange.

THE SPIRITUAL BASIS OF POLARITY

The foregoing paragraphs are descriptive of violations of balance in sex-polarity. Nature will not tolerate any violation of sex-balance whatsoever, and that is why we see anguish, disease, frustrations, divorces, bankruptcies, and many forms of unhappiness around about us everywhere in small scale, and hatreds, enmities and wars in large scale. All of the troubles of all the world lie in that one cause – breach of the law of polarity which upsets the balance of every transaction between DIVIDED PAIRS.

When a transaction between divided pairs fails to UNITE those divided pairs, unhappiness is as sure to follow as night follows day. A minister in a very large church of prosperous and intellectual people who are well above average human intelligence told us very sorrowfully that fully seventy percent of all married couples in his whole congregation had come to him for help in solving their marital troubles. After telling us that, he added the thought that there were undoubtedly many more who would not confide such troubles to him.

That is a true picture of one little section of a whole world. All the world is just a repetition of just that one part of it. Let us picture the effect of that minister's little section of it by imagining five hundred

or more seesaws placed in a field. A seesaw is an excellent example of polarity or sex-division. That is why we choose this example. It is important that you realize and recognize that similarity. A seesaw divides the one balance of its fulcrum into two extended balances *which must be equally balanced in order to unite and repeat.*

Now if you pick out five hundred equally balanced pairs of children and youths of various ages and weights and put pairs of equal weight on these five hundred seesaws to interchange their balance with each other, they will be in the same condition which Nature is in regard to balanced interchange. They can continue to manifest the universal trinity by DIVIDING THE UNDIVIDED and UNITING THE DIVIDED forever and forever in the balanced rhythm of eternal Nature.

Instead of this ideal state which symbolizes the kind of civilization we SHOULD have instead of the one we DO have, let us now choose unequal pairs and fill those seesaws with mates which are thirty, forty, fifty or sixty pounds out of balance with each other. In order to interchange at all, the heavier youth would have to shorten his end of the lever and the lighter one would be out on the longer end. All of them could interchange, but the rhythm of such an interchange

could not long continue and the thrill of happiness which comes from the balanced Interchange would be impossible with such mismatching.

The latter example pictures the condition referred to by the minister and his church group. It is a true picture of all life whether marital, business, social, economic or civil. The whole world is divided into a very few pairs which interchange equally and find happiness and very many pairs which find anguish and misery by their unequal interchange.

It is an equally true picture of YOU and YOUR LIFE. You cannot live without constantly interchanging something with somebody or something every moment of your waking hours whether it be with your wife, your husband, your friend, your grocer, your doctor or your tax collector, or with the earth, the atmosphere or the sun. *You are forever giving something of yourself to your environment, or taking something for yourself from yourself, with or without equal re-giving, all of the time in all your waking hours even though they are merely thoughts and not things.*

The sum total of your equal givings and re-givings, or your takings without givings, is what you have made yourself into. The sum total

of your happiness and misery is dependent entirely upon your ability to become an equal mate to any other mate you attempt to unite with for interchange.

THIS IS WHAT WE MEAN BY THE SPIRITUAL NATURE OF POLARITY

We have painted a symbolic world-picture to exemplify our meaning. Because of it, can you not see that the world is still so primate that it has not yet learned how to live? It has not yet acquired a LIVING PHILOSOPHY which is sufficiently related to Nature's processes to even begin to find happiness and peace, which all men seek. If the world has not yet acquired knowledge of how to live in peace and happiness between neighbor and neighbor, or husband and wife, except for the small percentage of the rare few who have acquired that knowledge, do you not plainly see that the world concept of higher knowledge has got to change from an increase in the ability to express one's self physically by creating a better material product to expressing one's self spiritually by knowing how to UNITE WITH ONE'S MATE IN EVERY HUMAN TRANSACTION?

This is the point we have been leading up to. Because of it, we are now enabled to reduce the whole principle of life to a very few

words which give full meaning to the teachings of Jesus and Krishna which have been so long ignored because of ignorance of their meaning. Without the preparation given in the foregoing lessons and in this lesson, you would be no more prepared to comprehend the few words which we will now use to picture the whole purpose of the drama of Creation than you and your ancestors were able to comprehend the words of Jesus and Krishna quoted on previous pages.

The following few words are a basic formula for what all people are doing *all of the time* during *all of their lives* whether awake or asleep.

All people, and all Nature, are continually and perpetually trying to DIVIDE THE UNDIVIDED ONE into equal pairs and UNITE those equal pairs into ONE.

Note that we say that all things are TRYING to do this perfect thing, but the state of the world is indicative of the fact that such EQUAL dividing and EQUAL mating is rare in the human race.

An illustration of our meaning of EQUAL dividing and EQUAL uniting can be found in one's breathing. That is an action-reaction interchange of Nature and takes place without a mental decision. Such an interchange MUST be balanced, lest you die. The same

results of EQUAL dividing and EQUAL uniting are demonstrated in your pulse, in your walking, or in your waking and sleeping interchanges. These you cannot avoid. You do not “cheat” in any of them. You cannot. Your “free will” does not extend that far.

You have an interchange of dealings with your husband or wife, or with a neighbor, or with your servant or customer. Each such interchange is the result of a decision. EQUAL giving and REGIVING in all such human decisions is rare. Inequality governs the great major portion of all human interchanging. All failures, frustrations, illnesses and wars, and all delinquency and crime are due to whatever RESIDUE OF UNBALANCE is left over in most all human transactions in which the right of “free will” is exercised.

If you DIVIDE the UNDIVIDED unequally, these two cannot MATE equally. Polarity in Nature is always balanced. The “electric” current polarizes EQUALLY. Nature is a multiple “electric” current. EQUALITY and BALANCE are the most conspicuous characteristic of automatic Nature, but INEQUALITY and UNBALANCE are an equally conspicuous characteristic of man-controlled “free will” interchanging in Nature.

In practically all human dealings, one mate — or both — in every transaction is “CHEATING.” *That is what the matter with the world.* Human beings have not yet begun to learn how to DIVIDE the UNDIVIDED EQUALLY. Therefore they can never UNITE them, *for balanced unity is impossible with unequally mated pairs.*

Until individuals and nations learn how to DIVIDE and UNITE in accordance with the infallible law of RHYTHMIC BALANCED INTERCHANGE, there will always be strife, unhappiness and the ills which man himself makes through his ignorance of how to live.

The above stated facts bring us to another high point of comprehension regarding what HIGHER KNOWLEDGE MEANS. We will state it simply.

Which is the most important of the following: (1) whether a man knows how to build a better machine than was ever yet built or (2) whether a man is a good friend, citizen and neighbor or a bad one?

We unhesitatingly state that the most important element in the building of a civilization is the manner in which man deals with man, yet no educational institution on earth has any department in which moral character is even considered to be a part of man’s education. This

machine-age has grown out of the brain of the machine-man. Perhaps you are now better equipped to understand why Edwin Markham said:-

“In vain do we build the city if we do not first build the man.”

Of what use are better techniques in the making of a better engineer, doctor, inventor, mathematician, historian or industrialist if in so doing we also build greed, avarice, lust for power to conquer, or desire to take more of the fruits of such techniques for one's self?

Can you not see, therefore, that if the most important thing in the world is the manner in which one person deals with another, it is plainly obvious that the highest knowledge man can obtain is the knowledge of his UNITY WITH ALL MANKIND AND WITH GOD?

Can anything be more obvious than this? Yet when Alexis Carrel wrote *MAN, THE UNKNOWN*, he wrote it because he realized that man knew less about man than he knew about any other subject studied in all the schools. It is not strange; therefore, that *MAN, THE UNKNOWN* was received with much resentment, criticism, and accusations of unfairness. Some said that we know more about man than ever before in human history, and recited voluminous records of advancement in medical practice and surgery to prove it. Others cited Freud and other psychologists who cited greater knowledge of

behaviorism and the mental processes of man to prove their claim. So low is the comprehension of man as an immortal and so great is the belief that man's body is man that this great genius who worked so hard to awaken man to a knowledge of his divinity all through the years of his membership with our epochal moral movement – of which Walter Russell was the leader and which has now come to fruition through Lao Russell in this university – was not even understood. The world actually did not know what he meant. Nor did it really know what Markham, another member of the same group, meant when he said:-

“In vain do we build the city if we do not first build the man.”

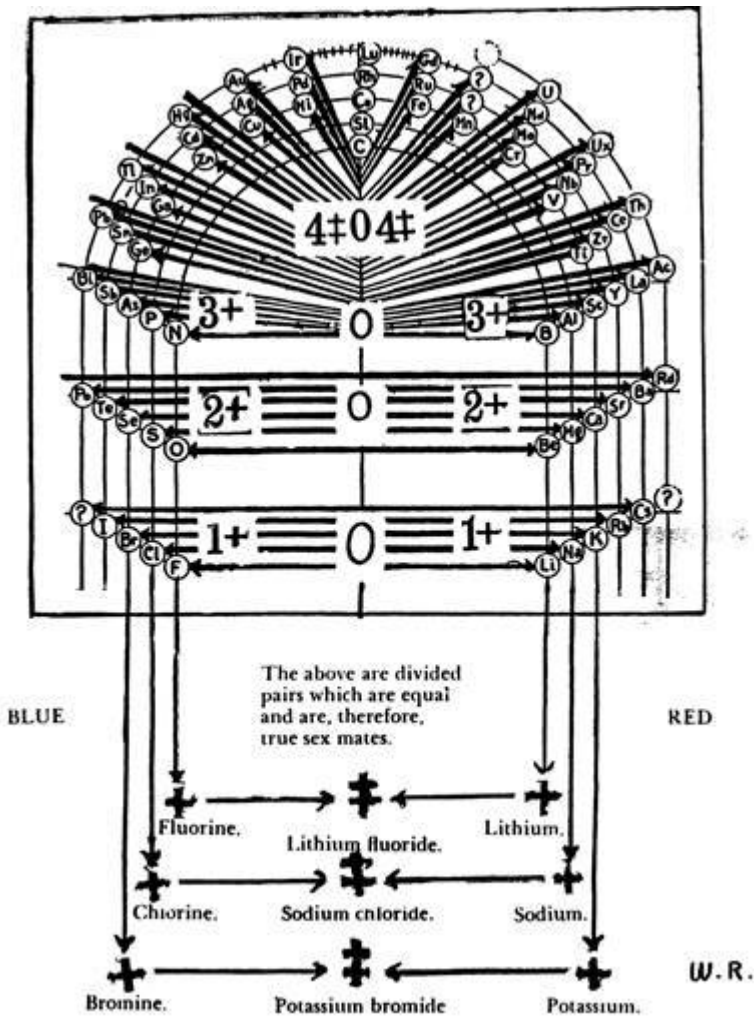
WE NOW EXEMPLIFY RHYTHMIC BALANCED INTERCHANGE IN NATURE

We have talked long about divided pairs and the uniting of those pairs. The greater portion of mankind thinks of those sex-divided pairs as males and females of the human and animal species. They do not even think of mineral and vegetable life as sex-divided males and females. *We have now reached the point where we desire to have you think of all Creation as divided pairs of males and females.* This Includes light itself and the wave. This also includes all of the elements of

matter in the mineral kingdom and all of the gases and vapors of matter. It includes also all of the colors of the spectrum. Red and orange are as much male as man is, and blue and green are as female as woman is. *In other words, this entire universe consists solely of male and female bodies which unite to live and to create-life and divide to die and be reborn again into life.*

We will help you visualize this fact by arranging six of the nine octaves of matter in their true marital relations as equal pairs. See Fig. 8. These six octaves are re-arrangements of the Russell Charts which will be printed in Unit 11.

It would be well to study these charts in their octave arrangements. This symbol of Fig. 8 + means one of an equally divided pair, and this symbol ‡ means a united pair. Science deeply errs by using symbols like these + - to symbolize equally divided pairs which have equal power and calling one positive and the other negative.



The zero universes divide its stillness into sex-divided pairs of oppositely extended spiral motion for the purpose of uniting to create more sexed pairs.

Fig. 8 Nature knows no other process than that of SEX DIVISION AND SEX UNITY

Each of these pairs in Fig. 8 will unite as stable, balanced mates. They are perfect marriages in Nature. If you will think of them as seesaws and their centering zeros as fulcrums, they will be like the example given on a previous page in which many children played

seesaw with each other. Being fully balanced and equal, they demonstrate the fundamental principle which Jesus and Krishna taught, each in His own words but each being the essence of true science. Each of them, therefore, demonstrates the EQUALLY DIVIDED AND EQUALLY UNITED principle which completes a wave cycle of God's creative thinking.

To further illustrate our meaning, we have extended three of these balanced pairs below the diagram. Take note of them. When the upper pair, lithium and fluorine, marry, they form the very stable element of lithium fluoride. They will abide together happily forever. Likewise, sodium and chlorine will abide together as a united pair known as sodium chloride, which is table salt. If you examine a crystal of this salt, you will see that it is a true cube, which is the perfection of balance in crystallic Nature. Now look at the third pair – potassium and bromine. United as potassium bromide they will lead a happy, rhythmic, balanced life.

Let us now consider these pairs from the point of view of mismatings. If sodium marries bromine, or fluorine, they will “get along” together pretty well as long as chlorine keeps out of the way, but if Miss Chlorine appears, there will be a divorce more surely

than with mismatched men and women. If you examine the crystals of these mismatched pairs, you will see them as distorted cubes, not true cubes. Sodium iodide is a greater mismatching than sodium bromine. The crystals of this union are conspicuously distorted from the cube form.

We tell you this because you should be able to know the laws and processes of Nature in order to relate them to your life and in order for you to command them. If you went further and collected a few of these various crystals for study and comparison, you would find that the harmonies and inharmonies of human existence corresponded in principle with the harmonies and inharmonies of Nature. If you take another step further and combine any of the series marked 1 with the series marked 2 or 3, you will produce more and more violent disharmonies in the order of their difference in potential, which means from 1 to 4. In the series marked 3 is nitrogen which, with other mismatchings, forms the base of many explosives.

Explosives in chemistry are produced entirely by attempting to unite pairs which are far apart in their electric potential, pressures, and frequencies. Explosives in human emotions arise from the same

cause. We can sum up this entire principle in the few words we made use of in previous pages – the words *residue of unbalance in any transaction between any pairs*. Look, therefore, to your angers and passions and open your chemical chart for an explanation of the angers and passions, the inharmonious and divorces, and the failures, bankruptcies and wars of humans.

WE FURTHER ELUCIDATE THE IDEA OF BALANCE IN POLARITY

Once again we repeat ourselves and say what should be said a million times each morning and another million times each night, if necessary, to stamp upon our consciousness *the one thing that everybody is perpetually doing every minute of every hour and every hour of life. EVERY ACTION IS A PERPETUAL DIVISION OF THE UNDIVIDED INTO EQUAL OR UNEQUAL PAIRS AND A SEQUENTIAL UNITING OF THOSE PAIRS INTO EQUAL OR UNEQUAL ONES.*

This is the idea which we are endeavoring to rivet into human consciousness in order that the givings and regivings of man to man shall find balance in each other. That is the great lesson of life. Until it is learned, the brotherhood of man can never become the practice

which is a necessary precedent to a unified civilization. That is the lesson of all these many millions of years in which men are trying to learn how to live together. It seems simple. To divide one into equal pairs is simple if it means only the cutting of an apple in halves. Then by putting those halves together to make a whole apple also seems simple, and it works just that way and just as simply in Nature when one cuts the IDEA of the sun into two equal hemispheres and puts them together equally to form the body of the sun-idea, or harnesses an old, weak horse with a strong one to pull a heavy wagon.

If man would but learn Nature's way of balancing her transactions, we could have a perfect civilization tomorrow, but as long as man divides UNEQUALLY and then TAKES the larger half instead of GIVING EQUALLY, he will never learn the long lesson which is the purpose of Creation.

God sends teachers unto men to help them learn that lesson. He sends Illuminates whom men call Messiahs, prophets, mystics, geniuses, poets, translators of cosmic rhythms of the arts and the lesser inspired but sincere ones who desire to love and be loved. These inspired men God sends to leaven the human loaf by inspiring

other men. The Light they have within them, they can give to other men in the measure of their power to give, while the illumined ones can give in their greater measure. God perpetually talks with every creature in the measure of its ability to comprehend Him. Instinct is small measure but inspiration is large measure. That means that you can uplift the whole world by giving in *your* measure as we are giving in ours. That is the way that a united world will someday come to pass. It is a long road but each newly illumined step in it is another step in the direction of the goal of ecstasy which must come before enduring happiness can ever be known by man.

Do you not see by the above two paragraphs how necessary it is that you should know the things which bring you to that goal rather than the things which prolong a treadmill existence in this chaotic whirlpool which so many think of as an enlightened civilization? Do you not see why you should constantly seek wisdom, knowledge and power directly from God? If you do see the necessity and thus desire in your heart to save yourself many reincarnations of more treadmill existence while learning that lesson, you will use every endeavor to transform yourself into a higher being by multiplying your comprehension of the teachings which God gave us to give to you by oft and long communion with Him in deep meditation.

That is why we continually insist upon your complete comprehension of the idea of polarity which DIVIDES and UNITES to give and regive. That is why we continually say to you that *if you fully comprehend just one wave cycle of light; you have within you the basis of all knowledge for light waves are God's language of Light.*

WE ANALYZE ONE HALF OF A WAVE CYCLE

To better help you to visualize what we mean by *dividing the undivided and uniting the divided*, we shall give you three drawings. Fig. 9 represents the undivided static zero universe of MIND-KNOWING and MIND-ENERGY. It is the zero white Light from which Creation emerges. Former lessons have made known to you that all of the REALITIES of the IDEA of Creation are within that zero undivided Oneness. Understand, therefore, that God's KNOWING is your KNOWING. You must now know how the IDEA of God's knowing and you're knowing assume form, for the thought process which creates them is the same.

Fig. 9-A is the first step in telling you how. You see there, two discs which are comprised of four rings of divided Light, one within the other. They represent the beginnings of God's spectrum thinking. They are the basis of the octaves. They are His *imaginings*. In them is

the pattern of His imagined IDEA. They are IDEA IN CONCEPT – UNCREATED IDEA in concept. Science calls them the inert gases.

Light-waves now begin to divide that concept into pairs and set them in motion to create bodies which image the imaginings in form. That is MIND-ENERGY expressed by thinking. Thought-waves divide these four rings of white light into four pairs of rings of the spectrum colors and project them toward each other for the purpose of uniting the FOUR PAIRS into ONE. These four pairs collide and become two hemispheres of compressed spectrum light centered by white incandescent light. Together they make one perfect sphere. That is the way that all matter is created.

We are not telling you this as a principle of physics for it is not known in physics. We are telling it to you as a universal principle whether in morals, character-forming or invention, or whether in the painting of a picture or trading furs for food. Every transaction in Nature or in the social, marital, or business life of people must follow this octave principle of division of an idea into its two parts and the uniting of those parts by four progressive steps toward the matured idea. THE RESULT OF THAT UNITING is what counts for success or failure, happiness or misery, peace or war.

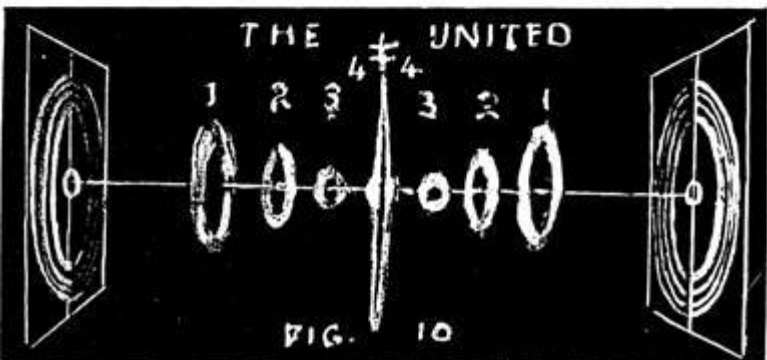
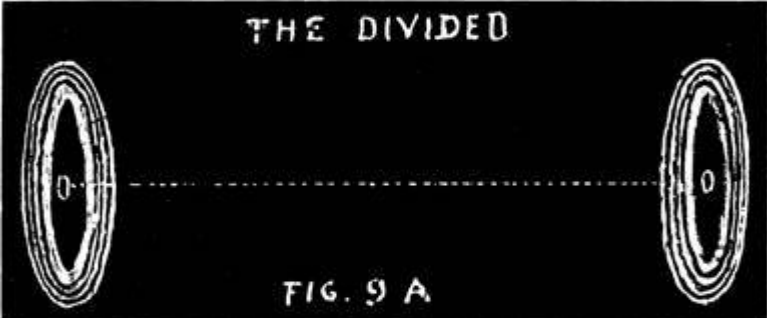
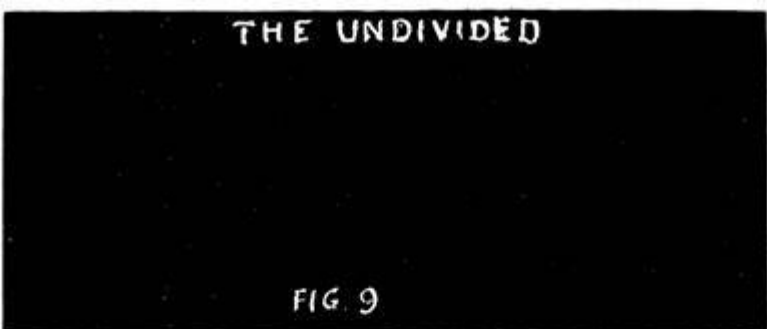
If you study Fig. 10 you will see that there is perfect symmetry in the divisions of the pairs which interchange with each other to consummate a oneness in themselves—such as sodium chloride—and then unite with each other as a whole to consummate a unity of the whole idea.

If you will now think of the universe as one undivided IDEA and of all the parts of the universe as many IDEAS which are divisions of the whole ONE IDEA, you can better comprehend that the divided ideas are expressed in octaves because the wave which divides them is expressed in spectrum-divided octaves. Octaves grow. They become waves. Waves come and they go. In “electric” terms, they are called frequencies or cycles. In terms of growth, we call these cycles’ life and death cycles. They come and go. Everything in Nature comes and goes in order that it may come again.

That is the way IDEA is given bodies to simulate IDEA OF MIND which has no body. We might clarify this also by symbolizing it. The idea of MAN is part of the whole Idea of Creation. Let us see how God creates a body form for an idea by dividing the undivided Idea, which has no body, into four pairs which must *grow* into the

matured idea and then uniting those four pairs into the ONE to become a complete octave.

	Male					Female			
0	1	2	3	4-0-4	3	2	1	0	
Embryo	Baby	Child	Youth	United	Youth	Child	Baby	Embryo	
				Man-					
				Woman					



Figs. 9, 9-A and 10

CONCLUSION

If you will but give deep thought to this diagram, you will see these comings and goings of what we call life and death as constant repetitions of action with rest periods between the actions. That is what life is. You manifest it every second of your life. If you could but look at your life cycles as you look at the swinging of the pendulum, you would have a still clearer idea of the continuity of life-expression in the reincarnations of your own life. There is action, reversal, and rest in the pendulum's swinging, but the pendulum forever swings. No cycle ever ends or begins. Cycles are but never-ending pulsing. There is growth, reversal, and decay in the expressed idea of the tree, but the tree forever reappears. The same law applies to YOU. YOU disappear but YOU forever reappear.

Can you not see the universal meaning of sex in these explanations? The universal sex principle, like the universal life principle, is continuity. It never ceases. *The sex interchange which begins life is continuous. It never ceases. That is what growth is. That is what mother-fatherhood is. That is what Love is.*

The entirety of all the universe is a continuing expression of the Love principle, which God is. It is a ceaseless, endless continuity of giving

and regiving. Man's life is given over to the purpose of learning how to give and regive EQUALLY. That is man's problem. That is civilization's problem. Man's entire present life, and thousands of lives before the present one, is spent in learning that one lesson. Whatever happiness or misery, success or failure, man creates through his experiences during his long lesson-learning, are made by himself. These are the rewards or punishments which he creates for himself. As a man thinketh, so is he. As a man acteth, so he becomes. Every creating thing in this universe is SELP-created – and that SELF within each creating thing is GOD.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 15

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE NEED OF CHARACTER

As these lessons progress, we deeply feel our responsibility to you who are seeking to awaken the Light of all-knowledge and power within you and to the world of men who are seeking to build a unified civilization which is only possible when MAN, as a whole, shall have found that Light within himself.

The moral world is fast sinking because all of its institutions base their beliefs upon the education of man's body instead of upon his Mind.

You, and all mankind, will be caught in that maelstrom of world-degeneration and immorality whether you will it or not. Our responsibility to you – and yours to the world – hangs heavy upon our hearts as we write these lessons. We can give you the key to the door of heaven, but it is for you and the world to turn the key and enter into its Light. That key is KNOWLEDGE, for ignorance alone keeps man imprisoned within his body and compels that body to

ever walk the treadmill of a physical existence under the lash of its slavery.

* * * * *

The world is grossly Ignorant of Its greatest essential—CHARACTER. We are building a criminal, immoral world of fear and licentiousness because our concept of values is material. The Soul which ties man to God is not only allowed to sleep, but is forced to sleep by a civilization which is forever trying to “gain the whole world at the price of losing its own Soul.”

Stamp these words upon your Consciousness with a die made of the strongest steel:

1. *The most important thing in life is what you do to your neighbor.*
2. *The least important thing in life is what you or your neighbor believes.*
3. *He who gives of himself to his neighbor enriches his Soul and builds character, but he who takes from his neighbor seals his Soul in its tomb and enslaves his body to the world-treadmill from which there is no escape other than the awakening of his Soul.*
4. *The most important and noble attribute of man is CHARACTER.*

What are world institutions which are endeavoring to build a stable civilization doing about the building of character in the world? What are education, religion, science, and government doing to build the character in man which is a necessary prerequisite for a unified civilization?

EDUCATION is entrusted with the unfolding of Mind-awareness which alone unites man with God. The primal necessity of education is the building of character in man through giving him knowledge of the arts and skills of man's produce and of the Interchanges between men which make better neighbors and citizens. It is, instead, creating machine men, robots, and parrots who remember and repeat instead of geniuses who think and know. Education is training bodies instead of illumining minds. Our schools and universities have teachers for everything but *character*.

RELIGION is entrusted with bringing love into the world in order to unify mankind into ONE WORLD. Religion is the most disunited organization on earth. It consists of over 400 disunited sects who are divided one from another by unnatural pagan beliefs in miracles, superstitions, creeds, dogmas and doctrines which have bred

disunity, intolerance, fear, ignorance, and licentiousness throughout the world for long centuries. DISUNITY CANNOT UNITE.

The Christ who founded Christianity told the world of a God of Love, Unity and the Brotherhood of Man. The many religions teach fear, sin, evil and a God of wrath whom man must fear. They teach GOODNESS as a reward for virtue, not for the *sake* of virtue. They teach many things which Jesus did not say – things forged into the New Testament by those who wished to keep fear alive in man for their own profit.

Religion has fought science and the acquisition of knowledge since its very beginning to keep fear of eternal damnation and freedom to think alive in him. Its history is written in the blood of martyrs who suffered the tortures of the Inquisition. The eyes of thousands of “heretics” have been gouged out for refusal to believe the excesses of its creeds and doctrines. Even unto this day the charge of heresy rises quickly to the tongue of one churchman who believes a shade differently from another one, for freedom of religion is not a characteristic of churchmen. That one thing which Jesus deemed most necessary in His teachings – *brotherly love and unity* – is as

impossible in a disunited system of many religious beliefs and faiths as it is for the dark to illumine with light.

SCIENCE, which is entrusted with the responsibility of verifying God by acquiring knowledge of God's processes of Creation and other qualities of the Creator and Creation, has denied that responsibility on the ground that God cannot be verified in the laboratory. Instead of being the equal mate to religion which, together, could lead mankind to a comprehensible God, science has severed Itself completely from the responsibility of having anything to do with man's Soul and has relegated its offices entirely to the multiplication of the product of man's body, and draws no line between the production of implements which man needs for body comfort or which nations of men need for body destruction. There is not one-quarter of an inch provided for in the platform of this great element of social welfare for the development of the most needed element of the social order – CHARACTER.

GOVERNMENT, whose very essence is unity, – and whose very purpose is to serve its people in order that their complex and diverse interests can be resolved into one harmonious working whole – does not fulfill that purpose and never has. Government *governs*: it

rules now as it always has. Governments and rulers have built empires by slaughtering and exploiting other nations of men. They have spread hatred and fear throughout the world and created enemies which have impoverished them and caused them to tax their peoples for generations to come as the fruits of their ruling.

Governments started as the expression of power and might of ONE MAN OVER ALL MEN. Pharaohs, kings, emperors, czars and other absolute rulers of nations governed justly or unjustly, brutally or kindly, but in them was all the power of “might-over-right” which each potentate chose to exercise. Wars began that way. One king desired more power and wealth and got it, or lost his own by descending upon his neighbor with his sword. It has ever been thus since the dawn of history. The lust for power has always crushed the desire for spiritual unfolding of man which built character in him.

No greater element of our social order is so tainted with the qualities which foster a criminal growth than *politics*. The very word is tainted with the connotation of corruption and bribery. Like other elements of our present social order, government standards are fast declining. The statesmen of today have not the standards of dignity which were characteristic of Jefferson and Washington, nor the

righteousness of Theodore Roosevelt. Empires have ennobled pirates, conquerors and magnates, but God ennoble only those whose characters have made them like unto Him.

James H. Breasted, in his book "THE DAWN OF CONSCIENCE," stated that the greatest monuments erected throughout the world as far back as the 34th century B.C. represented man's search for power in which the machinery of human government became the organized expression of the thirst for power—the appetite for the exercise of force. Practically every war ever fought has been a political one in which one man, or one nation, sought for power over other men or nations. Up to this very generation, one man in many nations had the power of life and death over every man in his country. In no other organization of human life has the thirst for power been so drastically exercised, and by might-over-right methods which are the opposite of all that is Christian or ethical.

Religion and Government have persistently fought each other for power supremacy since the dawn of history. That power which both church and state fought for was the power over other men, and such power was always based upon self-motives. We are not criticizing any world institution. We are telling the world what is the matter

with it, just as a doctor diagnoses an ill patient. It cannot be said of the doctor that he is criticizing a patient by telling him he has a cancer. The human race is still primate intellectually and barbarous physically, and that includes its institutions. If we, who are teachers of God's ways and processes, cannot diagnose world faults and thus help to cure them, the world will still suffer from its ailments without knowing what those ailments are. The world needs leadership, but when the church or government desires power, leadership then means *dominion* over men. However, it should be guided by the teachings of one of God's Messengers, Laotze, who taught that the leader is best who works with men in such a manner as to make them believe that they did it themselves.

We tell you these things so that you will know what the matter with the world is and offset it by the one and only thing which will offset it, the development of character in man. On a previous page, we said that a certain statesman said that we might cure the ills of the world *if we only knew what they were*. In the foregoing pages we have told you what they are. The question now is *shall we remedy them, or have we time to remedy them?* Has the world fallen too low to remedy them? Every symptom which existed as cause of the fall of other great civilizations exists today in our whole world. Enmity, fear,

greed, lust for power, hatred, a fast lowering culture, a fast increasing sex looseness and promiscuity including teen-agers, treason, slavery, crime increase and race hatred, and the killing of forty million brothers of men by other brothers of men in forty years, have lowered the standards of world morality, honor and character more since 1900 than the world has gained in eight centuries prior to 1900, and with it world culture has degenerated in like measure.

* * * * *

We can now paint the whole world picture of the struggle of man very simply and briefly. For at least a million years, man has been able to make implements for his domestic and war purposes, but not until about 8,000 years ago did he know right from wrong. He led an instinctively controlled life supplemented by primal reasoning ability for survival only.

Reduced to its ultimate simplicity, the fight for survival of body means TAKING what one needs for survival of body. To take from others means the development of the physical power and strength needed for taking.

AXIOMS

*THE PHYSICAL EXPRESSION OF UNFOLDING MAN IS
EVIDENCED BY TAKING.*

*THE SPIRITUAL EXPRESSION OF UNFOLDING MAN IS
EVIDENCED BY GIVING.*

The Dawn of Conscience came into the human race about 8,000 years ago, and with it simultaneously began the Dawn of Character and Righteousness. We mean by that, that man began to know right from wrong and began to govern his actions accordingly.

Two thousand years of Increasing ability to think and create gave to man a language and an ability to carve that language into words, symbols and forms on the stones of his tombs and temples. Thus began the ages-long fight between the physical desires of primal man as expressed by TAKING and the slowly dawning spiritual man as expressed by GIVING. Even the giving of justice, consideration, and friendship until then was unknown.

The *fruits of the TAKING principle* are the exercise of might-over-right for acquisition of power and material possessions. The *fallacy* of the taking principle is that what one *takes* from another to enrich one's self with possessions and happiness will impoverish him instead and bring anguish to his house in the measure of his taking. The *law* respecting the taking principle is that the exercise of might-over-right by the strong over the weak will strengthen the weak to destroy the strong. The slave will always rise to slay the master. He who slays by the sword is slain by the sword. The richest and most powerful empire builders in the world have been reduced to living on rations behind barricades of armaments lest they be destroyed by the descendants of those whom they have destroyed.

The *fruits of the GIVING principle* are love, happiness, inspiration and the exaltation which comes only to those who have become aware of the Inner Light to some extent. The *law* respecting the giving principle is that what one gives he always has whether or not he is regiven, but he who gives is regiven in kind.

* * * * *

There you have it, the whole story of the rise of man from his jungle to his high heavens. It is the story of ages-long learning the lesson of

love through countless experiences in which the unfolding of the spiritual in man gave to him more and more awareness of the Light of his own divinity and Oneness with God

Having again interrupted the thread of our narrative regarding the meaning of higher knowledge, we can now return to it. If what you do to your neighbor is the most important event of every moment, can you not see, therefore, that you either TAKE or GIVE to him in every action? If you TAKE, you are exercising primitive physical practices which will react against you. If you GIVE, you are storing up the most valuable attribute a man can acquire – CHARACTER – and you are on the road to making the supreme discovery of your Self, which is the goal of all mankind.

Is it not plain to you that the Creator of forms for His IDEAS has as distinct a pattern for the unfolding of world destiny and your part in it as He has for an oak tree or a butterfly? Is not all Creation patterned in the form of its IDEA? Do you not fully realize this glorious fact? If you do, we can now return to the statement made in other pages that God sends illumined teachers among men during every period of man's unfolding to re-inspire in them the inspirations He has given men. This has been so since the beginning.

We know of them as far back as the thirty-fourth or thirty-fifth century B.C. We have told you about two of the greatest of these, Jesus and Krishna, in a former lesson. We have recited their basic teachings to you, teachings which were for the sole purpose of awakening the Light of God-awareness in man and the development of nobility of character in man. We will now tell you about many of the hundred to two hundred lesser teachers whom God has illumined down the ages, in differing measure, to give you the great gift of character which is the fruit of those who have become transformed from one who TAKES to one who GIVES.

These names are those of the immortals who will never be forgotten to the very ends of history. The reason for and the measure of their immortality lies solely in the fact that they have learned to walk and talk with God, and because of that fact they have learned to give priceless gifts to man which will endure forever. These mystics, prophets, poets, creative geniuses of the arts, and wise sages, are what they are solely because they have transformed themselves through knowledge inspired within them directly from God, instead of acquiring only the simulation of knowledge through their senses. These are the Messengers of God to man who give of all they have and enrich themselves and the whole world by their giving.

Do you know what we mean by this? If not, think of a Beethoven or a Leonardo. These men cannot help giving all they have of themselves, whether they are regiven or not. They cannot be impoverished by thus giving for they are like unto wells of living waters. The more they give, the more they have to give, and God's law works as surely for them as it does for the lily in the field which gives no thought of reward for its perfume, *and it will work equally for you* in the measure of your awareness of the Light of your divinity.

In previous lessons of this unit, we told you that immortals from every age left heritages to man for the building of character in him. There has been no Interval in all history in which messengers thus prepared have not been among men to transform them and awaken in them that Light which will make of one man out of ten million one more messenger in the measure of his power to give. We wish to leave with you one other thought before we give you the greatest teachings the world has ever known, teachings which have had no meaning as yet to the human race which is still in its early barbarous stage of TAKING by man-killing, teachings which are the basis of character but ignored by our educational institutions.

That one thought is that every illumined Messenger ever born to earth for the purpose of uplifting the moral standards of man brought only one message, and that could be put into these words— LOVE YE ONE ANOTHER. Their teachings were limited to telling people how to live to manifest the Love principle upon which this universe is founded. In reviewing these teachings since recorded history began about 60 century's B. C., you will find that one golden thread running through all divine Messengers' teachings. We will now search for that golden thread of the master poets' and mystics' thinking to tell you why that which they have given to the world should become the source of higher educational teachings for the building of a moral and righteous civilization, and why their omission from human educational teachings is the cause of the present growth of crime and degeneracy which will inevitably plunge all mankind into another long Dark Age.

It is difficult for people who ride in luxurious motor cars and live in comfortable homes to believe this for most of the world believes that we are in a high state of civilization. The poets know better, however. Listen to what Emerson said to the world in the 1870's:

"We think our present civilization near its meridian, but we are yet only at the cock-crowing and the morning star. In our barbarous society the influence of character is in its infancy."

Herbert Spencer said at that same time:

"Our civilization is based upon piracy. Until we become a moral and ethical people no civilization can endure."

James H. Breasted also said:

"The most pressing need of America at the present critical juncture is not more mechanization but more character."

In vain have our greatest Minds of all time given their messages to mankind which have been ignored because man was not ready for them. The physical man is still dominant and he wants only a physical world with more comforts for his body, more machines to multiply his physical productivity, and more and better explosives to kill with. Man has not yet discovered that such a world breeds crime as well as wars. We do not mean the underworld crimes alone. We lay stress upon the inevitable increase of treason and that kind of disloyalty which leads to rebellion and governmental overthrow by war-made enemies boring within.

Empire building and colonialization have furnished the cause for the state or world hatred which exists today, and lack of teachings which build character and righteousness was the cause of empire building.

If it is not too late, there is still hope for the reversal of world degradation if the educational and religious organizations would even now build character and righteousness in man by giving him the knowledge of the higher teachings of God's few Messengers whom He illumined for that purpose.

CONCLUSION

We have now laid the foundation for your full comprehension of what higher knowledge means, and have clearly shown why mankind will continue to fall in eternal sequences of Dark Ages until man as a whole, and all of his institutions as his working parts, realizes what Edwin Markham, one of the early poets, said:

"In vain do we build the city if we do not first build the man"

In our next unit, we will go back to the earliest known Messengers to man, about 8,000 years ago in Egypt where the Dawn of Consciousness and Character began. We will trace the essence of

their teachings down to this day, to men like Emerson, Spencer, Whittier, Twain, Markham and Whitman. It is our hope that the legion of students like you who have been enabled to transform themselves through this new inner knowledge will lift up their voices unto the world and bring about the new era of brotherly love which could come if the building of character became the first requisite in our educational processes.

Before you step into the later units of this course, we would ask you to go back to the past units and fix two thoughts in your mind. One is that God only gave ONE WORD to man for his needs, the word BALANCE. You remember that, do you not? The other two words were added to help man comprehend that one word. By this time you now have a very much bigger concept of His meaning because of the building up to it which these lessons have given you. We say to you, therefore, that you cannot meditate too long on the meaning of this one word insofar as your relation to God is concerned.

The other thought is to ask you to give deepest thought to the word UNITY and realize what that word means to your physical and spiritual manifestation of God in Action. Fully realize that unity is impossible if the pairs of a transaction are not equal. We have told

you that you can trace all of your ills and the world's terrible troubles to that inequality in the transactions of Man in Action, which leaves a residue of unbalance which has not been able to be united with its mate.

Learn to think of the two equal hemispheres of the sun as a perfect mating. *Each half is equal, and each half cannot function without the other.* Think of yourself and your mate that way. Say to yourself, "I have no intellect of my own or body of my own, or thought of my own. The other half is my wife—or husband—and I cannot fully function unless both halves are as equally balanced as the two hemispheres of the sun." If you can think and act that way, you multiply the power of both immeasurably. Likewise, *every transaction of life is between pairs, and the pairs must balance with each other in order to become united.* Will you take this thought into every moment you can give to meditation for it is the BIGGEST THOUGHT IN ALL CIVILIZATION. *If you can master it all else will be added unto you.*

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 16

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

ANSWERS TO QUESTIONS

More and more questions regarding inner thinking, Cosmic Consciousness, meditation and prayer come from advanced students who find it difficult to fully comprehend them even though they have studied a whole year. So many write that they think they have grasped it “but nothing happens” and they wonder why. We will give you a few of these, for the answers may help you if you are in the same state of half comprehension.

* * * * *

QUESTION:

“You have said that neither of you prays with words. Why is that? All of my life I have heard clergymen pray fervently to God in Church and heard my parents thank God for each meal. It is a beautiful and inspiring custom. I know you have a good reason but it seems to me the custom of praying at times, such as upon retiring or at meal times, is very beautiful. Also when one is faced with a problem one should pray to God for a

solution, and also pray when one desires something. Does it not say in the Bible: Ask and ye shall receive”?

“This question is not asked in a critical sense for we revere you and your teachings. It is asked simply because I have never before heard of such a custom as yours. I have heard also that you do not believe in the idea of kneeling in prayer, or bowing your heads in humility. Is that true and, if so, will you explain why?”

ANSWER:

We are glad you asked that question, for we think that people would become very much closer to God if they pray our way than with words or at periodic times, like taking meals or medicines. The answer lies in an attitude of Mind, rather than in a custom. We feel Gods presence at all times, not periodically. The difference between our way and the way of mass-man is basically founded upon the fact that we are both Illuminates. Illuminates are those who have become aware of God’s presence within them. Having become ONE with God, we cannot possibly set periodic times when we shall be aware of His presence any more than we could set times for breathing

in periodic intervals and stop breathing in between those intervals.

All of our lives, since the event took place which caused that UNITY which gave us full knowledge of our divinity, it was as impossible to pray in words and sounds at periodic times as it would be to talk aloud to ourselves at times. Our whole lives are a continuous prayer, every moment of them, whether working at our easels, writing books, creating beauty in the arts or teaching others how to find the way to God. There is not one waking moment when we forget God to attend to our physical affairs for awhile, then recall Him when we have a problem or when we want to ask Him to grant us some favor, *which we never do.*

We do have special occasions of reminding ourselves of our unity when we are at dinner with friends, for example. We then hold hands around the table and talk THROUGH each other in God's silent THOUGHT-LANGUAGE merely for the purpose of making a beautiful little ceremony which recognizes our unity as a group if we have friends or ourselves if we are alone. If on such an occasion one feels like bowing his

head in reverence or humility, one does so but, on the other hand, one who feels the exaltation and ecstasy of the glory which the Light IS may lift his head high in the spirit of what the prophet said: "I will lift up mine eyes unto the hills from whence cometh my strength."

Those who kneel with that sort of humility which is described in the phrase "for we are but worms beneath thy feet" are not in our lexicon. Anyone who can say "I and my Father are ONE" and know what he is saying cannot designate himself as a worm, or feel like one, in God's presence. That is what we mean by saying that our way of praying differs from the way one prays who feels himself to be a sinful, lowly creature who is separate and apart from God.

There is another reason, much bigger than that, which makes it impossible for us to pray aloud in words according to conventional custom. It is this. The very act of talking aloud in words implies that one is talking to another person outside of himself, as you talk to your father or mother. We feel that God is within us— that we are one with HIM— that our Mind is His Mind. We, therefore, THINK *WITH* HIM instead of TALKING

TO HIM. He is here within us, not over there afar from us. His dwelling place in heaven is our dwelling place in heaven. He has no body to hear with, so why talk aloud in words?

You may recall what Jesus said in this respect when he derided the piety of the Pharisees who prayed aloud that all may know of their piety. Do you not recall the word he used in describing them – the word was HYPOCRITES.

When Jesus went up into the mountain to “pray,” He did not pray in the conventional manner of mass-man. He COMMUNED in silence. He wanted to be alone with God, as all Illuminates do. He wished to talk *with* Him in that silent language of inner Light as all geniuses and other mystics do. If Beethoven went up into the mountain to pray, you would not hear him asking God to grant him the favor of giving him a theme for a symphony. Beethoven’s way of praying for that ecstasy would be precisely like Jesus’ way of praying. Jesus knew what was required of Him and He wished to THINK WITH HIS DIVINE SOURCE and not to another than His Self. Beethoven wished to manifest God as Creator by interpreting the rhythms of God’s creative thinking. How utterly stupid it

would be for Beethoven, or anyone else, to go out in Nature and pray aloud to God to give him an inspiration. No man should talk to God that way, and God most certainly will not talk to you that way. That is why we do not talk to God that way and the reason for it, as we have said, is because we know our Oneness with God and feel His presence within us ALWAYS.

You have quoted the familiar phrase: "Ask and you will receive." Do you really think that it means that you should ask in words spoken aloud? Are there not many ways of asking without speaking aloud in words? The farmer has his way of asking by putting seed in the ground. That is the Creator in the action of creating, as exemplified in the farmer sowing his seed. In that very act, he is asking for a crop by becoming co-Creator with God. He is not asking God for a crop in words. He is asking in the only way God answers prayer, and that is by the action of man in doing his part with the certainty that God will do His part.

What would you say to the farmer who asked for a crop in spoken words, then waited for God to give him what he asked?

You would undoubtedly think he was insane if he really believed that God answered prayers that way. We call that wishful thinking, yet countless numbers of people really believe that if they ask fervently enough God will do for them what they ask without cooperation by them. What would you say of the man that asked for money, or love, or success, or any of the many desires of man, without doing anything about it himself? What would you think of the man who asked God to cure his stomach trouble and then kept on eating the things which caused it? We know what your answer would be. Yet millions of people pray fervently to ask God to stop the wars which man made. God's answer – if He could answer in words – would be: "Stop making wars. Your free will gives you the privilege of making wars or jumping over a cliff. That is your privilege. I cannot take away that privilege without taking away your free will and making an automaton of you. I hold the right to the reaction of men for I must balance all things in My universe, but the reaction will be as hurtful to you as your action. That is the Law of Love which gives and regives in kind, and equally."

It has been a great joy to answer this question for you, for the conventional wordy prayer is usually a selfish request for something wanted by somebody who has no thought or intention of giving anything in return for the gift. Most all prayers for such requests are but wishful thinking. A North Carolina colored preacher once called them “rocking chair prayers.” He said that rocking chair prayers could be answered “if you get off your porch and help God answer your prayer.”

The greatest obstacle to the fulfillment of prayer is the belief that God is somewhere out in space and hears every word you utter with His senses the way you hear spoken words. This concept is due to the fact that 90% of the human race has hardly begun as yet to unfold intellectually. They do not know any better for they are still primate, and primacy means ignorance. You cannot expect, however, that Illuminates who know God as we do could possibly commune with Him the way mass-man prays, who thinks of God as a huge personal Being whom all men must fear.

* * * * *

QUESTION:

“I would like to know more of the meaning of that phrase which we so often hear: ‘Be still and know.’”

ANSWER:

The universe of all-knowledge is the invisible universe of stillness from which motion springs. The entire chapters of two units of this course are devoted to explaining this universe of Mind where God dwells. We call it space, in common terms. We call it the universal vacuum, in our terms. You will see it fully diagrammed in the drawings of rings with holes in them which tell you how matter is created (See Figs. 9, 9A and 10 in this unit). Centering those fast whirling rings is a shaft of gravity which is perfectly still. That is where knowledge comes from. That is where power comes from. That is where inspiration and thought come from. That center is like the fulcrum from which a moving lever extends. The centering fulcrum is still. The lever alone moves but it borrows its power to move from the still fulcrum.

That is what the universe of Mind and matter is like. That which is immortal, eternal, changeless and unconditioned is still. That which moves is mortal, transient, changing and

conditioned. REALITY is still. The make-believes universe of matter in motion is always in motion. There is no knowledge, power or reality to motion.

* * * * *

QUESTION:

“I lent my book GOD WILL WORK WITH YOU BUT NOT FOR YOU to a friend. After three weeks he had read only a few pages while I sat up reading it most of the night with intense interest from the moment I received it. Will you tell me why a university man of supposed cultural standing cannot see in your books what I, who am not even a high school graduate, am inspired by?”

ANSWER:

The conventionally educated man may know the whole encyclopedia yet be bored by listening to an opera which would lift you to the high heavens of ecstasy. He might be able to sell a million dollars worth of invented products, yet not be able to invent a mouse trap. The human race first unfolds its physical nature. It then unfolds its spiritual or mental nature.

The friend to whom you loaned our books has hardly begun to unfold his spiritual nature. He is devoid of feeling what you feel. His imagination has not yet awakened, which means that his creative powers have not yet awakened. If such a man wrote a book, it would be a re-hash from his memories of other books. If he were put on a board of directors of a big company, he would resist change. We know a university man who frankly says he likes jazz but hates classical music. He has been a salesman of shoes for forty years and has never advanced beyond that one position in the same department. He also frankly states that he never reads any literature beyond the newspapers, and then only the headlines, yet this man is cultured on the surface, is a member of several clubs and is generally liked. There are millions like him as compared to hundreds like you. The more you offer our books to friends, the sooner you will find that out.

* * * * *

QUESTION:

“When a battery discharges, is it not the same as a body dying? If that is so, is not a growing body a charging body? Is not that

what you call life and death?"

ANSWER:

We can say YES to each of these. Life's simple process of creating matter is an electric charging effect. Everything grows in strength and power by electric charge just as your battery grows more and more powerful by electric charge. In electric terms, we call that charge. In biological terms, we call it life. It is the same effect as inbreathing. When Nature manifests idea, it then rests from the creative action. Discharge then takes the place of charge. Decay replaces growth. Death replaces life.

We have just described a wave cycle. The universe consists solely of wave cycles which come and go to manifest the idea of eternal life by repetitive sequences of life and death cycles.

* * * * *

QUESTION:

"The subject of meditation interests me more than anything else in your teachings, for it is beginning to mean much to me. At first I thought I had to concentrate upon some idea, or think

hard. The more I do the opposite, the more I feel ideas coming to me. Will you explain more about it”

ANSWER:

So many feel that meditation means concentration that we are glad to answer the question for you. Meditation means communion with God. It means being TAUGHT by God – directed by Him and controlled by Him. To accomplish this, you must open your Mind and give God a chance to teach you. To concentrate, you are shutting God out by doing all the talking yourself. The purpose of meditation is to give you knowledge of the part you are to play in the drama of Creation. God sometimes tells you the next few lines in your part of the play and sometimes tells your part and your destiny for many years ahead, as He always does to Illuminates. One little inspiration which comes to you in meditation is like unto one paragraph in a very long chapter. God gives you that little now because you can bear only that little now. When you are strong in the Light, you will have many full chapters given you in a timeless flash, and you will begin to unfold those chapters in action for years.

God never gives to people more than they can bear so if you deeply desire knowledge and power, learn to seek the silence of His World with Mind unfettered from body-sensing. That is the real meaning of meditation. It must begin by stopping your thinking.

It might be well for you to reflect upon the great world geniuses. Imagine a Puccini or Wagner walking out into the forest. Very soon he forgets that he is walking into the forest. He eliminates body from his awareness. His Mind is wide open to hear the rhythms which come out of the silence. Soon they come to him in the mood of Nature which reflects them to him in Light, and he reflects them back in sound. The Moonlight Sonata is a reflection of a mood of Nature such as that. You can readily understand that Beethoven did not go out into the moonlight to commune with God by shutting his Mind up tight by concentrating. It was wide open to listen with his inner ears to the mood of Nature.

We will add, in passing, that he who is enabled to so decenterate that he can translate Nature's moods does so only because he has been enabled to talk to God in God's language of light-

waves and light-rhythms. The immortals of the world who have given to it the rhythms which constitute world culture, ethics and righteousness are those who have been enabled to transcend human senses. The moment you have so transformed yourself so that you can translate those rhythms of God's thinking, you will have taken your first step toward immortality.

* * * * *

QUESTION:

"I have a son whose sole desire is to paint pictures. He would willingly give up every pleasure that boys usually indulge in order to paint. We do not mind his painting but we are informed that good artists cannot make a living since modern art degraded good art. Also he neglects his schooling and other duties of life. He listens to classic music for hours on our gramophone but will not listen to television. The general impression of his friends is that he is an Impractical dreamer who will never amount to anything, and my men friends seem to be sorry for my wife and me for having so dull a son. What do you think about it, and what should we do about it?"

ANSWER:

Your boy is one of the small percent of the human race who has unfolded his spiritual nature beyond the other large majority of physically-sensed humans. The physical majority do not understand the spiritually-advanced ones. It is an experience which they have never had for themselves; therefore they either deny it in others or do not recognize it.

The question as to whether your boy can make money out of art is not the issue. He should cultivate it for what it will do to him, whether he becomes a painter or not. Such expressions in the arts denote the creative mind rather than the imitative one. That is what he is trying to develop. You should assist him in doing so, even if he has to earn his living some other way and use art as an avocation. At any rate, you might console yourself by the assurance that your boy is superior to those who criticize him, and you are indeed fortunate for having a gifted son.

* * * * *

Dear friends and students:

As these lessons continue, we more and more realize our responsibility to you and to the world to point out the way of life which God intends for man in order that we may reverse the downward trend of the whole race which is becoming more and more alarming daily. Alexis Carrel said that a contributory cause of this downward trend is because *"intelligence has not increased at the same rate as the complexity of the problems to be solved. Thus we are on the downward path."* That supports our contention in previous pages that man's desire for mechanical and scientific advancement for the purposes of fulfilling body needs exceeds his desire for spiritual unfolding in the direction of culture, ethics, character and creative achievement in the fine arts.

He also says that the pursuit of the kind of happiness which material values are bringing us *"has not brought us happiness but it has shown itself incapable of preventing our deterioration."*

That is why we are trying to show the world what is the matter with it so that it can remedy the trouble. Our analysis of the meaning of

higher knowledge is given to you for that very purpose. That is also why we are telling you that man must know his universe in order to understand its ways, just as a motorist must know the rules of the road in order to Journey through a city. To know our universe, we must become scientists, whether we will or not, for we cannot know Nature's ways without becoming scientists. Before the days of Galileo, dread superstition and ignorance pervaded the land. Science has progressed far in these four centuries even if its concepts are not in accord with Nature. The ancients fully believed that the earth was flat and that the sun and stars revolved around

It. Copernicus dispelled this belief, however, and proved that the earth was not the center of the universe with heaven immediately surrounding it and Dante's hell Just beneath it. That discovery of Copernicus started new thinking, and more knowledge of our universe will bring the great revolution of understanding which will bring a new era of peace on earth.

The new knowledge given herein of the meaning of higher knowledge, and a program for giving it to the world, will soon become the basis for the establishment of a new way of life in which Love, and the law, will be its basis.

We say to you, therefore, know your universe and its Creator, for a new world of man must issue from it within the next few years.

With all of our love and our full realization of our responsibility in making it possible for our students to transform themselves through this new knowledge, we are

Devotedly yours,
Lao and Walter Russell

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 5

LESSONS 17, 18, 19 & 20

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 17

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

A POTENT PRELUDE FOR THE THOUGHTFUL

The time has come when we are now ready to comprehend what the trouble is with the world and the only remedy that is possible to save it from the chaos which now inevitably faces it. It is not wise to ignore the handwriting on the walls of the world-structure. We wish to so vividly paint the picture of the present rapid fall of man that everybody can plainly see that our civilization is doomed to self-destruction if world leaders will do nothing to reverse the conditions which are causing our fall into another age of bestial dark.

When the high moral and righteous civilization of about four thousand years ago fell into degradation because of its lowered moral condition, its people, great and small, said: "Woe is me for the misery of this time. I would that I might die." Little children said: "Would that there were none to keep me alive." Universal despair settled down upon that highly intellectual and moral civilization in which righteousness, justice and morality had developed character in man as has never since been equaled. That is what happened to

the Old Kingdom in Egypt at the end of the Pyramid Age, and *that is what will happen to the human race before your newborn child shall have reached forty unless the present system which is now the basis of our human relations is reversed.*

You do not believe this because you now have a comfortable home and a motor car. You cannot picture your own son slaying you, his own father, nor prostituting his wife or daughter, nor turning his back while another man slays his brother as men like you and your son did in that day. You cannot believe that this can happen here and to YOU. Do you forget how quickly degradation and wholesale prostitution overtook little peaceful, moral German villages of home-loving, church-going people immediately after the First World War? You cannot possibly picture this prosperous nation being plunged into the very dregs of debauchery and misery in less than one generation. You who are young will see it, however, and you will yourself sink to the lowest levels along with the rest, or kill all you love and yourself, too, to escape it. You will then find that our present civilization is only a thin veneer which will strip itself off from its base in a few short years after morality and character have reached a certain level toward which it is now heading. One more World War could create this dread chaos within a few weeks or

months as millions of homeless city refugees flee the cities to desecrate the countryside for very survival.

The most conspicuous symptoms which have accompanied every FALL OF MAN for thousands of years are these: Lowered idealism with resultant lowered culture, character, morality, righteousness, and justice – disappearance of sex-idealism with resultant promiscuity and homosexuality – greed and lust for possessions and power – crime and youth delinquency – and fear of wars arising from international disunity. These causes we have with us in greater intensity and measure than ever before in human history. A *CAUSE cannot exist without being followed by its EFFECT*. You must admit that the CAUSE is here. You must also know that its EFFECT cannot be avoided. Yet no one seems concerned because it seems unbelievable. Socrates did not believe that the high civilization of Greece could fall – but it did fall.

The great artists and idealists of 1900 would starve today. Entertainment has grown vulgarly sensual. Character, morality and Justice are fast lowering. Crime, even unto treason, is fast multiplying. Sex-idealism is vanishing and sex-looseness is on the increase from the school age and upward. Promiscuity is destroying

the sanctity of an increasingly larger percentage of homes. Above all this is FEAR — fear for security and fear of war. *There must be a reason for this, and that reason is that the basic underlying CAUSE of this world disaster to the human race lies in gross ignorance of balance in human relations and its consequent malpractice.*

The world has not yet realized that the only way a civilization can endure is by practice of the LOVE PRINCIPLE of GIVING instead of TAKING. When man learns how to serve man rather than to exploit or enslave him, morality, justice and character will then come again into the world. Former units of this course tell you why and how greed and fear came into the world and caused man to “gain the whole world at the cost of his Soul.” We wish to show you that civilization has *advanced technically* for thousands of years but has *retarded spiritually* to the point where none of our great institutions gives any thought to the development of character in spiritual man, while the development of character and righteousness during the Age of Character, when God was thought of as light and symbolized by the sun, was paramount. Ever since that day of high standards of righteousness and culture which men then valued, there has been a gradual tendency to create machine-men who could produce material wealth for an ever increasing material-minded world.

By thus giving you this knowledge of all of WORLD HISTORY boiled down to a thimbleful so you can see it as a whole, you will then readily see that the only chance for human survival and growth into a united and cohesive ONE-WORLD of COOPERATIVE MAN is through RHYTHMIC BALANCE in INDUSTRY, for Industry could be the greatest and most powerful institution on earth—the only one which can unite mankind into its ideal of ONE-WORLD, which Government, Education and Religion have all failed to do. Where nations have conquered nations by might-over-right and spread fear and hatred in so doing, Industry is gradually conquering the whole world through friendly service which is binding men together through the giving and re-giving to each other of the needs of the other. All mankind has to trade with all mankind and loves to do it. This necessity for mutual trading will gradually become more ethical, and character is the product of ethical interchange. That is the secret of the greatest opportunity for expressing unified power the world has ever known. This great unifying power is hardly awakened as yet, for it is new. It does not yet know its own long-sleeping Soul.

THE BIRTH OF CHARACTER AND RIGHTEOUSNESS IN MAN

To understand man and to know what is the matter with man and man's world of today, it is necessary to go back to the very beginnings of his awareness that he is a man. That period was the dawn of his Consciousness, which means the very first awareness of his immortality. That was probably about eight thousand years ago, but two or three thousand years of twilight preceded that dawn of a sufficiently conscious awareness of morality, character and righteousness to form a social order where justice and a philosophy of life were strong enough to unify man's interests into what we call a civilization. During all of this period a language slowly grew, together with a way of writing that language in word forms and symbols. The Age of Character then began in Egypt. Its rulers and its people considered character building as of first import. All else was secondary, as we shall see.

Then came into being an intellectual, moral, righteous, cultured and scientific civilization such as the world has never yet equaled in its spiritual standards, with the qualities which are essential to an enduring civilization. Man of the pre-Pyramid Age has never been surpassed as a moral intellectual during all of these thousands of years. The reason for that is because individual greed for physical possessions and power had not yet come into the world. People's

desires were collective for the good of the whole. In man's discovery of man, he valued man above all things for he discovered that every man working together in unity could produce wonderful things.

Greed came gradually and did not gain force, to the detriment of character, until about the 25th century B.C. From that time forward, man set the *product* of man before man himself. For this reason he has now become a part of his machine and is so considered. In appraising the value of any laborer, his ability to produce more output from his machines than another man is the measure of his worth. In the upper brackets of industry, the man who can produce more profit for his employer is the man of greater value. This has been the slow growth of centuries during which time man has forever thought of his civilization as highly advanced over the barbarous ages of the past.

We point to the airplane, the motor car, the telephone, television, radio and a thousand other inventions which stand as proof of great human progress over even the horse-and-buggy days of two generations ago. We do not, however, point to the great advancement of man in the art of killing in which he has been supreme. The stone hatchet, the arrow, then the sword and bullet,

could kill only one man at a time. During the last century of what man calls his greatest era of human progress, man's advance in the art of weapon building has made it possible to kill 20,000,000 men and wipe out a whole city with just one discharge of his latest weapon. Man's greatest advancement has been in the art of killing other men and destroying his own character as a consequence.

We, of today, think of a civilization of five thousand years ago as savage and primitive, yet if a high intellectual of the Pyramid Age could be escorted through our country he would be highly shocked at the workings of justice here and the low standards of our educational and religious institutions in creating machine men of low ideals and no departments in them for the development of character. Such a man would instantly say that we are developing a criminal race which must eventually destroy itself, and he would be quite right for most of our institutions breed fear, evil and disunity by the "every-man-for-himself" policy of TAKING what one wants by the power of might-over-right. Governments practice this principle in their empire building, which is the same thing individuals do when they want something but they call it *stealing*.

Fear—especially after-death fear—did not enter the Consciousness of man during the great Age of Character. Fear gradually entered human consciousness, fear of after-death punishment for the wrong actions of men. This sense was delayed in early man for he did not at first have a sense of right and wrong even when character was at its highest standard because he did not sense the idea of evil for thousands of years, and that sense of evil is a necessary precedent to a sense of right and wrong. This very strange element in the unfolding of the spiritual nature of man is difficult to understand by present-day man because evil and a satanic god for evil, and after-death punishment, have been ingrained into man for long centuries. We will devote a great part of the next section of this course to an explanation of this high mental state which preceded the concept of evil and trace the cause of the growth of the BELIEFS of sin and evil to man, himself, and to his institutions. We shall show that these beliefs are man-made and have no existence in God's universe of Nature.

The Golden Rule, Proverbs, and the Ten Commandments were born in Egypt thousands of years before the Hebrews revived them, together with the principle of brotherly love and unity. This we wish to show you to make you more and more aware that there has never

been a time since man first became aware of God when the standards of character, righteousness, and sense of the GOOD were as high as they were 5,000 years B.C.

We will also show you that the principle of brotherly love and the necessity of uniting mankind into one were born in Egypt thousands of years before the Hebrew civilization rewrote it in revised forms. The purpose of acquainting you with these facts is that there has never been a time since God first revealed Himself to man that He has not illumined a Messenger, or Messengers, to re-inspire other men and help to awaken the Light in all men. Further still, we tell it to let you know that every divine Messenger who ever dwelt among men as genius, Illuminate or Christ-Conscious mystic, always spoke words with the same meaning as those first uttered by pre-Pyramid Age man. These few words which portray the Love Principle upon which the universe is founded have been repeated all down the ages in the inspired word of every mystic, from Ikhnaton to Jesus, and from Jesus to Baha'u'llah— every poet from Homer to Emerson and Whitman — and every sage from Confucius to Franklin. They all have but one purpose, that of making man know God through the awakening of the Light of his own divinity. The important thing for

every man to fix upon his consciousness is that a RELIGION of RIGHT PRACTICES exalts him.

No civilization can grow which is founded upon unnatural and supernatural beliefs. These beliefs divide and disunite mankind and breed hate and intolerance in him. Mankind still must learn that THE MOST IMPORTANT THING IN LIFE IS WHAT ONE DOES TO HIS NEIGHBOR.

Religion did not come into the first civilization for a long time, for religion is a system of beliefs in spiritual beings—according to the Encyclopedia Britannica—which takes time to develop. Moral character was most essential to a race of men who were trying to live together cooperatively as a social order, and so it was that early man began his civilization by realizing that WHAT ONE DO TO HIS NEIGHBOR was the most important thing in every man's life.

We will describe later the mental and objective process of arriving at the conclusion that the universe was founded upon GOOD and that human practices must be GOOD. Out of this grew a code of ethics which became a working PRACTICE based upon a philosophy of GOOD. *Religion did not come into the Egyptian life until much later, but from that moment of building religious BELIEFS into men's minds instead*

of ethical practices, FEAR came into the world and moral character and righteousness began their decline and have continued so unto this very day.

This early religion of beliefs in spiritual beings soon added supernatural beings and magic to those beliefs and then made a big thing of FEAR. Even those early men who weakened ethical practices by infiltrating religious beliefs devised many ways of profiting by them even then as they did thousands of years later on a much larger scale. As this fact is one of the greatest contributors to world degradation of today, we cannot pass it by unnoticed; otherwise we could not tell you what the matter with man's world is. We will refer to this later in relation to the BOOK OF THE DEAD which was written for the express purpose of obtaining money for magic charms and other means of helping the dead to escape the various punishments they would otherwise have to undergo. With after-death fear came evil and sin, pure inventions of man, which did not exist in the highest stages of Egyptian life. Neither did greed for material possessions dominate this first high race. That also grew — and spread later into Babylon and destroyed it.

Those who think of this early race as savage must know that the Pyramids they built have never yet been exceeded by man as

scientific structures. One of them shows the existence of a high state of knowledge in mathematics, astronomy, and astrology, besides the inclusion of writings which indicate an equally high standard of knowledge of literature. We shall quote later some extracts from the great literature of the Egyptian civilizations which arose and fell between the years of 6000 and 1500 B.C., from which The Psalms and Proverbs of our Old Testament were rewritten with modifications.

Our ancient Bible history is redundant with its tales of slaughter and immoral episodes. We are prone to think of that stage as being due to the early stage of man, whereas it is a stage of *fallen man*, a stage of long degeneration which followed the infiltration of after-death fear and evil in man. It never seems to have occurred to historians that the intensely low moral stage of Babylonian man was a stage of several thousand years decline of a great race.

All of the foregoing has been written to make it clear to you that when *physical man* discovered *spiritual man*; his first greatest desire was to multiply the Mind-qualities of spiritual man. Long centuries passed before the physical qualities, which were instinctive in him for millions of years, gradually dominated the spiritual aspirations of this highly unfolded intellectual race.

It is necessary to give a little space to describe to you the basic cause of the battle between the spiritual and physical natures of early man so that you can comprehend that the whole human race has gradually reached higher and higher standards of *physical unfolding* which have been expressed by greed for power, physical possessions and entertainment for the senses at the expense of suppressing its spiritual qualities of character, morality and Mind-inspiration. *In other words, the human race has for thousands of years been gaining the whole world and paying the price of it by losing its own Soul.*

* * * * *

We do not know whether any other civilizations existed on Earth before the one we know of which its cradle in Egypt had. James H. Breasted, an authority whom we shall quote copiously upon this subject, tells us that four Ice Ages swept down over Europe, almost to the Mediterranean, during the long millennia previous to the birth of Conscious Man. If any races or civilizations have been buried by the Ice Age flow, we do not know it. We do know, however, that for over a million years the human primitive Stone Age Man has been occupying all of that area around the Mediterranean and far south into the Sahara Desert which was then a fertile forest-covered

hunting ground with heavy rain falls. We know this because we have found his stone hatchets and weapons throughout that whole country, and from there north and east through the Euphrates country where Babylon once flourished, across the rest of Asia into China and India. It was in Egypt, however, that the awakening of the Light in man first took place.

During those limitless ages, his sole thought was survival for his body which depended solely upon food and shelter. For this he had to fight constantly. Therefore, for those endless ages his instincts were concentrated upon fighting and killing in order that he might have the necessities for existing. During this period he had no moral nature whatsoever. He was as much animal as other creatures of the jungles and forests were animal.

Gradually he began to observe and reason to an extent sufficient to make weapons which helped him to kill. During all of that period he made his weapons from stone. Not until after Consciousness of Mind in him began did he make weapons or other utensils out of metal.

The one purpose of this brief interlude is to call to your attention the fact that man instinctively killed for a million or more years, before

and after he knew that it was wrong to kill. During that killing period he also obtained what he desired by the power of MIGHT-OVER-RIGHT.

Do you not clearly see how it is that when there is any lowering of the moral and cultural standards of man, his physical instincts quickly prevail and he quickly adopts the might-over-right principle of TAKING WHAT HE WANTS, even by killing when necessary?

Do you not also clearly see that any individual man, or nation of men, or world of men, who have descended morally or culturally quite easily revert to their old instinctive qualities and rob and kill and enslave other men until all that they have gained of culture and character in generations is lost in a plunge toward their old jungle status? Can you not see this degradation quickly taking place during the last half century of wars with their wholesale killings? Do you not see the lowering morality in the sex looseness and lack of character of man in the ratio in which he loses his spiritual nature?

That is the position in which the world of man finds itself today. Long ages of being constantly inoculated with the teachings of after-death fear, and greed for wealth and power for the physical body, had bred the kind of man and civilization which imaged his

thinking. Nothing could better exemplify the axiom that *man becomes what he thinks and wants to be* than the long ages of spiritual decline which have taken place since man began to again take on the physical qualities of *might-over-night practices* that he lost while making the great ascension from the jungle to the Pyramid Age Man.

We shall now go back to that great age and tell you how man of that age conceived a God who was GOOD and trace the fall of man to the God of wrath and vengeance which man has created for this age.

* * * * *

Lao Bussell's
CODE OF ETHICS
FOR A LIVING PHILOSOPHY

To bring blessings upon yourself, bless your neighbor.

To enrich yourself, enrich your neighbor.

Honor your neighbor and your neighbor will honor you.

To sorely hurt yourself, hurt your neighbor.

He who seeks love will find it by giving it.

The measure of a man's wealth is the measure of wealth
he has given.

To enrich yourself with many friends, enrich your friends
with yourself.

That which you take away from any man, the world will
take away from you.

When you take the first step to give yourself to that which you want, it will also take the first step to give itself to you.

Peace and happiness do not come to you from your horizon. They spread from you out to infinity beyond your horizon.

The whole universe is a mirror which reflects back to you that which you radiate into it.

Love is like unto the ascent of a high mountain peak. It comes ever nearer to you as you go ever nearer to it.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Lao and Walter Russell

LESSON NUMBER 18

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE BIRTH OF CHARACTER

All of the foregoing has been in preparation for you to better comprehend the unfolding of the human race in its eight to ten thousand year effort to live together as a unified civilization. How far has man succeeded in this attempt since the Dawn of Consciousness? The answer to that question is stark tragedy for twenty civilizations have fallen during that time. For the first two thousand years, he succeeded in forming a cooperative, friendly civilization of communal people who attained a high degree of character, culture, and righteousness. *Ever since then, man has been descending spiritually and advancing technologically.*

In our eyes, our mechanized civilization is far advanced. We think of the early Egyptian civilization as being primitive. To an early Egyptian, however, our man-killing civilization would seem savage, for its sole desire is to serve man. The early Egyptian would be utterly amazed at our world which has created the idea of sin and evil, and at our concept of a personal god of wrath and vengeance instead of a God of light which they could see as the Creator of

GOOD. The sun was their symbol of God. We very lightly classify them as sun-worshippers, but the early-man concept of a Creator was a logical one and the pagan concept which we have adopted is extremely illogical.

Ever since the dawn of conscience, man began his long search for his Creator. When he first began to think and reason, the first great fact of life was growth of life followed by death. His reasoning process pointed to the sunlight as the Creator of life. He could see all vegetation facing the sun and following it to drink in its light-of-life-and-growth. All day the sun gave life – and all night the earth slept in darkness, only to rise again when the light-of-life awakened all Nature every morning.

And so it was that the first great thoughts of unfolding man were of a Creator who was GOOD and of his Creation which was all GOOD.

It logically followed that if the Sun gave life to man, man also must be GOOD. EVIL had not yet come into the world. Right and wrong had also not come into the world. There was naught but GOOD in it in those days before GREED came into the world.

* * * * *

You may better comprehend this great age of GOODNESS and CHARACTER if you will but try to translate yourself back into those days of man's intellectual beginning before even language began. Try to realize the first dawn of comprehension and understanding of man's connection and unity with Nature. During all of man's jungle life, his only thought was survival. His entire life was dominated by this one instinctive sense-urge. *Man got what he wanted and needed by TAKING it.*

Gradually the spiritual unfolding of newly-thinking man taught him that other men would be useful to him only if he would be equally useful to them. The demonstration of this principle of cooperation among men by mutual interchange of service came into the world with the first spiritual actions of GIVING and balanced RE-GIVING. One man helped another to build a wattle house, or a mud house. Civilization began that way and men found it GOOD.

Very slowly things happened in association between men that gave them pleasurable feelings. They Invented words to communicate with each other, and that was GOOD. They liked the interchange of it. They liked mankind because mankind could interchange service for service and idea for idea. Greed for possessions had not then

been a part of man's thinking. Whatever any man wanted could be obtained by working with other men. MAN was of first consideration, for that which was GOOD could come only through the Sun- God to man FOR man, and could be converted for every man's use only by the work of every man. Thus came the first strictly communal civilization into the world. By "communal" we mean a social order of people who realize that each person's happiness and comfort is dependent upon others and their happiness and comfort is dependent upon him. A good modern example is the group who came over in the Mayflower to build a new world. In such a case, the WHOLE is dependent upon every part and the loss of any part would weaken the whole.

The early Egyptians of 8,000 years B.C. to 4,000 years B.C. could be very well likened to such a group, for they came out of mental darkness into a new light of understanding which was like another world. They had to begin at a beginning and even create a language before they could create homes. Naturally the first thoughts of men who were trying to live together under a workable system were those of mutual service and cooperation. Religion had not begun. Morality and a social conscience had not yet begun nor had a sense of possession, greed or individuality begun.

The first dawning of a social conscience was based upon the fact that every man wanted to have the friendliness and cooperation of every other man. To gain that friendliness, early man found that service to another gained that happiness of friendship which he sought. Out of that principle grew a code of ethics in relation to man's relation to man which gave that happiness when obeyed and denied it to him when disobeyed. This is the way it grew. When one man pleased another, he found a name for it. He called it GOOD – or MAAT in his language. The first principle which developed from that code of ethics, which brought him happiness when obeyed, was this:

When you do that which makes you loved by men, it is GOOD.

When you do that which makes you hated by man, it is BAD.

There was nothing of right or wrong nor of good or evil in this connotation. Such a sense had not then arrived within the mentality of man. His ethics of that day made him shun doing that which made him to be unloved and, conversely, made him desire to do that which made him loved, for that was the only way he could acquire that state of happiness which became the basis for the Age of Character which preceded the building of the great Pyramids.

To create so high a social order demanded a system of mutual cooperation such as the world has never since known. That is where the Age of Character began. That is where the Brotherhood* of-Man principle began. That is where the first great architecture, poetry, literature, and science began, and all had their roots in the principle of GOOD. To the Egyptian of that day, everything and everybody was GOOD. Their word for LOVE was *MAAT*. Maat meant love, righteousness, and character. To the men of that day, the teachings of *MAAT* were of first importance. Everything else was secondary. All human character teachings were based upon the giving of GOOD from the sun which they believed to be the Creator of all things. A system of ethics grew from those teachings which spread down the centuries through Palestine, Persia, Babylonia and the far countries of India and China.

The Hebrew Proverbs, The Songs of Solomon, The Psalms and the great wisdom of all the Hebrew prophets of later days – also all that Confucius, Laotzu, Buddha, Krishna, Socrates, Plato, Lucretius, Moses, Abraham and Jesus said later – were first conceived and written down on papyrus thousands of years before any of these great mystics were born.

Now it must be thoroughly understood and comprehended that the later mystics of the Middle Age period, which we know as Before Christ, may not have even known that the thoughts and words they were giving to the world had ever been given before. Many of these papyrus writings of pre-pyramid man had been buried until this very century. Neither Jesus nor Krishna, the two supreme mystics of all time, had even seen them. They could, however, have known them as folklore in the manner in which wisdom, fable or drama reach from one generation through many others in their endless repetition. That is not the answer, though. The answer is that God sends His illumined Messengers to man *always, and always, age after age, these Messengers speak words of the same meaning*, for all knowledge and all idea of the truths of Nature exist perpetually. Illuminates acquire this knowledge cosmically and, as all knowledge is the same knowledge, it is spoken in words of the same meaning even though the words vary. This fact is what should concern and interest you, for when you find yourself thinking cosmically by being Inspired from within, you will speak words of the same meaning that these nameless Egyptian Illuminates of those very ancient days spoke before even Individualism began, or the same that the Illuminates of later days spoke after man began to think of

man as an INDIVIDUAL. Thus it is that the first great Individual ever known to history whose name was Imhotep wrote a scientific treatise on medical lore and surgery which preceded by thousands of years the words of the Greek Asclepios and the Roman Aesculapius – as we are informed by James H. Breasted.

During the four to six thousand years before Imhotep, all men thought of themselves as the WHOLE—not as separate Individual parts. Whatever they did was for the WHOLE, even if one man did something for another man. Individualism did not creep in until desire for individual possessions crept in. When one wanted more possessions or more power than another, the strength of the whole social order suffered until the intense state of Individualism of today had been reached with its consequent threat of destruction of the whole human race. So pregnant with GOOD was this principle of UNIFIED WHOLENESS of our first civilization that it endured in some parts of the world until about 2,000 years B.C. All of the writings of the Indian Mahabharata were written that way. That great epic may have been written by a hundred men, but not one name is attached to it, not even to the greatest of all of them—the Bhagavad-Gita.

Individualism begat self-consciousness and self-desires. The word selfish stems from these qualities. Instead of desire being for the WHOLE, including one's self, desire for self grew into the slowly forming commercial and political world as a poisonous germ. Instead of a leavener of the whole loaf which the world's great geniuses contributed to.

You must, therefore, fully comprehend that God sent illuminates to man from the days of his early beginnings, but the high spiritually-endowed social order of that day gradually fell from its high estate in the ratio of man's growing *individual* and *national* division into selfish separateness.

It will be good right here to give one or two examples of the manner in which writers of the Hebrew bible carried traditional Egyptian teachings into those darker ages which followed the gradual fall of man from his high standard of character and righteousness into the low marauding, immoral, pagan Babylonian and Hebrew races. We will quote from Malachi 4-2, for example:

**"Unto you that fear my name shall the sun of righteousness arise with healing in his wines."*

Here is a direct reference to the Egyptian Sun-God and the falcon wings which are so much a part of early Egyptian symbolism, yet these words in Malachi were written at least four thousand years after Egyptian civilization gave them meaning. Let us quote Psalm 104-24, for another example. We will print this on the right-hand side of the page. On the left, we will print its Egyptian origin.

Egyptian

Hebrew

*"How manifold are thy works!
They are hidden before men
O sole God, beside whom there
is no other.
Thou didst create the earth
according to thy heart."

"O lord how manifold are thy
works!
In wisdom thou hast made them
all:
The earth is full of thy riches."

* Quoted from "Dawn of Conscience" by James Henry Breasted.

Here in the early days of man is the full acknowledgment of the One God. Thousands of years later, the Greeks, Norse, Chinese and many other people of the Middle Ages had many gods, but the Influence of Egypt upon the Hebrew renaissance caused them to hold to the one god, but their god was not the GOOD God of the Egyptian concept. Sin and evil had come into the world because of man's lost character.

Pagan man of the Old Testament days conceived a personal god of wrath and vengeance, a god who loved bloodshed and blood-sacrifice on every church altar. We, of today, have inherited that pagan concept and two out of every three humans on earth believe in that god-of-fear concept instead of the GOOD God of the Age of Character. This is indicative of the great depths the human race has fallen into since man became self-centered instead of communally-centered. When the fall of man began in Pyramid Age days, some current sage coined a new word which formerly had no place in Egyptian thinking. That word was AVARICE, which came to be known and dreaded beyond all other words, for these Sun-God men could see the threat of degradation befalling them at that time as the more illumined intelligentsia of our day can see our threatened degradation rapidly falling over our world.

No more inspiring poetry and philosophic literature has ever been produced than the inspirations of these early Egyptians. We will quote parts of an Ode to the Sun which symbolizes their concept of One God who gives naught to the world but GOOD. We quote the following from James Henry Breasted's "Dawn of Conscience" (Charles Scribner's Sons) – which we recommend that you should read.

UNIVERSAL MAINTENANCE

“The world subsists In thy hand,

Even as thou hast made them.

When thou hast risen they live,

When thou settest they die;

For thou art length of life of thyself,

Men live through thee.

“The eyes of men see beauty

Until thou settest.

All labour is put away

When thou settest in the west.

When thou risest again

Thou makest every hand to flourish for the king

And prosperity is in every foot,

Since thou didst establish the world,

And raise them up for thy son,

Who came forth from thy flesh,

* * * * *

“Thou risest beautifully, O living Aton, Lord of Eternity;

Thou art glittering, beautiful, strong;

Thy love is great and mighty,

Thy rays furnish vision to every one of thy creatures,

Thy glowing hue brings life to the hearts of men,

When thou hast filled the Two Lands with thy love.

O God, who himself fashioned himself,

Maker of every land,

Creator of that which is upon it:

Even men, all herds of cattle and the antelopes,

All trees that grow in the soil,

They live when thou dawnest for them.

Thou art the mother and the father of all that thou hast made.

As for their eyes, when thou dawnest,

They see by means of thee.

Thy rays illuminate the whole earth,

When thou dawnest as their lord.

“When thou settest in the western horizon of the sky,

They sleep after the manner of the dead,

Their heads are wrapped up,

Their nostrils are stopped,

Until thy rising comes in the morning,

In the eastern horizon of the sky.

Then their arms are uplifted in adoration of thee,

Thou makest the hearts of men to live by thy beauty,

For men live when thou sendest forth thy rays,

Every land is in festivity:

* * * * *

“Myriads of life are in thee to sustain them alive,

For it is the breath of life in the nostrils to behold thy
radiance.

All flowers live and what grows in the soil

Is made to grow because thou dawnest.”

* * * * *

In this poem you can clearly see that the basis of righteousness and character is the Love, Beauty, Goodness, and Truth which Nature manifests. *To be GOOD is to be like the Creator of Goodness.* The Creator of Nature was Love, and His actions all expressed Love. Early man set his standards by the actions of Nature which were all GOOD. He wanted to be loved. To be loved was to find happiness. Man made it his first effort to find happiness by making his actions like unto Nature. In so doing, man built CHARACTER and WISDOM.

We accentuate right here that the first builders of character based their civilization upon right actions - actions which conformed with the goodness of Nature. They did not build their character and righteousness upon religious beliefs, for religion did not come into the world until a realization of the immortality of man brought *after-death* fears for punishment for those things that man did which made him to be unloved. A sense of the existence of evil gradually seeped into the human race as religious beliefs of right and wrong, good and evil, and the punishment of sin after death seeped into the human consciousness. These qualities were not in the early social order of pre-individualistic days. The human race was more alike in its standards.

Character and wisdom were treasured qualities of all men. They held to them with as much equality as possible. Fathers made it their first obligation to pass their wisdom on to the whole race through their sons. Civilization was a vast school for the teaching of character and wisdom as being based upon right actions. Not anywhere in these early teachings is the slightest evidence of teaching a system of beliefs as a basis of character. The word *righteousness* grew out of the phrase *right actions*.

A code of ethics grew out of the teachings of right actions which has been felt ever since in countries which followed these early Egyptian teachings. The most conspicuous example of inheritance of the Egyptian teachings during these long centuries of the gradual death of character was the ancient Chinese civilization. Confucius and Laotzu are conspicuous examples of these teachings. China was noted for its honesty and respect for its given word. During Confucius' life, one might lay his purse upon the street and no one would touch it except for the purpose of restoring it to its owner.

For long centuries, the father passed his wisdom to his sons and if, perchance, a son erred, the father took the fault upon himself for not being a worthy teacher. In such a manner, whole families became responsible for the wrong actions of any one member. This system seemed to be very unjust to the occidental, but it worked toward righteousness better than our system for whole cities policed themselves by the assumption of parental responsibility for righteous actions, while occidental cities were policed with great thoroughness. A story is told about a missionary who was sent to a certain city to convert the "heathen Chinese." A Chinese sage of the town invited him to dinner and asked him why missionaries were sent from a country which had a murder every thirty minutes to

convert a city which had only one murder in thirty years. During the conversation, the old sage asked: "Why do you consider us to be heathen and your people to be enlightened?" The missionary answered in these words: "All people are heathen who have not accepted Jesus as their Redeemer and Saviour from sin."

This exemplifies the import which religion places upon belief as contrasted to right action.

One paragraph in Breasted's "Dawn of Conscience" is so symbolic of the One God of Love which dominated the first human civilization that we quote it in full. The words of it were written by an Egyptian Illuminate over a thousand years after Imhotep's time. His name was Ikhnaton. In referring to the Sun-God of early Egyptian concept, he wrote:

"Thou art the father and the mother of all that thou hast made."

Breasted's comment follows in these words:

"This teaching is one which anticipates much of the later development in religion even down to our own time. To the sensitive soul of this Egyptian dreamer, the whole animate world seems alive with consciousness of the

presence of Aton, and filled with recognition of his fatherly kindness. The picture of the lily-grown marshes, where the flowers are 'drunken' in the intoxicating radiance of Aton, where the birds unfold their wings and lift them 'in adoration of the living Aton,' where the cattle dance in delight in the sunshine, and the fish in the river beyond leap up to greet the light, the universal light whose beams are even 'in the midst of the great green sea – all this discloses a discernment of the universal presence of God in nature, and a mystic conviction of the recognition of that presence by all creatures. There is here an appreciation of the revelation of God in the visible world such as we find seven or eight hundred years later in the Hebrew Psalms, and in our own poets of nature since Wordsworth."

In these words is the spirit of that exalted race of God-conscious men which has gradually been lost to the whole human race in proportion to its technological advancement and its ever-increasing number of religious doctrines, creeds and beliefs which have so effectually disunited a once closely united race of God-conscious, non-individualistic, united men.

Breasted pictures this contrast in the following description of Ikhnaton, an Illuminate who lived when the first fall of man was imminent:

“Ikhnaton was a ‘God-intoxicated man,’ whose mind responded with marvelous sensitiveness and discernment to the visible evidences of God about him. He was fairly ecstatic in his sense of the beauty of the eternal and universal light. Its beams enfold him on every monument of his which has survived. ... He prays, ‘May my eyes be satisfied dally with beholding him, when he dawns in this house of Alon and fills it with his own self by its beams, beauteous in love, and lays them upon me in satisfying light forever and ever.’”

This awareness of God's presence which so vividly lived before the fall of spiritual man and the rise of technological machine-age material man is what we are trying to bring back into the world by awakening it in you and nourishing it in the thousands of others like you in whom it is being awakened. We tell you over and over again that the human race can advance only in the measure in which each man recognizes his own divinity. We tell you over and over again that God's presence must be with

you every moment, yet a large percentage of the human race will not even mention God and resents the mention of His name.

The reason for this is because the many doctrinal and creedal religions which have developed for thousands of years have gradually succeeded in picturing a God whom men repel because of the concepts and false beliefs in sin, evil, wrath and vengeance which God seems to be more concerned with than love. The end result which is now taking place is to drive the human race away from religion, as evidenced by the fact that 91% of the old-time churchgoers of England do not go to church at all and the Sunday Schools of America are being rapidly turned into entertainment centers to hold their pupils.

More saddening still is the reaction of such conditions upon our coming generation of teen-agers. Youth delinquency and crimes committed by youths are paralleled by the frightening sex-looseness of high school age boys and girls which has become so commonplace that the shock of it to moral thinking people seems to be giving place to its acceptance as a passing phase of the times, even as similar sex-degradation appeared in the early days of Hollywood and wiped itself out by its own reactions.

It is not so light as that, however. It is a repetition of the symptoms which made Babylon. Athens and Rome fall. Our present civilization is as sure to fall as past ones fell if character and righteousness do not come back into the human race by your efforts and ours to bring them back.

The whole world now asks: Is the Light of the world going out? Is it? Ask this of yourself. Ask yourself if the ugly underlying world-thought of today has the slightest resemblance to the world-thought of that long yesterday which expressed its thoughts in this way:

“Thou findest him who transgresses against thee;

Woe to him who assails thee!

Thy city endures;

But he who assails thee falls.

* * * * *

The sun of him who knows thee not goes down,

O Amon! But as for him who knows thee, he shines.

The temple of him who assailed thee is in darkness,

But the whole earth is light.”

(The foregoing was quoted from "Dawn of Conscience" by James Henry Breasted)

Here we find an ancient race of men who rejoiced in knowing God, while we, who feel ourselves to be enlightened, have so few who thus rejoice. *This whole course is redundant with pleas to mankind to take God into its consciousness, but our very words seem strange to ninety and nine out of every hundred.* It is no wonder that Oswald Spengler proclaimed the final downfall of the white face of Western civilization and inferred the rise of the yellow race to world mastery.

WE TALK FURTHER ABOUT CHARACTER

If man succeeds in building an enduring civilization in which he finds happiness, prosperity and peace which passeth beyond understanding, it will be because he has founded it upon character. An enduring civilization cannot be built otherwise, nor can a successful, individual career be built otherwise.

In those old days when it became the responsibility of fathers to pass their wisdom on to their sons, one of them said:

“Precious to a man is the virtue of his son, and good character is a thing remembered.”

The greatest moral order of all time grew out of the creation of a system of universal ethical values which reached their height of physical and spiritual expression two thousand years before Ikhnaton’s revival of them after a period of their suffering from the effects of after-death fears and the evils which the religions were infiltrating into human thinking.

Ikhnaton was comparable to Jesus as the Messiah of his time; yet, like Jesus, he was overthrown and every attempt to obliterate his teachings was practiced by the then lowering standard of man of his period, fourteen centuries before Christ.

Bear In mind that the One Solar God became the basis of the monotheistic religion which followed through the entirety of Egyptian life until the early Hebrews discarded it for a personal god who recognized the Hebrew race as his chosen people. When this transition took place, this god of the Jews changed his nature from the Creator of GOOD to the lover of bloodshed and punisher of evil. From that day, the altars of the Jews ran with the blood of thousands of animals which were sacrificed as appeasement for the sins

committed by those who paid the priests of the temple for the sacrifices. To this very day, the great majority of the human race accepts this pagan doctrine of an already fallen race in preference to the Solar God concept of a Creator of GOOD which sheds His light and heat upon the world to create all that is good for the needs of all Creation.

We will recite some of the teachings which the fathers of four thousand years of Egyptian civilization passed on to their sons in their daily lessons. In reading some of these, may we not regret that the fathers of this day, or the educational institutions which represent the fathers' relation to their children of this day, do not give heed to them as the most important part of their education.

We quote below from "Dawn of Conscience" by James Henry Breasted.

"How worthy it is when a son hearkens to his father! If the son of a man receives what his father says, none of his projects will miscarry."

"Instruct as thy son one who hearkens, who shall be successful in the opinion of the princes, who directs his

mouth according to that which is said to him. . . . How many mishaps befall him who hearkens not!”

“The wise man rises early to establish himself, but the fool is in trouble. As for the fool who hearkens not there is none who has done anything for him. He regards wisdom as Ignorance, and what is profitable as useless.”

“A son who hearkens . . . reaches old age, he attains reverence. He speaks likewise to his own children, renewing the instruction of his father. . . He speaks with his children, then they speak to their children.”

Ptahhotep wrote down many of these maxims and teachings during the 27th century, B.C., even as to right conduct in the presence of older people, or when at dinner with one’s elders. Even these were three or four thousand years old when he wrote them down. We quote one of these teachings to a young man who was about to dine with an elder. The following is also quoted from “Dawn of Conscience” by James Henry Breasted:

“Take when he gives to thee what he puts before thee, but do not look at what is before *him*, look at what is before *thee* and bombard him not with many glances. Turn thy

face downward until he addresses thee, and speak only when he has addressed thee. Laugh when he laughs, so shalt thou be very agreeable to his heart and what thou doest will be very pleasant to the heart. It is very important on any occasion not to be over-communicative and noticeably aggressive conduct or bearing is to be avoided.”

“If your chief is one who was formerly of very humble station, have no knowledge of his former low estate, . . . be respectful towards him because of what he has achieved; for substance cometh not of itself.”

“Never repeat injudicious words uttered in heat by some one else. Be silent, for it (silence) is better than teftefflowers.”

“It is a craftsman who speaks in council and speech is more difficult than any craft.”

“Let the mind be deep and thy speech scanty. . . . Let thy mind be steadfast as long as thou speakest. May the princes who shall hear it say, ‘How seemly is that which comes out of his mouth!’”

“If thou hast become great after thou wert little, and hast gained possessions after thou wert formerly in want . . . be not unmindful of how it was with thee before. Be not boastful of thy wealth, which has come to thee as a gift of the god. Thou art not greater than another like thee to whom the same has happened. Moreover the career of a civil servant is hazardous; therefore, beware of the days that may come hereafter.”

“It is well to make large investments in good will. Therefore satisfy thy intimate associates with that which has come to thee, which comes to one whom the god (that is the king) favours. . . . There is none who knows his (future) fortune when he thinks of tomorrow. When something happens in (royal) favour, it is the intimate associates who (still) say ‘Welcome 1’ But, as we shall see, ‘when thy fortunes are evil, thy virtue shall be above thy friends.’”

“A man should give attention to the character of his friends. If thou searchest the character of a friend, ask no questions, (but) approach him and deal with him when he

is alone. . . . Disclose his heart in conversation. If that which he has seen come forth from him, (or) he do aught that makes thee ashamed for him, ... do not answer.”

“If thou art a successful man establish thy household. Love thy wife in the house as is fitting. . . . Fill her body, clothe her back. No luxury is too good for her.. . . Make her heart glad as long as thou livest. She is a profitable field for her lord.”

(At this point Breasted calls attention to the fact that Mohammed made this same statement thirty-five hundred years later.)

“Be not avaricious in a division, nor greedy (even) for thy (own) goods. Be not avaricious towards thy own kin. Greater is the appeal of the gentle than that of the strong. Impoverished is he who overreaches his kin; he is lacking in effective speech. A little for which one practices guile engenders enmity even in the cool tempered. *Avarice is the greatest enemy of wholesome family relationships.* If thou desirest that thy conduct be worthy, withhold thee from all evil, and beware of avarice. *It is an ill and incurable*

disease, wherein is no intimate association. It makes bitter the sweet friend, it alienates the intimate friend from his lord, it estranges fathers and mothers and the mother's brothers, it sunders wife and husband. It is a bale of evil things, it is a bundle of all unworthiness. . . . There is no tomb for the avaricious."

Once these early Egyptian teachings ennobled works and the worker. One happy maxim which we print is strongly indicative of this. It is as follows:

"Happy are the bearers of the palanquin!

It is pleasanter (for them) when it is occupied,

Than when it is empty."

"Attain character . . . make righteousness flourish and thy children shall live. Precious to a man is the virtue of his son, and good character is a thing remembered."

"A wise man is recognised by that which he knows. His heart is the balance for his tongue, his lips are correct when he speaks, and his eyes in seeing; his ears together

hear what is profitable for his son, who does righteousness and is free from lying.”

“Established is the man whose standard is righteousness, who walketh according to its way.”

(Two thousand years later this reappeared in its essence in the Old Testament.)

* * * * *

All that has been written regarding this early civilization has been for the purpose of deeply accentuating the fact that the first men within whom God-Consciousness resulted from the ability of man to hear those silent whisperings within his Soul fully realized that a communal existence— which means the ability of men to live together in unity — *was possible only by cooperation and mutual service.* Thousands of years were spent in learning how to thus live. Age after age passed, perhaps for as long as six thousand years, before the great triumph occurred which gave us that marvelous pre-Pyramid Age of purely cooperative communal Age of Justice, Character and Righteousness.

During all of this period, the concept of God was the sun. He was known as The Great God, Lord of the Sky. He not only gave all that was GOOD to the people of earth, but ruled them. Those who refused to work with “the great God who watcheth over every action of every man” punished themselves by their own hands. Thus It was made clear that every man could have an abundance of GOOD given to him, but he must give service which Is GOOD else he would deny for himself that GOOD which he might have had. The entire underlying structure of this civilization, which had its highest peak between the years 4,500 B.C. and 2,500 B.C., was the principle that one must do that which would make him to be loved. The one word—MAAT—covered that entire principle. In that one word was the entire connotation of the meaning which is conveyed In the words “truth,” “beauty,” “righteousness,” “character,” and “Justice.”

Very seldom, Indeed, did the sons and daughters of men dare to, or care to, violate the teachings of their revered fathers, but when one flagrantly disobeyed, thus disgracing his family, the father said to him, “Thou art not of my blood,” and condemned him to walk his lonely way among men who refused to greet him or befriend him. The way of such a one was so terrible that delinquency beyond a

forgivable limit was very rare Indeed. Such a delinquent would have no place to go, no Institution to take him In, for there were no such Institutions as our country abounds in to take care of those who break every law of life and thus saddle the cost of It upon their neighbors.

Our civilization prides Itself upon Its charitable Institutions, its insane asylums, Its maternity homes for delinquent young girls, Its clinics for venereal diseases, its prisons and other Institutions which are supported by the normal people of the world for taking care of the abnormal ones. It would be impossible in these days to have It otherwise, but It still remains a fact that If those who defy righteous living were made to walk unrecognized toward a lonely horizon, there would be less departure from righteous living.

In closing this lesson, let us try to imagine how much better our civilization would be if the parents of our children emulated the practice of the parents of the pre-Pyramid Age and gave of their wisdom and character to their children as regularly as they gave them food. The tragedy of such a thought lies in the fact that a very few of the parents of today have that character to give, far they, in their youths, were not given wisdom from their fathers.

It must be realized that this process of slow degeneration, because of the lessening desire of parents to give character to their children, has been going on for over five thousand years. It has kept pace, in reverse ratio, with the increase in desire for material possessions, material power and individualism which has slowly but surely created a MIGHT-OVER-RIGHT race of humans whose basic principle of life is to TAKE rather than to GIVE.

Once again we say that the human race cannot possibly survive a continuance of this principle. A notable example of its workings is that of the Empire Builders who sought wealth, prosperity, and power by taking, and found themselves impoverished—even unto having to ration their scanty food.

We again say to you, therefore, that the only way for the human race to survive is to rebuild character and righteousness into it, and Inculcate into each man a desire to give service to his fellow man in order that his fellow man will give equal service to him.

It may well be that mankind must be made to suffer more than it has ever suffered before in order for it to finally sink in despair, as the wounded boy in the trench sank in despair and cried out for help unto his God. We hope that such a day may not have to come, but

the signs of the times point strongly toward the necessity of It. Just as long as every man has a comfortable bed to sleep in and a luxurious car to take him to pleasant places, and high wages to make that possible, he pays little heed to such signs of the times as 14-year-old pregnant girl members of local Junior high school sex clubs, or of the hundreds of other flagrant evidences of a rapidly deteriorating social order in which crime, treason, intrigue, bribery and the continued threat of man-made war forever hangs over this "don't care" "playboy" world of ever cheapening entertainment.

We see our culture dying a rapid death. Our great musicians must first be clowns in order to be acceptable for television. A popular sexy crooner can draw ten times larger audiences than a Caruso. Topping all this is the known fact that a really good painter or sculptor would starve if he aimed at producing masterful work, for great art and great artists have no place in our world of today. Dignity has gone out of art as it also has gone out of the highest courts of justice in the land.

It is useless to say. "What are we going to do about It?" The only thing we can say is. "What am I going to do about it?"

YOU CAN DO SOMETHING ABOUT IT!

This university has been founded to do something about It. but YOU must become obsessed with the desire of this university to bring character back Into the world by becoming one of the seeds of character which will spread from you gradually Into the whole world. The more you realize this and become a working member of this Science of Man movement for the building of character into the world, the more hope will come into the world for the ultimate saving of the human race from Its now threatened downfall.

CONCLUSION

The foregoing is convincing evidence that character and destiny are like cause and effect. Destiny becomes what character is. Character is the rudder in the sea of life, but destiny is the direction within the sea of life. Smooth sailing is ahead for one who desires smooth sailing, but if one prefers the collision with the rocks he may have that also – but that is of his own choosing. Both are his.

Some lines from Lao Russell's book *GOD WILL WORK WITH YOU BUT NOT FOR YOU* express this thought clearly. We quote them:

“Every man determines his own destiny by what he thinks and does every moment of his life. You can become what you want to be only through your thoughts and actions, but the measure of your desire must be great in order for you to become great. Hitch your wagon to a star and fasten its bolts with deep desire to manifest love and, behold, its wings will carry you to those heights.

“No one who has ever reached those heights has done so by himself alone. He who loves is aware of Love working with him. God is Love. Love is the foundation of the universe. He who deeply loves is deeply humble. The greatest men in the world are those who are most humble. An arrogant man is one who asserts his personal ego, while a humble man is one who suppresses it and is, therefore, without arrogance. The quality of humility is that which gives to one the gentleness and tenderness of a spiritual strength which can best be described as saintly.

“This universe of love is a universe of law, for love is law. He who works with the law of love is working with the universe, and the universe is working with him.

“Remember always that universal love is limitless, and you are the universe.”

“Every man who has ever become great became so only because he desired to, planned to, and made the effort to become so. There are no accidentally great men. All great men build themselves in their own image. *That which they become, they first desired to become.* They thought out, and planned every step upward to their own high mountain-top. The great difference between all people lies not in their abilities but in the intensity of desire to express their abilities.

“It must be remembered that desire of Mind is the sole source of universal energy. The greater the intensity of desire in the Mind of any man, the greater power he has to express his ability.”

* * * * *

POET'S CODE OF ETHICS

Herbert Spencer

Walt Whitman

Ralph Waldo Emerson

Edwin Markham

Oliver Wendell Holmes

Mark Twain

John Burroughs

Attain the Brotherhood-of-Man ideal by giving righteous action and good will service to every man, instead of taking from him that which he has.

Discover that all men are extensions of each other-that man is made for man-and that the hurt of one man is the hurt of all men.

Develop character, intelligence and good citizenship by teaching every man from early youth to be a good neighbor and loyal citizen.

Discover man's inner Self by awakening within him that spark of divine Light which lies dormant in every man.

Realize that work done for the material world should be for man's ennoblement and not for grinding his Soul out in the gears of Industrial machines.

Know that Man is Mind, not body – that he is immortal Spirit, not mortal flesh – and that he is good, not bad.

Judge the righteousness and religion of any man by what he does to his fellow man, and not by his beliefs, doctrines, creeds or dogmas.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Lao and Walter Russell

LESSON NUMBER 19

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE ETHICAL BASIS OF CHARACTER AND ITS GRADUAL DEATH

We shall now leap ahead over a gap of two thousand years to some five hundred years before Christ when Confucius was born. Confucius and Laotzu were the two outstanding Illuminates of China. Illuminates always teach the same things in practically the same words, and Illuminates come invariably into the world when they are most needed to uplift a falling civilization with a Message of Love given in words which always have an ethical basis in practice and never a doctrinal or phenomena basis.

We must fully realize that the human race had been gradually falling away from ethical practices, which are the basis of character and righteousness, because of the slow advent of materialism, avarice, greed, and individualism which crept into human thinking when desire for possessions and personal power crept into the first unified social order of history.

Long before Confucius was born, Babylon had become materialized into a commercial and political state where individual power grew

to its maximum. Naturally, sensual pleasures and greed gradually drowned the high ideals it began with, as Egyptian culture and character crept northward into the Euphrates country. Small wars for power gradually grew into larger wars and wise men ceased to be honored as war heroes took their place in public favor.

The same pattern followed into Palestine. Hebrew tribal wars followed the example of Babylon and the northern countries around the Mediterranean Sea where the worst elements of the decaying Egyptian, Babylonian, and Hebrew and Persian civilizations were infiltrating.

We must realize, therefore*that Confucius, Laotzu, Buddha, Krishna, Jesus and Mohammed were not born into an ascendant civilization. Their civilization had long been decadent and their Messenger ship to man was in the nature of being Saviors' of a decadent race instead of being new teachers of an ascending one. Our ancient civilization began with the barbarity recorded in the Old Testament. We excuse it because it was ancient. Blood-sacrifice, bloodshed in the arenas and inhuman conduct everywhere exemplified a fallen race of men who were once noble and of impeccable character, a race where crime was not only unknown but not understood, for no man

desired to act in such a manner as to make himself unloved to such an extent that he would be compelled to walk away into the horizon and disappear from his kind.

If that is fully understood, it will better explain the nobility of such a man as Confucius who lived among utterly licentious men and retained his nobility of Mind and cleanliness of body as well as the virtues he taught until his dying day.

The virtues he taught were Wisdom - Rectitude - Decorum - Sincerity and Kindness. These were the qualities which he listed as the basis of character and right action.

Confucius differed very materially in one respect with the teachings of Laotzu and Jesus. The latter two taught what Confucius regarded as idealism and altruism which were not true to Nature. To "return good for evil" and to "turn the other cheek" was not the way Nature worked. He taught that whatever a man gave out from himself, Nature inexorably gave back to him in kind, for that is really the law. The early Egyptians taught that way. They taught that any man who did not measure up to the standards of character and righteousness which are necessary for a cohesive civilization and, therefore, became a drag- anchor upon the whole of society as well as a

disgrace to his family was unfit to be a member of the whole human family and was commanded to walk away toward an endless horizon.

The father of such a man would coldly say: "He is not born of me, for I am human and could not beget an inhuman."

Confucius believed that a society which tolerated wickedness would have to pay for the man's misdeeds, whereas the man himself should be obliged to pay for his own misdeeds by being punished for them, even to being obliterated from the human society which he despoiled.

History has proved that to be the case, for it costs the good people of every country billions of dollars yearly as the price of misdeeds perpetrated by despoilers of society. We, of today, even cultivate crime by "turning the other cheek" and tolerate the intolerable. We pay for thousands of prisons, insane asylums, police forces, houses of correction and other institutions which we would not have to pay for if we compelled characterless despoilers to walk out to an endless horizon of loneliness. Our laws lean backward toward liberating the criminal to perpetrate more crimes rather than making him reap the harvest of his sowing.

Confucius held that Nature would let a creature die if that creature refused to perform the work necessary for his own survival, and man should do likewise. Otherwise the workers of an organized society would find themselves working for the drones, and their happiness would be destroyed by those who did not fit into the rhythms which are necessary for a unitary, cooperative civilization.

“If,” argued Confucius, “I return good for evil, what have I left to return for good?”

Confucius first gave the Golden Rule to the world in these words:

“What you do not like when done to yourself, do not do unto others.”

All of his teachings strongly reflect the early Egyptian teachings in respect to actions, for he continually stresses the fact that actions which cause you to be loved are right actions, and those which cause you to be unloved are wrong actions.

Francis Trevelyan Miller said of him:

“It was the teaching of this sage that man should at all time exert the strictest self-control, and he was never tired of preaching this to his disciples.

“The moral man conforms himself to his life circumstances; he does not desire anything outside of his position. Finding himself in a position of wealth and honor, he lives as becomes one, living in wealth and honor.

“Finding himself in circumstances of danger and difficulty, he acts according to what is required of a man under such circumstances.

“In a word, the moral man can find himself in no situation in life in which he is not master of himself.

“In a high position, he does not domineer over his subordinates. In a subordinate position he does not court the favor of his superiors.

“He puts in order his own personal conduct and seeks nothing from others; hence he has no complaint to make. He complains not against God nor rails against man.

“Thus it is that the moral man lives out the even tenor of his life calmly waiting for the appointment of God,

whereas the vulgar person takes to dangerous courses, expecting the uncertain chances of luck.”

SOME OF THE IMMORTAL MAXIMS OF CONFUCIUS

Confucius was primarily a moralist. *He bent his energies to social reform and the building of character.* Herein follow some of the sayings which constitute his wisdom:

“Make conscientiousness and truth your guiding principles, and thus pass on to the cultivation of your duty towards your neighbor.”

“The ordinance of God is what we call the Law of our Being. To fulfill the Law of our Being is what we call the Moral Law. The Moral Law when reduced to a system is what we call Religion.”

“The Moral Laws form the same system with the laws by which the seasons succeed each other and sun and moon appear with the alternations of day and night.”

“It is this same system of laws by which all created things are produced and develop themselves, each in its order,

without injuring one another; by which the operations of Nature take their course without conflict and confusion, the lesser forces flowing everywhere like river currents, while the great forces of creation go silently and steadily on."

"It is this one system running through all that makes the Universe so impressively great."

"How unflinchingly firm is he who has moral strength! He is independent without any bias. When there is moral social order in the country, if he enters public life he does not change from what he was by retirement. When there is no moral social order in the country, he holds on his way without changing even unto death."

"It matters not what you inquire into; but when you inquire into a thing, you must never give it up until you have thoroughly understood it."

"It would be well to imitate the men of old who spoke little — for those who talk much are sure to say something it would be better to have left unsaid."

“Do not forget to rectify an evil because it may seem small – for though small at first it may continue to grow until it overwhelms you.”

A great body of wisdom has been written by Confucius and many of his disciples, notably Mencius, Chuang Tzu, Yang Chu* Kang Hsi and Ye Tse Tse Chan. The influence of these writings has been strongly felt in China for 2,500 years, for they permeated all Chinese thinking and are an excellent example of the fact that “people become what they think We will quote some of the*e maxims which were either written or taught by Confucius whether written by others or not. You will note that every one of them has to do solely with the ethics which govern character building. Not one of them gives any concern to religious beliefs or doctrines.

“Maintain a love of harmony, that throughout your families the common speech shall be: ‘Let us help one another.’ Then shall the world be at peace.”

The above maxim is the very heart of an enduring civilization. It is the brotherhood-of-man principle taught by Jesus and every one of the great mystics, or Illuminates, of all history. It is the very basis of character and righteousness. Giving consideration to this fact, ask

yourself to what extent this principle is practiced In our human relations, or taught in our institutions. Industry is fast learning that it must observe and practice this principle. It has to do so, for it is becoming so vast that ethics and honesty are becoming so imperative that quick punishment follows any failure to obey its law. If civilization could reflect such a high state of ethics as the old Chinese philosophers taught, as exemplified in the following quotations, the world would have taken another great step toward its goal of unity.

“I have three precious things that I hold fast and prize. The first is Gentleness—the second is Frugality—the third is Humility, which keep me from putting myself before others.”

It is a notable characteristic of these teachings that wealth was measured by these Qualities which cost nothing, while he who had great material wealth, without the qualities which make character, was considered poor indeed. The following paragraphs amplify this idea:

“Be gentle and you can be bold—be frugal and you can be liberal— avoid putting yourself before others and you can

become a leader of men.”

“A dog is not supposed to be a good dog because he is a good barker. A man is not considered to be a good man because he is a good talker.”

“If a man wishes to attain the excellence of superior beings, let him first cultivate the virtues of humanity; for if he is not perfect in human virtue, how shall he reach immortal perfection?”

“To starve is a small matter – to lose one’s virtue is a great one.”

CONCLUSION

In these fragments from the wisdom of a great Illuminate whom God sent into the world to help man to awaken the Light of Love in him, we see an example of the continued struggle of the divinity of man for recognition but resisted by the material senses of the bodies of men for sensation, wealth and power.

In this stage of it, at 500 B.C., man had reached a low moral stage. He once had an awareness of his Soul but had been smothering that awareness for three thousand years in favor of his desire to gain the

whole material world. That process of gaining material wealth and sensual pleasures at the price of character, honor, righteousness and dignity had so lowered man that utter licentiousness was common and local tribal and sectional wars for the acquisition of wealth and power were quite the order of the day.

Confucius had succeeded in creating a moral region around about him which was noted all through China for its high state of character. His district became so crimeless, so peaceable, and so honest that the Duke of Lu, who controlled his district, made him Minister of Justice. In his new position, he punished wrongdoing swiftly and rewarded virtue so conspicuously that his province became so reformed that one could leave his goods by the side of the road and no one would molest them.

This fact gave rise to jealousies in adjacent provinces whose people and leaders did not wish to give up their licentious and characterless ways of life. The neighboring Duke of Tsi plotted to overthrow this model province by tempting the Duke of Lu by presenting him with 180 of the most beautiful young girls in his land, together with 120 fine race horses. The Duke of Lu succumbed to the temptation, and Confucius resigned with about seventy followers to look for another

prince who might favor a reform, but all of them preferred the licentious way of life, and he was forced to wander for the rest of his life attempting to find that which he could never again find.

He lived to a ripe old age, traveled In many States, maintained his dignity and honor throughout his life and won the reverence and love of all who knew him. His life was a living example of the first Egyptian Idealism which commanded that *every man should do only those things which make him to be loved by all men.*

In this example we find the answer to the peace and happiness which all men seek but never find, because materialism and sensation are stronger In man of today than character and righteousness. Our civilization has sunk much in character since then, but has gained more in materialism and technology. We have learned so much more of the art of war from Ghengis Kahn to Napoleon, and from Napoleon to Hitler, that the ability of one man to kill only one man with his stone hatchet has grown to the ability of one man to kill twenty million men and destroy a whole city in a few seconds.

Small provinces in China with petty princes, and small tribes in the desert countries, conducted insignificant raids upon each other to

acquire herds, slaves and concubines, but our Empire Builders conducted these war raids upon a huge scale basis and thus built this present world of fear and hate which is so inevitably destroying itself that its changing pattern is now as evident as the daily rising and setting of the sun is evident.

The only hope now for saving this civilization is by restoring a system of ethics which will rebuild character, honey, dignity, and righteousness into the human race. The greatest opportunity for accomplishing this result is through the growing mammoth power of Industry which MUST trade upon an increasingly greater ethical basis than it has ever done before during the days of Caveat Emptor.

Industry cannot do this by alone building Industry. It must also build man, for we are reminded of Markham's dictum in this respect, which we again repeat: *"In vain do we build the city if we do not first build the man."*

WE NOW STUDY LAOTZU, ANOTHER GREAT CHINESE ILLUMINATE

In our efforts to give the lost qualities of character and righteousness back to the world of men, we believe that Laotzu follows Jesus and Krishna in value for your study. So highly did his followers value

him that the Prelates of the religion which they formed – strongly against the will of Laotzu himself – tried to clear him of the stigma of being born through sex, as the Prelates of the Christian religion tried to do for Jesus.

The Christian Prelates conceived Jesus as being “immaculately” born by being fathered by the “Holy Ghost Chinese Taoists were a little more spectacular. They conceived Laotzu to be fathered by a shooting star and carried in his mother’s womb for sixty-two years, then born fully matured, with white hair.

Laotzu never heard of this during his lifetime for the story was not “invented” until centuries after his death, just as Jesus, likewise, never knew of His “immaculate conception” during His life for it was not “invented” by Christian Prelates until three centuries after his death.

The chief thing which characterizes Laotzu from all other men was his ability to obtain knowledge from the Cosmos through meditation, as Jesus and all consummate Illuminates acquire it. He openly declared that the informative knowledge which any man received through his senses was of no value whatsoever. He claimed that the only knowledge of any value to man was the Spiritual knowledge which comes to man by direct communion with the Cosmos Itself.

He claimed that Spiritual knowledge was Innate in every man. It did not need to be sought. He told his pupils that if they rested quietly and serenely, and withdrew from outward sensing to inner—or innate—knowing, all knowledge would come to them. In such manner he taught men to seek the quietness of Tao (God), just as he sought and found it. These teachings paralleled those of Jesus who, likewise, told men to seek the kingdom of heaven which was within all men, and they parallel our teachings in this Course when we speak of that divine spark of genius which lies Inherent within all men. They also parallel the teachings of Jesus in respect to His instructions which say that knowledge cannot come to man “through observation .”

We tell you this because you all desire to comprehend the principle of gaining knowledge and power through the awakening of Cosmic Consciousness, as we have gained it and we, therefore, commend Laotzu to you as one of the few great Illuminates who have known the Universe through God’s teachings of it while in meditation.

You must, therefore, acquire Laotzu’s only book—The Way of Life—which is the English equivalent for Tao Teh Ching. This priceless book was written at the request of the gate-keeper of one of the exits

through the Great Wall through which Laotzu was about to pass on his way to disappearance out on the horizon.

(We have been recommending another translation of this book for some years but now prefer that you change to the Witter Bynner translation entitled "THE WAY OF LIFE", published by The John Day Company, or add that copy to your other text books. This translation has in it the sympathetic touch which only another poet could give It.) Note that all quotations from "The Way of Life" are starred In the following text.

Divining his purpose, the gate-keeper said: "Master, are you going away? What will you leave us that your teachings may not be forgotten?" Whereupon Laotzu tarried a few days and gave to the gate-keeper these Immortal pages, then passed through the gate and entered the pass to the mountains of the North never again to be seen by man.

Laotzu transformed the entire spiritual bearing of the Orient by Insistence upon one idea, and If you can take that Idea Into your Consciousness It will transform you to the same extent. He gave to the world a new concept to help people attain Cosmic Consciousness. He called It *Creative Quietism* or *Taoist Quietism*, and

explained It by saying that Tao (God) was absolute stillness out of which came all power and all creative knowledge. He exemplified that principle throughout his life by living in a lonely hut on the mountain side seeking that absolute stillness In order to become One with the Creator of all things and thus BE the Creator. By thus doing, he was In no wise a hermit, for anyone who knocked at his door would be cheerfully received and taught by him without price.

Laotzu knew the universe and the processes of Creation through practicing his principle of Creative Quietism. He could sever his seat of sensation from Its seat of Consciousness at any moment and be taught by God. He consciously asked: What is God – What is Love – What Is Existence – What was the beginning of things – What is Life – and Death – What is Beauty – What is Attainment?

He consciously asked those questions as though asking a teacher, then dissolved his body-awareness into his state of Taoist Quietism – which means God-stillness – and received his answers. In this respect, he was the greatest teacher in the world for he was able to tell others how to attain Cosmic Consciousness, while other great Illuminates were unable to put it into comprehensive words. How many thousands of times Buddha had to tell his people that he could

not tell them how to attain it beyond telling them how to place themselves into a mental condition which invites that attainment. That is why India is characterized by the many who spend their lives in monasteries or sitting by the side of the road in meditation without knowing its true meaning.

These Hindus interpret the Buddhist meaning as inaction and freedom from all desire, while the Japanese Buddhists, who had a deeper comprehension of the powers of meditation because of the Laotzu teachings of it as *CREATIVE QUIETISM*, filled their meditation with the desire for creation and followed it by action.

You may, yourself, gain a priceless lesson from this one idea alone. We have many times said that a man becomes what he thinks. The difference between the entire mental and physical habits of Hindus and Japanese is marked by the difference in their thinking. *The more you, yourself, can carry that idea of CREATIVE QUIETISM into your meditation by consciously asking while consciously DESIRING, and then becoming ONE with God in His One Great Stillness, the more you will be enabled to sit at the feet of the Universal Teacher and become aware that all knowledge and all power are within you.*

Herein follow some fragments of the great knowledge which Laotzu gained by sitting quietly in the nothingness of Taoist Quietism while fully knowing that all moving things are born out of it through desire to give birth to them—which is what Laotzu meant by *CREATIVE* Quietism.

Notice in the following how much like Walt Whitman was the thinking of Laotzu. Once when he was asked how he KNEW the INTEGRITY of the universe, he replied:

** "How do I know this integrity? I know it because it could all begin in me."*

Always he Interjected such certainty of the Oneness of all things into his teachings. Another similar example of his philosophy is exemplified in these words:

** "One who recognizes all men as members of his body is a sound man to guard them."*

** "The sanest man*

Sets up no deed,

Lays down no law,

Takes everything that happens as it comes,

As something to animate, not to appropriate,

To earn, not to own,

To accept naturally without self-importance:

If you never assume importance

You never lose it.”

* “It is better not to make merit a matter of reward

Lest people conspire and contend,

Not to pile up rich belongings

Lest they rob,

Not to excite by display

Lest they covet.

A sound leader's aim

Is to open people's hearts,

Fill their stomachs,

Calm their wills,

Brace their bones

And so to clarify their thoughts and cleanse their needs

That no cunning meddler could touch them:

Without being forced, without strain or constraint,

Good government comes of itself."

* "The breath of life moves through a deathless valley

Of mysterious motherhood

Which conceives and bears the universal seed,

The seeming of a world never to end,

Breath for men to draw from as they will:

And the more they take of it, the more remains.”

* “The universe is deathless.

Is deathless because, having no finite self.

It stays Infinite.

A sound man by not advancing himself

Stays the further ahead of himself.

By not confining himself to himself

Sustains himself outside himself:

By never being an end in himself

He endlessly becomes himself.”

*” If you can bear issue and nourish its growing,

If you can guide without claim or strife,

If you can stay in the lead of men without their knowing,

You are at the core of life.”

* "What we look for beyond seeing

And call the unseen,

Listen for beyond hearing

And call the unheard,

Grasp for beyond reaching

And call the withheld,

Merge beyond understanding

In a oneness

Which does not merely rise and give light,

Does not merely set and leave darkness,

But for ever sends forth a succession of

Living things as mysterious

As the un-begotten existence to which they return.

That is why men have called them empty phenomena,

Meaningless images,

In a mirage

With no face to meet,

No back to follow.

Yet one who is anciently aware of existence

Is master of every moment,

Feels no break since time beyond time

In the way life flows.”

* “Be utterly humble

And you shall hold to the foundation of peace.

Be at one with all these living things which,

having arisen and flourished,

Return to the quiet whence they came.

Like a healthy growth of vegetation

Falling back upon the root.

Acceptance of this return to the root

has been called 'quietism,'

Acceptance of quietism has been

condemned as 'fatalism.'

But fatalism is acceptance of destiny

And to accept destiny Is to face life with open eyes,

Whereas not to accept destiny

Is to face death blindfold."

* "A leader is best

When people barely know that he exists.

Not so good when people obey and acclaim him,

Worst when they despise him.

'Fall to honor people,

They fail to honor you,'

But of a good leader, who talks little,

When his work is done, his aim fulfilled,

They will all say,

'We did this ourselves.'"

* "Before creation a presence existed,

Self-contained, complete,

Formless, voiceless, mate-less,

Changeless,

Which yet pervaded itself

With unending motherhood.

Though there can be no name for it,

I have called it 'the way of life!

Perhaps I should have called it 'the fullness of life,

Since fullness implies widening into space,

Implies still further widening,

Implies widening until the circle is whole.

In this sense

The way of life is fulfilled,

Heaven is fulfilled,

Earth fulfilled

And a fit man also is fulfilled:

These are the four amplitudes of the universe

And a fit man is one of them:

Man rounding the way of earth,

Earth rounding the way of heaven,

Heaven rounding the way of life

Till the circle is full.”

* “Existence

Might be likened to the course

Of many rivers reaching the one sea.”

No greater philosophy of life has ever been written than these words of this Illuminate of China. Take careful note of their similarity to the teachings of Krishna in THE SONG OF GOD, the Hindu Bhagavad-Gita. We quote a few lines in review of the translation by Swami Prabhavananda and Christopher Isherwood, which we advise as the best for students to study because of its clarity of translation and its explanatory notes. All quotations from the Bhagavad- Gita are starred in the following text.

Arjuna asks of Sri Krishna:

* *“What is knowledge? What is it that has to be known?”*

Sri Krishna answers him by telling him that this universal body is the FIELD in which seeds of knowledge are sown by the KNOWER. He explains that nothing exists in the universe except the KNOWER and the FIELD. Another name for the Field is *Prakrit!* – which is the Hindu word for *Cosmos*.

Read these words carefully. They are among the most valuable words ever written and are the highest teachings, yet not one word of these priceless teachings ever reaches the modern youth for not one educational institution ever thinks of them in any other way than as examples of “ancient wisdom,” with the connotation that they belong to the past and not to today:

* “Briefly I name them:

First, Prakriti Which is the cosmos

In cause unseen And visible feature;

Intellect, ego;

Earth, water and ether,

Air and fire;

Man’s ten organs Of knowing and doing,

Man’s mind also:

The five sense-objects —

Sound in its essence,

Essence of aspect,

Essence of odour.
Of touch and of tasting;
Hate and desire,
And pain and pleasure;
Consciousness, lastly,
And resolution;
These, with their sum
Which is blent in the body:
These make the Field
With its limits and changes.

* "Therefore I tell you:
Be humble, be harmless,
Have no pretension,
Be upright, forbearing,

Serve your teacher In true obedience,

Keeping the mind

And the body in cleanness,

Tranquil, steadfast.

Master of ego,

Standing apart

From the things of the senses,

Free from self;

Aware of the weakness

In mortal nature.

Its bondage to birth,

Age, suffering, dying;

To nothing be slave,

Nor desire possession

Of man-child or wife,

Of home or of household;

Calmly encounter

The painful, the pleasant;

Adore me only

With heart undistracted;

Turn all your thought

Toward solitude, spurning

The noise of the crowd,

Its fruitless commotion;

Strive without ceasing

To know the Atman, (God)

Seek this knowledge

And comprehend clearly

Why you should seek it:

Such, it is said,

Are the roots of true wisdom:

Ignorance, merely,

Is all that denies them.”

WE SEEK THE MINDS OF OTHER MYSTICS

We now turn over the pages of Homer and Virgil and find them bewailing the sad state of falling man in as full realization in those days of man's lowering status as Oswald Spengler or Alexis Carrel realized it in our day. We must re- member that the art of war, which was unknown in the year 6,000 B.C., had advanced to a far extent in the days of Virgil. We will quote his views to that effect.

He said that the deepest need of his time was not military glory but peace, reconciliation, *restoration* of law and piety. Take note of the word "*restoration*" which he used there in recognition of the fact that he knew that the world once had law and order but had lost it.

Virgil touches especially the emotions of reverence and of the yearning for the higher spiritual life, and the sense of nobleness in human affairs in great institutions and in great natures. He wrote much of the sense of sanctity in human affairs and affections. He meditated much upon the mystery of the unseen world and upon

the secret of the power which is everywhere evidenced in Nature. In this respect his mind was quite like that of Lucretius whose conclusions regarding the hidden forces of Nature gave full evidence that his Consciousness was cosmically Inspired to a sufficient extent to Include him among the world's illuminates.

One conclusion of Socrates is far ahead of any conclusion of modern science, for he said that *all bodies of matter are formed by the collision of pairs*. This is a true statement which we fully explain and diagram In our "ATOMIC SUICIDE?" volume, but science has not yet recognized it.

Homer's recognition of world decadence Is well evidenced in these words of his – which we quote. Speaking of world lack of character, he said:

"It is all one thing – the man who wrongs a suppliant or a stranger – the man who violates his brother's bed – the man, who In heartlessness, sins against orphan children – the man who reviles his old father on the bitter threshold of age; with that man Zeus himself is wroth."

Let us now leap over the centuries and we will find the Illuminates of these latter days, like Walt Whitman, and the geniuses who are

bordering upon Cosmic Consciousness, like Emerson, Shelley, Markham, Carrel and others. Let us hear what they say – and see that what they say are the same teachings that Jesus, Krishna, Laotzu and other Illuminates gave to the world so fruitlessly, even so hopelessly.

In reading the following immortal words of Whitman, remember that they were so little understood that they were legally banned in one great American city.

WE LISTEN TO WALT WHITMAN. THE GREAT ILLUMINATE OF TODAY

(These quotations are from “LEAVES OF GRASS”)

“Man or woman, I might tell how I like you, but cannot,

And might tell what It Is in me and what it is in you, but cannot,

And might tell that pining I have, that pulse of my nights and days.

“Behold, I do not give lectures or a little charity,

When I give I give myself.

“You there, impotent, loose in the knees,

Open your scarf'd chops till I blow grit within you,

Spread your palms and lift the flaps of your pockets,

I am not to be denied, I compel, I have stores plenty and
to spare,

And any thing I have I bestow.

“I do not ask who you are, that is not important to me,

You can do nothing and be nothing but what I will infold
you.”

* * * * *

“I heard what was said of the universe,

Heard it and heard it of several thousand years;

It is middling well as far as it goes — but is that all?”

* * * * *

“I will not make poems with reference to parts.

But I will make poems, songs, thoughts,

with reference to ensemble.

And I will not sing with reference to a day,

but reference to all days,

And I will not make a poem nor the least part of a poem

but has to the soul,

Because having looked at the objects of the universe,

I find there is no one nor any particle of one

but has reference to the soul.”

* * * * *

“Was somebody asking to see the soul?”

* * * * *

“How can the real body ever die and be buried? “

* * * * *

“I have said that the soul Is not more than the body,
And I have said that the body Is not more than the soul,
And nothing, not God, is greater to one than one’s self Is,
And whoever walks a furlong without sympathy
walks to his own funeral drest In his shroud.”

* * * * *

“And I say to any man or woman.
Let your soul stand cool and composed
before a million universes.

“And I say to mankind,
Be not curious about God,
For I who am curious about each
am not curious about God.

(No array of terms can say how much I am
at peace about God and about death.)

“I hear and behold God In every object,
yet understand God not In the least,
Nor do I understand who there can be
more wonderful than myself.

“Why should I wish to see God
better than this day?
I see something of God each hour of the twenty-four,
and each moment then,
In the faces of men and women I see God,
and in my own face in the glass,

I find letters from God dropt in the street,
and every one is sign'd by God's name.

And I leave them where they are,
for I know that wheresoe'er I go
Others will punctually come
for ever and ever.

"And as to you Death,
and you bitter hug of mortality,
it is idle to try to alarm me.

* * * * *

"And as to you Corpse I think you are good manure,
but that does not offend me,
I smell the white roses
sweet-scented and growing

I reach to the leafy lips,

I reach to the polish'd breasts of melons.

"And as to you Life

I reckon you are the leavings of many deaths,

(No doubt I have died myself ten thousand times before.)

* * * * *

"There is that in me — I do not know what it is — but I
know it is in me."

In reading the above, bear in mind that God-awareness in Walt Whitman was so strong that it stands forth In every line of his writings. Then realize that not one In thousands of humans has any God-awareness at all. Follow that thought up by the realization that every great person who ever lived was great only in the measure of his God-awareness. Those whom we call "the immortals" were immortal only because that which is immortal in them found expression. Those millions who are only mortal die and are forgotten. Those Immortals who have God-awareness never die.

Now follow this thought up by realizing that those who have God-awareness in them found it by being alone in the stillness of the Soul. Laotzu lived alone on the mountain side. Jesus sought the wilderness; likewise Buddha and Mohammed. Whitman and all of our great mystic poets sought solitude for months at a time. Doctor Walter lived alone in the wilderness of these states for three years preceding his great event of 1921 – and Lao’s greatest illumination came after ten years of great self-bestowed “aleness” – often in remote places.

One more thought to add to this is to call your attention to the average human who wishes to be surrounded by a crowd most of the time and will never permit himself to be alone. Observe the average man, or youth, who finds himself alone or surrounded by silence. He will soon turn on the radio or television, or telephone and ask someone to “come over,” or offer to “go over.” Is it any wonder that the human race is deteriorating intellectually and spiritually? Very few educational institutions give any thought to this calamity of man, and parents give but little heed to it.

Whether they do or do not is not so important to you as it is that you realize that you must unfold your power eventually. The only way

you can advance quickly Into the Immortal realms of your immortal Self is to seek God within you – awaken that omniscient Light within you – exalt yourself into the stillness of your Soul – find that “kingdom of heaven within you” – gain command of your destiny by knowing how to be the creator of it.

Listen to these Immortal words by Walt Whitman and ask yourself why you are not as immortal as Walt Whitman. Listen to us as we tell you that you could be if you wanted to be, as much as Walt Whitman wanted to be. If you are little, it is because your desires are little. You have made yourself little. If you wish to be big – and powerful – and be loved by those who are big and powerful – DESIRE to be big and powerful – then closet yourself with God high up on the mountain wilderness or in the solitary wilderness you make for yourself in your own chamber.

Read these words of Whitman’s from “A Song of the Rolling Earth «“ which follow, and. meditate long upon them:

“No balk retarding, no anchor anchoring, on no rock striking,

Swift, glad, content, unbereav’d, nothing losing,

Of all able and ready at any time to give strict account,

The divine ship sails the divine sea.

“Whoever you are! motion and reflection are especially
for you,

The divine ship sails the divine sea for you.

“Whoever you are! you are he or she

for whom the earth is solid and liquid,

You are he or she for whom the sun and moon hang in
the sky,

For none more than you are the present and the past,

For none more than you is immortality.

Each man to himself and each woman to herself,

is the word of the past and present,

and the true word of immortality;

No one can acquire for another — not one,

Not one can grow for another — not one.

“The song is to the singer, and comes back most to him,

The teaching is to the teacher, and comes back most to
him,

The murder is to the murderer, and comes back most to
him,

The theft is to the thief, and comes back most to him,

The love is to the lover, and comes back most to him,

The gift is to the giver, and comes back most to him —
it cannot fail,

The oration is to the orator,

the acting is to the actor and actress not to the audience,

And no man understands any greatness or goodness

but his own, or the indication of his own.

“I swear the earth shall surely be complete to him
or her who shall be complete,

The earth remains lagged and broken only to him
or her who remains lagged and broken.”

* * * * *

WE CONSIDER THE WISDOM OF ALEXIS CARREL

Alexis Carrel was one of the group of intellectuals, headed by Walter Russell, which we shall tell more about in a separate publication. Carrel came into the group when it was about forty years old. He was not a permanent part of the organization, but appeared spasmodically when subjects which interested him were to be discussed, or when he was to address the group. More often he met separate units of the group at luncheons, or at dinners, to discuss that which was always uppermost in his mind — the welfare of man and his sincere belief in the steady degeneration of the white race through the economics which material values dominated.

He constantly urged the necessity of a University of Man. It was he who first suggested the name, "Science of Man." He constantly stressed the fact that we know less about man than any other subject; also that whatever one knew about man was confined to his physical body rather than to his spiritual nature.

He was in full agreement with Spencer and other great thinkers like Oswald Spengler In regard to the decline of Western civilization. In one of his books ("Reflections on Life," Hawthorne Books, Inc.) he called it "*The Disease of Civilization*" and he blamed that disease on the gradual loss of character and Initiative which the comforts and habits of an Increasingly materialistic social system have forced upon man.

Such facts as the discovery that over forty per cent of the officers and men in the American Army were below the mental age of thirteen, and that over 40,000 children in one test were found to be too stupid to follow the classes, saddened him because such statistics confirmed his belief.

We recommend that you study this book of Carrel's which was written because of the Interest aroused by the discussion of that subject by this intellectual group for over a half century. In It he

reiterated from time to time the various facts regarding the “don’t care” attitude of modern youth for the requirements of moral discipline. He condemned the fathers for not developing character in their children, and the mothers for neglect of home building and watchfulness over their children because of greater love for social life or for the economic necessity of engaging in business. All quotations from “Reflections on Life” are starred in the following text. Mark these words:

* “The new generation is not even aware that such a discipline ever existed. Temperance, honor, truthfulness, responsibility, purity, self-mastery, love of one’s neighbor, heroism are outworn expressions; meaningless words which provoke nothing but a contemptuous smile from the young.”

* * * * *

* “Under the influence of inextricably interwoven factors as de-Christianization, the development of technology, the increase of wealth and material comfort, the motorcar, the cinema and the radio, the moral tone of society became lower and lower. The moment had come for

civilized people to throw overboard the last relics of the old ancestral discipline.”

* * * * *

* “The adult population comprises a great many abnormal persons. In the United States there are probably thirty million Individuals who are unadapted or inadaptable to modern life. In France, numbers of the unemployed are too unintelligent, ignorant or ill to work. A quarter of them show themselves incapable of any activity whatsoever. This means that normal people have to bear the burden of the defectives and the parasites . . . By an odd aberration, we are more solicitous about our backward children than about our gifted ones.”

* * * * *

* “This general lowering of intelligence and common sense appears to be due to the influence of wine, spirits and excess of all kinds; in fact, to lack of moral discipline. There is a definite relation between the alcoholism of a community and its intellectual decay. (Of all nations addicted to science, France is the one which drinks most

wine and least often wins the Nobel Prize.) Certainly the movies, the radio and the absurd complexity of the school curriculum also contribute to the critical state of the French mind. But, undoubtedly, intemperance is one of the main causes of the downward trend of this people once famous as the most intelligent in the world.”

* * * * *

In his efforts to tell how to remedy this situation, he said that a scientific organization should be formed and operated by men of the highest intelligence whose sole office was to develop moral character and discipline in the race such as once existed before the temptations of materialism and desire for sensation conquered the desire for the peace and happiness which came through balanced communal exchange of services between man and man. In other words, he advocated a university which was dedicated solely to the study of the Inner spiritual man for the purpose of awakening within him an awareness of his immortal Self, This University of Science and Philosophy is such a university as he visioned. You will read about it more fully in the book which we have written which tells the complete story. It is entitled THE WORLD CRISIS .

In MAN, THE UNKNOWN, published by Harper and Brothers, he said that:

“Humanity’s attention must turn from the machines and the world of inanimate matter to the body and soul of man, to the organic and mental processes which have created the machines and the universe of Newton and Einstein.”

It is in the following paragraph from MAN, THE UNKNOWN that we see Carrel’s agony few the decline of man most nakedly worded:

“Moral sense is almost completely ignored by modern society. We have, in fact, suppressed its manifestations. All are imbued with irresponsibility. Those who discern good and evil, who are industrious and provident, remain poor and are looked upon as morons. The woman who has several children, who devotes herself to their education, instead of to her own career, is considered weak-minded. If a man saves a little money for his wife and the education of his children, this money is stolen from him by enterprising financiers. Or taken by the government and distributed to those who have been

reduced to want by their own improvidence and the short-sightedness of manufacturers, bankers and economists. Artists and men of science supply the community with beauty, health and wealth. They live and die in poverty. Robbers enjoy prosperity in peace. Gangsters are protected by politicians and respected by judges. They are the heroes whom children admire at the cinema and imitate in their games. A rich man has every right. He may discard his aging wife, abandon his old mother to penury, rob those who have entrusted their money to him, without losing the consideration of his friends. Homosexuality flourishes. Sexual morals have been cast aside. Psychoanalysts supervise men and women in their conjugal relations. There is no difference between wrong and right, Just and unjust. Criminals thrive at liberty among the rest of the population. No one makes any objection to their presence. Ministers have rationalized religion. They have destroyed its mystical basis. But they do not succeed in attracting modern men. In their half empty churches they vainly preach a weak morality. They are content with the part of policemen,

helping in the interest of the wealthy to preserve the framework of present society. Or, like politicians, they flatter the appetites of the crowd.”

* * * * *

This is the way Alexis Carrel talked in those days and the way he wrote in his two conspicuous, outstanding books. He often referred to experiments in highly bred dogs brought up under artificial means, living in fine kennels and attended by specialists. He told how shepherd dogs thus raised lost their vigorous personalities Just as humans do, whereas those which were brought up naturally fought and defeated wolves. He said that men have, likewise, lost their he-man qualities, as well as their personalities, by being surrounded by a technological environment of comforts and luxuries.

Carrel sums up the world necessity by saying:

“The development of complete human beings must be the aim of our efforts. It is only with such thoroughly developed individuals that a real civilization can be conducted.

“The very future of the white race is seriously threatened. Let us hope that the Western nations will realize how rapidly the evil is gaining around before it becomes incurable.

“The danger is, therefore, extreme. . . . We ought to launch our selves on this new path from this very moment.”

He continues by saying that it will become necessary to transform all of our institutions, especially educational ones, in order that the child of the future will be a completely integrated person, meaning one in which the spiritual and physical natures are equally developed. That we cannot do all at once, but we can begin to do it by transforming and renovating ourselves. These are his words:

“It may seem absurd to believe that we, obscure as we are, should be capable of effecting a revival of our nation by a tiny individual effort. Yet a very feeble effort becomes irresistible when multiplied millions of times.”

Do you not, therefore, see how powerful you can become by adding your power to the work of this university by becoming a part of it. Instead of working alone, as an individual, to transform mankind? You now have only the unit power of one, but when you become a part of ten thousand, then you have a ten thousand unit power.

If the human race is to be transformed, it can be only by a mighty concentrated effort. This university can be that concentrated effort only by having the concentrated effort of a million individuals moulded into its Oneness.

First, therefore, transform yourself by inner-knowing. Then multiply your power for transforming others by becoming ONE with the thousands who must become extensions of this university for the purpose of transforming the world and restoring its lost soul by giving its character back to it.

“Thus,” said Emerson, “men of character are the conscience of the society to which they belong. ... all things exist in the man tinged with the manners of his soul.”

Emerson also reminds us that there is “no fact more conspicuous in modern history than the *creation of a gentleman.*”

No one can make believe he is a gentleman. He must be one. No one can ever become a gentleman who does not innately know, and practice, those qualities of the Creator which are manifested in Nature . In brief, said Emerson:

“Character is Nature in its highest form.”

As we look out among the masses of humanity, how many “gentlemen” do we see among them? Likewise, how many geniuses do we see? *Our world is what we, ourselves, have made it to be.* It is not a world of brotherly love because we do not think and act that way. Because of it, we are on the verge of the precipice over which the entire human race can again fall into another long period of moral degradation. *YOU can stop it if there are enough of YOU to become the mighty power which can stop it by right thinking and right acting.*

God be with those of you who are seeking the kingdom of heaven within you. May God’s will be done. May His kingdom come to people of earth as it is in His heaven.

* * * * *

FINALE

And now we say to you, do not be confused with the complexities of life. When life seems complex and you have decisions to make because of these complexities, remember this one thing: You have only one simple decision to make at this moment—only one. The next one has not yet arrived.

That one decision you must make is that you shall do only that which makes you loved. There is no decision other than that which any man may make and find happiness for himself and give happiness to the world.

Upon that one principle a great civilization once lived in which crime, fear, hate and greed were never known. That civilization did not have one policeman or soldier for there was no need of them. Each man was trained from childhood to do that only which would make him

loved. May the day come when fallen man shall again do
only that which will make him to be loved.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 20

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

QUESTIONS AND ANSWERS

It is indeed most gratifying to find that students are learning that all questions are answerable in the Light of their own inner knowing. The fact that “all knowledge exists” and that it is omnipresent and available to all for the *asking* or *desiring* is fast being discovered by those of you who have become most proficient in the art of meditating.

And there also is another cause for gratification in the increasing comprehension of what meditation means. Meditation is not for the purpose of acquiring a state of BLISS or of divine ECSTASY. Its purpose is to transform one from the condition which CREATION IS to the condition which CREATION IS NOT. When one acquires that state of universal stillness by overcoming his senses, he IS IN THE CREATIVE STATE. He becomes ONE with the Creator. The ecstasy or bliss of that condition is not sensual although, unfortunately, many students interpret the idea of bliss as a condition of the senses.

True meditation transforms one to a state of mental bliss which only the creative genius knows. The more you can comprehend that, the

more you can conquer your senses by stopping the action of your thinking to *"become still and know."*

We tell you this because by far the greatest number of questions ever asked of us concern this most important of all human functions, the function of meditation. No decision of man should ever come from his senses. One must cultivate the art of seeking the quiet stillness of the meditative thinker before he answers any question, or makes any decision, even though that interval is but a small fraction of a second. It is not easy to comprehend or practice this principle of timeless decenteration, but the more you think inwardly the more you will find that God thinks with you by sending His messages to you in TIMELESS LIGHT FLASHES which we call *"inspiration."* Inspired knowledge is Cosmic knowledge. You do not for a long time realize that those flashes are God's thinking and your thinking as ONE, but they are.

That is why geniuses bring ideas into the world which was never before known in the world. That is why a Beethoven can think with God and interpret God's rhythmic thinking. That is why you can suddenly *know something which you have never known before.* That new knowledge comes to you in timeless flashes because you have

desired it—because you have asked God to tell you NOW what you have never before known. *And He does tell you.* He tells you in those Light flashes of MIND THINKING.

* * * * *

The foregoing is the answer to many questions merged into one. We will have further opportunity of adding to this as our lessons progress, but if you will give much thought to this last written page it should be as much for you as a dozen lessons.

We will add but one thought to this. Every student is desirous of attaining Cosmic Consciousness. There is no more effective way to acquire that state of creative power through omniscient KNOWING than in acquiring the habit of inner thinking— with intervals of long or short periods in between— which means meditative decentration in flashes while in conversation with people, or long periods of it while alone.

Give much thought to the following: You can “multiply yourself by your Self” to the extent that you learn to practice it.

* * * * *

QUESTION:

“What relation to creative thinking is reasoning?”

ANSWER:

Reasoning is not creative thinking. Reasoning is a process of assembling memories, or facts of motion, which have been observed by the senses and recorded on the brain to produce another effect by a different manner of assembling them. In the research laboratory, for example, the experimenters reason that if five effects are reassembled in different proportions, or another effect added to those five, a different effect will be produced.

Let us put this in another way. A composer of music who CREATES music does so by interpreting rhythms of Nature into combinations of sounds which have never been heard before because they were born in him. If five of such created effects are reassembled by a composer who wishes to reassemble them into other effects, he does so by the process of reasoning with his senses instead of creating newborn effects with his Mind. Such a man has not created anything. He has reasoned a new effect by plagiarism instead of created by inspiration.

Creations are always inspired; they are never reasoned.

We have another question for which the answer to this one applies with perfection. Here it is.

* * * * *

QUESTION:

“Can one learn how to be an artist by copying pictures of great artists? I am told that it is better for me to try to draw simple objects that I see around me, but I should think that if I copy masterpieces I could become a greater artist than just copying simple objects, or people, or landscapes.”

ANSWER:

You are quite wrong in assuming that copying a master piece will make you a master. How many musicians do you know who have become master composers by “copying” the masterpieces of other composers? You may know many great pianists who continually repeat the world’s great musical creations and not one of them may have ever composed a note of an original melody of his own.

In order for you to interpret Nature, you must know Nature itself, its very Soul, and the only way to know it is to be it. Become one with it by talking to it, interpreting it and living it.

* * * * *

QUESTION:

“I am a professional tennis player. Since studying your Course, I find that I am playing a better game, and I feel that the Course is the cause of it. I cannot tell WHY it is, but I feel it. There is something inexplicable about it, something which seems to be intuitive. One thing I have noticed is that I find myself running in the direction I must run for the next stroke even before my opponent has struck the ball. Can you explain that?”

ANSWER:

Yes, we can. That which you last describe is very clearly the result of increased inner sensory perception, or inner vision, which many students of the course experience. You are gradually learning what effect you are creating when YOU strike the ball. While the ball is on its way, your inner- sensory perception is intuitively telling you what your opponent must

do because of what you did. You are gradually learning to decentrate in timeless flashes between your actions and know the geometry of those actions sufficiently to have that knowledge control your intuition. Great skaters develop that intuitive skill to the same extent, for both have to decide as quickly as they act.

* * * * *

QUESTION:

“I am one of five men who like to climb mountains together. We are all of about the same build, same strength, and health, and all of about the same age. What I cannot understand is that three of us always go to bed tired out, even after only a five or six hours climb, while the other two never feel tired and would not think of going to bed. Can you account for that?”

ANSWER:

Yes, we can. If you study each of the five men, you will find that the two of you who are not tired love the sheer sport of it, — the out-of-doors of it — the glory of living which that art personifies. Such an attitude of Mind generates an inner

joyousness in you which charges your body in excess of its discharge by fatigue. The other three do not get that thrill. They climb mountains for other reasons than for manifesting the glory of living, such as its calculated exercise value and its effect upon one's muscles, heart, lungs or other parts of the body. They DO it, but they do not make an ART of it. The pleasure of it is superficial not Soul-deep. Because of it, their bodies discharge in excess of their charge.

That same effect is repeated all down through all work and play in all actions of man. The man, who loves his work in business, or profession, is fresh and invigorated at the end of the day, while the one who labors heavily at work which he does not love is nervously and physically fatigued at the end of the day. The secret of achievement is to learn how to put love into your every action.

Swannanoa, Waynesboro, Virginia

Dear Friends:

Once more we wish to tell you of the great pleasure your wonderful letters are giving us and the great satisfaction and encouragement because of so many demonstrations of power which are arising from the greater understanding of God's ways of thinking and working.

One which touched our hearts deeply was the great success of a lover of art who had never studied at all but who had been making extremely good paintings from pure love of nature and desire for self-expression.

Almost overnight a tremendous power came to him from deep inspiration. For several weeks afterward, he painted pictures which were so far beyond anything he had ever done before that he, himself, was astonished, but not surprised, for he knew that something so wonderful had happened within his Soul that each brush stroke made him feel that for the first time in his life he was working knowingly with God. His pictures immediately received

front-page notices in the newspapers and were prominently reproduced with favorable comment in a leading art magazine.

This is a demonstration of what we mean when we say that one who works knowingly with God works with God's hands together with his as one. This, also, is a demonstration of God-awareness. That is the way inspiration comes — suddenly — for all inspired conceptions is timeless. *Knowledge is a Quality of the undivided Mind universe in which there is no time.* Thoughts of Mind, however, take time, for thoughts are divided waves and waves are synchronized with the Universal heartbeat which creates the idea of time.

As more and more of you become thoroughly familiar with the practice of working knowingly with God until it becomes a habit, the world will know more and more about it and geniuses will again be produced as they were during the three hundred years following the great Renaissance which gave us such inspired geniuses as Leonardo Da Vinci, Michelangelo and others, up through the days of Liszt, Chopin and Wagner, Tennyson, Shakespeare and Keats, to such recent geniuses as Kipling, Dickens, Walt Whitman and Benjamin Franklin.

Every man is an inherent genius and there should be an ever-increasing number of geniuses in the world. *You have it in you and so have your sons, daughters and friends.* The greatest man who ever lived is no greater than you except that he knew that he was and did something about it.

The hope for world culture is through the production of more geniuses, and the only way to produce them is to make men aware of their genius. Conversely the only way to make men realize the maximum of happiness in life is to produce geniuses, for they are the only ones who are capable of knowing happiness.

By “genius,” we mean the man who has learned to live life gloriously — at the maximum -- not just the genius who has expressed himself in the arts. A full explanation of the genius stage of man is given in “*God Will Work With You But Not For You.*”

That is why we constantly urge upon you the necessity of knowing God so that you will see yourself reflected in Him, or know yourself to be an extension of Him. The more you do unfold your genius, the more you will be enabled to uplift the world to the level you have yourself attained.

Have you ever realized that if the world consisted only of geniuses, there could be no wars? That is a fact, nevertheless, *for genius in man is God-awareness. Naturally, as God-awareness increases, materiality decreases – and materialists are the ones who make wars.*

Have you also realized that the geniuses of the world are those who spend more time in solitude and aloneness than other men, for in their solitude they find that ecstasy which is the greatest bliss that man can know?

Find time, therefore, to lose your body as much as you can. When you are aware of your body, you can be lonesome, terribly lonesome and detected – out you never can be lonely if you can find the exaltation and ecstasy which is in your Soul. Instead of being lonely, you will rejoice in your aloneness with God.

Knowing this from lifelong working with full awareness of the eternal man, instead of the transient body which is but the instrument used for self-expression, we have been able to multiply our powers of expression by many times that which man limits himself to when he thinks of himself as body.

Therein is the secret of Self-discovery. Therein lies the difference between greatness and mediocrity, stability and instability, and

strength and weakness in man.

That completion of your Self-discovery should be your supreme adventure, an exciting, fascinating, personal adventure of that in you which visions versus that in you which senses what you vision. That is the one great thing which gives zest to life, that something in you which surmounts and over-ides annoyances as though they did not exist, which sees no obstacle anywhere between your vision and its consummation.

Life is glorious when it is all that way – and it really IS that way God's universe – the rest of it being mirage which really cannot touch you when you know it cannot.

That is the way it is with us when we extend ourselves to you in these words which are of The Message, for we vision the multiplication of genius in man by searching in the dross of matter for the gems of eternity which lie within the bodies of mankind as pearls await discovery of their hidden existence in the opacity of dull matter.

We told you some time ago that we had a plan for the multiplication of genius leaders of men. We are nearing the point where we can tell you more about it. The world has been decimated of its leaders. The

world is not producing geniuses. The human race has become anemic through drainage of its fine blood – and decadent because of burying its geniuses in many Flanders' poppy fields instead of nurturing them with love in the Light of man's need.

When we are ready to give that plan of resurrection to the world, and the method of it. and tell you of God's explicit and detailed instructions regarding His plan for the resurrection of eternal man of His Cosmic Age from its burying place in the earth of past ages, these lessons will have illumined more of you to become the Light of that resurrection.

When that glorious day comes, then you, who have found eternity within the hollow of your hand to use as though it were God's hand, shall stand beside us and look out from God's Sacred Mountain of resurrection into its glorious vales below through which eternal man of tomorrow shall find new paths into a new world of a new kind of life adventure motivated by love, and by balanced dealings of man with man which passeth all understanding.

That is our aim – and our goal – but we have had to be very patient and work very hard and wait long for you to catch up, for we need you – many of you.

This is our message to you for now, a message of hope which comes from seeing visions nearing fulfillment in the race of men, of visions of the saving of the race of men as foretold in The Message. This is what we are working for. With your help, we believe that the human race may yet be saved from its own self-destruction.

With our love and gratitude to our Father-Mother for your coming within the radiant aura of His Message, we are,

Sincerely yours,

Lao and Walter Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 6

LESSONS 21, 22, 23 & 24

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 21

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

FIRST PRINCIPLES

In the first five units, we have purposely laid the foundations for a better understanding of God – the nature of God – the relationship of God to man and to His universe.

Now we wish to strongly emphasize the fact that what you will find, as we gradually take you behind the scenes of God's cosmic stage, IS UTTERLY SIMPLE and as fully comprehensible to you – WHEN YOU FINALLY COMPREHEND IT – as adding two and two together.

PLEASE DO NOT, for a moment, say it is over your head or that you cannot understand it – for you can understand it. *Remember that new knowledge always seems over your head.* You have got to think it over and over again, then meditate upon it until what you now read with your senses. you will gradually KNOW in your Soul. *IT WILL THEN BECOME A PART OF YOU.*

The more you can think cosmically instead of sense physically, the more you will find yourself using God's Mind as YOUR Mind – and God's hands

as YOUR hands. By “cosmic thinking,” we mean inner thinking and inner visioning in the direction of your Soul rather than outwardly from, or through, your body. All geniuses think inwardly to create.

To become a master of creative expression – by being able to make the short cuts to achievement that all geniuses are enabled to make because of their cosmic knowing – you must master each step as you go, each idea as you absorb it, by going back to it time after time until you begin to wonder WHY you could ever have thought any part of it difficult, *for its seeming complexity will lead you to the most surprising simplicity.*

To again accentuate the simplicity of it, we once more say that if you can add up to nine, or realize that you breathe inwardly and outwardly from a balanced center within you, you can understand the workings of the most complex phenomena in all Nature. We must accentuate the fact that God never allows more than half of nine for any action of man or Nature. That one half of nine belongs to Creation. That one half is the limit of man’s or Nature’s “free will” or for man’s and Nature’s bodies to mature to their maximums.

THE OTHER HALF OF THE NINE BELONGS TO GOD. THAT WHICH HE GIVES MUST BEGIN TO BE REGIVEN in the

REACTIONS to actions. God creates all elements of matter in His own image—PERFECT— out of which all Nature and man create their bodies and their lives and desires IN THEIR OWN IMAGE. At maturity, which is four-and-a-half of the NINE of Creation, Nature and man must begin to regive their bodies, their desires and their lives back to God for another lesson of life. This process continues with all Nature and man as long as his planet will sustain life or until man has fully become ONE with God. We call that process “evolution” but God intends it as his school of many classes from which all will graduate when they have learned how to manifest the IDEA of themselves AS THAT IDEA EXISTS IN GOD’S MIND.

The great TEACHER is not angry or wrathful when his pupils fail in their lessons. He forever reaches out to all things with that compassion which is part of love, which reaches out to the man in the fox hole, to the man in prison or in a slave camp, or to the wounded lion, to forever say, *“Seek Me, Know Me. Be Me. Know thou My divinity in thee.”* each in the measure of his or its ability to hear and comprehend His voice, for all things in all Nature respond to love, for all things reach out to the Light of love even to the lowliest seedling or flower in your garden.

There is one more basic thing which all those who desire to attain supremacy must place first in their behavior to themselves and to their fellow men. That is that every action and reaction are inexorably followed by their effect, or product, and this third attribute to motion is what continues Creation into infinity.

Our civilization has not yet advanced to the stage where it gives equal import to the spiritual QUALITIES, which cannot be counted or measured, and to the physical QUANTITIES, which can be counted and measured. Both come from God's body, the universe. The materialist overbalances his taking of QUANTITIES and the masters among men give full attention to the necessity of the QUALITIES as a part of their nature and identity.

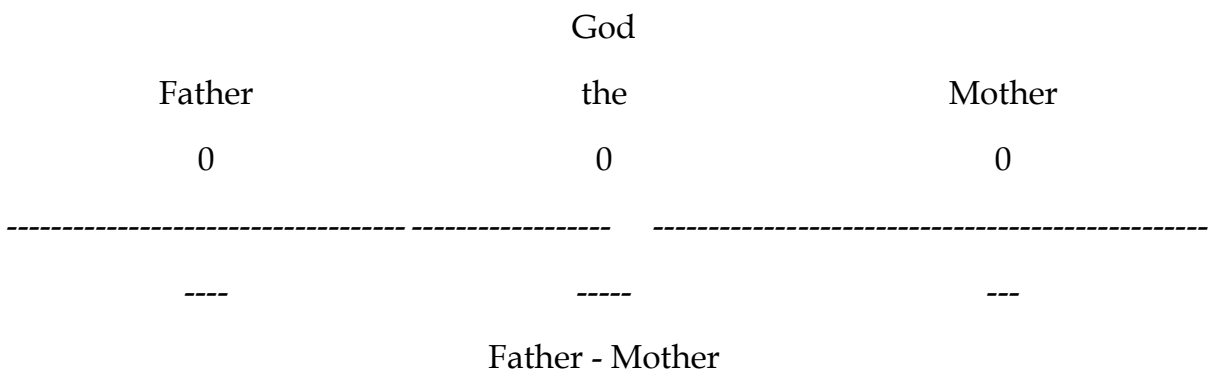
Man creates his own personality and identity by the measure in which he balances the QUANTITIES of God's body and the rhythms of it which are its QUALITIES in the making of his own body, his own personality, and his own Identity

The action and reaction of the pendulum create the product called TIME. They balance and thus extend Creation into infinity. Man bargains. One takes more and gives less; thus man's world is threatened with extinction by man. This basic THREE which cannot

be added to or subtracted from will henceforth be referred to as THE DIVINE TRINITY.

* * * * *

The Divine Trinity consists of God, the undivided Father-Mother of Creation, and the two divided father-and-mother pairs which constitute Creation. The following diagram will give a more dynamic illustration of it.



There is nothing else in the universe for this is the principle of the light-wave which man calls electric current. Creation consists only of light-waves. God creates only sex-divided father and mother bodies by dividing His thinking. Father and mother bodies unite their sex conditions to create other father and mother bodies. There is naught else in all the universe.

* * * * *

Now we shall begin at the beginning and build this structure of Creation from its birth in the Mind of The One Living Being, The One Person, The One Presence, God – Father-Mother Creator of the universe.

We shall gradually arrive at full knowledge of the One Omniscient, Omnipotent and Omnipresent Mind-Being which is God – Creator of all the universe. *That ONE LIGHT FORCE IS the Universe – and you are the universe because you are that light force.*

*Like you. God is Mind which you cannot see but can know, and God is body which you can see but cannot know. Like God, you are Mind which no man can see and you are body which all men can see. Like your body, God's light-wave body is ever changing living-dying matter in motion, just as your body is ever changing living-dying matter in motion. Your body, which is God's body, is motivated by a pulsing heartbeat and rhythmic breathing *inwardly* and *outwardly*. Every little cell of your body breathes *in* and *out* and pulses to your heartbeat. *Your heartbeat is geared to the universal heartbeat. Your body is the record of your thinking just as God's body is the record of His thinking.**

Your body is part of God's perfect body. He gave it to you from His perfect body for you to build into perfection and regive to His body.

Man not only pollutes his body by his free-will actions, but tries to pollute God's body from which his own body is made. Whatever attributes your body has, God's body has. God's body pulses to its universal heartbeat. *Every cell of God's body breathes in and out as God's thinking process compresses and expands. Every sun, planet, growing plant or tree, electron of an atom or stellar galaxy breathes in and out.* That is the most conspicuous fact of Nature.

The universal body pulses. Its pulse beat compresses and expands. Compressing and expanding waves express God's energy, but waves are not energy. The tool which does the work is not the worker, nor is it the energy of the worker. The tool must be motivated by a force outside of itself.

Neither is energy in the motion of the working pair of waves which expand and compress sequentially to manifest the energy of God's decentrative-concentrative thinking pulsations.

Everybody is an extension of God's body. His energy is given to everybody for each body's purposeful fulfillment. His Mind and Soul are extended to each body, no matter how small or great, whether microscopic or macrocosmic. The heartbeat and breathing

of the tiger in the jungle is the pulsing of God's heartbeat and breathing.

God's Soul is the Universal Soul – and you are that Soul.

God's Mind is the Universal Mind – and you are that Mind.

God's thinking is Universal thinking – and His thinking is your thinking.

God's body is the Universal body – and you are that body.

(NOTE: It is regrettable that there is no word in our language which conveys the Father-Mother meaning and forces us to use the masculine pronoun "HE" in reference to GOD. One cannot say "HE-HER" nor can one refer to the Cosmic Creator as "IT." That is indeed unfortunate.)

God's Light is the sexless Father-Mother of the universe – and your Light is the sexless Father-Mother of the universe. Likewise, God's divided thinking is the sex-conditioned father and mother of all creating things – as

your divided thinking is the sex-conditioned father and mother of all creating things.

God, the One Being, is YOU, the invisible YOU. You faintly know that at this early stage of your unfolding Consciousness. God-Consciousness comes slowly.

Life by life, and age by age will pass with your greater and still greater awareness of that fact until gradually that individuality, which you think of as your IDENTITY, will merge into the IDENTITY of the One Being whom all men already are.

You are still in that stage of the unfolding of the man-idea in which sensed-awareness of your body predominates. So long as sensed-perception predominates over inner Cosmic Mind-perception, you will feel the separateness of yourself as one of many ones and God will be afar.

With the gradual unfolding of the inner Cosmic Conscious perception of the Light in you, your separateness will disappear in unity and you can knowingly say, "I and my Father are ONE."

COSMIC THINKING

The more cosmic your thinking becomes. the more your understanding of your unity with God becomes. Cosmic man gradually ceases to think of

the universe and its Creator as Mind and matter, or as the visible and invisible universe, or as the physical and spiritual universe.

The cosmic thinker who knows God in his heart as his very Self – yea, who knows Him as his very Soul – thinks of the whole universe as God – the One Being. One who has been illumined into full Cosmic Consciousness could not possibly think of God in any other way.

We cannot, because in our lifetime of such complete God-Consciousness we have grown to think of the Universal Consciousness as our Consciousness and, because of a lifetime of working knowingly with God, no genius or mystic could think of Creator and Creation separately or apart from his Self. *We might think of the Creator and Creation as Mind and body of God, but not as Mind and matter. Nor could we think of Mind and body of God as separate from each other, nor without including our Selves.*

Neither you nor we ever think of our personal selves as Mind and matter. That would be impossible for we are so familiar with the idea of their oneness that when we think of ourselves we include the whole structure of our own little personal universe.

What we desire of you is that you begin to think of God that way and cease thinking of Him as being outside of yourself, as past ages

of man have always thought of Him, for it is that separative thinking of God that has placed God afar from man, a divine Being dwelling somewhere *afar* and *outside* of man.

All Cosmic Conscious Illuminates have expressed that thought. Jesus expressed it in saying: "I and My Father are One." He emphatically stated that He, alone, without the Father, could do nothing. He also stated that whatever He did with the Father, you also could do. He also told man to seek the kingdom of God *within himself*. Krishna, Buddha, Laotzu, and all other Illuminates up to this very day have told you the same thing. We, ourselves, are telling you that same thing in these pages.

Therefore, we say to you that you should write the desire deep into your Soul through your heartbeat so that you would be enabled to vision the universe as a WHOLE, with you, yourself, as its center. Think of your desire as God's desire expressed through you. *As you gradually learn to think that way. God comes ever closer until there is absolute Oneness.*

When we tell you to write the desire upon your Soul, we mean that until you do so you will not know it as a part of you. And when you

so know it, nothing can prevent its fruition, for all the power of the universe is yours to command to bring that desire to fruition.

And when we say, "Write it on your Soul, *through your heartbeat.*" we mean that the heartbeat of the universe which manifests its power within the centering fulcrum is your heartbeat. *When you think that way, with KNOWING back of your thinking, your desire unfolds as naturally as though it were a part of the pattern of your destiny.*

When, however, you just write your desire upon your senses and it never gets beyond your brain, you do not KNOW it. You may believe it as an intellectual conclusion, but believing that way is sensing, not KNOWING, for the senses of the brain merely remember and repeat beliefs. The Conscious Mind KNOWS; it does not believe.

We have dwelt upon this idea for some length because the transformation from *sensing* to *knowing* will be easier for you to make for yourself when you are more enabled to comprehend the status of each. To better help you to make the transition, adopt the fixed habit of realizing that you are thinking with God's Mind, knowing that you are the *One Being*, and working with God's hands, knowing that you are the *One Body* of the *One Being*.

The more you can lose your own individuality by thinking universally, the more you can find your greater individuality in God. John Jones of Earth will become the divine John Jones of the high heavens whose dwelling place is the kingdom of God's Light whenever he desires to make that glorious transition. In other more familiar words, you must lose your life of Earth to find your immortal life which your Soul is.

The more you can do this, the more you are thinking cosmically from your inner Cosmic Conscious basis. Therefore, the state of Cosmic Consciousness will be ever awakening its power of inner perception THROUGH the seat of sensation and finding rest in its centering Light of Consciousness.

Step by step we will clarify this idea for your greater comprehension.

FIRST PRINCIPLES SUMMARIZED IN POSTULATES

The CREATOR is the all-knowing Mind of undivided still and unconditioned invisible Light of Mind. The Creator is Mind only.

Mind thinks in light-wave pulsations which constitute the universal heartbeat. Mind thinks form because of desire to manifest what Mind knows by giving form to IDEA. The visible universe consists of light-wave recorded thoughts of Mind.

The pulsations of Mind-thinking are concentrative-decenterative sequences expressed in light-waves.

This is a universe of rest from which motion springs, in repetitive cycles, to manifest that which we call life, and is forever seeking rest in that which we call death. There is no death in all the universe. In these lessons, we will make clear that there are two directions for life, and that so-called death is but the direction of return to rest for a repetition of life.

The energy of Mind which is creating this universe is always at rest. It never moves. It is like unto the fulcrum of the lever. The fulcrum of all motion extends its energy to the moving lever but the fulcrum is at rest always – and all energy is in the fulcrum.

Concentrative thinking produces formed, dense, visible bodies from invisible space by compressing large volumes of low potential into small volumes of high potential. Concentrative thinking is compressive. It focuses to a point. It is positive. It charges bodies with power to move. It builds imaged form bodies in the image of the Creator's imagining.

Decentrative thinking disintegrates dense bodies and returns them to invisible space. It dissolves, voids, discharges and depolarizes charged bodies and deprives them of their power to move.

Mind knows all idea. Creation is the sum total of ONE WHOLE IDEA which is seemingly divided into many parts. The ONE IDEA is FATHER-MOTHER LOVE.

Thinking takes Idea apart by dividing the sexless, eternal ONE CREATOR into many sex-divided pairs of creators which unite to manifest the One Father-Mother Love by rhythmic, balanced interchanging wave pairs, and again dividing to manifest the eternal immortality of the One Idea by repeating it eternally.

Sex division is dynamic. Dynamic division causes opposite pressures, the pressure of compression which creates living bodies, and the pressure of expansion which voids life and creates dead bodies.

Dynamic force divides the unconditioned static Light into pairs of opposite conditions in Nature.

Vibrating wave bodies cannot KNOW anything, but can sense everything . SENSES are but motion. Sensations are the repeated vibrations of motion. Sensation is in no way related to intelligence, knowledge or Consciousness. MIND is the Knower and the Thinker. Thought-wave bodies are the workers.

Conscious Mind cannot sense anything but can KNOW everything.

Consciousness is static. Sensation is dynamic.

That which you can SEE you cannot KNOW.

That which you can KNOW, you cannot SEE.

AXIOMS

The REALITIES of life are BALANCE. LOVE. TRUTH. ENERGY and the LAW. These are the QUALITIES of Mind which you cannot SEE. You can

only KNOW them. The unrealities of life you can alone SEE, for they cannot be KNOWN.

The REALITIES are QUALITIES of Mind at rest.

The UNREALITIES are QUANTITIES of sensed matter in motion.

EXAMPLES

You can KNOW God but you cannot SEE Him.

You can SEE God's *body* but you cannot KNOW it.

You can KNOW gravitation and you must obey it, but you cannot SEE it. Likewise, you can KNOW the LAW which absolutely controls your every action, but it is a blank to your senses. You can also KNOW IDEA, but you cannot SEE it.

Likewise, you can KNOW a friend and can SEE his body, but you cannot SEE *him* or KNOW his *body*.

You cannot KNOW a sunset sky but your senses can SEE it and comprehend it. That which you can KNOW about a sunset sky is its BEAUTY which you cannot SEE, for BEAUTY, like LOVE, TRUTH,

and the LAW is the SPIRITUAL QUALITIES which can only be KNOWN. An animal can see a sunset sky as well as man, but the animal cannot see its beauty or be inspired by it.

AN INTRIGUING THOUGHT FOR DEEP MEDITATION

Ask of yourself this question: "Wherein does my seemingly separate identity differ from God's identity?"

Your KNOWING will answer: You have a Mind which is God's Mind. You have a body which is of exactly the same material as God's body. Your body can have the same perfection as God's body when you put the same perfection of God's balanced thinking into it. Your body has a heartbeat which synchronizes with the heartbeat of God's body. You breathe in and out exactly as His body breathes in and out. Your body differs only from the universal body by what you put into it that you should not put into it. It has been created out of Light by dividing it into light-waves just as God's body has been created. It lives and dies just as every other unit of God's body lives and dies. God created His body by His balanced thinking. If you create your body and your identity with God's balanced thinking, you can then say: What God is, I AM. My Father and I are ONE. I am not alone I. *I am the universe.*

ONE LITTLE STEP AT A TIME

We have now arrived at a point where we can make the great – but SIMPLE – underlying principle of Creation perfectly clear to you. We know, however, that its very simplicity will be your greatest hurdle to overcome because of the seeming complexity of everything and the multiplicity of so many kinds of things and conditions and ideas of things which constitute this universe. Your lifetime of living so complex and multiple an existence has unfitted you for seeing the simplicity of so vast a thing as this universe.

We know that the only way to break down that lifelong habit of thinking and seeing complexly is to take one little step at a time by taking up one little idea at a time and telling it to you as though you were children and making sure that you understand each step before the next one is taken.

We call your attention to that illusion of infinite complexity in the familiar toy known as the kaleidoscope. If you look through it, you will see an endless repetition of effect reaching out toward infinite space. But if you could get within it, you would see three mirrors and a few pieces of broken glass of different colors. The mirrors, reflecting in each other, extend their reflections out into an imagined infinity which is not actually there. You actually see only a few

pieces of broken glass, but you think you see thousands of geometrically and mathematically repeated pieces which are not there at all. You also think you see patterned forms and designs which also are not there at all.

We cite this simple example because the entirety of Creation is also based upon three imaged mirrors of light set out in every wave-field of space at angles of 90 degrees from each other. These project the whole Idea of Creation into a three-dimensional series of reflections of interchanging light to create the majestic motion picture illusion which Creation is. The more you understand what radar is, the more you can understand this idea.

Every mystic who has been fully illumined knows that the entirety of this wave-universe of matter in motion is an unreality, a cosmic illusion. He knows that he is in a *vibratory universe of thought-waves* which manifest sound and substance as long as those vibrations continue, but he also knows that the silence of the Mind-universe will swallow up all sound vibrations – and that all vibrations which simulate substance will, likewise, disappear in the still universe of Mind which THOUGHT them into seeming existence. Vibrations are

living thoughts. All matter is but waves of thought repeated everywhere throughout the universe by radar mirrors of light.

All inner Cosmic thinkers know that the ONE-TWO pulsation of the heartbeat of God's thinking, which manifests His creative imagining, is but a cosmic cinema which simulates reality but is not real.

When you know that, you know all there is to know, for knowing Soul of God as idea expressed universally in seemingly many Souls, which are extensions of the ONE, and knowing God's body as manifested in THOUGHT, you then know the unreality of matter, substance, space and time. These unrealities *simulate* their reality which is in Mind alone, *but a simulation of reality is not reality.*

It is not probable that you will ever in your life "know all things" timelessly—but the next best thing to knowing all things is to comprehend that timeless flash of Cosmic Light which is God's Inner Voice endeavoring to make you know all things by telling you of His kingdom of Light within you, which is the Source of all knowing and all power.

If that great miracle of Cosmic Consciousness ever comes to you in its fullness, instead of gradually as it is coming to all, this is what you will realize and know:

You will *instantly know* that you are one with the undivided still Light of all-knowing Mind.

You will *instantly know* that state of ecstasy which never changes in the God-Mind, which is utterly devoid of human emotions such as anger, fear, wrath, impatience and other emotions which appear only in bodies that are in unbalanced motion but NEVER in the stillness of the Creator's Mind.

Immediately all sense of BODY and of SIN and EVIL will disappear – for you will then become MIND – in which there is no sin or evil.

You will know the THINKING of the KNOWER to be TWO – the two of the pulsing heartbeat of the KNOWER'S thinking.

In the KNOWER and THINKER you will know the undivided FATHER- MOTHER as ONE, and the divided FATHER and MOTHER as TWO extensions of the ONE.

In the KNOWER you will know that the one whole idea of His all-knowing is the LOVE IDEA of FATHER-MOTHERHOOD as yet uncreated, undivided, unchanging, unconditioned and unexpressed – but DESIRED to be expressed by creating a universal body as an instrument for expressing the FATHER-MOTHER LOVE IDEA.

In the THINKER you will know the FATHER-MOTHERHOOD idea as sex-divided father and mother bodies, and as dynamic actions and reactions for expression of the static Mind Idea.

In your SELF you will recognize your identity with God. From that moment, your intense God-awareness will transform you to a mental state which will forever make it difficult for you to commune with men, for your language will not be comprehended by the many, and the few who do comprehend it are hard to find.

The two important results which will arise from such an experience are these. First, you will learn how to live in this universe of unrealities by learning how to balance its divided pairs of opposites and, second, you must learn to realize that every moment of your life is given for the sole purpose of manifesting your Self and God as ONE, and that your sole purpose can be fulfilled only by DESIRE to fulfill it.

Your DESIRE, therefore, must be divine. It must reflect God's desire and God's unchanging nature, for God's desire is solely to create the imaged forms of His desire which will manifest His Idea.

Remember, also, that in this divided universe all manifestation of idea is "created" by the motion of actions which spring from rest

and return to rest through their reactions. In thus returning, each voids the other as though neither had ever been. They thus become the THOUGHTS which reside in Mind, and that is all there is in this dynamic universe.

Therefore, when you have fulfilled your action by *concentrative* thinking, you must rest by *decentrating* your thinking. Together this pair of opposites constitute a cycle. A cycle is a journey from zero to zero and back again, such as a life cycle which appears from the zero of earth and returns to it, or even one swing of a pendulum. If you try to imagine your whole life as but a series of thoughts, you will better comprehend the zero universe idea.

The MIND UNIVERSE is ZERO STILLNESS. The zero of stillness dominates the actions and reactions of motion. All motion in this universe begins with zero stillness and ends where it began.

In the invisible, undivided zero universe of Mind is all LAW. In the visible, divided universe of motion is *fulfillment* of the Law. In MIND is universal BALANCE. Creation is a divided manifestation of MIND-power; therefore its divided pairs of opposite workers must balance with each other to fulfill the LAW. *The lessons of life are to find*

out how to balance all pairs of opposite conditions with which every human is confronted.

The pairs of opposites which constitute THOUGHT are CONCENTRATION and DECENTRATION. The humans who can balance these are the exalted ones among men who know Nature's heartbeat and can interpret its balanced rhythms in their every effort and action, whether in their friendships, their business or their inspired creations.

The human who attains the state of perfect mental balance has found what the Hindu calls Nirvana— or the “state of bliss.” Such a one has learned to take all things and all experiences alike—and know them all as GOOD.

Likewise, he who has learned to obey the laws which govern matter has also learned to command matter. He, alone, who has found mental balance can command balance in matter.

THE GREAT SECRET MYSTERY OF BIRTH, LIFE, GROWTH, DEATH, DECAY AND REBIRTH OF BODIES

It is time that you should know the invisible unknown. It is necessary that every man should know the great unknown mysteries for which he has ever sought revelation but has never solved. Man will never become supreme until he has that knowledge. You shall now have that knowledge which will transform you into a supreme being in the measure of your comprehension.

Science has long sought for the life principle in matter. It will never be found in matter. The life principle begins when thought-pulsations begin. It *precedes* matter; it does not *follow* it. Likewise, science has forever asked: "Why do we die?" and it has never found that answer. We receive a worn-out body for a newly reborn one.

Likewise, every man has asked: "What happens to me after I die?" – and the answer to that question still remains hidden behind the impenetrable veil. We will also rend that veil for you.

Likewise, man has for ages hopelessly sought the underlying principle of the construction of matter and the "evolution" of stars. A scientific journal has stated that we shall probably never have that knowledge "because the human mind is unable to comprehend such complexity." That is not true. You shall have a brief road map into space and back in the last unit of lessons of this Course. The

construction of matter is simple. You will find that stars do not “evolve” in any other sense than you evolve. They grow through four stages to maturity as you do. Then they “die” through four stages as your body and every other body which has ever been created is born, lives, dies and decays in order that it may relive. There is no death in the eternally-living universe.

When the great mystery of gravity-control of light has been made known to you in a later unit of lessons, and the unknown power which lies behind gravity to control all matter is also made known to you, you will then know how matter emerges from space and is swallowed up by space.

That knowledge is the only knowledge which can ever transform this barbarous, inhuman, man-killing race to a unified one where love rules.

The mystery of matter shall disappear when the search for the line of demarcation between “living organic matter” and “non-living inorganic matter” shall have revealed that there is *no inorganic or non-living matter in the universe*. All matter is body—and all bodies live and die—breathe in and out—pulse with their own heartbeat—and are instinctively sensed to purposefulness. They do what they

must do by instinctive control of Mind just as one white blood corpuscle responds immediately when needed by any part of the body.

Every unit of matter senses hunger and must be nourished by consuming other units of matter. All matter chemically digests the bodies it has consumed to transform them to the chemistry of its own body. Witness, for example, our earth. Its “digestive organs” transform all bodies it consumes into its own type of body and, in turn, re-transforms them into their own types of bodies for rebirth. That is the way Nature works. It is a fundamental principle that every created body, whether man or star, grain of sand or planet, consumes other bodies to sustain its own body. This eternal process is repeated in sequence forever and ever to manifest the principle of universal giving which alone continues this universe of motion.

AXIOMS

This universe is continuous only because of the perpetual rhythmic, balanced interchange of all matter with all other matter.

When our words to you seem inadequate, we turn to the words of The Cosmic Teacher whose teachings are written down in The

Divine Iliad in these words:

“All things are One, but made to appear as two extensions of the One.

“Know thou that the two extensions of My recorded thinking are divided by the One which centers the two, the One controlling the two.

“For behold. I am within all things centering them, and I am without all things controlling them.”

At this point it will be helpful to know that the one omnipotent, controlling and balancing force in this universe which divides its one static Light into spectrum octaves of dynamic light in motion is GRAVITY. Gravity is the desire force in Mind which motivates this universe and YOU. We shall say much about gravity later but as we now must give to you God's One Law of Balance as it was given to us in the Divine Iliad Message, and as gravity completely controls that balance, it is felt that this simple note of its place in Creation is needed at this time in our narrative.

GOD'S ONE LAW OF BALANCE

“My one command to all sex-divided pairs of opposites in all My universe is that there shall be balanced, rhythmic interchange in all their givings and regivings.”

— From The Divine Iliad

The Creator of this universe has but one law upon which all Creation is governed — only ONE — and that one law commands that all transactions of any nature between pairs of opposites in Nature, or between men, must be *balanced*. Any unbalance or inequality in any transaction in Nature brings upon itself the penalty of paying whatever the price may be for such violation.

The universe is founded upon the Love principle of *equal* giving and regiving in every transaction whatsoever, whether in the heavens or upon earth— or in the home or business— or between one nation and another— or between one chemical element and another.

When earth and its heaven are unbalanced, tornadoes tear the earth and rend the air to pay their penalty. Divorces and agony are the price of unbalance in the home, and bankruptcy ends unbalance in business. Wars result from international unbalance, and explosives are the penalty of inharmonious combinations of the chemical elements.

If a man gives less in a sale than he represents, he will hurt himself by the loss of a customer and his good will. Even if one's thoughts are unbalanced with envies, jealousies, worries and hatreds, stomach ulcers or heart troubles will soon be the penalty for such breach of God's One Law.

We will give it to you in God's inspired words as written down in The Message of The Divine Iliad.

GOD'S LAW OF BALANCE

"Great art is simple. My universe is great art, for it is simple.

"Great art is balanced. My universe is consummate art, for it is balanced simplicity.

"My universe is one in which many things have majestic measure; and again another many have measure too fine for sensing.

"Yet I have not one law for majestic things, and another law for things which are beyond the sensing.

“I have but one law for all My opposed pairs of creating things; and that law needs but one word to spell it out, so hear Me when I say that the one word of My one law is

BALANCE

“And if man needs two words to aid him in his knowing of the workings of that law, these two words are

BALANCED INTERCHANGE.

“If man still needs more words to aid his knowing of My one law, give to him another one, and let those three words be

RHYTHMIC BALANCED INTERCHANGE.”

No messenger of the Light has, as yet, given this law to man for man has not yet been able to comprehend it. *If he had been able to comprehend it, and practice it, he would have built a balanced civilization instead of a chaotic one.*

To the extent that you understand it, you will build a balanced life of happiness and masterly achievement because you will be working

knowingly with God when you do fully comprehend and practice the Law of Balance.

No matter what happens to your own little universe, you will know what to do with it.

Rhythmic balanced interchange between every pair of opposite conditions in this divided thought-wave universe is the inviolate law which must be obeyed by man and by Nature.

Nature persistently violates it and Nature instantly pays the price of its violation in its storms, tornadoes, crashing avalanches and the tragedy of stellar cataclysms.

Man persistently violates it and pays the price of his violation in his crashing business failures, enmities, unhappiness, and illness.

All the tornadoes of earth cannot affect the balance of earth, for balance in the universe cannot be upset. The earth continues in its balanced relation to all planets with such exactness that its position in relation to them can be determined at any time to the split second.

If the earth disobeyed this law by the slightest variance, its oceans would sweep its continents clear of all living and growing things.

Neither can your disobedience to that law affect your balance in respect to the universe, for God balances every unbalanced action of yours with an equal and opposite reaction until you do balance it as you some time, some day must. BUT – as God said in His Message to you: “All men will come to Me in due time, but theirs is the agony of awaiting.”

That agony is the price you would be paying for your own disobedience to that law – and the disobedience may not be willful but due entirely to ignorance of the way God builds divided thought-bodies.

We quote God’s Message to man in this respect as written in The Divine Iliad:

“When man knoweth Me in him, then am I he.

“I, the One, am not divided into two as pairs of opposites of Me. I divide the two extensions of My thinking, but I am not My thinking, nor am I two.

“When man thinketh man alone, denying Me in him, then is man’s image man’s, not Mine and man’s, for the pattern of My balanced rhythmic images within man may

not be seen in him; nor may the glory of My Light be seen in him or known by him.

“When man thinketh Me, through knowing Me, then is he patterned by My image and I am he.

“When man thinketh Me in him, then is man’s balance absolute.

“When man so thinketh, then hath he all power that I, thy Father-Mother of all Creation, hath.”

THE AGONY OF UNBALANCE

Life itself is a transcendent adventure. At its best, it is tremendously difficult. It is a huge mountain of unknown height whose top is hidden in an impenetrable veil, which every man must climb. From that upward journey of life, there is no escape for anyone, and no man knows what he must face on that lifelong climb up its tortuous paths of blazed and unmarked paths which he must tread in light or dark – and in the dark oft lose his way and pitch headlong into stark tragedy which may be his the very next moment after happiness and glory would seem to have been forever attained.

There are wonderful green meadows and forested paths on every man's mountain. There are babbling brooks and springs to quench his thirst – and fruit-laden trees and luscious gardens – and there is music of the singing of birds in the forests – and laughter and joy – and grief and death next door – and just beyond where a bride is lifted across her happy threshold a blind man gropes in the dark and a once proud scholar meets misery face to face and knows not what to do with it.

Knows not what to do with it . . . Therein lies the tragedy of life – the pitiful fact – *you know not what to do with it.*

There is death – and the dark – and the fear and dread of death and the dark for him who knows not eternal life – for him who knows not that there is no death – and he who fears and dreads death and the dark *knows not what to do with his fears of death – and the dark.*

You must face the unforeseen on your mountain. You must face its dangers for its paths are not all smooth. You must surmount its steep cliffs and lose your way in the dark. You must face failure as well as success, loneliness and frustration – lack of husband, home, children, love, or loss of them in death – or tragedy – or from your

own weakness – or from treachery of trusted friends – *AND KNOWWHAT TO DO WITH IT.*

Yes, that is the tragedy in not knowing! Man on his mountain of life, not knowing his mountain – not knowing what to do when a wall of the mountain faces him – not knowing how to surmount it – having no compass to guide him – no Light of knowing *out there in the dark of not knowing.*

Woman on the mountain, terribly alone, frustrated and alone – *not knowing what to do with it.*

Boy on his mountain, homeless, penniless, helpless – *for he knows not what to do with it.*

But we know a man who has not been able to move for thirty years – blind – paralyzed – speech and hearing alone left to him – yet radiantly happy – successful – known, loved and honored – paying his way and giving much to the world – *for he knows what to do with it.*

We know hundreds of men and women who have faced insurmountable hurdles and *knew what to do with them.* We have

faced many of them ourselves and *knew exactly what to do with them.*

And, doubtless, you have also.

Why such despair? Why such misery? Why fear anything in all this glorious universe of God's making and your making – where naught but life is – where you KNOW that you are existent *as you* in all creating things and cannot be alone, nor unhappy, nor defeated, nor in any way stopped from your joyful climb up your mountain of life to the Light of KNOWING which will illumine your path all of its glorious way *if you but know what to do with life as you meet it ever in the Light in which there is no dark.*

KNOWLEDGE ALONE CONTROLS OUR DESTINY

Knowledge alone will help us meet our problems squarely and turn those which are seemingly not good into good— or those which seemingly hurt us into helpful ones which glorify us.

Everything which happens to us is GOOD. Knowledge of God's balanced universe will tell us that if all of our ills arise from unbalance, and God's universe cannot be unbalanced, then we can balance our ills with that knowledge. Until we do balance them, they are but experiences which are our lessons in life. Until we do balance them, we must regard them as but stepping- stones across the stream of life.

LET US GET DOWN TO FUNDAMENTALS

Why do we all have problems? Why does anything happen to any one of us? Why do we go to sleep — wake up — go to work — breathe — talk — eat — think — dress ourselves — catch colds — have pains — have aches of the body from ills of the body — have

aches of the heart from loneliness or from something some friend said about us, or something we did to hurt a friend?

Why does the wind blow east now – west tomorrow – or blow at all? Why the Gulf Stream – or the Antarctic current – or polar ice cap – or jungle heat? Why do we live – and die – and are joyful or sorrowful? Why are we here at all? What is it all about? Everything changing – always changing – why? Why? Why?

We will tell you in a very few words and amplify them in the following postulates and axioms. *The answer lies in The Divine Trinity which YOU are. It lies in your knowledge of the balanced relations between the ONE which YOU are and the divided TWO which your body is. And it lies in your ability to manifest those relations in balance with each other.*

POSTULATES

1. Your Mind belongs to the *undivided* and *unchanging* universe of the still white Light of all-knowing.
2. The undivided is ONE – the one centering CAUSE of the divided TWO.
3. Your Mind is YOU. *Nothing happens or can happen to YOU.*

4. YOU center your thinking. Your thinking extends from YOU, but your thinking is not YOU.

5. *Your thinking is divided and changing. Anything can happen to your thinking because your thinking is divided and changing. But YOU control your thinking. You can balance it and be joyous, or unbalance it and be miserable. You can make wise decisions and grow strong or unwise ones and make failures for yourself. You can steal for your greedy self and be shut away from men, or you can give of your loving self and be honored of men. Your thinking is under your control. Your thinking expresses your desires. You are what you think. You make yourself into the image of your desires. You can be whatever you desire to be. What you now are is the product of your thinking.*

Likewise, what the world is today is the product of world-thinking. Man has always had control over his thinking. He has had "free will" to do as he chose. The world will be wonderful and beautiful and people in it will be happy, peaceful and prosperous when the world chooses to think beauty, love and the brotherhood of man. Until then, the world will be as chaotic as world-thinking is chaotic. The world could

transform itself overnight if it would but transform its thinking overnight.

Likewise, you could transform yourself overnight by
BALANCING YOUR THINKING.

6. Your body is a record of your thinking; therefore your body is divided and changing. *Anything can happen to your body because your body is divided and changing.* It is homing and dying. It is integrating and disintegrating. It is subjected to every effect arising from interchange between all other divided and changing bodies in the universe, BUT NOTHING CAN HAPPEN TO YOU.

Remember, also, that your body is an extension of YOU. It manifests you through your thinking but it is not YOU. You control it as one unit of Creation but it is subject to all other units of Creation and all effects of motion everywhere, for anybody anywhere is an extension of everybody everywhere.

If your thinking produces a perfect body and a tragedy of your environment mangles your body leaving it hopelessly crippled, then *YOU will know what to do about it IF YOU control your body.*

Otherwise it will control you and make you forget your divinity. In your ignorance you blame God for what has happened to your body. That will make you a purely physical thing whining through life from self-pity, driving love from your door and making you poor, indeed.

If, however, you can knowingly say, "I and my Father are ONE," nothing can happen to your body which you cannot balance and thus live gloriously in the Light which YOU are.

7. You are not a "purely physical thing." Your body is not YOU. It is but a complex state of motion. YOU are the One Spiritual Being. NOTHING HAS HAPPENED TO YOU. NOTHING CAN HAPPEN TO YOU.

AXIOMS

1. The undivided LIGHT of knowing is CAUSE. The divided light waves of thinking idea into thought-bodies are EFFECT.
2. *Every EFFECT in this universe – every happening, every event and every experience – takes place only between divided bodies which are oppositely conditioned.*

3. All effects are manifested by two-way interchange of motion between oppositely-conditioned, divided, and unbalanced bodies.
4. Every thought which extends from Mind has a body – a divided body – formed and patterned in the image of the thought.
5. Whether or not the thinker gives his thought a visible, material body, the thought itself is embodied in him. The moment he thinks the thought, it has a patterned body *which is instantly a part of his own body.*
6. *No man can think invisible thoughts. Every thought of every man is a created thought-body which fashions the patterned form of the visible man. Invisible thoughts of beauty become visible in the body of the thinker. A man who thinks music looks like his thoughts. Likewise a cynic, brute, pessimist, sensualist, or kindly Bishop looks like his thoughts. Their invisible thoughts are visible in their bodies.*
7. All thoughts, emotions, events, experiences and happenings of every nature in your life, and of everything in all Creation, have bodies. *Nature is concerned only in the making of divided, changing bodies to record the divided and changing thoughts which created those bodies.*

8. You, as an individual, are concerned only with the making of divided, changing thought-bodies in YOUR image. That is all you ever do.
9. The thoughts and thought-bodies you create are first a part of YOUR body. *If you repeat those thoughts in other bodies, those other bodies are extensions of your body. They are your creations.*
10. Your creations are universal. Your thoughts are universal. They are universally extended. Every thought to which you give a body is extended to every other body in the universe and becomes a part of it. It Is a part of me and of your neighbor, of the Zulu, the tiger in his jungle, of the mountain, yea, even of the violet In the meadow or of the farthest star. The radio can prove that for you.
11. You cannot have a thought which is yours alone. You cannot divide the universe for yourself. You cannot HAVE anything for yourself which you have not first given. *That which you have is the image of what you have given.*
12. *If your thought is out of balance, your body is out of balance in the measure of your unbalanced thought. Likewise, the whole universe is out of balance in the measure of your thought. You cannot unbalance God's universe. The whole universe moves to adjust itself to*

your unbalanced thought. A child moves the Pleiades and all the stars of heaven with his slightest movement.

13. You cannot have an unbalanced thought, nor perform an unbalanced action without the measure of that unbalanced thought and action returning to you in *its own image*. Again we repeat: *God gives you the right of free will to think any thought or perform any action, but He holds the right to balance your unbalance by an equal reaction.*

14. In the making of thought-bodies to manifest our knowing in the patterns of our desires, we have what we call *good* experiences which make us happy, or we have *bad* experiences which make us unhappy. Our good experiences arise from our knowledge of how to produce balanced thought-bodies. Conversely, our bad experiences stem from our ignorance of BALANCE in us and how to extend BALANCE from us in our thinking.

In Lao Russell's book *GOD WILL WORK WITH YOU BUT NOT FOR YOU*, you will find very specific explanations of how we make our own troubles, problems and diseases by carelessly, or defiantly, setting aside the law of balance upon the assumption that our own

free will gives us the right to do as we choose. We do have that right, but God also has the right to balance our actions with their reactions.

Everyone has a full right to Jump over a cliff, but God does not relinquish His right which He made into the law of gravity. If you very carefully read that book all the way through, the law of rhythmic balanced interchange in all transactions of Nature, and man, is very clearly set forth.

We quote from page 119:

“The entire lesson of life, and for ages of lives, is to learn how to equally unite the pairs of opposite conditions of Nature by equal interchange between those conditions which alone result in attaining a balanced state.

“Until you know how to obey you most certainly cannot command. And you must have knowledge in order to obey. When you do finally acquire that knowledge you will know the cause of your heart ailment and its source in yourself. When that time comes in your knowing you can then command your heart ailment to disappear. It will obey your command to disappear as surely as it obeyed your invitation to appear. It cannot do otherwise.”

This idea is amplified on page 130. We quote:

“The basic answer to all human troubles lies in the one fact that man’s way of life has been a constant violation of the one universal law which demands that all transactions IN Nature must be balanced and equal in their interchange.

“Nature demands that every transaction between divided pairs of mates in this light-wave universe shall be so complete that each will cancel the other without leaving any residue of unbalance whatsoever. Every incomplete transaction in man’s dealings with another which does not end in complete harmony and equal happiness for both leaves a residue of unbalance which is best pictured by the word *tension*.

“Every trouble that the world is individually and collectively suffering from today is due to a vast accumulation of tensions which are as surely shaking man’s individual and collective body to pieces as an off-center wheel will fly to pieces from fast motion. No moving thing on earth can withstand this greatest violation of God’s law too long. *Sooner or later the ever-*

increasing tensions of unbalanced transactions, resulting from unequal interchange between mate pairs will disintegrate any structure in the ratio of its increasing momentum."

CONCLUSION

We again say it is very difficult to live. It is man's hardest task. He is put here on earth for the sole reason of learning how to live a life which will manifest Nature.

Those who suffer the most in their efforts to live are those who are without knowledge of Natural Law. The more knowledge one attains, the easier and happier life becomes *because one knows how to meet life*. One who is totally ignorant of the streets of New York and its traffic laws would find great difficulty in traveling one mile, whereas one who has that knowledge could travel all over the city with ease. Life has its "traffic laws" for everyone. The greatest of these is the ONE LAW OF BALANCE. Give great thought to this. Weigh your so-called "free will" against its power to control you instead of your controlling *it*.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Lao and Walter Russell

LESSON NUMBER 22

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THIS SPECTRUM SEX-DIVIDED UNIVERSE

The most important fact of Nature is to know the Identity of God and His purpose of Creation. The second most important fact is God's manner of constructing His universe.

In the following lessons, we will endeavor to give you a scientific, verifiable explanation of the nature of God and your relationship to Him, His processes of Creation, the mystery of light, gravity, sex, life, death, growth, decay, energy and matter, and the other mysteries which pertain to God's manner of constructing matter. Many of these heretofore unknown secrets will be clarified in order that the seemingly insurmountable barrier into the cosmic unknown realms of cold space can be overcome. Let us, therefore, concentrate our thoughts on the following:

POSTULATE

God's sole purpose in creating His universe is to manifest the Light of Love.

God's only way of manifesting His undivided Omniscient IDEA is to divide His sexless Father-Motherhood into sexed pairs of male and female bodies which represent many IDEAS – also to divide His invisible Light into the red half and the blue half of the visible spectrum – also to divide the Omnipotence of His Love into the two pressures of compression and expansion in order to manifest Love by the action and reaction of GIVING and REGIVING.

KNOWING AND THINKING

This desire for division is accomplished by dividing His KNOWING into THINKING. *Thinking* is wave-recorded. Waves are the cause of *motion*.

This wave universe of divided two-way motion exists solely to manifest the sex-urge of Nature. There is no other motivating force in the universe than the energy of Mind. There is no other process of expressing Mind-power than the divided light-wave process of THINKING. Thinking divides the sexless Father-Mother into sex-conditioned father and mother bodies. There is naught else in this

universe than male and female bodies of living light which we call matter.

The mechanics of this thinking power are as a lever which extends two ways from its fulcrum. The Father-Mother is the still fulcrum in which all power lies. The father and mother bodies which are extended from the fulcrum are the moving lever which moves only because of the power extended from the fulcrum. The lever of motion has no power of its own.

Together the fulcrum and the lever constitute *The Divine Trinity* of Creation. The light-wave which creates matter is that creative Trinity. There is naught else in the universe than sex-divided waves of light which unite their divisions at wave amplitudes to become ONE.

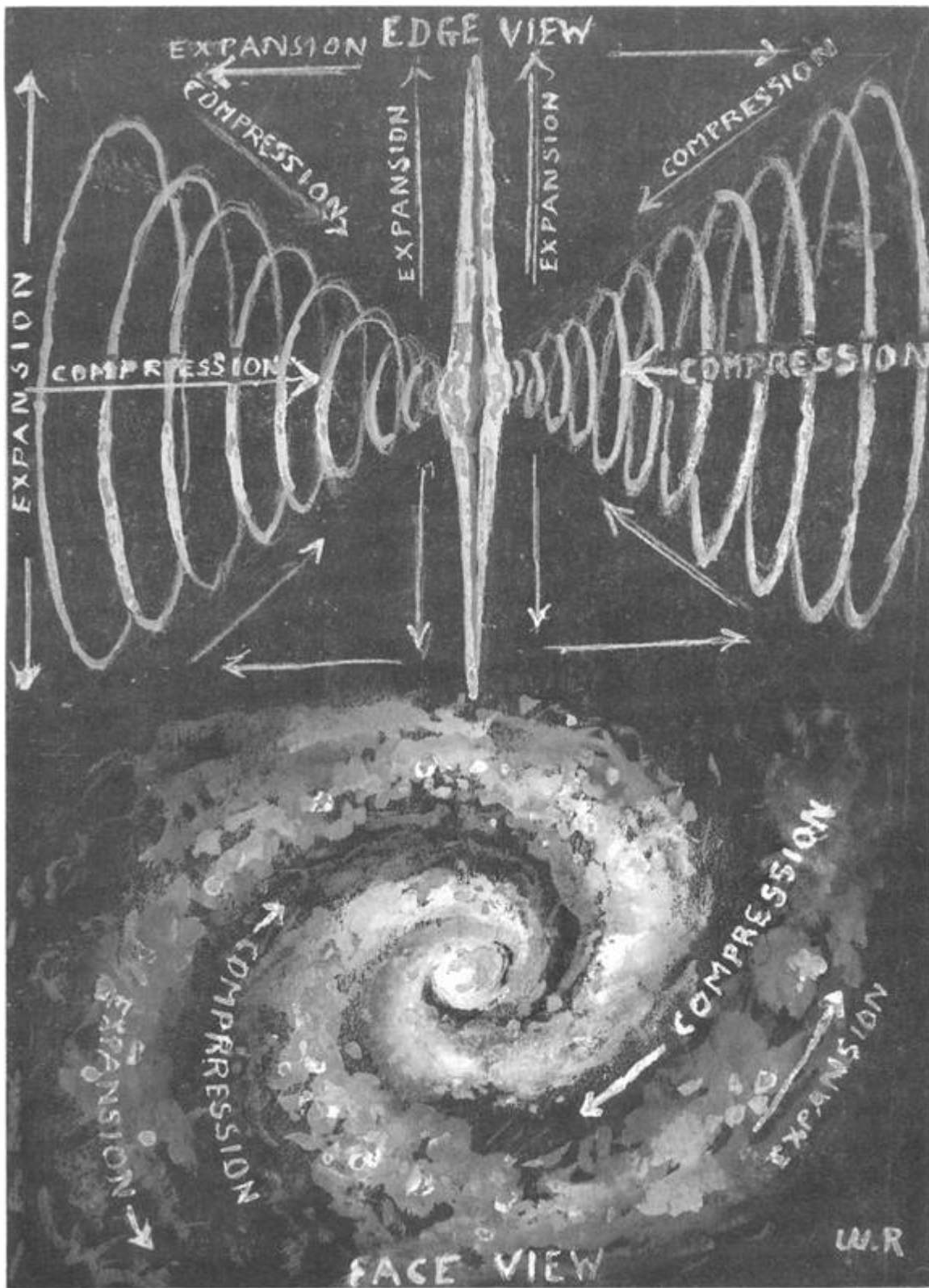


FIG. 11. The in breathing-out breathing life-death cycle which motivates the universe.

Figure 11 illustrates the entire process of the construction and destruction of matter. Figure 11 also illustrates how matter is formed by compression into small “loops of force” in an electric current, which is duplicated in large scale in the majestic solar systems and nebulae of the heavens. Each is the same effect. The closing centripetal spiral compresses to create hot, dense bodies. The opening centrifugal spiral upon the plane of the equator expands to destroy them. Compressing spirals “wind up” the Cosmic Clock. Expanding spirals “unwind” it.

When you fully comprehend that effect in Nature, no matter how microscopic or majestic, no matter how complex or simple, you will find it to be just a multiple of sex-divided units centered by their undivided sexless Mind- Source. As you comprehend this simplicity, which Nature is, you will have leaped ahead a thousand years, for all of the secrets of Creation lie hidden in the wave. It is this knowledge which will help mankind to climb out of this Barbaric Age into the coming Cosmic Age.

The whole purpose of dividing the balanced ONE into unbalanced sex- conditioned two's is to manifest the ONE by the unbalanced two. The whole Play of Creation is a dramatization of the love

principle of giving for regiving. Balanced equal giving and regiving in interchange between opposite sex-conditioned units results in balanced Oneness, or normalcy in every respect, friendships, mating, business and health.

The greatest lesson in life is to learn how to balance your interchangings in every transaction of life.

Unbalanced interchangings cause what you call “bad effects” The thing to realize and remember about “bad effects” which result from your unbalanced interchangings is that you caused them *yourself*. Likewise, good effects follow balanced transactions which you, also, made yourself.

We know it is difficult to readjust your thinking to the fact that all Nature is composed only of male and female bodies which desire to lose their separateness in each other's oneness. That is all there is in Creation, however.

All motion has but one purpose; that is the creation of living-dying male-female bodies which manifest idea of Mind. To create body forms of idea, the balance of the universal equilibrium must be divided into pairs of oppositely - unbalanced male-female sex mates

which perpetually seek balance in each other for the purpose of recreating other pairs of oppositely-divided sex mates.

In other words, the only purpose of motion is to create bodies, and the only purpose of rest and inspiration is to repeat the motion of creating bodies. Because of this principle, this universe is eternally continuous for God's desire to manifest His Being in thought-action is eternally continuous.

All bodies which constitute Creation are sex-divided thought-waves of motion which simulate IDEA, but are not the IDEA they simulate.

We know that such new thinking is a difficult transition to make and difficult to accept all at once without reservations. We can hear you, in our imagination, asking; "You do not mean that minerals have sex, do you?" or "You cannot possibly mean that the motions of work in a factory or the smelting of metals is sex-interchange, can you?" We emphatically say YES to these questions, for all of the elements of matter are either separate males and females or united ones, just as separate humans are male and female while united ones are able to again divide themselves into separate males and females through balanced sex interchange.

Mankind has thought of sex in terms of a relation between the opposite sexes in organic living animal life, never for a moment including sex relations in the mineral kingdom, nor in hot suns or the ice caps of the poles of planets.

With this kind of thinking, we have used such terms as “cohabitation” and the “sex relation” as though the sex relation were entirely separate and apart from other relations, and as though its reproductive effect were limited to organically living things which die and decay.

From now on you must know the inclusiveness of sex as being expressed continuously and perpetually in all things. Instead of thinking in terms of cohabitation and the sex relation, you must automatically think of it as the interchange between pairs of opposite conditions which can find balance in each other only by mutually balanced interchange of givings and regivings.

Water vapor rising into the heavens expresses the sex desire for balance in the radiative direction of expansion toward “death” in the cold of its source in space, and its re condensation into raindrops expresses the sex desire for balance in the generative direction of compression toward “life” which it finds only to lose again

perpetually for the purpose of repeating equally balanced givings and regivings in sex interchange between opposite mates forever.

We could continue writing hundreds of pages of other examples of interchanging motion between every pair of opposite conditions in Nature, or in human activities, and the answer would always be the same, whether such mates be buyer and seller, producer and consumer, alkalies and acids, heat and-cold, anode and cathode, matter and space, compression and expansion, the singing of a bird or the explosion of dynamite.

Cease thinking of matter and motion in such terms as those implied when we speak of attraction or repulsion in relation to the seeming effect of the moon on the tides. Likewise, cease thinking of matter, or any of its attributes, in terms of energy. *Think of matter only as thought-images created in the forms of Mind-imaginings which come and go even as your thoughts come and go repeatedly.*

Matter has no attraction for other matter, nor does matter repel matter – nor is there energy in either motion or matter.

ALL MOTION IS SEX INTERCHANGE

Let us again return to the basis of The Divine Trinity. God's Mind KNOWS—and *thinks* what He *knows* into wave pairs of oppositely-conditioned mates. Every wave is a male-female extension from a sexless Father-Mother fulcrum.

This fact of Nature you must fully comprehend. We will briefly state the basis of that cosmic fact now and amplify it later.

The only reason that matter moves is because it is continually being thrown out of balance with its equilibrium and must find it again in the universal equilibrium where it can find rest before again being thrown out of balance by interchanging pressures. When thus moving, it expresses the DESIRE-ENERGY of its Source, but the energy thus manifested is in the Source – and not in motion.

If matter is in balance with the two opposing pressures of expansion and compression, it cannot move without again losing its balance. That is as true of a planet which floats in its orbit as it is of you who must lose and find your balance in order to walk, or of a stone falling to earth, or of two children playing seesaw.

The continuous moving of a planet is due to its perpetual seeking for balance which it forever loses as it forever finds it. This applies to all things in Nature, for motion is impossible except through

interchange between the two unbalanced pressure conditions, and the only reason for motion is to find balance which it perpetually loses and finds, to again lose.

Likewise, motion cannot be repeated in any effect in Nature except through finding balance – such as losing your balance to take a step forward and finding it to again take another step – or finding balance in sex interchange to lose it again to repeat sex interchange in continuous cycles.

We again repeat this incontrovertible fact that in every phenomenon of motion in Nature, from the birth of a violet to the unfolding of a stellar nebula. this principle of sex-interchange is absolute. If the vapors of earth and heaven did not interchange, the earth would be a vast Sahara.

Matter in balance is sexless until again out of balance, just as humans are sexless when balanced by sex interchange. Humans thus find balance by interchanging their dual charge, just as two opposite male-and-female cells of an electric battery interchange. Batteries are recharged by giving them more electric current. Humans are recharged in the same way except that the generator which recharges them is food, breath, and heartbeat.

All unbalanced sex-divided matter is either moving in the centripetal direction of generation, which compresses, or in the opposite centrifugal direction of radiation, which expands. This is important for you to remember, for there are but two directions in Nature—the charging direction which creates living male and female bodies—and the discharging direction which destroys living bodies in so-called death. Each of these two directions is 90° from each other, but both are outward thrusting. *There is no inward pulling force in Nature.*

All matter in the entire universe is divided into sex-conditioned mates which are forever attempting to void their opposition by sex interchange through each other.

BASIC SEX THINKING

Let us again return to THE DIVINE TRINITY OF CREATOR AND CREATION and retrace our steps for in it is the basis of sex. We will repeat:

God's Mind KNOWS. Mind-knowing is the undivided static ONE, *the balanced ONE.*

God's Mind THINKS. *Mind-thinking* is the gravity-divided TWO, *the dynamic TWO mates from ONE.*

Mind THINKS because of desire of Mind to manifest what it KNOWS. The Light of Mind-knowing is the Light of the spiritual Consciousness. It is the Light of your Soul, which is the Universal Soul of the One Supreme Being.

* * * * *

Now we shall give other words to the three of THE DIVINE TRINITY. These other words are these: *TWO, centered by the ONE,* which means the divided sex-conditioned visible TWO centered by the undivided sexless invisible ONE.

These words for THE DIVINE TRINITY are given so that you will better understand God's words in The Divine Iliad, which words we again repeat:

"For behold. I am within all things centering them, and I am without all things controlling them."

This simple fact MUST be thoroughly understood in order that the great simplicity of God's creating universe can be known to you. As an example of the above words for THE DIVINE TRINITY, think of

the center of gravity of this earth – then think of its two oppositely-directed extensions to the two so-called “magnetic poles” on the outer surface of the planet.

Now, if you will think of these three zeros of rest in the words of The Divine Iliad just quoted, you will better understand that there is not one thing in Nature, not even one microscopic cell in your body, nor the slightest action of your body or of your thinking. nor of a grain of dust on a butterfly s wing, that is not thus balanced from within – by God’s Light of Universal Consciousness – and from without – by God’s Omnipotent desire force of gravity.*

GOD’S PAIRS OF OPPOSITES

Now we come to an amazing statement which we have been preparing you for, and which must still be gradually unfolded and clarified in order for you to begin to grasp that great simplicity which lies behind the all-knowing which you would timelessly receive if you were fully illumined with Cosmic Consciousness. The greater your ability to see it as we tell it to you, the wider the doors to the Light will open unto you.

Your senses have built this tremendous complexity which does not exist in your KNOWING. The infinite complexity of the Cosmos is composed of infinite reflected-and-repeated extensions of one centering zero to two extended ones, just as the infinite complexity of the kaleidoscope is similarly composed.

For this reason, we ask each of you to burn the following statement into your Consciousness *by many readings and much meditation*, followed by THINKING your new KNOWING into many improvised examples until the fundamentals of Creation will be as simple to you as they have been made known to us by the Light which you and we are.

In this sex-divided light-wave universe of seemingly countless complex pairs of opposite effects, forms, conditions and directions of motion, there are but two mental effects from which their Infinite complexities extend. These two effects are concentrative thinking and decentrative thinking, and these two constitute the whole idea of life and death, which means God's giving to Nature and Nature's regiving to God.

Just pause and think of this. Think of the thousands of forms of animal and vegetable life, effects of sounds — the ocean crashing on the sands, the songs of birds, the wind blowing cold against your

cheek, the roar of avalanches — the ices of the poles and the inconceivable heat of sun centers — *all of the countless effects of Creation which arise from their ONE CAUSE in their CREATOR, spring from just that one pair of opposite effects — mental concentration, which gives life as evidenced by the action of motion, and mental decentration, which gives death by its reaction.*

Concentration creates living bodies by multiplying their pressure. Growth is the process of interchanging light-wave pairs and multiplying light by compressing it. Growth is a photo-synthetic process.

Decentration reverses the life process to that which we call death. Decay is a process of dividing light and multiplying volume by expanding it. In electric terms we call it “discharging” and “low potential.”

Many different words are used to express the same thing, which might confuse you. However, you need not be confused if you will but remember that the solution of every complex effect, whether chemical, electrical, astronomical social, or that business problem which you are just now facing, *lies somewhere within the balance or unbalance between the concentrative or decentrative thinking which*

motivates the heartbeat of the universe into what is known as the life principle.

CONCENTRATION is an effect of gathering a very large volume of rarified matter like gases, or light-rays *which you cannot see*, into a small volume which compresses it into solid matter or focal point of light *which you can see*.

Visibility is a gravitative effect which compresses and heats – and that is the way that God’s concentrative thinking gathers hot incandescent suns together in space to create His visible universe of objective forms.

God’s *decentrative* thinking surrounds those suns with cold, dark, evacuated and invisible space into which those suns must eventually disappear.

So from *concentration* and *decentration* we now have other pairs of opposite effects which mean exactly the same thing. These are LIFE and DEATH GROWTH and DECAY – COMPRESSION and EXPANSION – MATTER and SPACE – HEAT and COLD – SOLIDITY and VACUITY – and LIGHT and DARK.

All of these pairs of opposites mean the same thing, concentration and decentration, and each is an expression of divided FATHER-MOTHERHOOD into living and dying pairs of fathers and mothers which forever live and die in cycles to repeat the sex divisions and their living and dying by the power of gravity.

All sex-divided pairs have the same purpose – to fulfill the desire of their Creator to give sex-conditioned body forms to the Creator's Mind- imaginings for one-half of their life cycles and void them in the death-half.

CONCENTRATION builds bodies by compression, while DECENTRATION dissipates them by expansion. This action-reaction constitutes one life-death cycle. We will repeat this sentence in other words of the same meaning.

GENERATION builds living bodies by multiplying its pressures, while RADIATION disintegrates them by dividing its pressures. This, also, constitutes one gravity-controlled life-death cycle. We will again repeat in still other words of the same meaning.

GRAVITATION builds vital bodies by compressing light into extended pairs of high pressures, and devitalizes them by expanding

them. This, likewise, is the life-death cycle which gravity fully controls.

Other gravity-pressure cycles are expressed in different words to convey different meanings, but the principle is the same in every cycle, also the process is the same. Here are some of them:

INTEGRATION and DISINTEGRATION

COMPOSING and DECOMPOSING

ACCUMULATING and DISSIPATING

CHARGING and DISCHARGING

CONDENSATION and EVAPORATION

DENSITY and TENUITY

VISIBILITY and INVISIBILITY

DISTINCT and NEBULOUS

GENERO-ACTIVITY and RADIO-ACTIVITY

SOUND and SILENCE

GROWTH and DECAY

LIFE and DEATH

PLUS and MINUS

DEBIT and CREDIT

CENTRIPETAL and CENTRIFUGAL

HEATING and COOLING

FREEZING and MELTING

HIGH POTENTIAL and LOW POTENTIAL

HIGH PRESSURE and LOW PRESSURE

HARD and SOFT

VITALIZE and DEVITALIZE

FASTER and SLOWER

INHALATION and EXHALATION

ENDOTHERMIC and EXOTHERMIC

All of these pairs of opposites manifest gravity cycles of life and death which are repeated forever in every creating body in the universe.

The generic terms which we will henceforth use for the pairs of opposite expressions of any idea are POLARITY, compressed and expanded, or generated and radiated, which also mean the giving of life and regiving of death in cycles.

Polarizing bodies are those which are CONCENTRATING—or compressing—to focal points or growing toward maturity and greatest vitality of life. Polarizing bodies are increasingly LIVING. Depolarizing bodies are gradually DYING.

LIVING BODIES ARE THOSE WHICH ARE BEGINNING THE FIRST HALF OF THEIR GRAVITY-PRESSURE JOURNEY FROM THE ZERO OF REST OF THEIR BIRTH TO THE ZERO OF REST WHICH MARKS THEIR MATURITY.

DYING BODIES ARE THOSE WHICH ARE BEGINNING THE SECOND HALF OF THEIR JOURNEY FROM THEIR GRAVITY PRESSURE MAXIMUM AT MATURITY TO THE ZERO OF REST FROM WHICH THEY BEGAN THEIR CYCLES.

All matter appears into *visibility* from its invisible Source and disappears from *visibility* into *invisibility* in sequences of life-death cycles.

There is no death, however. A man is INCREASINGLY living until his maturity. After that, he is DECREASINGLY living until he finds rest in the earth from which he will be reborn. *Rest is not death. Rest is the Source of life. It is the seed from which life springs. All "dying" bodies which seek rest do so to become revitalized as life. Vitality and life are one.*

A raindrop is increasingly living as it falls to earth to express one-half of the gravity cycle, and it is decreasingly living as it rises again into the heavens for rest in its own pressure equilibrium. But it is not dead. The heavens reborn it again as a raindrop just as the earth reborn man as man. Cycles have no beginnings or endings. Cycles are waves and waves do not begin or end. They REPEAT, but their repetitions have no end.

As you master this idea, you will be better equipped to comprehend HOW and WHY matter emerges from space to construct living bodies, and HOW and WHY space swallows up matter to dissolve its bodies through death to reborn them as life.

Likewise, you will comprehend how to give form to your conceptions and imaginings, making them stepping-stones for greater and greater achievement.

*This knowledge is your power when your SOUL knows it – so do not let these words be just photographically impressed upon your brain. Meditate upon them in communion with your Mind – which is God*s Mind – until you KNOW them instead of just remembering them.*

In this manner alone man acquires the enduring knowledge which makes of him a master of whatever he loves to do, and also makes him honored by man.

Some near day, you will realize that this universe is just an IDEA of God’s Mind—and yours. As these lessons proceed, you will gradually understand the reality of the invisible Mind universe and the make-believe unreality of a universe which consists solely of motion.

When you, yourself, fully realize this, you will then think and act from the immortal, eternal YOU instead of from the mortal simulation which you heretofore believed to be you.

* * * * *



Fig. 12 A balanced condition in the heavens.

THE LAW OF BALANCE MANIFESTED IN THE HEAVENS

The heavens teach us much regarding fulfillment of God's One Law of BALANCE. We cite a few examples to bring forcibly to your attention that no little or big action of man can set aside the irrevocable fact that man must either know how to command his body and his destiny or suffer the many catastrophes and cataclysms which he brings upon himself by his ignorance of the law.

Witness in these examples the catastrophes and cataclysms of Nature caused by unbalance—or INEQUALITY in givings. As these lessons proceed, you will more and more fully understand the meaning of free will which God has given to man. You will find that

when man exercises his free will to do as he chooses, he finds it very expensive if he varies one whit from the law.



Fig. 13 An unbalanced condition in the heavens.

Nature has no more free will than man. Both Nature and man suffer the very same effects of unbalance in the heavens or in the stomachs of man, and for the same reasons. The universe is founded to manifest the idea of *giving and replying equally*. Natural law demands that her inexorable principle of balanced interchange be obeyed by man and all effects of motion in Nature. That's what the matter is with this very unbalanced world of today. Its critical illness is of its own making and its cure is in man's own hands when he decides to

balance all of his institutions and individual practices and inter-changing.



Fig. 14 An example of balance.

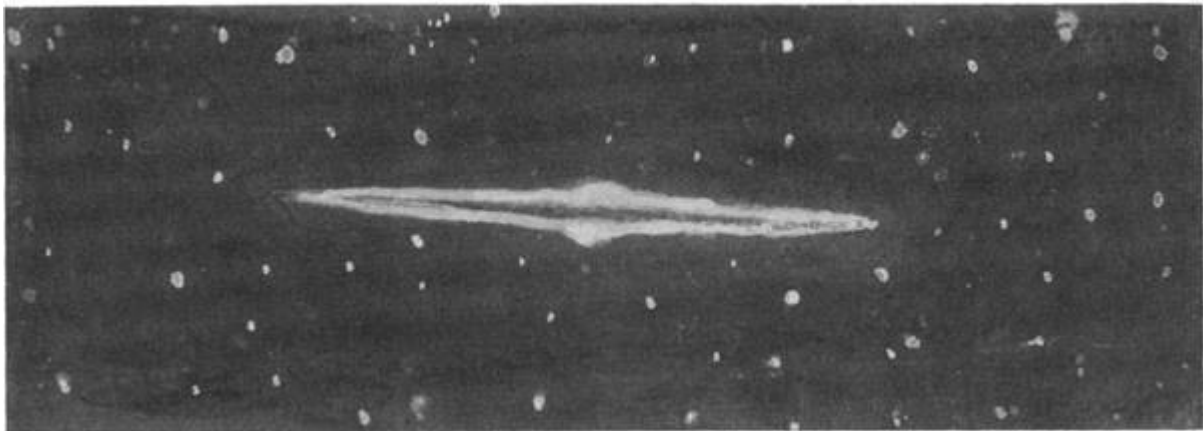


Fig. 15 Another example of a balanced condition.

You will also comprehend that balanced giving and regiving means just that. To give too much in excess of regiving is as disastrous as too little. Charities and charitable actions are as apt to do damage both to the giver and to the receiver as tornadoes and floods do to

the heavens and earths when the earth gives more than a balanced giving in any area.



Fig. 16 This exploding Nova is a majestic example of unbalance.

There is as much disaster in the heavens and earths caused by unequal interchange as there is in man's bodies, communities of bodies and nations of bodies. Wars, bankruptcies, stomach ulcers, divorces, and every so-called ill of man have exactly the same basic cause that the cataclysm shown in Figures 13 and 16 has when Nature's actions and reactions are unbalanced. Likewise, every peaceful, smooth-running effect in home life, business or other affairs of man reflects its cause just as the effects you see in Figures 12, 14 and 15 reflect their balanced cause.

Likewise, every earth upheaval which thrusts great mountains miles high into the heavens – or volcanoes which build lava mountains – or blazing, exploding stars which are known as novas – are the supreme effects of Nature to find balanced interchanging between cause and effect.

All such interchanging which create the universe are either balanced and orderly or unbalanced and cataclysmic. Your life is like that – either balanced and orderly or cataclysmic and disorderly. *Your physical actions always reflect their mental cause. They cannot do otherwise.* What you do is reflected in your bearing; what you think is reflected in your face.

That is why you require *knowledge*, for *ignorance alone makes life hard*. The ignorant primate lived in fear and labored hard all his life to merely exist. The more you increase your God-awareness, and the more you comprehend God's ways and processes so as to make them your ways and processes, the more powerful you will become in relation to your command over your own life and your environment.

When you are able to look at any galaxy, like Figures 12 to 16, with full comprehension of their formation, then you can look out upon

your factory or your kitchen with the same comprehension of construction in balance.

Figure 12 is a good example of a majestic effort of Nature to concentrate her power in one great symmetrical expression of balanced power. Figures 14 and 15 show how Nature has attained that great concentration of balanced power.

Your business, or your home life, might be in just the same condition as that which you find in Figure 13 because your knowledge is not great enough for you to comprehendingly concentrate upon its cause. When you do have that knowledge, however, your power of mental concentration will have the power of balanced concentration that the heavens have found in Figures 14 and 15.

Figure 15 is an exact prototype of carbon, which is the most balanced and powerful of all the elements. It is also an exact prototype of what is known as "loops of force" in an electric current. It is also the exact prototype of a gyroscopic fly wheel in a great engine. If you know how a great disaster can occur when a large fly wheel is even slightly off center, you can more readily understand how disasters occur in your stomach, your heart, your business, or your domestic

life if you do not know how to control your own self, or your destiny.

These few examples of cosmic disturbances in the heavens which correspond with emotional disturbances and ignorance in man can be great lessons to you for every day of your life. And they should also convince you of the folly of thinking that you have free will in variance to God's will. Anything which is free is something that you do not have to pay for. If you exert your own assumed "free will" in the slightest measure of variance to God's will, you will pay a very great price for so doing until your own will is in complete conformity with His will.

CONCLUSION

We will add one more thought to this lesson before closing it. Many times we have stated that this universe is founded upon LOVE and that love is expressed in Nature, by the Creator, only by GIVING.

That means that the divided giving into opposites does not mean *giving* and *taking*: it means *giving* and *regiving*. Nature never takes anything; it only *gives*.

It is quite natural for one to combat this thought. We can hear you say: “If Nature never takes, why does the lion pounce upon the zebra and take its life?” or “Why do the roots of things reach out and take what they want?”

That is the wrong way to look at it. Lion and zebra *bodies* are not Nature; they are *products* of Nature. Nature created them by giving them their bodies. To manifest Idea, she must continue to create them by giving them their needs. All bodies in Nature are created for every other body in Nature, and *always in cycles of givings and regivings*.

Nature gives grass to the zebra from the earth. Nature gives the zebra to the lion, and Nature gives the lion to the grass and the grass to the earth. That is just one of her many cycles, but all are alike.

Remember this, however. It is not the zebra which is given to the lion—*it is the zebra's body which is given to the lion's body*. The Identity and Idea of the zebra are not given, for they are immortal. *The zebra, or man, or any other Idea of Creation cannot be killed or hurt*. Bodies alone can be killed or hurt, but Nature will repeat everybody which has been killed or had died whenever conditions for that repetition are favorable for repetition.

Remember this, also – that your own *body* cannot long survive unless Nature gives you other bodies to help you survive – but the time will come when you – in turn – 'must regive your body to all other bodies which have given of themselves to create your body. That is why you must learn that the *eternal YOU* is not your body, and that all Creation is Just an interchange of bodies. The real *YOU* has never been created. *YOU* are immortal and eternal.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 23

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

HOW TO THINK THINKING SCIENTIFICALLY EXPLAINED

As a prelude to the following lessons, we would like to impress upon you the fact that this is a thought-wave universe. *All matter and masses of matter are the bodies of thought.* More simply stated, matter is pure thought. All matter has a meaning which tells of the IDEA it manifests.

Thinking is for the purpose of building thought-bodies to symbolize thought-imaginings and creating bodies by thought-wave motion to image those thoughts. Your body is the image of your thinking. Its state of health or strength is a record of your thinking. If you inherited an imperfect body, you can think your knowing in the direction of its perfection.

Your business and social life, likewise, are the image of your thinking. Whatever their form — it is your *form*. Whatever their body — it is your *body*.

The standard and status of mankind is the record of world-thinking. Whatever its status, it is the image of world-thinking.

Remember this, however. You can THINK only that which you KNOW or IMAGINE or DESIRE. Likewise, you can create or express or give out only that which you KNOW.

Your power lies in KNOWLEDGE. Your ability to express that power in building bodies lies in what knowledge your Consciousness is aware of. Knowledge will build for you a stable life. Ignorance can wreck your life.

You can continually transform yourself, and your life condition, only through continually acquiring greater knowledge, then THINKING that knowledge into the form of YOU. What you THINK, you become. By “knowledge” we mean knowledge – not information, theory, affirmation or platitude.

By “knowledge” we mean that which you can dynamically and scientifically explain – *and then demonstrate*. By “knowledge” we mean IDEA – and by “balanced thinking” we mean the power to THINK IDEA INTO BALANCED EFFECT IN THE PERFECT IMAGE OF THE IDEA WHICH IS ITS CAUSE.

Consider how mankind has continually transformed himself individually and collectively by greater knowledge of CAUSE which has enabled him to more and more control EFFECT. Think of mankind's state of ignorance when the Bubonic Plague decimated him by the millions because of his ignorance of CAUSE.

Think of his endeavors to meet a catastrophe by magic, by witch doctors and rituals based upon superstition and religious fanaticism. And think of the unbalanced thinking of gross ignorance which made religious fanaticism possible in the medieval days of the inquisition and in modern days of only two centuries ago when women were burned alive for witchcraft.

Now think of what the last hundred years of scientific knowledge have done and are doing to lengthen and transform lives and standards of living through increasingly greater obedience to God's law and, especially, to rid the world of superstition and belief in the supernatural. Likewise, think of the great lack of knowledge which makes man still kill man.

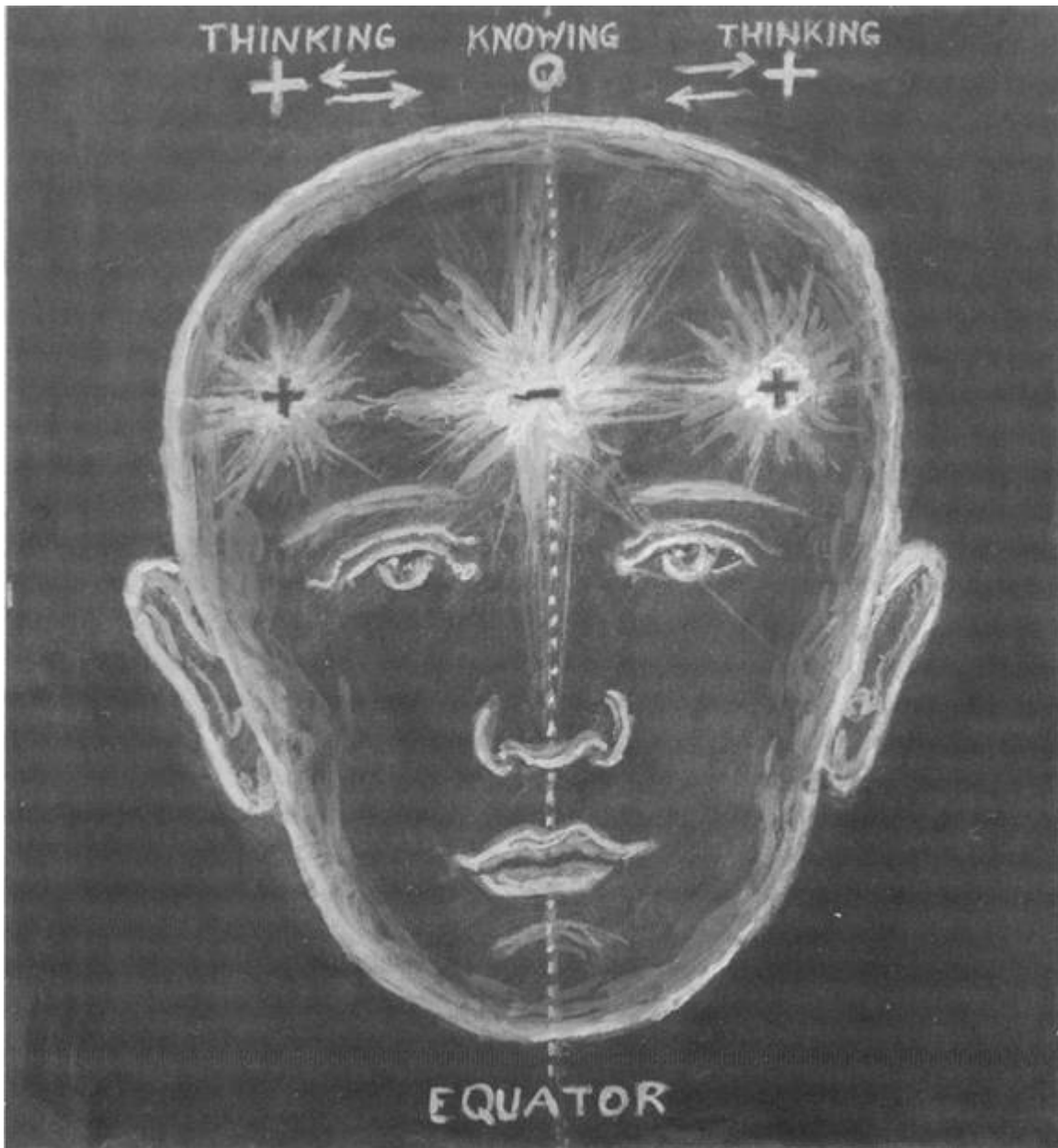


Fig. 17 diagrams THE DIVINE TRINITY as applied to the thinking process. The Mind is located in the pineal gland which centers the two lobes of the brain. Thought-waves of sensing extend from the still center of knowledge and power. The goal of man is to think from his knowing-Mind instead of just sense from his brain which is but a central switchboard for body sensations and a storehouse of sense-recorded memories. As both brain lobes are equal mates and have equal power, both carry the positive sign. The Mind is still and, therefore, carries the sign of negation of motion. The bar magnets of science should be thus symbolized as their poles are equal but at opposite ends of the spectrum.

Think, also, of the fact that our ability to obey God's law is based upon the measure of our KNOWLEDGE of what God's law is and what God is.

That is why we say you must have greater knowledge of God and what God's law is and how it is manifested through the building of thought-images in bodies. Today's civilization is still barbarian because of a great lack of knowledge which causes unbalanced mass-thinking.

This you can get only through the scientific approach. You can never comprehend God through emotions, or through reasoning, or through doctrines. Just as science conquered smallpox and other dread scourges through knowledge of CAUSE where magic and witchcraft failed, so must you acquire God-powers through scientific knowledge of CAUSE where oft-repeated affirmations, emotional worship and doctrinal creeds and beliefs have failed to get you farther than a peephole into the Light.

Affirmations are only one step ahead of magic for they but record wishful thinking instead of action based upon knowing. Likewise, the

abstractions of metaphysics may even state immortal truths without one's knowing the meaning of those truths.

And so we say to you who may think of yourself as not being "scientific minded," that is because of a wrong concept of science. When you find that science is but a constant repetition of one simple process, like your breathing, you will find it more and more simple as we proceed and you will feel its might behind your every thought and action as it continually transforms you as inevitably as it has transformed medieval man to modern man. BALANCED THINKING MUST BE SCIENTIFIC BECAUSE IT CONFORMS WITH THE SIMPLEST BUT MOST INEXORABLE LAW OF NATURE.

You have already seen in the last chapter that many complex effects arising from many seemingly different principles are but one effect arising from one principle.

As we proceed, you will find complexity continually folding up and utterly disappearing in the simplicity of The Divine Trinity.

As an example of this, you now think of the countless many forms, conditions and directions of matter in motion. You will find, to your amazed and joyful surprise, that there are but two forms in all

Nature, the cube and the sphere – and two pressure conditions, compression and expansion – and two directions, spirally inward toward the center of a sphere and spirally outward toward the gravity fields of space which surround every sphere caused by collisions between centripetal pressure pairs. All motion is spiral, and the two directions of spiral motion are centripetal and centrifugal. Centripetal motion “winds up the cosmic clock” to produce solids and centrifugal motion “unwinds” it toward zero.

The cube and the sphere form the basis of the wave and its geometry, mathematics, optics and mechanics.

All matter is either on its inward way toward the center of a sphere or outward toward the cube planes of zero curvature which surround and bound those spheres – and these balance each other with absolute precision. The charge or discharge of either one must be the measure of an equal charge or discharge of the other. Gravity is the one force which controls all cycles.

The mould of your life depends upon your ability to emulate the balance of Nature in your thinking. Likewise, the status of world civilization is dependent upon its ability to balance its thinking as gravity balances Nature’s actions with its reactions. If the earth

strayed out of its balanced path by ever so little, all life would be immediately destroyed by the washing of oceans over the land.

Likewise, human's worlds topple because of the unbalanced thinking of man as an individual or as a whole. The entire unfolding of man is for the purpose of learning this lesson.

Having thus told you these things, it is our earnest desire that in your search for the Light of Cosmic-Conscious awareness you will give the effort to balance your thinking with the same inner ecstasy that a composer gives to his as yet unwritten symphony, which will require much effort given in love to it before it has a body built by him in his own image.

* * * * *

SIMULTANEITY AND TIMELESSNESS IN NATURE

Whenever you ask for something, or desire something to take place, you naturally think of your desire being *possibly* fulfilled AFTERWARD. And you do not even feel sure of that AFTERWARD. You hope so, but are not sure.

We wish to make it perfectly clear that you already have that for which you ask. That seems incredible — even amazing — but it is true, nevertheless.

This fact is stated in God's Message of the Divine Iliad in the following words from The Book of Desire, Chap. VI 32-33:

“Desire ye what ye will, and behold. It standeth before thee. Throughout the aeons it has been thine without thy knowing, e'en though thou hast but just asked for it.

“Sit thou not and ask, acting not, for unless thou reach out for thy desire it shall not walk thy way to thee, unaided by thy strong arms.”

Think of it this way. *In God's undivided Mind universe, the ONE WHOLE IDEA of Creation is complete. It has no relation to time, sequence, or separateness.*

When you ask for anything, you are asking for a separate unit of that ONE WHOLE IDEA. In other words, you are separating from it that which you want – and that you can do timelessly in your Mind. You can vision it as a reality in your own undivided Mind universe. *You can immediately KNOW your idea and FULFILL it mentally.* Thus visioning it as a concept is timeless.

What you really want is to fulfill your desire physically. You want to give it a body. You want to manifest your Mind-idea by taking it into the

divided universe beyond the vision of it in your imaginings.

That means that you have to THINK your idea out of your timeless KNOWING into a three-dimensional universe of time and space. *You have to transform the substance-less form of the Light-Mind from its concept form in your Mind into a physical body of moving light-waves which we think of as matter. In other words, to desire anything is to create it. for Creation is merely the giving of bodies to desires.* You wish to take something from the undivided universe of rest and project it into the divided three-dimensional universe of motion.

The answer to this lies in the heartbeat of the universe which *seemingly* divides one condition into two. We say “seemingly” for it actually does not divide it. Equilibrium cannot be divided – but gravity’s compression-expansion cycles make it *appear* to be divided. This mystery will gradually become clear as we proceed. The oneness of gravity cycles with the thinking process will also become clear. Consider your own gravity-controlled heartbeat, for example. It pulses outward – then inward. It *expands*, then *compresses*. Your in-breathing’ out-breathing does likewise. All are gravity controlled.

Your senses tell you that just as clearly as your senses tell you that the pendulum swings one way, then the other way, in obedience to

gravity.

Likewise, your senses tell you that the piston of a compression-expansion engine first moves toward expansion, then the other way afterward.

The important thing which your senses do not tell you is the as yet unknown fact that compression and expansion take place simultaneously – and the reaction which follows afterward is a repetition of the same effect in reverse.

In other words, that visible stroke of the piston which you see moving in one direction has an invisible mate which is simultaneously pulling in the opposite direction. The plane which piles up compression ahead of it is creating a great expanded hole behind it. Even though you cannot see this invisible mate, you can *KNOW* it and, from henceforth, you *MUST*, for that knowing is its own explanation. It means that all actions have a simultaneous reaction as well as a sequential one which belong to the universe of time.

That is why a desire you ask of God is already yours. While asking it, you already have it but do not know that you have it. It does not *come* to you, nor is it given to you. It is already within you and you

recollect it as you ask for it. All you now have to do is to give it the body you desire through equal cooperation with God. You must know in your heart that at the precise second of the beginning of your desire God also began the fulfillment of it IN THE ACTUAL MEASURE OF YOUR DESIRE, *but you must work with Him to give it a body form. That is your action and God's reaction. God continues to fulfill your desire with you until you, yourself, stop fulfilling it or work against it yourself unknowingly. That is what we mean by "working knowingly with God."*

As an actual fact, that which you desired is already surveyed and patterned in space in the measure of your desire – and in its pattern. The as yet unfolded patterned seed of it is already EXISTENT in the IDEA-universe ready for unfolding just as the IDEA-patterned oak tree is already EXISTENT in its seed.

That seed concept of the oak will not unfold into the divided universe of body forms, however, until the divided body does its part to make it unfold. If the wave-divided universe does not do its part to generate that concept of the oak into a body, that oak will not then be born into the material universe – even though the surveyed measure and patterned form still exist in space eternally as part of

the ONE WHOLE IDEA and CAN HAVE A BODY whenever the earth-body will provide the conditions to born it.

The Creator will always do His equal part in the fulfilling of any desire of earths or heavens, but earths and heavens must do their part in fulfilling desires of earths and heavens.

To take one first step in further explaining how to think your desire into the form of your desire, we must change a fundamental textbook law somewhat radically. This is the law:

ACTION AND REACTION ARE EQUAL AND OPPOSITE

This law is misleading because it infers that the *reaction follows the action sequentially*. The truth is that the reaction to every action takes place simultaneously – then both are simultaneously repeated afterward but always in reverse. The repetition is another action and reaction. It is actually another wave unit.

The following words would better describe this “law of conservation.”

*ACTION AND REACTION ARE EQUAL AND OPPOSITE.
THEY ARE SIMULTANEOUSLY EXPRESSED AND*

SEQUENTIALLY REPEATED IN REVERSE.

The importance of your fully understanding this fundamental of new thinking cannot be over-estimated. When you do understand It, the mysteries which have confounded you will disappear. Even such mysteries as life and death will disappear. for if you patiently concentrate – then equally decentrate in meditation sufficiently – you will find the answers to all mysteries within yourself.

So as you read and do not quite comprehend what you read, continue to read. for that which is vague in the first reading may be made clear in the very next paragraph – or in the next lesson – for all seeming complexity will gradually become more simple as you more and more understand the equality of interchange which underlies the principle of The Divine Trinity.

If you were taking a four-year university course, you would not expect to know today what you will know next month – and the next. In this one-year course, you will KNOW more in one year and gain more personal mastery for creative expression than you could possibly gain in one thousand years of accumulating so-called “empirical knowledge” – which means conclusions arrived at through observation of the senses.

The more you understand The Divine Trinity which is expressed in every light wave the more you will realize that Creation is but a thought-universe of thought-imaged forms recorded by thought into material-body forms.

One great step in helping you to understand The Divine Trinity is to make you know that *each of the seeming divided pairs of opposites in the universe is born from the oneness of both, and each sequentially becomes that oneness.*

This may seem amazing but it is true. *Life and death are born from each other and each becomes the other, just as heat and cold or compression and expansion likewise do.*

This universe which *seems* to be divided into pairs, and multiplied into countless forms of pairs, cannot be divided. Nothing in this zero universe of rest can exceed zero, although it can seem to exceed zero by multiples of the cube number which is nine.

You cannot add one milligram to this universe, nor to yourself, although you can *seem* to add to it by subtracting from it that which you add. Likewise, if you think you are multiplying units of anything to this universe, you will find that you have only seemed to do so by dividing them equally.

THIS IS A ZERO UNIVERSE OF LIGHT AT REST
WHICH CANNOT BE DIVIDED, NOR CAN ITS ZERO
BE MULTIPLIED, BUT IT CAN SEEM TO BE.

THAT ZERO IS THE LIGHT OF YOUR MIND – WHICH
IS GOD’S MIND. BEYOND IT THERE IS NOTHING.

THE LIGHT OF LOVE IS ALL THAT IS.

As we proceed with these lessons, you will gradually comprehend the deeper meaning of the above statement. It is a very portentous statement which will grow in your understanding of its meaning as your inner-sensory perception and inner vision unfold. This lesson will mark a great step in the unfoldment of your inner-sensory perception which will continually multiply in its intensity as you near that “inner kingdom of heaven” which the Nazarene bade you seek.

THE TWO DIRECTIONS OF THINKING AS EXPRESSED BY WAVES

Thinking is a two-way direction of motion between the divided pairs of sex-conditioned opposites – the outward to inward compressive direction and

the inward to outward expanded direction.

The compressive condition of concentrative thinking is thrust spirally *inward from space toward a focal center of gravity to create visible matter. It is not pulled inward from within.*

The expanded condition of decentrative thinking thrusts outward from that same center toward an expanded condition known as "magnetic fields" to return its bodies to invisible space.

These are the only two directions of change in this wave-divided universe.

These are the two directions of the universal heartbeat and your heartbeat. They are the directions of your inward and outward breathing and of every other effect of motion in the universe. Both are outward extensions. There is no such effect in Nature as the attraction of gravity.

There is no effect of motion in the universe which is not in effect an outward extension either from space to matter or from matter to space, whether that effect be the quick effect of dynamite or the slow one of the decay of a tree. Dense, hot matter is a multiplication of gravity power. Tenuous, cold oases are a division of it. When you pump a tire, you multiply gravity by compressing it inward from without. Opening the valve divides it. It is then expanded outward from within.

When you realize that the universe is founded upon the love principle of giving, you will always think of the above in this wise: God gives to me and I give to God, and each giving action is an outward extension from each source of giving. You should never think that God gives to you and that you take, nor should you ever think that God takes your life when you give it to God.

The center of the sun or earth is its center of gravity. It is the focal center of concentrative thinking. It is the point of maximum compression, maximum heat and incandescence, and the point of highest potential in the mass.

Masses expand in every radial direction away from their centers. Radiation reaches out into space around every planet and sun. Space is the radial direction of decentrative thinking. The farther away radiation extends, the colder it becomes, the lower its potential, the less dense the mass until it disappears in gases of cold, dark space, which is Nature's tomb as well as its womb. The equilibrium of space is the beginning and end of gravity cycles. Suns and nebulae are amplitude products of gravity, and earths and moons are gravity extensions from rings projected radially from suns. It is well to remember that the same process which creates suns also creates'

atomic particles which replenish your body. It is also important to realize that all suns, earths, moons, and atoms breathe inward and outward as you do. You breathe inward and outward many times a minute but the sun does that only once in eleven years. The larger the mass, the slower the breath cycles.

Atoms are not spheres, however, like suns. All of them are rings of light centered by holes, except carbon and other amplitude elements. All other atoms have no nucleus, nor are atoms held together from the inside. They are compressed together from the outside.

THE GREAT SECRET OF ILLUSION IN MATTER

We have heretofore stated that every pair of opposite pressure conditions which constitutes life-death cycles reverses its condition to become its opposite. Heat reverses to coolness, high pressure to low, growth to decay and even life itself reverses to become death for the purpose of again becoming life.

Everything in Creation is at all times manifesting upon some part of its continuous cycle. Just because part of that cycle is beyond our human sense range, we think it has ended. The human sense range does not reach around the entire cycle of any creating thing. The oak

tree is just as real while enfolded in its seed to rest for a while as it is while standing up against the sky. The human sense range cannot sense the oak in its seed but it can know that it is there.

The clarification of this mystery lies in the as yet unknown fact that each of the two directions in Nature is curved, and every outward direction from any cathode curves spirally inward toward its anode to reverse its direction and become an outward direction. The direction of motion never changes, however, during its entire journey. It only seems to change.

Thus it is that the seeming two directions of Nature are only one but are made to simulate two by the deceptive effects of motion which play strange pranks with our senses and make them feel that things which seem to be so are really not so at all. Remember this one fact, however, that there are no straight lines in motion. Wherever there is motion, there is curvature. Planes of zero curvature in space and the straight lines which bound them are reversal points where every light-ray reverses its actions and reactions. No motion exists at these points or upon wave axes. There is no motion at any of these geometric divisions of the static and dynamic divisions of Nature.

THIS IS A TWO-WAY, THREE-DIMENSIONAL UNIVERSE

Because of the two opposed directions of concentrative-deconcentrative thought cycles, the entire universe is composed of spheres which are either in the making or unmaking. Every other growth is a stage in the generation or degeneration of physical forms. Likewise, the cube is the basic form of the controlling invisible universe from which all other forms appear. No other form is possible because of it. We will see later why the cube and sphere, and sections of them, are the only possible forms in the invisible universe. We have not explained the mysteries or revealed the secrets of Creation during the first six units of this twelve-unit course other than superficially, for the first half of the course has majored in giving a step-by-step procedure for helping you to reach the highest possible spiritual and mental goal in life in order that you can command your destiny through greater awareness of your Oneness with the Universal Mind.

A scientific working philosophy of a way of life is necessary, for man is essentially the CREATOR. He now emulates The Creator weakly in all of his efforts for self-betterment. To emulate Him strongly requires greater knowledge of God's ways and processes, and no man can ever be creatively strong without knowing God's ways and

processes. The more any man knows about Nature, the more he comprehends God and himself, for God, man, and Nature are ONE.

We do not mean that we are devoting the rest of the lessons to science, however. YOU – the PERSON – alone are being considered. To give you the power to transcend yourself beyond what you now are, and to then give you the power to transcend yourself from whatever greater heights you will be forever reaching through higher knowledge of Nature, is the sole purpose of interrelating your spiritual and physical welfare. Without this duality of knowledge and power, your life could be well likened to a good boat which will safely drift and float at the will of the winds and ocean but you cannot command it. That is not enough to demonstrate the power of the boat. It must have power superior to that. It must have power to *command* the winds and the ocean. Scant knowledge condemns those who are limited by it to become the followers of men, while great knowledge lifts men unto their leadership.

No branch of knowledge gives one such great power as the power one acquires through knowledge of his own relation with Nature. Women and young people need this knowledge as well as men, no matter what station they occupy in life. It classes one as an

“intellectual” by everybody. One instantly recognizes such intellectuals as superior personages and that is one reason why everyone should have a profound knowledge of Nature. A larger reason for it, however, is the satisfaction it gives to you, yourself, for being a powerful thinker instead of an average one.

Think of how wonderful it is to be able to answer the greatest questions in the world. These greatest questions in the world are those which pertain to the mysteries of your Being and your relation to its Source. You continually wonder at the mystery of how you became what you are and go through life not able to know that mystery of your identity or whether you are a transient creation or an eternal entity.

That, too, is the great mystery for science which continually *wonders* how it is that matter emerges from space only to be “swallowed up” by space. Science has been searching for the key to that mystery, and the mystery of life, for ages in order to have greater command over matter, just as humans have been searching for it in order to have greater command over their destinies. We will open the door to that knowledge for you, together with all the secrets of Creation, in these following lessons. They will be briefly and simply presented, but of

sufficient substance for future generations to build a new world based upon truths of Nature instead of assumptions of truth.

It is impossible in such a course as this to lay down a complete road map into the long hidden secrets of invisible space which, to us, are not mysteries, because the course is written to aid your everyday life, and we can give no more in this course than enough of those secrets to make you become powerful creative thinkers and leaders of other men. For that reason, it cannot be written as a work of pure science alone but enough of this road map into space will be given to serve its purpose with YOU and our other students like you who wish to reach into the high heavens of achievement for the glory of it in this life, fully knowing that whatever heights you now reach in this life will carry over into the next repetition of your Self on earth and place you far above the level of others at birth, even as the genius of today is far above the level of his contemporaries.

It is with this idea in mind that we enter into the last half of this one year course which should become your whole life's fountain of higher knowledge Bear in mind that the knowledge in this course will forever sustain you. It will forever lift you to higher levels so do

not place it among the closed books of your library — and never part with it.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 24

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

ANSWERS TO STUDENTS' QUESTIONS

“ALL QUESTIONS ARE ANSWERABLE IN LIGHT.
THOU ART LIGHT. THOU CAN’ST ANSWER THEM.”

We repeat these glorious words from The Divine Iliad because the promise in them is a constant reminder that the answer to every question lies within yourself.

Complete knowledge – or Omniscience – centers your Consciousness, but the unfolding awareness is a process which is measured by the intensity of your desire.

Let us remind you that when you search for the answer to anything which confuses you, search for it in *CAUSE* – and *NEVER in EFFECT*.

A doctor who would try to cure an effect by another effect without comprehending the cause would be but experimenting. We often feel like telling you that if every question in the world had to be answered, and every problem solved by just one word, that one glorious word would be *BALANCE*.

Balance is the key to the answer, or the solution, for any problem whatsoever which arises from an interchange between the two opposite extensions of the zero of balance.

Therefore, we say to you, first ask *yourself* the question you would ask of us, or of any other person, and see if the answer is not clearly within yourself. Go back to that zero of balance, just as the bookkeeper in the bank extends his credits and debits from that zero until they balance.

As these lessons proceed, there will come many questions as to things which you do not, at first, clearly see. You will find, however, that the answer to that which now confuses you will be found in the next lesson – or the next – but is within you NOW *if you took it back to the zero of CAUSE in BALANCE from which it is extended.*

Before you ask anybody to answer a question for you, it will be of greater benefit to you if you would first meditate upon it after first desiring to know the answer from within yourself. You will grow mentally stronger that way.

Among the many questions asked of us, the following are most typical:

* * * * *

QUESTION:

“I am deeply confused regarding my own individual Soul and what you term the Universal Soul. If my individual Soul, which I assume I have, is part of the Universal Soul, as one drop of water is part of the ocean, how can it still be my individual Soul for reincarnating as such when it loses its identity in the Universal Soul as the drop of water loses its identity when put back in the ocean?”

ANSWER:

This question is ahead of the lessons but a brief answer will not only help satisfy your curiosity and remove part of the veil of your confusion, but will help prepare you for the lesson when it does come.

The answer is that God has a wonderful bookkeeping system to record all of the thoughts and actions of His imagined universe of seemingly separate things. *All thoughts are recorded permanently in the zero elements of matter known as the inert gases which are the seeds of all Idea. Every thought, every desire and every*

action of yours is what constitutes your individuality. They are cosmically recorded in these seeds which surround that still center of Consciousness which is your Soul, just as a still center of gravity is surrounded by moving matter of earth.

If your individuality consists of thoughts and actions somewhat different from the thoughts and actions of another individual, you cannot compare your individuality with a drop of water which has no individual desires to pattern itself differently from other drops of the ocean. Your body can be compared to the drop of water returned to the ocean, for your *body* and the earth are one — *but your body is not your identity or your individuality.*

You can better use the seed of a rose as an example, for the rose has desires and actions which pattern its folding and unfolding. The rose seed which you see is just plain matter of earth, and when you return it to earth it is as much the earth as the drop of water is the ocean.

BUT — there is something in that seed which you do not see and cannot see. In that seed is the same rose, refolded, awaiting its

unfolding in a new body with matter of earth.

That which you did see of the seed is only food for the unfolding embryo rose. It is as much earth of earth as the drop of water is water of ocean, but out of the same earth ten thousand times ten thousand individual forms appear because there are ten thousand times ten thousand individual records of desire in that earth. The Soul is Mind-Idea. It connotes separateness, individuality and pattern of Mind-thinking.

* * * * *

QUESTION:

“Please define what you mean by Mind, Self, and Mind-Self – Consciousness and Cosmic Consciousness – intellect and intelligence – and Light.”

ANSWER:

By “Mind” and “Light” we mean that which is God. It is the still invisible Light from which the two visible lights of the divided light-spectrum universe extend. These two lights of motion are the same for they are waves. When the direction of

motion is toward a compressed center of gravity, however, the light increases in intensity from the blackness of space to incandescence and decreases in intensity as gravity expands.

When the direction of light is outward from incandescence toward space, its luminosity lowers gradually to the blackness of space. Putting it more simply, we might say that there is but one invisible Light which is divided to appear to be two visible lights. The invisible Light is black to the senses and the two visible lights are luminous to the senses.

“Consciousness” means the same as Light and Mind, but its connotation suggests awareness or cognizance of itself. “Cosmic Consciousness” means an awareness of the Cosmos – or Creation – and its processes and purposes.

“Intelligence” is KNOWING. God is the great INTELLIGENCE which is all-knowing. Any man’s intellect is the measure of his awareness of God in him, which means the measure of his *knowing*.

* * * * *

QUESTION:

“You speak of all things extending from each other. Do you mean that a body is created which in turn creates another body?”

ANSWER:

No, that is not at all our meaning. *We mean that there are not two separate or separable things in the universe. Everything in it is extended from every other thing and to everything.* You, for example, are the blade of grass on a Pampas prairie – or the farthestmost star – or the ice cap on Mars. Your heartbeat is the heartbeat of every living thing. If you move your little finger, you move the whole universe, for all things are involved in all things.

Everything in the universe is indissolubly bound to everything else in it by invisible flux threads of light, which means that all things are ONE.

* * * * *

QUESTION:

“At 65 I find myself in a quandary as to what to do to improve my personal economic conditions. My friends all advise me so differently that I do not know which advice to follow. Can you enlighten me?”

ANSWER:

Ask God about it. He will tell you, for the answer is in your self. No one can advise you who does not make your problem his very own, and that is too rare a happening. You cannot tell them the whole of your problem even if you try. The more you refrain from telling others about your problems and spend that time in communion with God, the stronger you will become as your own leader. In The Divine Iliad are these words:

“Seek Me. Know Me. Be Me. Be thou fulcrum of thine own power.”

That is your path to your own independence.

* * * * *

QUESTION:

“You say, ‘When God decentrates His thinking, those body forms expand into disappearance to reappear when God reconcentrates His thinking.’ Is this the reason one dies (at the time he does) because God withdraws His thinking from this one?”

ANSWER:

No, that is not the reason he dies, *for God never withdraws His thinking*. There are two pulsations to thinking just as there are two pulsations of a piston in a pump. The compressive direction concentrates to form bodies, while the expansive direction dissolves them in order to *repeat* them.

The pump does not stop pumping while it does not expand nor does God stop thinking when He decentrates. The reaction is a part of the action in all things.

* * * * *

QUESTION:

“Some parts of the day I find myself doing wonderful work. It goes fast and I feel sure of myself. At other times, however, I seem to lose my power and skill and I make many mistakes which annoy me. Could you tell me what is the matter? Has it anything to do with inability to concentrate?”

ANSWER:

Your trouble is not inability to concentrate but inability to balance both swings of the pendulum of your thinking. When you are doing good work, joyfully, and it is going fast with but few mistakes, it is because you are concentrating normally after a period of decentration — or rest.

When you start work in the morning, you will find a period of freshness which will last for two or three hours of normal routine work. *Staleness then sets in because you do not balance your concentrative effort.* If you open up your thinking to a stopping point — expand it — *stop thinking of anything for just a few minutes,* you will find that you can go on for another period of two or three hours — *and you can keep that up during a whole day*

*of eight or ten hours if you take brief intervals of unwinding the
tensity of your concentrative thinking. Just stop and look out of
the window – or off into the sky – for even a brief period and
your tenseness will unwind just like unwinding a watch
spring.*

*Your ability to utterly decentrate – even for a second – will
multiply your power to concentrate. Have you noticed that a
spontaneous speaker will sometimes pause for even one
second – a blank look comes into his face for just that second
of intense decentration in which he gets more “from the blue”
than he can tell you in the next half hour.*

He decentrated to seek inspiration and idea TIMELESSLY for
him to unfold over a period of time. *All knowledge comes
TIMELESSLY but it takes time to express it.*

* * * * *

QUESTION:

“Can one decentrate and continue to work?”

ANSWER:

No, unless your work is pure automatic routine such as working on an assembly line. The more creative your work is which requires you to think, the more you need to decentrate to get more knowledge for you to think into form by concentrating.

The inventor, business executive or musician whose work is creative MUST absolutely subordinate sensed-existence to Mind. They must KNOW before they think. A concept for what you desire to do must precede the thinking of it, and the thinking must precede the action by giving it a body. But you cannot continue to decentrate to conceive and give bodies to your thoughts at the same time unless your work is automatic and you are an automaton.

* * * * *

QUESTION:

“What do you personally do, Doctor and Lao Russell, in your work to concentrate and decentrate?”

ANSWER:

We take the most important work first. If that work is a portrait sitting or writing a book, we start it full of the vigor which follows a long night of decentration – which is rest from thinking and rest of body – or reinvigorated by two hours of other kind of work which is in itself a relaxation.

We work for two hours, for experience tells us that we can do creative work for two hours. Then we stop, decentrate for a short time and can do equally well at something else for two hours – and we can do that continually or ten to fourteen hours without ever feeling fatigue.

* * * * *

QUESTION:

“Could you give an example of concentration and decentration in some material form other than mental to help us understand it better?”

ANSWER:

Yes, we could give you thousands of such examples. Consider a big log of wood. In that dense form, it is concentrated into the body of an idea. Put it in the fire and it decentrates to gases and smoke and only the idea lives on for the body disappears. Consider a bowl of water. It is concentrated. Stand it in the sun for a few hours and it disappears. It has decentrated.

* * * * *

QUESTION:

“But that is only compression and expansion. Are they the same effects?”

ANSWER:

Exactly. Everything in Nature is either concentrating or decentrating. Call it compression and expansion, if you wish, for both are one except for the fact that the connotation of the words makes it necessary to apply concentration and decentration to a mental effect in one's *thinking* while compression and expansion are better words to use as applied

to the same effect in an engine. You could use the words “high and low potential” if you were speaking in electric terms and they would mean just the same thing. Likewise “condensation and evaporation” would mean the same thing if you were referring to water, or “visible and invisible” if you were referring to space.

* * * * *

QUESTION:

“If that is so, wouldn’t the words ‘generation and radiation’ mean the same thing as ‘compression and expansion?’”

ANSWER:

Exactly. Or you could say hot or cold – or matter and space – or solidity and tenuity – or even life and death – or other pairs of words which mean opposite conditions such as growth and decay, depending upon what you are talking about. *Connotations differ but the principle does not differ.* They all mean the same thing – definite body-form versus definite thought-form. When you concentrate, you give definite form to your concept. You give it a solid body, so to speak. When you

decentrate, you expand your thinking into the inner-visioned concept, then you concentrate to give your inner-visioned idea a definite visible body-form. Always remember, though, that matter is but visible IDEA and space is its invisible seed.

* * * * *

QUESTION:

“I can see how all the words apply except hot and cold. I cannot in any way connect them with concentration or decentration. Please explain.”

ANSWER:

You ask if concentration and decentration were not analagous to compression and expansion. You must have understood that. You also must know that compression heats while expansion cools. Interchange between heat and cold is the basis of Creation.

Cease thinking of many words and many things and think instead of the one simple principle of interchange between mate-pairs which governs all effects. Our greatest desire is to remove the useless and needless complexity from your thoughts and actions.

The more we can induce you to form the habit of thinking in terms of the universal heartbeat, which pumps inward from the outside and outward from the inside, or of your breathing which also pumps inward and then outward to expand so that it can again compress, the farther you will go in life.

You can go farther in one hour by ceasing to take up your valuable time trying to “think things out” or “to reason them out” and getting back to the zero of all-knowing Mind where you will be given the knowledge you desire to achieve your purpose directly instead of by the indirect method of thinking or reasoning it out. Knowledge is never to be relied on as truth when gained by reasoning with your senses. It can come only by meditation, which means talking to God. All knowledge comes from God through inspiration. *Meditation induces inspiration.*

* * * * *

QUESTION:

“I wish you would explain that idea further. I always thought it was absolutely imperative that we think and reason things out.”

ANSWER:

If you KNOW a thing, you can then take it apart by thinking it into form through action. But if you only half know a thing, or do not know it at all but try to “think it out” by comparing one condition, or thing, or experience with another through your senses, you have but GUESSED – or EXPERIMENTED. You may progress slowly but you waste time. Quick solutions to creative problems lie within the stillness of yourself.

If you take a little walk in the woods and talk with God about it, you will not need to guess, or to reason, or to “think it out.” Always remember that your MIND can tell you more in a minute than your SENSES can tell you in years.

* * * * *

QUESTION:

“Please explain that last statement. What have the senses got to do with thinking or reasoning it out? “

ANSWER:

If you are deeply inspired with KNOWLEDGE – or have conceived an idea while in the Light—you do not need to waste time thinking it out—or reasoning it out. You KNOW it and you immediately proceed from there. It is only when you do not *know* it that you putter around and waste time by taking sensed-records of information gleaned from books, from experiences and events, and stored in your brain. Like a lot of pieces in a cut-out picture puzzle, you try to piece them together into some sort of tangible whole by what you call REASONING or THINKING.

What you are really doing is SENSING – not even thinking. You are REMEMBERING and REPEATING sensed-records by cutting apart and trying to fit the jagged fragments of parts together by the experimental method of reasoning.

You can produce only one result that way. You produce one more piece of mediocrity for the world's wastebasket. *If you actually KNOW your concept, you would think it out KNOWINGLY with perfection in every action if your work was the result of divine inspiration.*

You would then produce a masterpiece in one-tenth of the time you wasted in REASONING OUT a Soulless creation.

You can have no better illustration of that than our colossal figure of Jesus which we did in four months without a sculptural assistant, as against the normal time required of two years by working alone without God.

Added to the time saving, one's work is always a masterpiece who works knowingly with God's Mind and hands, and can never be a masterpiece otherwise.

* * * * *

QUESTION:

“You speak of knowing the unreality of the material universe and knowing it to be an illusion.”

ANSWER:

This question can best be answered by quoting God's words from The Divine Iliad as follows:

"Behold in Me the One, inseparable.

"Two things there are not in My universe. There is but Me.

"Everything that is is of every other thing that is.

"Nothing is of itself alone. All things are indissolubly united.

"This is a universe of seeming; an imaged universe of thinking; an action universe of desiring. That which Mind desires will appear in the image of that desire."

* * * * *

"Without thinking. My One Idea could not become many one ideas for My stage setting.

"Without motion. My cosmic play could not be played, nor could its actors be.

"Without change, My undivided One Idea could not unfold.

“Without time. My drama of My creating universe could have no sequences.

“Without motion, time, change and sequences the unfolding of My Mind imaginings could have no measured space for its stage settings, no screen for its light protections.

“Therefore see them as I imagine them; but know that they are but unfolding patterns of My knowing through My thinking.

“Know thou, therefore, that time is naught, nor are there moving things which change; nor is there life, nor death. nor cold, nor heat, nor good. nor bad, in My universe of Me.”

** * * * **

“To think is to create. I create with light. Nothing is which is not Light.

“I think Idea. Light registereth My Idea in the two sexed lights of My thinking, and form is born in the image of My thinking.

“Form has no existence, nor have My imaginings. These exist not. for they are not Me. I alone exist. I, the ALL.

"I create My imaged body with the inbreathing of My pulsing universe of Me.

"My universe is My image; but My image is not Me.

"All things are My image, but they are not Me e'en though I am in them and they in Me."

* * * * *

All through The Divine Iliad there is a constant reiteration of the fact that God alone IS – and all which appears to be is but the imagined universe of illusion. It is our hope that The Divine Iliad can soon be published in its entirety in one volume. That has heretofore been impossible for we found that not enough were ready for it.

Regarding illusion itself, all you need to do is to look about you and you will see illusion everywhere. Nothing you see is what it seems to be. The railroad tracks seem to meet on the horizon but they do not. A man in front of you seems bigger than a twenty-story building behind him.

The motionless cloud which floats over your head is moving at a thousand miles per hour, yet it seems not to move.

* * * * *

QUESTION:

“Why is it that we see, hear and feel things which seem so real to us?”

ANSWER:

It is your sensed body which sees, hears, and feels. YOU – the PERSON – do not see, hear or feel. Your sensed body is motion. It is the moving wave-record of thought – but thought-images are recognizable only by other thought-images, for thought-images are wave-sensed with a wave-awareness of each other. That awareness is sensed by wave-vibrations of motion. *Waves do not know anything.* They but convey ideas just as words in a letter convey an idea without knowing the idea.

The senses of your body are limited to feeling only within a certain range. They can see a pendulum swing one way but

they do not see the invisible counterpart of that pendulum swinging the other way with equal force.

If the senses could record all motion and not just a limited part of it, they would see that what seems to be happening is also “un-happening” at the same time, for that which they see is voided by that which they do not see. This will be covered in great detail later in describing the VOIDANCE PRINCIPLE.

* * * * *

QUESTION:

“I think I am beginning to understand but I wish you would clarify it more. You so often refer to the unrealities of creating things. All of my life I have heard metaphysical groups tell that matter is not real. In the story of your Illuminations in Unit II, you told about immediately knowing the unreality of matter. I believe it but I do not fully KNOW it, for when I think of a hard bar of iron I think of it as pretty real. How can you help me KNOW it more fully?”

ANSWER:

A hard block of ice has the same *seeming* reality but it will disappear into the formless state it came from very quickly in the sunshine.

And so will a bar of iron disappear in the same manner if melted. Its form will disappear into formless gases and the whole bar of iron will disappear if enough heat is applied to melt it. All matter is always “making believe” it is something which it is not.

If you think of all solids – which you think of as so real – as but ices of substances frozen into transient forms, that will help you. *When you really get it fully into your Consciousness that this is a universe of the still Light of Mind only, and that Mind thinks imagined forms – and that all imagined forms emerge from that stillness as just thought-waves of motion – it will help you some day actually to KNOW it.*

* * * * *

QUESTION:

“Your answer brings up another question. You have to apply heat to melt the ice or the bar of iron. Isn’t that something else again?”

ANSWER:

No. You do not apply heat as something else than the cold ice or bar of iron. The heat belongs to them but was taken from them to freeze them. When you restore the amount of heat which was taken from the iron to make it freeze, you have restored its balance which means that it will have regiven to it that which the iron had given to matter. That means that it has returned to the formless state from which it emerged as a bar of iron to impress you with as something real.

You may apply that formula to anything on earth and the answer is the same. Consider a tree. The rays of the sun gradually gave its heat to the unfolding oak for half a century and the oak gave that heat back to space as it cooled and froze into wood. Every generating pulsation of the generating half of the heartbeat which heated was followed by the radiating half which cooled and thus froze the unfolding pattern into form.

That pulsing process of growth continued for half a century to exclude the heat and include the cold. That process of freezing the wood fibre is the same in principle that you employ to freeze cream into ice cream.

If you cut the tree down, all of its heat will return to *disintegrate* the fibre over a period of many years, or you can hasten that process with a match.

Please take note that we used the word "disintegrate." We did not say "melt /" or "dissolve/" or "vaporize," or "radiate." Each of these words would have been equally right in principle, but their connotations would not have applied to wood. We could have used the words "rot" or "decay" with as proper connotation as the word "disintegrate." We merely call your attention to this fact in passing because complexity of words and meanings of words add very materially to the complexing of your ability to comprehend Natural Law.

* * * * *

QUESTION:

“You have both spoken so many times about knowing all there is to know timelessly. No matter how I try to think it out I cannot understand it. Everything takes at least some time to create. Could you clear that up a little for me? “

ANSWER:

You are right when you say that every creating thing takes time. For example, it takes fifty years of time to grow an oak tree from a seed, but if you look at an oak seed you can know the oak tree which is within it timelessly.

Knowledge of idea does not belong to a three-dimensional space time-and-thought universe. Knowledge of idea and the *qualities* which belong to the Light of God’s still universe of Mind are timeless. *It is only the expression of an idea which takes time. By “expression of an idea” we mean giving it a material body. It means transforming qualities of the still Light which you cannot sense into quantities of the moving lights which you can sense.*

* * * * *

We are more than delighted at the many letters we receive which tell us that questions which students were going to ask of us, they have

asked of themselves in meditation and have found the answers within themselves. The following is typical:

“I formulate questions to ask you, then I study a little more and find that I, myself, am able to answer them.”

That is wonderful – and as it should be – for this Home Study Course is not to add to your information but to give you fundamental knowledge which is not encyclopedic but is God’s Omniscience awakened in you. We, therefore, close this chapter as we began it by God’s Message to you which says:

“ALL QUESTIONS ARE ANSWERABLE IN THE LIGHT.

THOU ART LIGHT. THOU CAN’ST ANSWER THEM.”

* * * * *

Our dear friends and students:

In these six months, we have been ONE with you as you have studied the lessons and we trust that through the new knowledge which you have absorbed a far greater sense of inner security and Self-knowledge is yours. To truly know yourself is to know all mankind, and with this knowledge comes not only greater happiness in life because of a sense of “belonging” but a multiplication of personal power for expression spiritually, mentally and physically.

We have endeavored to teach you God’s one great and inviolate Law of BALANCE for it is through the understanding of and adherence to this Law that all man’s power and happiness rests. All and every life experience revolves around this great cosmic Law, for its violation brings into focus man’s unhappiness and sorrow.

Your letters to us throughout these many months have been an ever greater source of inspiration and delight. We cannot adequately describe the happiness and satisfaction they give us in knowing how

much the Home Study Course has done and is doing for the multiplication of power through the unfolding of your cosmic awareness.

We are especially pleased to know that whole families and many couples are studying the course together, some couples sharing such interests for the first time in their lives. It is wonderful to have you tell us that in such sharing you are finding new strength and new companionship which the sharing of all the social pleasures in life cannot possibly give you.

There is nothing which will so bind husbands and wives as the building of themselves through each other. God planned mates for every pair of opposites for that reason. No separate individual can find complete balance in himself alone, or do as good work without the loving cooperation of a balancing mate.

We found it that way when God brought us together. We each did fine work before that but when we began working together the quality of our work immediately jumped noticeably ahead, so much so that our beloved friends are noticing it and commenting upon it. We quote part of a letter:

“The lessons have been read and reread many times. And as with all your writings, more comes out of them each time I read them. Though I believed that the other works of yours were unsurpassable, I was wrong – for the present group of lessons is vastly deeper and more fascinating.”

G. K., California

Another wonderful thing about the need for a balancing mate is the fact that God will always send you or lead you to the exactly right mate at the time of greatest need if you let no other motive than that of need creep into your desire. Many mismatings have been made because of motives other than need for mutual balance in all things which have crept in.

That is not only God’s way of working but we have demonstrated it even as to the time element. We have now worked together for sixteen years to put both halves of God’s Message together in this Course and in our other writings. We have long foretold the coming of our current human disaster and the crucial years which will follow. In these sixteen years, we have prepared the answer, but will people listen and heed it? That is the question which hangs heavily

on our hearts. The Divine Iliad Message tells us that people will not listen until they have suffered enough. World suffering is now limited to fear and tensions. Must our people be stripped of their luxuries, their homes, and their freedom before they fully awaken and arise to the last man? We hope not!

The human race will still be barbaric until man knows the REALITY of a dynamic God and the UNREALITY of all things else. The coming Cosmic Age can unfold only through that knowledge.

For a considerable number of years we have desired to give that knowledge to the world and it has taken us all of these years to prepare the foundation for its comprehension in those few who are a part of us and our thinking. During these years we have been telling you that you are to be the seed of the new Cosmic Age. You who are thus unfolding must help unfold the rest of the human race in its ages-long search for the Light of the kingdom of heaven.

The most important lesson man must learn is how to live in peace with his fellow-man. He can only do this when every human transaction is a balanced transaction, and it cannot fail to be so when he lives according to Natural Law – which is God's Law of Rhythmic Balanced Interchange. This course in "The Science of

Man" was written to extend to you the knowledge which God inspired us to give at this most crucial period in man's unfolding in order that you could better comprehend your relationship to God – and to Nature – and to each other through a cosmic, scientific explanation of the basic Law of Balance.

As you restudy these twenty-four lessons – and we trust that each year of your life you will restudy them – you will be amazed, perhaps, at the change in your thinking, for such a change is gradual. Whereas before you began this study you thought through the stream of your senses, now you will find yourself thinking deeply from your Mind-Self and realize that you have a greater sense of inner power than you heretofore thought possible. Your problems and decisions will be harmoniously and happily settled and made if you have learned to apply the Law of Balance to them and, therefore, your life will be happy and successful in every sense of the word for life can only be beautiful when the Creator's laws are lived.

With this thought and with the deep desire for your personal happiness through the fulfillment of your soul's desire, we bid you adieu. Always remember, however, that our greatest happiness is in

hearing from you and aiding you in an ever greater unfolding in the Light of Cosmic Consciousness wherein the ecstasy of knowledge that all men seek lies.

With our ever abiding love and blessings, we are,

Sincerely yours,

Lao and Walter Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 7

LESSONS 25, 26, 27 & 28

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

PRELUDE TO UNIT VII

Future generations must learn to change their conceptions regarding life and death to the way of thinking which the following portrays:

1. Think of yourself in this way: I eternally exist. I live in two universes. My Mind lives eternally in God's universe of still Light. My body lives in transient sequences of God's dynamic universe of moving light.
2. Mind has all knowledge. I am Mind and all knowledge is within me, awaiting its slow awakening.
3. Mind thinks what it knows to create bodies in the image of Mind-thinking.
4. My body is what I desire it to be. I control it for I made it. It in no way controls me. My destiny is of my own choosing. My body must fulfil my destiny at my command. It shall not demand from me that which will not fulfil my destiny.

5. My body is not me. It is the tool I use in manifesting me. Periodically I lay it down to rest and take it up again to use each day. I continue my thoughts of yesterday into today.
6. After many years of use, I lay it down for complete rebuilding and a long rest. I then take it up again to continue where I left it after the long yesterday.
7. I am immortal. The mortal image I am making is but my thinking. It is not me. My thinking changes and my body-image changes but that is not me. I, my Self, never change.

Lao and Walter Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 25

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

DEEPER THOUGHTS OF LIFE AND DEATH

“Take thou man’s death away from him in this new day of man. Give him eternal Life in Me by knowing Me in him.”

From The Divine Iliad

We again repeat God’s words regarding the giving of His new Message to newly comprehending man of this coming Cosmic Age.

When saying, *“Take thou man’s death away from him.”* our Father-Mother means that man is eternal and cannot die. *That does not mean that bodies do not die, for all creating things grow, decay, generate, and radiate as they sequentially appear, disappear, and reappear.*

Life and death are but interchanging between rest and action, as all things in Nature, without exception, are. They are an eternal continuity of repeated interchanging with each other, for life could not live without death and, conversely, death could not die without life.

It might clarify God’s meaning if the above were paraphrased as follows: “Take thou man’s ignorance and fear of death away from

him and give him knowledge of eternal life in him. Make him to know that he lives in Me and never dies, for I am he. In Me there is no death.”

“Make him to know that life in bodies is but the multiplied motion of My concentrative thinking – and death is but a division of that motion as My thinking decentrates to find rest in Me. And when both life and death are added together, their total is but the zero of rest in Me.”

Reduced to its utmost simplicity, this means that *life and death are but two opposite directions of motion*. Life is the inward from outward generative direction of concentrative thought and action, and death is the outward from inward radiative direction of rest from action.

What could be more simple? Our bodies are but wave cycles of motion. Our bodies simulate eternal life by the eternal repetition of life-death cycles, but our bodies are not our Persons, or Beings, or our divine Selves.

That is the thing God wants the new age of man to know. Past ages have feared death because they did not know its meaning. The dread of death is born out of the belief that man dies when his body no longer functions and that death of his body is his end.

It is unbelievable how many intelligent people of today actually believe that way. In our acquaintance is a very wealthy, successful, intelligent, kindly man who lives life generously and abundantly and who says, "When you are dead, you're dead and that's the end of you." And he sincerely believes it because he thinks of his body as being his Self. He actually believes that his intelligence is within his brain, that his brain is Mind, and that his own individual Self has no connection with any other Self or with a universal Mind.

IF LIFE AND DEATH ARE BUT MOTION WHAT, THEN, IS MOTION?

If we would know what our bodies are and how they are extended from our spiritual Selves to simulate our Selves by fast and slow two-way motion, we would not only know what light is but how it works for light-waves alone constitute our bodies.

Also, if we would know how to control our bodies which we, ourselves, have extended from the spiritual SOULS of us because of our DESIRE and our WILL, we would know better the relation of the Intelligence which is within each body to control it and the body itself.

This is the knowledge which will mark a new day in all social, industrial, scientific and medical practices. The fact that our physical bodies are but moving extensions of our spiritual Selves has but begun to enter into human Consciousness. It will affect you personally to your great advantage in the measure of your ability to comprehend it.

Just as the visible tree is made to appear out of its invisible Soul-seed by increasingly violent motion and continues to grow into a bigger and better tree so long as the violence of motion can be multiplied into more violent motion and then disappears as multiplied motion is reversed by dividing it, so has invisible man been made visible by fast motion.

The particular point we wish to emphasize is that the whole intellectual world must revise its concepts regarding human bodies and the practices concerning them, medically and otherwise. We have regarded them as our Selves instead of as instruments for manifesting our Selves. We have been mightily misled into treating effect with effect instead of with CAUSE.

We have magnified the importance of motion, which is the sole ingredient of our bodies, to the exclusion of considering the *Source* of that motion in the seed pattern of our Souls. When it becomes a part of every man's thinking that a single thought can change the polarity

of our entire body toward either life or death – and can likewise change its entire chemistry toward increasing alkalinity or acidity to strengthen or weaken it – or can change the shape of every corpuscle of matter in the entire body in the direction of either growth or decay – then the medical profession will radically change both its principles and practices in dealing with the ailments of bodies. It will look for cause in the Mind first, then body afterward.

Likewise, you and I and our neighbor who are seeking happiness, prosperity and great achievement in life will at last find that we must cease setting up insurmountable obstacles in our business or social lives which each of us individually – and the whole world nationally – is constantly doing and thus preventing the happiness, prosperity and power we all long for.

A NEW VIEWPOINT

Let us, therefore, look upon all bodies for what they are instead of what we think they are. *Bodies are but waves of motion, pulsing waves of motion, which multiply in speed and decrease in the diameter of the thought-waves which express life and reverse that process to express death.*

Bodies of matter-in-motion have been man's realities for ages. The time has come when the unfolding human race must know the unreality of moving bodies and the reality of their Source of motivation. Reality can never be in motion for motion ceases, but the stillness from which motion extends is as eternal as the silence from which sounds extend. *Reality must be eternal in order that it is real.*

Go back, therefore, to the first principles as outlined heretofore and review them carefully until the conviction is imbedded in you that the undivided Light of Mind-knowing is the reality from which thought-imaginings extend and retract in pulsing sequences to *make believe* that their pulsing electric motions are the ideas which their motion simulates. *Meditate upon this thought until you thoroughly comprehend that ALL MOTION IS MAKING BELIEVE that it is something which it really is not.*

Realize what YOU are so that you can forget your body through intense inspiration and can see your Self as the undivided, unchanging, invisible MIND of Creation. Then picture what your Mind does when it thinks what it knows by taking its ONE WHOLE IDEA apart into seemingly separate ideas and assembling those separate ideas into a machine, or painting, or building which manifests another idea.

This will enable you to picture Creation for what it is – a desire of Mind to create moving bodies in the forms of Mind-imaginings TO MAKE BELIEVE that the moving bodies ARE THE MIND-IMAGININGS. This is accomplished by projecting them from the stillness of their Source, followed by an equal desire to return those bodies to their stillness by cessation of motion. This principle of division and projection creates a universe of tensions which perpetually desires release from tensions.

If you will but meditate deeply on this thought, you will much better comprehend the pulsing heartbeat of Creation. *In simple words, Creation is but a wave recording of Mind-imaginings but we should not be deceived into thinking that the record is that which created it.*

If you will then realize that every action in Nature starts from a point of rest in the universal vacuum, seeks a point of rest in the universe of tensions and returns to a point of rest in its vacuum Source, you will better comprehend the idea of the emergence of matter from “space” and the subsequent swallowing up of matter by “space” which we will describe in detail at the conclusion of this Course.

Likewise, you will better understand the pulsing of the universal heartbeat which concentrates and decentrates as thought-power multiplies and intensifies electric tensions, while lessening desire divides and releases them.

You will also better understand the mechanics of motion as the compressive half of the universal pulse concentrates large volumes of low potential into small volumes to create visible solids, then “goes into reverse” by expanding its compressing solids into invisible space.

Also you will more clearly visualize the universal heartbeat as a universal pump which light-waves compress and expand simultaneously and sequentially seemingly to divide the undivided, to change the changeless, to give measure where no measure is and to condition the unconditioned.

Also you will better realize that the energy which motivates all motion is in desire of Mind to express idea in moving forms of idea and not in the moving forms which result from desire.

Likewise, you will discover in your meditation that *desire itself is divided* into the concentrative desire to manifest life through multiplied motion and an equal decentrative desire to seek rest to manifest death through cessation of motion.

If you will meditate long upon this thought, you will realize that every desire to multiply your power to think concentratively is followed by a desire to rest from the fatigue of that concentration. If you will now fully carry this thought through, you will gradually realize that you are constantly interchanging your thoughts and actions with God as co-Creator with Him.

If you work actively all day, you will want to lie down and rest all night. Then when you rest all night, you are being reborn with new life from God so that you can again work all day.

In the preceding paragraph is the whole principle of life and death and how each born the other and is reborn from the other in every breath and heartbeat cycle.

Let us review it. You begin your day of manifesting LIFE from a point of rest in sleep. Your day is filled with dynamic actions in building the product of your thinking. The energy which has been given to you by your Creator while you rested during the night is gradually being regiven to Him during the day until you have to stop at a point of rest to return to your Source for more energy. You only think of it, however, as having grown so tired that you again have to lie down to rest in sleep for the night. You must gradually

learn to think of it as it is, however. You must think of it as a return to God for a replenishment of power or even as giving your death to God in exchange for His regiving of life.

Vigorous action and desire for work in the morning manifests the life principle. Relaxing and lying down to sleep at night from fatigue manifests the restoration principle which man calls death. During the night, body-death is constantly generating life from death at the dawn of a new day. During the day of life, the body is constantly degenerating to born death from life when the night of life comes. *To live is to MOVE. To die is to become STILL.*

You are forever dying as you live and forever living as you die. Every pulse beat of your heart manifests both life and death.

POSTULATES AND AXIOMS CONCERNING LIFE AND DEATH

The direction of motion which manifests LIFE is the outward-to-inward direction which forever compresses and shortens its waves and accelerates speed as it approaches its focus of gravity. This is the positive direction which multiplies the power and speed of thought-rings by compressing them into hot solid spheres by gradually

closing the holes which center them. *It is the centripetal direction of concentrative thinking which one-half of the gravity cycle is.*

The direction of motion which manifests DEATH is the inward-to-outward direction which forever decelerates as centrifugal force expands it into the coldness of space. *It is the centrifugal half of the gravity cycle which reopens the centering holes of thought-rings. See diagrams in later lessons.*

IMMORTAL LIFE is in the stillness of the LIGHT of the zero of space.

MORTAL LIFE is manifested in matter by dividing the universal equilibrium into pairs of opposite conditions which we call LIFE and DEATH and which really mean ACTION and REST.

LIFE and GROWTH and GENERATION are manifested in matter by compressing GRAVITY-CONTROLLED LIGHT-WAVES.

DEATH and DECAY and DEGENERATION are manifested in matter by expanding them. These two effects are constantly pulsing between the vacuity of God's universe

and the compression of man's universe. These two effects also constitute the life principle which science is so eagerly seeking.

LIFE in bodies means increasing power of compression. DEATH in bodies means increasing power of expansion. That which man calls LIFE and DEATH are but increasing and decreasing speeds of motion, and increasing and decreasing power to compress and expand.

All bodies are wave recordings of Mind-thoughts.

Mind-thoughts pulse in concentrative-deconcentrative sequences between the visible and invisible universe which we call cycles. All cycles are gravity-controlled motion and rest sequences.

LIFE and DEATH of bodies are but cyclic recordings of Mind-thoughts. Thoughts come and go – and life and death record their comings and their goings in light-wave bodies which appear, disappear, and reappear forever.

SUMMARY

That is all that life and death are – just intervals of rest between sequences of motion. When we can think of our bodies as just transient states of motion which are but dramatizing the thought-imaginings of our eternal

Selves, then the more we can realize that we, our Selves, are creating our own bodies for our Selves – yea, creating the universal body for the Universal One Self.

This is good to know but that does not mean that our human emotions are to be voided when bodies of our loved ones cease to continue their physical existence with us. When we grieve for loss of human companionship, we are fully justified in so doing, for no amount of knowledge should dehumanize us to the extent that grief should be “reasoned away” by knowledge.

The antidote for grief, however, is knowledge and the power to be mentally united in memories and imaginings. The highly developed inner sensory person is never alone or lonely because he is always one with all things. *When we know that we cannot die, or be alone, and that desire for body still continues forever in the eternal Self of man – and that a new body will reappear from that desire just as surely as dawn follows night – we will then have an enrichment for our grief through knowledge instead of misery and hopelessness due to ignorance of our immortality.*

The confusion which has made death so tragic and terrible has arisen from ignorance of God’s creative processes.

A most common expression regarding anyone whose senses have ceased vibrating for any reason, such as sleep or anesthesia, is that such a one is unconscious. *There is no such condition as unconsciousness. What one really means is that one's brain has ceased sensing.*

Mind is always conscious. Mind always knows and desires whether the body is asleep for a night or for the longer interval of acquiring a new body. The Mind of one can always become ONE with the Mind of another because they are ONE. They vary only as to the state of their respective unfolding – which is commonly termed “individuality.”

When anyone asks that age-old question: “Can I contact my father – or other loved one – who has passed on?” he really means:

“Can my body contact their bodies? Can my senses contact their senses? Can I ask them questions about whether they are happy or about a business problem?”

People who ask such questions do not think things through. The one who has “passed on” has not passed on. He still *is*, as he always has been, as the tree which has refolded into its seed still is even though no one can see the tree until it again unfolds. Therefore we say to

you that your desire to contact *bodies*, which have passed on can never be gratified.

Mind can always contact Mind for all-knowing is universal, but vital, polarized bodies cannot contact devitalized, depolarized bodies; but their thoughts and their identities still exist and can be contacted by Mind.

Communion of Mind and Mind is in the timeless language of the Light of all-knowing. We shall talk about this in future lessons when we quite thoroughly understand that there is something beyond the sensing of bodies which has no need of bodies.

Just as there are inventions to come as yet undreamed of so, likewise, there are mental powers to unfold which are as yet undreamed of.

The Cosmic Age now dawning is a far step in the unfolding of that in man which transcends his body.

CONCLUSION

The following words of our Father-Mother given in His Message for the Cosmic Age of man will be good for your deep meditation while awaiting further unfoldment of the glory which is man:

“Again I say, I am the Soul of My universe of creating things.

“Within My Being is desire for manifesting My Being. Desire in Me is Soul in Me.

“That which is Soul in Me desires to manifest in form through Light. Light extendeth from Soul in Me and returneth to Soul in Me. the extension and returning being two seeming lights of Me.

“Again I say I am the seed of My unfolding-refolding universe. Within My Light all formless seed of planned idea are enfolded in My Being at rest in Me.

“Again I say all things extendeth from Me and returneth to Me. From Me all things are born from seed of thought in Me. and born again with each pulsation of My thinking.

“There is naught but birth in My imagining. There is no death in Me, for endings and beginnings are one in Me. Naught but life reacheth out from Me, and naught but life meeteth returning life for rebirth in Me.

“Wherefore I say. Ye must be born again, and yet again unto that infinity of mirrored Teachings which is My imagining.

Thus is My One Idea continued endlessly in imagined forms of My thinking. Thus is My One Idea reborn as many ones in the multiplying mirrors of My Light, forever without end.

“Again I say the mirrored multiples of My thought-images are but reflections of My imaginings. They are not Me.”

— From THE DIVINE ILIAD —

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 26

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

The fact that our physical bodies are but moving extensions of our spiritual Selves has but begun to enter human Consciousness.

* * * * *

All bodies are wave recordings of Mind-thoughts. All matter is, therefore, pure thought for each particle of it conveys a meaning of its identity and purpose. Matter symbolizes one idea divided into trillions of ideas, all of which convey a meaning to observers proportioned by their varying intelligence.

* * * * *

KNOWLEDGE MAKES YOU MASTER INSTEAD OF SERVANT OF MATTER

The above paragraphs are repeated here because it is difficult to fully comprehend the oft-repeated statement that "God is all" while an infinitely extended universe of suns, stars and nebulae illumines the heavens by the countless millions and all about you countless millions of bodies of substantial matter which you can weigh and

feel and “see with your own eyes” confront you with their own indisputable evidence of their reality.

All of our lives, for countless generations, we have been confronted with moving bodies and moving forces. Heat burns us. Winds blow forcibly against our resisting bodies. We have pains, aches, hungers, and fear of illnesses of our bodies and of the bodies of our families and friends.

Tempests come – with floods, and famines, and droughts. We have always known a world of motion – of actions and events – of pleasure and catastrophe – with eras of peace suddenly broken by devastating war.

In the very face of all we see and feel, how can we say, “God is all” or “God is Love” or “I am the master of my fate; I am the captain of my Soul /” when we feel ourselves to be the helpless victims of a matter-and-motion environment which so relentlessly swirls us about in its whirlpools?

Is it any wonder that people who are the servants of matter, motion and environment feel that the universe of matter and motion is REALITY – and that things of the spirit are something to be hoped for but are not *dependable* – not REAL?

Wherefore we say to you that you are the self-bound servant of matter so long as you are self-bound – and, furthermore, we say to you that you are freed from its bondage only when you free yourself from your own senses.

Just as long as your senses dominate your actions, the world of matter and motion is your master – - and you are its unwilling, unhappy slave. Why is this so? It is because your senses are the same wave vibrations that your bodies are. Again we repeat that your body and your senses are but motion. How can motion be YOU?

If your body is dominating your actions, it is demanding that you work for it – that you give it what it wants – and the only things it wants are more sensations – more vibrations – more motion – more possessions of material things for your body – more emotions for your body.

Freedom from slavery to matter and the conditions of matter begins with knowledge that the motion and matter of your body is not YOU. That is why we have so often told you that the supreme discovery of man is his Self.

Complete freedom comes only when you have actually come to KNOW LOVE. When you actually know what love is, you will not only know that God is love but that YOU are love. When that day comes, you can then say,

*as Jesus said – and with as much authority – “I and my Father are ONE
.w When that glorious day does come, you will have found the kingdom of
heaven, for that is what Jesus meant when He said “Seek ye first the
kingdom of heaven.”*

No man can have prosperity, riches, power or happiness as long as he is but clay of earth, sensed clay of earth, bound by his body to forever work for his bodily needs.

We have frequently said that material bodies simulate idea but the forms of material bodies are not the idea they simulate. All the gold and treasures of the material world are not what they make believe they are. He who possesses much gold and thinks, therefore that he has the happiness which the possession of gold simulates has but the gold – for happiness is not in the gold. Likewise, he who possesses self-purposeful power over other men has not yet attained happiness even though he has the power of kings.

ENERGY IS IN MIND. NOT IN MATTER

When you think of matter as reality, ask yourself what matter can do without the desire of Mind back of it. Even your little finger cannot move of itself until you WILL it to move. Desire is in the Soul-seed

of all things. *Desire of the Creator divided the universe into pairs of opposite conditions which pump bodies into the appearance of existence motivated by DESIRE.*

Will of Mind created all things to dramatize idea of Mind for just a little while – THEN WILL OF MIND TAKES ALL CREATED THINGS BACK INTO THE SOUL-SEED OF ITS IDEA. They disappear – but WILL'OF MIND STILL IS.

Will of Mind creates all things by dividing idea and setting it in motion. Silence is divided to produce sound vibrations for just a little while and when those vibrations cease silence still IS.

Will of YOUR Mind created YOUR body. Desire in YOU – in your conscious Soul – to have a body divides the light of Mind-thinking which extended your visible, vibrating wave-body from its silence – from its stillness – and sets it in motion to dramatize the idea of YOU for just a little while. But when its vibrations cease – YOU STILL ARE.

That is what is meant by saying “God alone IS” or “I am the master of my fate: I am the captain of my Soul.”

The energy which created your vibrating body extended from the eternal YOU to create your body and not from your transient body to create the

immortal YOU.

EXAMPLES OF SOUL ENERGY

Science reverses the above-stated principle by postulating that the energy which creates matter comes from matter. As previously stated, energy is presumed to be heated matter in motion.

We will give you a few ideas upon this subject to take into deep and prolonged meditation over and over again until the realization of it gives you the feeling of such unlimited power that you could –

“. . .tear trees from the forest, tree by tree or forest by forest, for your strength transcends that of the tree. It is mightier than that of the forest.”

(Quoted from EARLY WHISPERINGS
by Walter Russell)

This feeling of unlimited power should be your normal state of Mind, together with inner joyousness. You should always come out of your meditations with that sense of tremendous power, the glory of Self-expression and a sense of supremacy over all material things. When communion with God gives you those God qualities, such a thing as failure, or defeat, or fear of facing any task upon earth

should be entirely eliminated from your thinking. *That is the kind of Being you should be.*

Consider the following idea. A laborer can lift thirty to fifty tons of coal in one day, a shovelful at a time. That feat takes an enormous amount of energy. Where did the energy come from which performed that amount of work? Most certainly it did not come by conversion of the food consumed by the laborer into heat. The amount of food he consumed would not generate enough heat, by any known process, to lift fifty pounds, much less fifty tons.

The food consumed does not supply the energy for the work. It is used to repair the body and replace its ever-dying cells. Any residue is eliminated after normal replacements are completed.

Any machine that man may make which would lift fifty tons would need at least a thousand pounds of fuel. A man's body is a machine made for performing work just as a man-made machine is. Why is it that one machine needs a thousand pounds of fuel converted to heat to lift fifty tons while the human machine lifts fifty tons without needing any fuel at all?

The answer is that the human machine, or that of the elephant or bull, is centered by Mind-desire which is the Source of all power. Man expresses power through desire to express power, even though he is not aware of the

Source of his power. A mechanical machine has no mental motivating source of power so power is extended to it from a generator which consumes a tremendous amount of fuel for every ton lifted.

The machine made by man *needs* the power given by matter while the *will of man IS that power. His heartbeat is connected with the universal heartbeat.*

The same thing holds true of an elephant or any other animal which is motivated by Soul-will. The elephant can move two hundred tons of logs in a day. The bales of hay consumed by it are, likewise, needed for replacements to its body and not for the work.

Consider, also, the fact that you can lift your own body ten thousand feet above the earth to the top of a mountain and back again in one day because YOU are the universal power current and YOUR power is limitless when you know it is limitless. *If your power is limited, it is because you, yourself, have set limitations to it by not exerting your WILL power to work physically or to create mentally.*

Again we say man is Omnipotent when he knows his Omnipotence.

As a last example for your meditation, we would like you to consider the tremendous energy expressed in the vegetable kingdom

by the desire of the forest to lift its thousands of tons up above the earth. In the Soul-seed of the forest is the mighty desire of its Creator's Mind to manifest its power. Every seed of the forest is centered by that Soul-desire or Soul-will to unfold the pattern of its idea. *Desire in the seed is will-power current in the seed expressing its desire by dividing light to form its body.*

Those mighty tons of the forest are not alone lifted up by the alternating impulses of heat, cold and sunlight interacting with earth. Desire in the seed is the greatest factor. These are the two conditions which desire in the seed makes use of to divide the stillness of the seed into vibrating bodies. *Desire makes its own power current, for desire of Soul is the thought-power which creates YOUR body and ALL BODIES and fuel-made current is its servant.* The energy and motivating force which builds the universe is not in matter, nor in motion. Energy is solely a Mind-force. It is merely simulated in matter.

Therefore we say again to you that God is omnipotent, and naught else in the universe is omnipotent save God. Also we say to you that YOU are omnipotent in the measure that you know your Oneness with God.

Also we say to you that YOU are the Source of all energy with which you create the universal body. Furthermore, we say to you that YOU center and control every cell of your body. If you are balanced in the Light, every cell of your body is likewise balanced. If your thinking is unbalanced, every cell of your body takes on that unbalance immediately and naught but balanced thinking can correct it.

These lessons are leading up to comprehension of the fact that the Light of God's Mind actually IS all – and naught else exists. And YOU are that Light, and YOU eternally exist.

There is no material universe. Matter and motion do not exist nor does the visible light of suns exist. They appear to exist, but that appearance of existence is the great cosmic illusion. Even the senses which tell us that matter exists do not exist, for they are motion and motion is merely the wave record of thought-imaginings.

If the Creator suddenly stopped thinking and imagining, this entire universe of matter would suddenly disappear, for all motion and form are Mind- imagined and all bodies are but thought-pictures of Mind- imaginings. The effect would be like the ending of a motion picture play where all physical effects cease when the creator of the play stops thinking them into form and motion.

This universe is entirely spiritual. God alone is.

This universe is a Mind-universe from which thought-imagined bodies extend to *simulate* the idea of Mind.

This is a universe of REST from which motion *seemingly* springs.

God's knowing is undivided and unchanging. God's thinking *seemingly* divides the ONE IDEA of God's knowing into many moving forms which *seemingly* change as God's thinking *seemingly* changes.

THE COSMIC ILLUSION

All bodies in all the universe are but waves of motion which in themselves are only seeming. There is no such thing as motion or substance. There is but illusion which we sense as motion and substance.

If this statement amazes you, it is because you do not yet comprehend God's lenses and mirrors of light by means of which He creates that illusion. We will make these clear to you in our last lessons. In the meantime, we will recall to you the fact that your senses see very much motion in a cinema picture, yet you know that there is no motion there.

You fully understand that the illusion of motion in the cinema picture is caused by sequences of “stills” superimposed upon each other, each succeeding one being of a different pattern. If the patterns were all alike, there would be no illusion of motion.

God’s cinema changes pattern constantly because God’s thinking changes constantly, but as changing only seems, likewise, motion only seems. When you stop thinking, the patterns of your imagining also cease. Can you not readily comprehend that Creation is but a record of continuous thinking? Can you not also see that everything which seemingly happens “un-happens” simultaneously, to coin an expressive word for better understanding?

You and every moving thing in Nature are walking constantly into a mirror of yourself. As you appear, you simultaneously disappear but the sequences of it deceive your human senses by giving a feeling of continuity which is not justified.

We have written this phenomenon into what we call “The Law of Illusion” or “the voidance principle” which reads:

“Every action is voided as it occurs, is repeated as it is voided, and is recorded as it is repeated.”

All effects of time, dimension, sound, and sequences of night and day from which the illusion of time springs are, likewise, the result of *seeming* motion.

All this can be summed up in the simple reminder of previous lessons that this seeming universe of many things, which seem to have countless changing moving forms, is a ZERO universe of REST which never exceeds zero in any of its effects but only *seems* to do so.

All of this seems incredible, we know, but as you gradually replace old conceptions of what constitutes REALITY, you will more and more comprehend that the Light of Mind is the only reality.

You can readily understand that when all motion in your body ceases, it disappears, just as the whole universe would disappear if all motion ceased in the Universal Body.

This idea is so beautifully expressed in the inspired words of our Father-Mother's Message that we quote them here for your inspiration:

“Without thinking. My One Idea could not become many one ideas for My stage setting.

“Without motion. My cosmic play could not be played,
nor could its actors be.

“Without change, My undivided One Idea could not
unfold.

“Without time. My drama of My creating universe could
have no sequences.

“Without motion, time, change and sequences, the
unfolding of My Mind-imaginings could have no
measured space for its stage settings, no screen for its
light projections.

“Therefore see them as I imagine them, but know that
they are but unfolding patterns of My knowing through
My thinking.

“Know thou, therefore, that time is naught, nor are there
moving things which change; nor is there life, nor death,
nor cold, nor heat, nor good, nor bad in My universe of
Me.”

From The Divine Iliad

THE ONE REALITY

Your body appeared from YOU. It appeared because YOU desired to manifest YOU. It appeared because you imagined it. God's body – Nature – appears and disappears likewise. When you can knowingly say "I and My Father are ONE," you will then know that your Mind-imaginings are creating your own body in your own image.

You will then know that your body is but a moving manifestation of desire in you and whatever it is, it is what you caused it to be. To the extent that you know God in you, your body is a manifestation of God's balanced rhythms which are absolutely under your Mind control. So, likewise, are all of your creations under your Mind control.

To the extent that you know God's oneness with you, you can extend your balance to other Minds and give them control over their bodies and the bodies they create.

WHAT THIS KNOWLEDGE MEANS TO YOU

The purpose of revealing these unknown facts of Nature to you is to free you from the bindings of matter so that you will know it for what it is and

not what it seems to be, and control it – instead of it controlling you.

In previous lessons, we have stated that one single thought or emotion could upset the chemistry and polarity of your body so completely that from being well you could become very ill. *You need no further proof than that to convince you that your body is the wave record of your thinking.*

If you work all day at something you very much dislike, you become very tired. The vitality of your body weakens in its power to polarize your body cells. Even a little depolarization of all cells de-generates your bodily vitality, whereas you could work all day with intense joyousness and feel even more vitalized at the end of the day.

The reason for this is because ecstasy is the continued, normal, unchanging state of God's Mind, and the more you can reflect that ecstasy the more you can keep the vitality of your body at its maximum generative power.

Likewise, the divisions of desire for action, followed by an equal desire for rest, if properly balanced in your thinking and emulated in your body will multiply your vitality tremendously. Multiplied vitality through the manifestation of love brings with it the fullness of physical expression. Every deviation from balanced expression of the love principle destroys bodies in the measure of that deviation.

Violent anger, for example, can sow its deadly seed of cancer in a perfectly healthy body. A complete expression of the love principle, one which has in it the ecstasy of the Light of Mind, can destroy that seed and make the body whole. Likewise, it can destroy the seed of any infectious disease if that ecstasy can be imparted to another, as Jesus did when He made others to heal *themselves* through “believing on Him” even though they did not comprehend.

The medical profession fast comprehends that vitality and the powers of generation are based upon increasing God-awareness, and that awareness responds immediately to *mental desire and the balanced rhythms which are an essential precedent to the joyousness which leads to ecstasy*. Such joyous emotions increase the alkaline preponderance which builds the body and lowers its acid content.

Conversely, any cynical or unkind attitude which does not express the love nature of God lowers the power of every cell in the body and increases its acid content to a destructive percentage.

TO CONTROL MATTER — FIRST CONTROL SELF

God said, “Behold, I am in all things, centering them, and I am without all things, controlling them.”

The nearer you can come to feeling your Self to be that center of stillness from which all things extend UNDER YOUR CONTROL, the more you can control your own body to its perfection of health, strength, and beauty.

No matter what you must do in life, do it joyously. Whatever work it is, put love into it. If you do put love into it, you will find love regiven to you by it.

Love given out from YOU vitalizes YOU as well as it vitalizes the one you give it to.

If you do not like your work, it does not like you. It gives back to you what you give to it. You become fatigued and devitalized.

Whatever situation you find yourself in, master it by giving love out of yourself to it, for that is the only way to master it. If you give aught but love, it will regive aught but love.

There is no task which manifests God which is not beautiful if you make it so, for beauty is not in any task – it is in YOU.

If you have to sweep the floor, do it gloriously. The floor must be swept. If it falls to you to sweep it, do it perfectly, with love, and it will bless you.

A joyous attitude of Mind from love given out will prolong your date of maturing, lengthen your life and make your-thinking more brilliant and keen to the day of your passing. Joyousness is the great insulator from the toxins which arise from unbalanced thinking.

NEW THINKING FOR DOCTORS'. CHEMISTS AND METALLURGISTS

Some day the chemist will realize that the same unbalanced conditions which cause violent explosions in his elemental compounds cause violent explosions in the human body under similarly-unbalanced conditions.

The chemist and metallurgist know that when they find pure cube crystals in any elements, they find the stability of absolute balance in such crystals, and when they find distorted cube crystals, they know full well that unbalance in interchange between opposite pairs is the answer to that distortion.

Learned men of science, especially in medicine, now understand that distortions due to unbalance in elemental bodies have the same basic causes that distortions in human bodies have. Human bodies are composed of these same elements and both are light-wave recordings of Mind-thinking. Therefore, both MUST obey the same

inviolable laws of balance. The medical world is being transformed because of these new beliefs.

This principle of unbalanced interchange is being manifested upon a world-scale by the greed, hates and fears of neighbor by neighbor, and nation by nation, which have been released into this thought-wave universe during the last fifty years.

Just as one individual destroys his body by depriving it of the balanced polarity which love gives to bodies, so can nations, or the whole world, destroy their civilization by the various kinds of cancerous disintegrators which hatred breeds. With such hatreds come miscegenation, licentiousness, sadism, and infinite cruelties. The consequent loss of the best blood of all nations degenerates entire nations.

During this last fifty years, even the morale of nations has decreased as their national unbalance has increased. The whole human race is facing its utter destruction as a whole, just as countless thousands of individuals are, likewise, destroying themselves by preferentially practicing the principles of greed for their own selfish ends.

The world is not supporting great men in the arts, great statesmen in governments, or great leaders in any of the fields of human

endeavors. The geniuses are often suppressed and starve for need of recognition and patronage. A Caruso or Beethoven finds it difficult to compete with the rowdy talent which receives high salaries and honors today. Morality, integrity, and culture are at low ebb and honor is selling out to materialistic power-seekers in every great nation of the world.

This sick and unhappy age of man is what man made it. Whatever it is, man's thinking has made it so. Today's civilization is the record of man's thinking. It is the record of sensed desires, not spiritual ones. It is the record of fears and hatreds in mankind, not of love.

Much of the world may be self-destroyed but not all of it.

The first Cosmic Age of man is about to dawn into the light of its new day. Millions of bodies have been sacrificed and many millions more will follow them into the grave, but love will come into the hearts of men and the world will be transformed by love into another stage of its unfolding.

That is why God sent His Message into the world for man's new day. And that is why God timed the delivery of The Message to this period of man's great self-chastening, which we have for many years been telling you would be its crucial years.

And that is why you who are ready for The Message are the seed to sow it in the hearts of legions of men so that they, in turn, will bring into being the Cosmic Age of Love.

* * * * *

The previous lesson was devoted to the greatest mystery which man has to face — the mystery of life and death. The greater of these two is death. It is necessary that man fully comprehends what death means, for it has been stated in past ages that the last thing for man to conquer is death.

That is very confusing for it is often interpreted that man shall conquer death and learn how to live in the body forever. Its real meaning is that death is conquered by knowledge and comprehension of the fact that there is no death.

These lessons have been written in the simple language of every layman. It is necessary, however, that you fully comprehend them from the light wave principle, for your body consists solely of light-waves. We, therefore, follow this lesson with a more scientific approach in order that you may fully conquer death by your full knowledge of its dynamic meaning.

We are aware that you will not completely absorb the full meaning of the following lesson at first reading. You will absorb enough of it, however, to grow like seed in your thinking processes. You will soon be amazed at your increasing mastery of the principles used by the Creator, and you, yourself, will “unconsciously” begin to think that way.

All new knowledge comes slowly. Be patient – and be masterful. Your own destiny is of too great import for you not to know that which you should know to control it. Read the following lesson No. 27 many times. You will find that it is as intellectually satisfying to become a master-scientist as it is to become a master-philosopher. You will find it equally satisfying from a practical viewpoint as well, for it will give you the wisdom of a Sage – as well as of an intellectual – and that is well worth while.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By

Lao and Walter Russell

LESSON NUMBER 27

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

TRANSIENT MATTER AND THE OMNIPRESENT ZERO

To know our universe is as necessary as to know ourselves. A wonderful philosophy teaches us how to live, but we must live in an environment which is filled to the brim with laws and conditions which will control us if we do not have the knowledge to control them. For that reason, we devote as much earnest endeavor to give you knowledge of your universe as we do to give you knowledge of your spiritual zero-Self and physical body of motion.

The more you become aware of the two universes of Mind and motion which you constantly interchange with every second of your life, the more you will reach that high estate which all mankind must someday reach, which is God's intent in the very creation of man.

The more knowledge you acquire of Creation's secrets, the more you will comprehend what Jesus meant when He said, "My Father and I are One."

The text books tell you that there are two kinds of electricity. Let us show you how impossible this is, and how out of keeping it is with Nature.

The light-waves, which science erroneously calls electricity, do only ONE THING; they COMPRESS divided pairs and force them into collision, then they cease to compress and expand to their zero beginning.

It does not require two forces to compress or expand anything. If you wish to compress air into your tire, you compress it with a force exerted in one direction which is inward from the outside. The greater the force that you use in that direction, the greater the multiplication of pressure within your tire as compared with the pressure outside of it. That is the way God creates all matter.

His force is exerted from the outside-in to create matter, which then returns to zero by an inward-outward expression of the same force without the aid of another kind of electricity to help it escape from its bondage. It will seek its equilibrium level without another kind of force to help it. The universal vacuum is that universal equilibrium. Any departure from that state is a forced departure which causes a tension or strain.

The zero universes are without strain or tension. All of the wave universe of motion is under constant strain. All matter is imprisoned by compressed motion. It is in exactly the same condition as your

tire is which you have compressed into a strained tense condition from which it constantly exerts its own strength of desire to escape from its prison into the universal equilibrium.

It will help you to better comprehend our meaning if you stretch a piece of elastic from its normal equilibrium condition of rest. It takes force for you to stretch it but it will return to its normal condition without another kind of force being necessary. In stretching the elastic, you have the created strains and tensions of an abnormal, unbalanced condition. The zero universes are balanced. Everything in Nature which becomes unbalanced by the exertion of any force will eventually find balance because of the force of vacuum which is the one normal balanced condition of space.

If you fully comprehend this, you can now comprehend that great mystery which Einstein thought to be insoluble, the mystery as to how matter emerges from space and how space swallows it up again, which will be explained in the last lessons.

You may wonder how it was that earlier investigators decided that there were two opposite kinds of electricity instead of one.

It was because the two opposite conditions of living and dying – growing and decaying – heating and cooling – polarizing and

depolarizing and all other effects of motion are expressed in opposite directions by seemingly opposite forces.

Their thinking was influenced by their senses. They did not take into account the fact that motion is an abnormalcy which has been created by a disturbance of stillness. Motion is a creation which emerges from the Creator's vacuum and returns to it. *Likewise, life is a creation which emerges from the Creator's eternal life condition and returns to it.* So, also, heat emerges from the eternal cold, and sound emerges from eternal silence and returns to it without any aid from an opposite kind of force. The return journey to zero is a relaxation of the compressive force.

Let us make sure that you understand this vital fundamental of Nature which has so grossly deceived the greatest minds of centuries. We will return to the tire that you *compressed* by using force, into a very much higher pressure than that of its environment. That pressure is held in the tire by a sealed casing but it is difficult to entirely seal it against slow leakage from some part of it.

That leakage is the same effect as radiation from matter. Your tire is sealed by a casing, but all matter is sealed by freezing. Every particle of matter is either solid or liquid because it is frozen by the vacuum

of space. To be frozen means that it must first be compressed into dense solids or liquids, and compression heats. Heat helps matter escape from its prison just as heat helps air to leak from your tire.

Your tire wants to explode outward. That you know. So does the battery of your car. It also wants to explode outward. We do not use the word “explode” for that effect, however, for we now use the word “discharge.” Leaking, radiating, discharging, depolarizing, and exploding are all the same effect. So, also, are decay, death, and combustion. So, also, are radioactivity and fission.

When you compress your tire, you at once begin to create an explosive condition, for you are creating rings of motion around a resisting hole. The increasing pressure is first collected together on the inside surface of the casing, just as a wave current does likewise when compressed into a wire. The more you compress the tire, the more you close up the hole. The resistance to that compression causes heat, so if you compress long enough, and fast enough, to close up the centering hole, you will generate enough heat to explode that tire even if it were made of steel.

Remember that every action you perform causes motion – and all motion is wave interchanging which moves spirally – and every spiral is a series

of rings around holes. Remember, also, that you cannot cut a section through any wave current anywhere without producing rings which spin spirally around holes.

To prove this to yourself, pass a current through an evacuated tube with sufficient air or vapor in it to aid visibility and you will see the rings which the current creates. You will see them as rings of light spinning around black holes. Those rings you see are the “ultimate particles” of Creation, for there is no other form in Nature than opening and closing rings. *They are the basis and the substance of all form.* When they appear, matter appears. When they multiply, form appears. When they disappear, matter disappears and all effects of matter with them such as sound, color, heat, form, density and dimension. When compression is the maximum the holes close and incandescent suns appear.

Once again we repeat that this universe of motion consists entirely of light-waves which thrust outward from their fulcrum in pairs. They do not pull inward from within. Again we say, “electricity” does but one thing - it compresses to divide into pairs for the purpose of manifesting the control of gravity, and all that it does is performed against the resistance of the

universal vacuum which finally conquers every effort of compression to simulate cohesion in matter.

Remember, also, that every action which is recorded in Nature, like the growth of a tree or the throwing of a stone into water, produces rings with holes in them. The young tree starts that way, as a tube, but it closes its holes by compression to become a solid, and every solid is a series of ring layers which eventually open to let "space" in gradually until space becomes all and the tree disappears entirely into it.

Cut your own body into sections and you will find it is composed of rings around holes—your chest—your skull—your bones, arteries, heart, windpipe, nerves and every cell of your body. Light-waves work that way. They try to close up their holes but very few out of millions of effects succeed in doing so. Organic life has not one example of body building which has succeeded in becoming a solid, not even the ivory of an elephant's tusk. It is centered by a hole and its cells are porous.

All Nature, everywhere, cries out its protest to such an unnatural and impossible concept as the nuclear atom, which holds itself together by a force exerted from within.

These words all tell of the way compressed matter tries to escape from its compressed imprisonment. Every one of these many-named but similar effects expresses the demand of the eternal vacuum to *cease moving and become still*.

In order to become still, they have to *expand*. The one force of Nature has to be unwound like a watch spring which is in a tense condition from being wound up tight. Every molecule in that tense watch spring desires to be relieved of its tension.

These are conditions which attend the return journey from sound to silence, from heat to cold, from motion to stillness, from polarization to depolarization. from compression to expansion and from generation to radiation. You know that they cannot prevent their conditions of compression from expanding. They just cannot hold their heat or their compressed conditions. If you will demonstrate our meaning by trying to hold your compressed breath in your body, you will find that it will explode outward in spite of every effort that you can exert. That compression of your inbreathing has heated your body beyond its average normal. It would explode if for no other reason. This effect of expansion which we have just pictured is what science

erroneously terms *negative charge instead of radiative discharge*. Briefly, it covers all expanding bodies.

It would be well to examine the reasoning process which led observers and research workers to determine that there must be two kinds of electricity.

The idea of a universal vacuum never entered into the thinking or reasoning of early observers of EFFECTS of motion. *Lacking that concept, they lacked their first essential premise*. Secondly, they conceived heat to be the reality which caused motion, and considered cold to be less heat. Instead of that, cold is the eternal unchanging reality from which heat emerges and into which it returns, just as sound emerges from eternal silence and returns to it.

Now it so happens that the early concept of electricity provided for a one-way flow which compressed to multiply potential which simultaneously produced heat. The opposite flow was theoretical but a necessary one, for there are two poles and two opposite conditions in every wave effect.

NOTE: Science has not yet discovered that there are four pairs of poles in a wave and not just the two which it calls positive and negative on opposite ends of a bar "magnet." That is because it has never yet related the

octaves of the elements of matter to optics as we will do in the last lessons of this Course.

The sex-divided condition did not occur to these early observers. Such an idea never entered their thinking. To them, sex was a function of organic life only, and not of atomic life in the elements of matter. Nor did the red and green divisions of the spectrum ever become a part of their consideration.

Nor did the idea of spectrum tensions ever enter into their thinking in relation to the electric current—the tension of the spectrum division which desired unity by the disappearance of the colors of motion into the White Light of universal stillness, or the tensions of sex division of Father-Motherhood into father and mother bodies which desired unity in sexlessness. Nor did they take into consideration that the two opposites of compression and expansion coincided with concentration and decentration — growth and decay — life and death — or the polarization and depolarization principle.

Then at the turn of the century, Rutherford and Bohr conceived the idea of atomic construction being based upon the firm belief in the Coulomb Law which says that matter attracts oppositely “charged”

electrical matter and repels similarly “charged” matter. Nothing could be more convincing for one pole of a magnet “attracted” its opposite and “repelled” its like. It never occurred to them that gravity, not “electricity,” is the divider of sexlessness into sexed pairs. If so, they would have realized that two like males do not mate for procreation, nor do two like females. *If the sex idea in relation to “electricity” had occurred to them, there never would have been a Coulomb Law nor a nucleus in an atom.*

Nothing could be more convincing to sense-reasoning than the very self-evident fact that there must be two kinds of electricity – even if the electric current did run only one way but with an unproved suspicion that it ran two ways.

Then some new and important discoveries were made which proved that the current ran two ways and that fact was misinterpreted as being proof only of their theory.

We will recite one of these discoveries which clinched the belief in two kinds of electricity – one kind for each way. You can read it for yourself more fully if you choose in the Encyclopedia Britannica under the heading “Electron Tube .” It reads as follows:

“T. Edison observed the passage of electric current in one direction from a hot filament to a cold metallic plate in an evacuated enclosure, as if ‘negative electrical’ particles were emitted from the filament.”

Let us see how this fact was misinterpreted. There was nothing in this experiment which warranted the attention it received.

The electric current Edison observed was the radiation from a heated condition seeking the cold equilibrium of space. It did not need to be in an evacuated tube. It is the same effect which your hand feels from the rays of the sun. or which your body feels from a hot stove in a room. It has always been known under the name of radiant energy. Radiation creates “electric” current. Radiation is deduction. So does generation. Generation is induction. One compresses, the other expands, but it is the same light-wave current. Any movement of any kind creates a light-wave current, even the movement of your little finger.

A hot iron at one end of a room and a block of ice at the other end will cause a current to flow both ways until the iron, the ice and the room are all equal in temperature. That will also happen if you put two red hot irons or two blocks of ice at opposite ends of a room. Warm water rising into cold space creates a flow of current, but that

does not mean that there is one kind of “electricity” to make the water rise and another to make it fall. One might as reasonably say that there are two kinds of water, one kind which rises and another which falls.

Such a claim is like saying that one kind of electricity makes a man live and another kind makes him die. All motion is centripetal when it multiplies its potential by increasing its speed, and it is centrifugal when it decreases its potential by decreasing its speed, but centrifugal force is but an escape valve for centripetal force.

Waves are motion – any kind – or stages of motion. When motion ceases, waves cease. When you breathe in, you cause an increase in the speed of centripetal motion. When you breathe out, you decrease the speed of motion. It is then centrifugal. Motion is the same kind of motion whether it is fast or slow. Air is the same air whether it is hot or cold. Likewise, force is the same kind of force whether it is compressing or expanding.

A charged body is still a charged body until the last vestige of motion leaves it. Your car battery may be discharged to the last mile, but as long as it can produce motion it is still charged. You might properly say it is then in a negative – or negated – or voided

condition, but one cannot properly say that a discharging body is negatively “charged” under any possible condition. The same thing applies to life. As long as a man is alive and can move even one finger, he is still alive. *There are no such conditions in Nature as negative electricity, negative charge, and silent sound or dead life.*

Gravity is the force used by the Creator to create bodies. Bodies are disturbances in a vacuum. Gravity causes those disturbances, for gravity both compresses and expands.

The principle of electronics is a miniature example of what the gravity cycle does in a vacuum. A vacuum tube with no wave motion dividing it is the normal rest condition of the universe. It is the condition from which matter emerges matter being the light-waves which science calls the electric current.

“Electricity” emerges from the omnipresent vacuum. It does not return to it. It merely *seems* to. When an electronic tube is evacuated, it means that the electric commotion and tensions which have been pumped into it by Nature have “escaped” out of it, leaving it in its normal state of rest. Two wires are then attached to it to cause the kind of patterned commotion within it which it records from outside of it. The vacuum condition insulates the new pattern of motion

which is caused within it from any other patterns of motion which would otherwise occupy the tube.

That tube is a correct miniature zero universe of stillness which is creating a multiple universe of motion. If you will but study that effect, you will learn more of Nature's processes. The more that science develops this principle of creating its own patterns by starting from zero without interference from other pressures and patterns, and then multiplying them by gravity control within them, the more progress we will make in science.

The practice of electronics will grow to enormous proportions as electronic engineers begin to know more about light and the relation of its pressures to the spectrum-divided universe which controls those pressures.

That new science, though still in its infancy, has already made a marked difference in human lives. It will continue to make a still greater mark upon human destiny as it progresses. Its present handicap is its inefficient tubes and lack of knowledge of the nature of the inert gases and the octave multiplying principle. Not any of them has yet been constructed upon the right principle decreed by Nature for maximum efficiency. That will come, however, as

electronic engineers know more about the secrets of the octave wave which they now emulate with dim vision. Man progresses only in the ratio in which he acquires new knowledge.

This is not the place for a more extended treatise upon this subject, but we would recommend that each of our students becomes more familiar with the daily progress now made in electronics.

The one great lesson that you can now learn from electronics, without being technical, is the fact that whatever patterns you put into those tubes in the way of sounds, pictures or movements, come out of them in the same patterns as those you put into them. *That applies to YOU also.*

Let us fully understand our meaning in this respect. The sounds and motion you make do not go into the tube. It is not necessary to tell you that, for you know that nothing goes into that tube but the wave recording of the patterns of light and sounds of the events which waves record. Now here comes your lesson. You can hear and see what you put into that tube coming out of it again as many times as you wish to turn on the current. That means that light-waves are the recording principle of Nature. The electronic tube might well be

likened to a seed of man. The pattern of man is in the seed but the *man* is not in it.

That also means that all matter is but thought-recordings, for all matter is wave motion. It necessarily follows that your body is but a thought-record of your Mind-thinking which is operating within the Cosmic vacuum tube just as long as you can keep it vitalized sufficiently to create the image of you which your thinking is making. That means that matter is but pure thought, for all matter manifests idea.

That includes every creating thing and its pattern as being thought-recordings which act for a while, then refold into Nature's little electronic tubes, which we call *seeds*, for intervals of rest. When we turn the generating current of the sun's rays onto those electronic tube seeds, we can see and hear the record all over again and change it if we like, whether it be ourselves, a tree or a solar system.

Is not that a lesson in immortality? Within the eternal electronic vacuum of Nature, every thought, and action that has ever taken place during all time lies enfolded there in non-dimensional space.

There is one more lesson that the electronic tube might clarify for you — the lesson of dimension. Some day during your spiritual unfolding of inner sensory perception, you will become aware of the

fact that dimension is but an imagined effect. It might help you to take the first step in gaining this awareness if you will but realize that when you look out upon a fifty-mile expanse of land, buildings, people and events, you see it all within a dimensionless pinpoint of space within your eye. The whole universe is thus reducible to the non-dimension of Mind knowing which has caused the imagined universe to be extended from its eternal zero which never exceeds zero in CAUSE but seems to exceed it in EFFECT. God did, in fact, create His universe in His image, but dimension is as much a part of His imaginings as form and events are a part of it.

Yes— the above is a wonderful lesson for one who is mystified by the vague idea of immortality, but a still greater lesson of universality awaits deep meditation by you upon the thoughts above given.

You have, undoubtedly, wondered much about the unfolding of a tree, or a human body, from a microscopic seed. Many years are consumed in that process after you have put the seed in your own yard to generate a wave current for again unfolding the record contained in that patterned electronic tube. The electronic tube seeds of Nature have their film patterns enfolded within them.

Man has to carry his patterns separately— also his projection machine—whereas Nature's projection machine is the womb of earth.

Now give thought to that little seed which you call the electronic tube which is planted in Africa, ten thousand miles away from your yard. Within that seed a terrific conflict is being enfolded, a conflict between men, planes and guns. It is taking place NOW—this instant—and is being simultaneously unfolded from its recording seed into another seed in your very room. You can see and hear what is happening ten thousand miles away. You can see their activities against their African setting of desert, palm trees, and a broiling sun. You can hear the agonized and frenzied shooting of people who are ten thousand miles away from you. Likewise, fifty million people like you can hear and see the same events from fifty million different pinpoints of space upon this planet. Does not that teach you a lesson in the universality of all things?

Where, therefore, is dimension or time? If that event is happening within your room now as an unfolding from an electronic seed, and that dimensionless seed is almost simultaneously unfolding in fifty million rooms, how can you say that it is ten thousand miles and

weeks of time away from you? If you place a yardstick upon a mighty oak and measure its many dimensions, and then the oak withdraws those dimensions into its concept as recorded in the seed, how can you say that the dimensions you measure with a yardstick and weighing scales have any reality in a universe in which the reality you believe in disappears before your very eyes?

Where, then, is REALITY? Is it in the Idea which forever appears and disappears in the motion picture universe every time the current is turned on to reproduce it from its invisible storehouse or is it in that eternal zero which is its Source?

How long will it be before man seeks that reality which is eternal *within him*? How long will it be before *he even begins to comprehend* the meaning of that command to seek the kingdom of heaven within all men?

As we look out upon this world of strife, seeing fear in the Soul of man instead of love and happiness, and seeing greed there for worthless quantities of moving matter, and seeing also desires for body-sensation rather than Mind- inspiration, we can but conclude that man as a whole is still far from knowing that Light within him

which One Man, whom man crucified, knew when He said, "I and My Father are ONE."

CONCLUSION

The time has come when we must now learn that we live within a cosmic electronic vacuum tube of invisibility as Mental Beings who project actions from that vacuum condition to manifest our creative desires.

Look within a television vacuum tube for a moment. All you can see there are flashes of light which COME and GO. They COME only because of a Mind- desire to manifest invisible IDEA into visible form. They GO when the invisible IDEA has been expressed and the desire for further expression ceases for a while.

Ask yourself this question: Will those light flashes remain in that tube unless forced to remain there by a power *outside* of their own light, or have they the power *within* themselves to hold their units together?

You have but one answer. Those light flashes have been created to manifest Mind-Idea in action. They have no energy of their own. They will cease when Mind ceases to desire manifestation by action.

What has happened within that vacuum? Mind-thinking has been visibly embodied. That is all that has happened. That is all that CREATION is. That is all that GRAVITY is. That is all that light-waves are. And that is all that they DO.

We will carry the example of that electronic tube still farther. Consider that tube as a miniature replica of the COSMIC VACUUM ZERO of the Creator's Mind. Now consider it as YOUR MIND. Follow that up by realizing that there is no light in the tube because you are not recording your thought-images in it.

That is the only reason. The moment you connect the power of your thinking to that vacuum, it immediately begins to record your thoughts in light flashes which come and go as the light flashes of suns and stars of the cosmic vacuum come and go, like flashes of fireflies in the meadows.

If you will but think this through in your quiet hours of inner sensory perception, you will then fully comprehend that the light of motion, which matter is, has but one desire—to escape from the bondage of compression which keeps it forever moving to record idea instead of resting *within* Idea. It accomplishes this by regiving to ZERO that which Zero has given to it.

Every particle of matter in the universe, from microcosmic particle to giant sun, desires to explode. The only way it can explode is to generate enough heat within it to explode instantly or to decay slowly. Newton's law of attraction has no place in Nature.

The only thing which prevents the continual multiplication of heat is the uncreated cold of the omnipresent vacuum which not only surrounds it but interpenetrates its every part. Cold freezes matter in space to keep it from exploding, just as cold freezes matter in your deep-freeze to keep it from decaying.

Every particle of matter in the universe retains its appearance as a gas, liquid or solid only because it is frozen into the ice of itself. A vast mass of absolute zero cold freezes our sun into its density and keeps it from exploding. Some suns generate heat beyond their melting points and explode as novas, but some of them are conquered by cold before they expand beyond the limits of their heat exhaustion. They are then subdued for a while until they generate enough heat to try it again. This happens many times to many stars before they become permanently subdued. Many, however, explode and disappear.

Compression alone creates density, but compression also creates the heat of resistance to tensions. Vacuous cold takes the heat away, however,

and leaves only the ice of that substance. Iron, for example, is so closely compressed that it can generate 1500 degrees of heat resistance to that compression before the eternal cold subdues it. It desires to explode, however, and will do so if you will help it by supplying 1800 degrees of heat from an acetylene torch.

Everything on this planet will also explode if it can generate enough heat to do so. It has always been trying to do this through the internal fires of compression-resistance which sometimes reach the surface of the earth through volcanoes.

The earth is now so far away from the heat of the sun that cold has quite completely conquered it, but man is now attempting to create conditions which might make it possible to explode.

A full realization of the fact that matter is not held together by nuclear attractive action from within, and knowledge that our earth is held together only by freezing a crust of stone around its internal heat, should deter humans from helping the earth to explode as a whole, as it is continually exploding in every little part which we call growth. We mean by that, that when a small particle generates enough heat to explode, the cold of its environment freezes it and causes it to refold into a cell of matter. Gradually those cells take on

patterns and tens of thousands of forms of animal and vegetable life appear. That is the way things grow, and the only way they die is that they are enabled to generate more heat than their environment of cold is capable of freezing. *Living bodies are produced by compression. Dying bodies are liberated by expansion.*

This entire process is a photosynthetic one. Growth is a synthesis of light particles and the patterns of growing things are photographic records of each pulsation of growth.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 28

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

QUESTIONS AND ANSWERS CONCERNING FAITH, BELIEF AND FAITH HEALING

So many questions have come to us from various sources which are so unlike the workings of Natural Law and God's ways of working that they might appropriately belong to the Middle Ages.

People who are rational and wise about many things of life seem to lose all their rationality and reason when it comes to matters of interpreting God's ways. Many of these questions concern faith and belief, faith healing, intercessory prayer, and their belief in them is like unto belief in miracles which never happened nor could happen.

Many of these questioners sincerely believe that if many sincere and devout people pray long enough and with sufficient intensity, they can induce God to do something for them which He otherwise would not do – even to reversing His laws, as special favors in special recognition of their devotion.

Many of them border so closely to superstition that it is useless to answer them, for those who ask are not ready for the truth. These prefer the so-called miraculous and find greater interest in the claim

that people can walk on hot coals through faith and belief than *in the real law of Nature by means of which they can change their own depolarizing body by a joyous polarizing thought, proving that the truth is always more wonderful than the most picturesque untruth, even though not so spectacular.*

It is very gratifying that our close students are practically free from this character of questions for they are more ready for enlightenment, but even those who are closest to the Light ask for scientific explanations so that they can better answer those who question them. We look to you who are ready for cosmic knowing to become the seed for spreading the Light of cosmic awareness to all mankind.

Therefore, we say to you that you must have comprehension and knowledge of the nature of the universe to manifest God, for faith and belief without knowledge of Nature's processes are blind. They are dwellers in the dark and will cause your feet to stumble and bind you to a slavery of dependence upon a basic nothingness where you need a rock of granite for your feet.

You would not expect to write a story, compose a symphony or solve a problem in mathematics upon faith and belief unsupported by knowledge,

yet countless prayers go up to God with the hope that faith and belief, without intelligent action based upon knowledge, will bring fulfillment of desires.

You do not have faith and belief that you can walk. You KNOW that you can walk. You also KNOW that you can do anything by acquiring the knowledge of how to do it through action, yet many who lack knowledge to do what they desire to do depend upon faith and belief that God will do it for them. God will not do it for them; He will do it only *with* them.

THE GREAT MISCONCEPTION OF PRAYER

Practically every prayer which carries with it a request also carries with it the inference that God is overlooking something in the management of His universe and needs a reminder that things are not running smoothly enough to suit the petitioner. Also they carry the inference that requests are asked as personal favors from reverent and devout believers who believe that such favors will be granted if enough devout and reverent people join the weight of their petitions together to be heard by God and His interest in their personal requests is sufficiently aroused. Such prayers carry an inference of intercession in someone's interest -- as though intercession is necessary with God -- or would have any effect

whatsoever upon Him. They also carry an inference that God is a personal being, like a king upon a throne, to whom petitions are submitted and favors asked upon a personal basis.

To those we say that *God does His part always and needs no reminder. His part of Creation is perfect. His law is perfect. HIS LAW ALWAYS WORKS.* You do not have to ask God to make his law of gravitation work. Neither will He set it aside if you ask Him to. If you fall off a cliff, the law of gravitation will cause your death whether you are saint or sinner and no prayer will set that aside. God will tell you not to fall. He has told you that in your very seed but if you disobey, you will perish.

God's whole universe is in perfect balance. He keeps it so. You may depend upon it always. If you want good crops, God's law is there to give them to you **IF YOU WORK WITH HIS LAW.** *But if you ask God to do your part of the work as well as His, you will harvest nothing no matter how great is your faith.*

A farmer does not ask God to cure a potato blight. He searches for the cause of it, which may be his own lack of knowledge of the soil. When, however, a blight strikes men's own bodies, they vigorously condemn anyone who suggests that they do what the farmer does

who works knowingly with God, doing his part of the work together with God's part of it.

What was the cause of the potato blight? Was it too much rain and dampness?

What was the cause of the human body blight? Was it tight lacings generations ago? Wrong diet? Unbalanced emotional disturbances? Frustrations? Infection from a rusty nail? Distorted seed pattern of ancestors' unbalanced actions?

No matter what the cause of any disintegrating or depolarizing effect, the remedy for it is to restore balance. *The restoration of balance in any machine can be accomplished through action.* It is just as reasonable for one to expect God to repair his typewriter because of his faith and belief as it is to expect Him to repair a human machine which man has damaged.

The restoration of balance through any mental unbalanced condition is purely mental. A change of thought from negative to positive will cure any mental ailment. A physically unbalanced body condition, however, requires a physical action to restore its balance.

A Mind-healing has no relation whatsoever to faith and belief. It is purely CAUSE and EFFECT working in accordance with God's established law. It is desire for a right condition followed by intelligent action to restore that condition.

Purely physical abnormalities, whether a broken bone, a cancer, a cut upon the head, a gunshot wound, paralysis from blood clots on the brain, misshapen bodies or other deformities can be "cured" only by physical action. One might just as well ask God in all faith and belief to mend a broken spoke in an automobile wheel as to ask Him to cure a deformed foot without intelligent action.

CAUSE AND EFFECT

Creation is a play of CAUSE and EFFECT. The CAUSE is undivided. CAUSE is always balanced. It is always ONE.

EFFECT is divided. Instead of one balanced condition, it is a division into two unbalanced conditions.

The play of life is to keep the two unbalanced conditions of EFFECT in balance with each other. When CAUSE and EFFECT are in balance with each other, the spiritual and physical manifestations of either man or Nature manifest harmony, unity, growth, and

normalcy in all parts. It is impossible to keep one's body in perfect balance always. To say that God made man's body perfect as well as man does not mean that man can keep his body from being damaged. He must go to a dentist when his teeth wear out, or to an oculist when his eyes grow old.

It is inconsistent for one to believe that God will set a broken bone and, therefore, refuse a surgeon's help, but will go to a dentist to have his teeth filled.

God's law of CAUSE and EFFECT always works. When anything goes wrong with you, or with civilization, it is you who are at fault, not God. If men steal from each other and kill each other for ages, they harvest hate and fear which culminate in wars. The seeds of fear, hate and greed will not yield harvests of love, prosperity, happiness and peace.

Men pray to ask God to protect them from their enemies, instead of praying to ask God to so enlighten them that men can practice the love principle in their human relations and, thereby, not make enemies. As long as man continues to violate God's law, he will hurt himself. All the faith and belief in the world will not alter the effect of any cause whatsoever. Try it. Try putting your finger on a red hot

stove while praying reverently with full faith and belief that God will cancel the law as a favor to you and see what happens. Your finger will burn.

Therefore, we again say to you that when you ask God for anything, never ask Him to fulfill His part, for He has already done that, but ask Him, rather, to show you *what you should do to fulfill your part*. Everything that is wrong with you is of your own making; therefore ask that you be enlightened.

If, for example, you want a roof for your church and your people pray in full faith and belief that God will give it to you and you then rely solely upon your prayer, your church will not get its roof. If, however, you ask God to give you knowledge to guide your actions in giving service for regiving of money for the roof, you will as surely have your desire fulfilled as the farmer's desire is fulfilled when he does his part by tilling the soil and planting seed.

That is what we mean by the prayers of men who tell God what they wish Him to do instead of asking God to tell them what they should do. That is the great misconception of the power of prayer. *The cause of that misconception lies in the fact that people who ask God for fulfillment of their desires forget that requests for material things are created only*

through two-way action. Material things are not created by rubbing an Aladdin lamp or through wishful thinking. *They are created through balanced action and reaction.*

When a mechanic fixes your broken car through KNOWLEDGE of its workings, or a surgeon fixes your broken body through KNOWLEDGE of its workings, those operations are as much Mind-healings as the elimination of toxic poisons from your body by thoughts of love is a Mind-healing.

ALL CREATIONS ARE MIND CREATIONS.

ALL MIND CREATIONS HAVE BODIES FORMED IN THE IMAGES OF MIND- THOUGHTS.

ALL BODIES ARE CREATED PERFECT BY CONFORMITY WITH LAW AND MADE ILL BY BREACH OF LAW.

WHAT MAN FORGETS WHEN HE PRAYS

When man fervently asks God to fulfill desires, he forgets that he is asking God to do what he, himself, should do. God's part has already been done.

Man asks God to stop wars, forgetting that wars are man-made, not God-made. They are a breach of God's law. Wars are effects of the disunity, greed and selfishness of man. Man has free will to manifest the spirit in him, or his senses, as he wills. It is all a part of the Play of Cause and Effect.

The Play must go on until man learns by experience that he must some day manifest the love principle upon which the universe is founded.

FAITH WILL NOT DO YOUR WORK

You know that the fulfillment of any desire, whatsoever, comes only through intelligent action. You guide your car through busy streets by intelligent action, not by faith or belief unsupported by knowledge of the right actions which are necessary to take.

Faith and belief are wonderfully consoling for a wishful thinker who is willing to believe in miraculous happenings or who is quite ready to evade effort on his part, but it should be erased from the lexicon of those who desire to achieve or to acquire anything.

God creates what He KNOWS by thinking it into divided forms. Man should do likewise, but he must first KNOW that which he

desires to think into form.

You may have faith, belief and also HOPE in regard to others but not in God. You must KNOW that God will give you your desire if you work with Him to fulfill it but not otherwise. Others may have to justify your faith and belief in them but God should not have to prove Himself to you.

If you ask a builder to build a house for you, you KNOW that he can do it and, also, he knows that he can do it. If he answered your inquiry as to whether he could build a house for you by saying, "I hope I can" or "I have faith and belief that I can," your own faith in him would be tinged with deep doubts, for your very belief in him is founded on confidence in his knowledge.

YOU MUST HAVE CONFIDENCE IN YOURSELF based upon your KNOWLEDGE for knowledge is your power, not faith, belief, or hope.

Therefore, we say to you; whenever you desire to do anything, for which you do not feel yourself equipped, do not start doing it with doubt in your Mind or with *blind* faith that God will do it FOR you, for you must not start that way.

Stop, rather, and talk with God. "*Seek Him, know Him, be Him*" in deep meditation. Seek knowledge through inspiration. That is the only way

to build omnipotence into your desire. Never start anything without inspired knowledge which puts love into your givings – for that which is called WORK should be only joyous givings.

Your weakness lies in asking God to fulfill your desire instead of asking Him to give you the knowledge to work WITH Him in the fulfilling of your desire. You render yourself weak in so asking – and you double your weakness by the very thought of having “faith in God.” Having “faith in God” implies a doubt of the certainty of His promise, and places God on His honor to grant you your request. That is not the right attitude. You should approach any achievement with an attitude of certainty.

You should never approach God – or your Self in an attitude of supplication. You are not asking benevolence – nor is God dealing out patronage. *God is Creator – and you are co-Creator – not a supplicant for favors.*

You must lose your idea of separateness and find your universality. Until you KNOW your Oneness with the universe, you are but one part of it.

As long as you feel yourself to be a separate individual person you will think of God as separate and apart from your Self. Until you can think of your Self as The Person, or the Universal Self, God will be another Being

Whom you may reverence or worship, or ask favors from, or depend upon, in the measure of your KNOWLEDGE of God.

To have faith – or belief – in God implies separateness. It implies that God is another of whom you cannot say, “I and my Father are ONE.” That is why much deep meditation or communion with God is the most important thing in your life, for the more you lose yourself in the Universal Self the more you think of God and your Self as being ONE.

When you plant corn, you do it with knowledge born of experience that the corn will grow and fill your granaries. It does not grow because you have faith and belief that it will grow; it grows because of the workings of God’s laws. Likewise, you put the seed in the ground by intelligent action. You do not sit in the house and pray to God with faith and belief that He will plant it for you for you KNOW that He will not. God will work with you but not for you, and all of the faith and belief in the world will not give you a crop without your doing your part with God in the fulfillment of your desire.

Corn grows, forests rise in their majesty, vapors rise and storms rend without faith and belief, or even without knowledge. God’s law is being fulfilled in them. God’s law is also being fulfilled in you. You may break your leg and God’s law will heal it just as God’s law

grows the corn. But if you ask God to do more for you than fulfill His law – in other words, if you ask Him to do something for you which is your part of it – He will not do it, no matter how much you pray and no matter how much faith and belief you put into your prayer.

To exemplify our meaning, suppose your broken leg is badly twisted out of line, or the bones pass each other, and you ask God to reset the bones which you, yourself, should do or have done by a surgeon who KNOWS, you will find that God will do His part by making His universal law work for you, but your twisted leg will be the evidence of your own neglect to do your part of the work that God is doing with you, and you will be a cripple for life, a self-made cripple self-destined to suffer from your own disobedience to God's law.

And therein lies most of the confusion regarding faith healing. God's laws of growth are absolute. They work automatically and they work whether you pray or do not pray. *Conversely, God's laws of decay and disintegration are just as absolute as His laws of construction, and all the prayers which ask God to set aside His laws as a special favor to you are more than wasted.*

Let us exemplify. A destructive fungus develops in a farmer's corn field. The farmer does not go to his chamber to pray with full faith and belief that God will cure that blight while he sits by his fireside and does not do his part in working with God to reverse the destructive effect. Nor does he reason with God by making such useless affirmations as: "God made the corn perfect. Therefore/ there is no imperfection in it because there is no imperfection in God."

The farmer knows that he must do *his* part in checking the destructive growth with God's help – which means with the CERTAIN KNOWLEDGE that God's unalterable laws will always work, so he corrects the faulty, damp, undernourished soil which was the CAUSE of the fungus and God's constructive laws restore normalcy.

If you would not expect a farmer to heal his corn disease by faith and belief in prayer to God, why expect it of humans? Yet a blight does develop in a human – a blight such as cancer, a tumor, a wasted lung, or any of the many things that can happen to any material growing body which came out of the ground through the constructive forces of Nature and must return to the ground through

the destructive forces which are always waiting to do their part in Nature's work the instant they are called upon to do their part. Many humans would not ask God to cure corn blight nor condemn a farmer for curing it himself, but when they find that a blight has struck their own body, they pray that God will set aside His inexorable laws because of their great faith in Him instead of doing what the farmer does by working *with* God.

Those who believe this way make certain affirmations upon which they base their beliefs regarding humans as being quite different from laws governing corn or potatoes. Those believers say with much reverence: "God made man perfect. Therefore there can be no imperfection. If you will but see yourself perfect, you will then be perfect."

The great fallacy of such a belief lies in the fact that man's body is not man. Man is Mind – an idea of Mind, an idea with a spiritual entity. That is what God made perfect – and it is quite true that there can be no imperfection in the spiritual, eternal man.

But it is not the perfect spiritual man that has a cancer or tumor. It is man's *body* which has the cancer or tumor. *And it is man*s body which*

is following the inexorable laws of cause and effect which construct and destroy all bodies sequentially.

PERFECTION OF GOD'S LAW

God made His law perfect also. Perfection of God's law means perfection of balance between two opposite forces, the force which builds bodies, and the force which destroys them. God made both these forces and they are inexorable and unalterable in their workings. *God made the divided universe and the laws which govern it are perfect.*

But God gave man KNOWLEDGE of how to control those forces by putting his knowledge into action. The forces of Nature and the construction of bodies cannot be controlled by wishful thinking. The divided universe of bodies which come from the earth and go back into the earth is one of action – not inaction and wishful thinking.

A friend of ours cut his finger one day when his hands were soiled. He knew very well that the disintegrative forces would have an excellent opportunity to manifest God's law by infecting his finger if he gave those waiting microbes a chance to return his body to the

earth. Destructive microbes are manifesting God's law as purposefully as sunshine and growth are fulfilling it.

He stepped into the bathroom where his host was washing his face and asked for iodine and hot water, whereupon his host said: "I am amazed that a man with your knowledge would ask for iodine."

"What would you have me do?" our friend asked.

His reply was: "Why not let God do it?"

"Then why do you not let God wash your face?"

"That is different. I must do this for cleanliness, but you are using medicine," he countered.

"So are you. Soap is as much a medicine as iodine is. You keep clean in order to keep your body from decaying, as it would if you did not keep it clean.

I am doing the same thing with a stronger microbe killer than soap is because my finger is bleeding. That is the only difference, but the principle is the same," our friend replied.

When they went in to dinner, our friend asked: "Why do you eat food if God made you perfect? And why is Janie going to the dentist

today to have her teeth filled – and why did you go to the occultist to have glasses made for your body if God made you perfect?”

The answer is that *GOD ALONE DID NOT MAKE YOUR BODY – YOU. TOO, HELPED HIM MAKE IT.* God did His part perfectly for God has all-knowledge and works in harmony with His law, while you do your part imperfectly because of your limited knowledge of and obedience to the law, such as eating good food and observing the laws of cleanliness and exercise.

If you put bad food into your body, you, yourself, will poison your body. You will then find that God’s perfect law will work against you. If God does His part perfectly and you do your part imperfectly, you destroy that perfection. Then you pray to God to fulfill His promise to you to make you perfect while you are not fulfilling that part of the law which is yours to do. You – as eternal man – belong to the undivided universe of undivided balance. That is where your perfection lies and not in your body, for all bodies is imperfect to varying extents.

BODIES BELONG TO THE DIVIDED UNIVERSE OF DIVIDED BALANCE

Your body, however, belongs to the divided universe of divided balance between two opposite forces. Each of these divided balances manifests God equally. Each is a perfect exemplification of the law. *If you put decaying or poisonous food into your growing body and then ask God in full faith and belief to set His law aside for you, you are but expressing ignorance of God's way of working with you instead of knowledge of your co-Creatorship with God.*

You do not realize that you are asking God to reverse His law and make the destructive force which you have put into your body become a constructive force.

When God divided the undivided, He made both divisions perfect. When you use both of them in balance with His octave spectrum pairs, you produce a perfect body, but when you—or all Nature—unbalance the two, you are violating God's law and you must blame yourself only for it. Do not blame God or ask Him to void your mistake. *You, yourself, must void it by restoring balance.*

Two children on a seesaw play with the two opposite forces of the divided universe with great happiness until one or both of them break that equality. Blood then flows from shins by the children's own decisions to manifest unbalance.

PERFECTION IS EVERYWHERE THERE IS NO IMPERFECTION.

When we see what we call imperfect bodies, or imperfection anywhere whether it be in poor soil which yields poor crops or in crippled children, malformed trees or diseased men, or life taking hurricanes, droughts, smallpox epidemics or any other effect of motion whatsoever which expresses a very unbalanced condition, we must see them as perfect workings of a perfect law. *If they are not to our liking, we must do something about it. The only thing we can do is work with God intelligently through action, just as God works with Nature through intelligent action.* The law is always perfect, however, and imperfect bodies are the result of breach of law.

A smallpox or typhoid epidemic cannot be stopped by all the prayers of all the world so long as man continues to build smallpox or typhoid into his own body through ignorance of the law which he is breaking. Instead of praying to God to stop the epidemic, man should pray for knowledge of how to work with God in the elimination of it just as he prayed and worked for the elimination of smallpox. It was not faith and belief which conquered smallpox.

If knowledge of the cause of malaria is given you and you find that mosquitoes are carrying those destructive germs to you, and you then insulate yourself from the CAUSE, the epidemic will disappear as many epidemics have disappeared through knowledge and obedience to God's law. Victims by the thousands died of smallpox when prayer alone was practiced, but deaths ceased when knowledge and action destroyed its cause.

Knowledge made the bubonic plague to be a thing of the past, while ignorance of its cause would still cause countless deaths no matter how many people fervently prayed to God to stop it by affirming that God made man perfect. Knowledge of cause saved millions of lives while millions died because of ignorance while praying in faith and belief.

Likewise, hosts of reverent people pray to God to stop wars while they still continue the practices which *make* wars. Love alone will stop wars by unifying mankind. Just as long as disunity causes men and nations to fear each other, there will be wars.

GRAVE INCONSISTENCIES OF NON-THINKING PEOPLE

Many who believe in healing by prayer alone without working with God through intelligent action vehemently condemn calling in a

doctor or surgeon in cases where a purely mechanical action is needed to save a life, such as in childbirth where both child and mother die because of lack of a purely mechanical change of position of the birthing child which otherwise could not be born.

Refusal to make use of the knowledge of one to whom God has given such knowledge is as much a commission of murder by the one who refuses as though he killed the mother and child with a revolver.

We know of such a person who rejects the help of all doctors and surgeons and bitterly condemns all operations. We asked of him this question:

“Do you condemn the idea of a blood transfusion when a person is dying from loss of blood?”

“Yes, I do,” he replied, “because it requires a surgical operation which would not be necessary if one had proper faith in God.

“If you were dying of hunger, would you not eat food to make blood so that you would not die?” we asked.

“Of course, I would, but that is God’s natural plan, while surgical operations are not. Surgery is a method employed by those who do

not believe in God's almighty power," he replied.

"Would you recommend that a hundred surgeons and doctors be withdrawn from the battlefields and replaced with men of your belief to save the lives of men whose legs have been shot off, skulls crushed and bones exposed to view, men who are bleeding to death from terrible gunshot wounds or burns where flesh is half gone from the body? In asking you this question, may we remind you that knowledge of surgery has reduced the death percentage to one-fifth of the death rate of thirty years ago. Could your method give these men new legs, new arms, faces, and parts of bodies which plastic surgery have made possible in giving happiness and new life to thousands who would have died in agony otherwise?"

His answer was so inconsistent that we will give it only in brief digest. It was to the effect that "Mind-cure" had not yet reached that stage — that the patients must also have faith — that war was sin and the "wages of sin are death" and other generalities which indicated gross ignorance of God's ways of working with man and Nature.

Such believers do not realize that when surgeons heal with KNOWLEDGE, that is MIND-HEALING. It is making use of knowledge followed by

action, which is the very basic principle of Creation.

God makes all things purposefully. They must fulfill their purpose. When they have fulfilled it, or have rendered their bodies incapable of fulfilling it, God's law returns the body to the stillness from which it came.

Those who affirm that God made man perfect – meaning the body of man – do not realize that the making of the body of man covers a period of millions of years. The man of the jungle, of the Stone Age, the Neanderthal man, or the man of the Carboniferous Age, is as unlike as the forests of today. At which one of those many stages was man perfect?

If God made man of today perfect, could we not also say that the Neanderthal man was perfect – or that the cosmic-illuminated man of the future is also perfect – when neither one resembles the other either mentally or physically?

BODIES ARE CHEMICAL MACHINES

All vegetable and animal bodies are mechanical instruments which are made for the sole purpose of manifesting God THROUGH ACTION. That is all that bodies do. They do nothing else than

express the actions of their centering Mind which motivates their actions.

Bodies are composed of light-waves. One half of every wave is concentrative and centripetal. It is thus polarized in the positive direction of increasing vitality. It is the builder of bodies.

Positive polarity multiplies power in the measure of desire of Mind to express action. Positive polarity expresses LIFE.

The other half of the wave is decentrative and centrifugal. It is thus depolarized in the direction of decreasing vitality. Depolarization expresses death.

One half of every wave, likewise, is alkaline in its chemistry. The alkaline elements are positive and multiply vitality in the direction which expresses LIFE. They compress in the direction of the equator which centers the spectrum.

The other half of the wave is acid in its chemistry. The acid elements are likewise positive but expand toward the two blue ends of the spectrum.

For every acid element, there is a balancing alkaline one. Both are necessary but each must always balance the other, else the body is

thrown out of balance and becomes ill or develops the destructive growths and malignancies which are so rapidly increasing in the unnatural lives of great cities.

Centering the body is the undivided Consciousness which rules the body through its divided extensions of thinking-Mind. The wave vibrations of thinking- Mind are, likewise, divided into opposite sets of emotions.

The emotions which express happiness, joy, ecstasy, love and good will polarize the body positively in the direction which expresses LIFE. These emotions multiply the positive elements to vitalize the body and to destroy any destructive tissues or malignancies in the body caused by an overbalance of acid supremacy. Poisonous toxins which are not deep-seated will thus be voided, but long-developing, deep-seated growths, due to unbalanced conditions and to inherited malformations in seed patterns, may be retarded and often are not possible of healing without the aid of the surgeon.

The emotions which express anger, fear, worry, jealousy, cynicism and hatred depolarize the body in the direction which expresses DEATH. These emotions multiply the acid elements and devitalize the body by developing toxic conditions which, if sufficiently

sustained, promote the various destructive growths which gradually decay the body until it is utterly destroyed.

As we have so often said, we build our own bodies by the thoughts we think as well as the food we eat. God's Mind is forever ecstatic. The more we reflect the ecstatic condition of God's Mind, the more we vitalize our bodies, prolong our lives and lengthen their maturing points.

That is what we mean by the need for constant communion with God in order that His Omnipotence shall be extended to you in the measure of your ability to recognize it in you. That is why our own lifetime habits of working knowingly with God prolong life and keep it free from maladies which constantly affect those who worry, fear, dissipate or indulge in emotional disturbances or permit frustrations to enter their lives.

The great effort of life is to so live, mentally and physically, that you forever maintain a perfect balance between all of these pairs of opposite conditions. To allow tensions to multiply in one means paying for them in illnesses.

While affirming to your cancer patient that God made all men perfect, are you taking into considerations all of these attribute

which are so far out of balance in every living body that it is almost humorous to assert or affirm such impossibility in Nature?

We again remind you that there are no perfect living bodies of any kind in Nature. Their very growth under so many varying conditions makes perfection for all of them impossible. *The perfection lies in the law which makes bodies, not in the bodies.*

That oak over in the open meadow seems perfect A squirrel planted it on good ground. That other oak over in the shadow seems far from perfect. A squirrel planted it on barren ground in the crevice of rocks where its roots could not spread.

That man over there seems to have a fine body even though one would not call it perfect. He has injured its shape by overeating. Next to him is a much finer body. He inherited it from long-lived ancestors. But over to the left is a misshapen body given to him by parents who were syphilitic.

In the hospital up the street are rooms full of bodies with twisted feet, hunched backs and other deformities. Surgery is reclaiming many of these to a semblance of perfection. Could you bring happiness or cure to any of these by telling them that God made them perfect? We think not!

We know a man like these, however, that would believe you and understand you when you say: "God made man perfect." This man is a hopeless cripple, a paralytic who has not moved in thirty years. He is totally blind, also, but can hear and talk. That is all he can do physically. Yet spiritually he is a giant. He would say: "Yes, God made me perfect – but Nature, or my parents, or something did not work in balance with God's law to give me a perfect body." He is one of the most joyous and spiritual men we have ever known and have brought health and happiness to others by his inspired writings by means of which he has made himself abundantly self-supporting.

You will remember the passage of scripture which says that the unbalanced acts of parents will be visited upon their children unto the third and fourth generation? There are millions of imperfect bodies, even badly malformed bodies, which are the inherited malformations of distorted seed patterns. Our blind paralytic is undoubtedly one of these.

Disease is not alone the cause of all of these malformations of descendants. For several generations, women distorted their inner organs by tight lacing of that barbarous invention, the corset. Hundreds of thousands of women descendants of these tight-lacing

ancestors have suffered great and unnecessary agony in giving birth to children, or in their normal menstrual periods, because of these “sins” of their mothers and grandmothers, and thousands of them have had to undergo major operations because of those “sins Faith and belief would never have reduced this suffering.

When you tell these women that God made them perfect and all they have to do is to see themselves perfect and remind God that He has, perhaps, overlooked them in letting something so hurtful happen to their bodies, you are forgetting that God did not do the tight lacing which caused these agonies. Their grandmothers did that.

THE VALUE OF FAITH AND BELIEF

It must be remembered that bodies are the product of thought of Mind. *Mind is perfect, so that part of the building of man which God does is perfect.* When man’s thinking is unbalanced, his body is also unbalanced because his body is built in the image of his thinking.

No one should ask God to remedy man s own failure to do his part in working with God. All the faith and belief in the world will not induce God to balance man’s own unbalancing, for that would take free will from man*

and reduce him to the status of an automaton, and that is not in the scheme of Nature.

Faith and belief have great emotional value in healing bodies for like other positive spiritual emotions such as reverence, ecstasy, happiness, beauty, love and kindred emotions, they reverse the opposite emotions of fear, hate, worry, discouragement and other negative emotions and thus re-polarize a depolarizing body.

When you have thus substituted such constructive emotions for destructive ones, it is not your faith and belief in God which has healed you; it is you, yourself, who have healed yourself by balancing your body electrically and chemically.

It is your own obedience to God's law that has healed you.

CONCLUSION

God is LOVE. The foundation of love is BALANCE.

God's universe is balanced by the two opposite pulsations which manifest love.

When man learns to balance all of his human relations and all of his human emotions, he will have a perfectly balanced body. Normal bodies are

balanced. Everyone may have as balanced and as normal a body as he is able to practice the principles of balance from moment to moment of his life.

If you could keep in balance all that God has already given you, you would never have any illness of body whatsoever, for it would be impossible. God's balanced laws are always fulfilled with balanced manifestations. It could not be otherwise. Conversely, unbalance between the two opposing forces will always result in unbalanced manifestations.

Tumors, cancers, headaches, heart disease, and every other body ailment are the result of unequal interchange between God's two constructive- destructive forces. Likewise, all infectious diseases and all malignancies are similarly caused, for absolute balance between the two would insulate each from the other and allow the complete cycle of appearance and disappearance to consummate itself in an orderly and normal manner.

The more you can live and work knowingly with God from moment to moment, the more your body can approach the perfection which complete balance alone can give.

* * * * *

THE SUPREME PURPOSE OF CREATION

God created His dynamic universe for the sole purpose of manifesting the ONE IDEA OF LOVE – which constitutes His Being – in human extensions of His Being who slowly and gradually become aware of their Oneness of identity with Him. For this reason, every human on earth is perpetually seeking God whether he knows it or not. For untold ages, man has sought God outside of himself. The human race is just beginning to become aware that when it does find God, He will be found within man. It is to this end that this new knowledge of the long hidden secrets of space is now given herein in order that man will be enabled to transcend himself and his works for the betterment of the whole human race.

Swannanoa, Waynesboro, Virginia

Treasured friends:

We feel that by this time you will have discovered that there is a trend and a purpose between the lines of these lessons other than the building of knowledge upon which a scientifically provable philosophy of life can be founded.

You must *feel* that trend and purpose. Your letters indicate that fact, and those letters put recognition of our purpose into words more and more vividly~and that pleases us mightily.

Perhaps, though, you might search harder for what is invisibly written between the lines if we put into words and tell you very plainly what we are aiming at psychologically. Such words would have been wasted if we stated them several months ago, but not now, for these words will have a different meaning today than they would have had during the earlier lessons.

We spoke in generalities at that time, telling you, for example, that it was a transition from sensing to knowing or the unfolding of the Cosmic Man. These terms must have intuitively conveyed our

meaning to you and awakened in you the desire for cosmic knowledge but you did not have so dynamic an understanding of what lay behind those terms as you do today.

You must understand by this time that we are trying to make you live and work KNOWINGLY in both the undivided invisible universe and the divided physical universe of bodies in action. The transition from sensing to knowing actually means living in the Light of inspired knowing all of the time and extending your inspired knowing to your thoughts when you wish to create thought- bodies to image your thoughts.

Thus living in the high heavens, the body is but secondary and to be forgotten as much as possible when not needed for the manifestation of your knowing through action.

This reverses the rule of both body and Mind by the senses which make continual demands for pure gratification of senses. The senses are important, vitally important; for they are a doorway to the soul if the door to the soul is kept wide open by desire of the soul in you. But when demands of the senses close the door, or never let it open, and the senses dominate you, you then but live in an objective universe of sensed bodies which insulate the soul and drown out the Inner Voice which would reach the soul if it could.

The most wonderful thing in all the world is within every man – the genius knows it for he is close to it – the mystic knows it better for he has touched the hem of it – and the cosmic thinker is reaching out eagerly for that kingdom of heaven in the Light which that wonderful thing is.

All mankind has known of it in his heart from the beginning and started his search for it way back in the dark aeons, but many are now opening the door wider and wider which leads to a new dwelling place – the *real* dwelling place of man who has for such long ages thought that his body was his dwelling place.

To live knowingly in the Light where MAN is – where GOD is – where all knowledge, power and presence are the fulcrum for expression in the divided universe to make that kingdom of heaven which lies beyond the doors of your senses your dwelling place – to know the ecstasy of it – the inspiration of it for your interpretations into silent rhythms, into motionless forms unborn as yet, unborn till you want them born – THAT is what we mean by making the transition from sensing to knowing.

We want you to live in God's universe and look out from its Light into its divided extensions when you will, and thus looking out to find them wonderful and good – reflecting the glory of the Light of

their Source strongly here, weakly there – but all of it being GOOD, for all are seeking that door which you have found and some are near enough for you to reach forth your hand and help them over the threshold.

And that is what we are giving our lives for, both working together toward just that end. Hours upon hours we review all of these lessons together toward the end that the right words will be found, the simplest of language and examples used, all of it for the one purpose of keeping that door to the Light wide open to you for your dwelling place from where you may work knowingly with God from moment to moment and be ever watchful for those who are reaching out to you to help them across the illumined threshold into the glory of the all-knowing Light.

For that purpose, God led us to this sacred mountain from where The Message will spread throughout the world when there are teachers enough to multiply our ability to spread it. They are coming and will continue to come until the time when we shall unfold our plan to you for the great transformation of man and the dawn of a new day in human relations.

With our deepest love to you, we are,

Sincerely yours,
Lao and Walter Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 8

LESSONS 29, 30, 31 & 32

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

PRELUDE TO UNIT VIII

Future generations of gradually unfolding spiritual man must sooner or later realize that man is *divine*. As long as he thinks of himself as body instead of eternal Mind, and as long as he senses with his body instead of thinking with the universal *Mind*, he will think individually and not universally. When he at long last discovers his eternal Self, he then knows that he is universal and can no longer think of himself as an individual.

Civilizations of individuals may come and go as many have gone and as this one is now so rapidly declining but always the *cause* of decline is individual thinking and individual concern.

Individuals believe they can acquire by *taking*, Universalists know they can acquire only by *giving*. When all men shall have learned the lesson of love sufficiently to become ONE in their thinking, they will become one in

their giving to the Whole instead of to the self. When that day of unity comes, we shall then have a civilization which will endure, but not until.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 29

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

GOD'S UNIVERSAL LANGUAGE OF LIGHT

(The substance of this lesson was taken from Lao Russell's early writings which will later be printed in a book entitled OUT OF THE SILENCE.)

A language is something created by all creatures of the animal kingdom to convey the meaning of an IDEA from one manifestation of idea to another. Insects, birds, fishes, animals of the forest and jungle and humans all issue sounds which convey meanings to their like kind, and all such meanings convey the ideas of mate hood, hunger, fear, anger and other ideas which are necessary for the survival, continuity and education of the countless pairs of IDEA-BODIES which constitute Creation.

We have purposely not as yet used the term "idea-bodies" but will henceforth do so to replace the term "matter" now given to created manifestations of idea in this divided universe of motion, for every form of matter ever created, such as simple atomic bodies or complex systems of bodies, manifests and represents one of the

countless ideas which the Creator has divided from the ONE WHOLE IDEA which needs but the one word "CREATION" to convey its meaning.

A language, therefore, does not necessarily mean spoken or written words. Anything which conveys a meaning is a language for it extends the idea of one idea-body to another idea-body.

AXIOM

IDEA is a part of the eternal uncreated and undivided white Mind-Light which God is, while idea-bodies are spectrum-divided extensions of that undivided white Light which centers every wave of them.

God's KNOWING is that one white Light, but God's THINKING is the divided octave-wave spectrum of the four pairs of spectrum lights which extend from that white light—four on each side — which constitute the thought-bodies of Mind-thinking and Mind-imagining.

It has not yet entered within human consciousness to think of matter as thought-bodies or of waves as pure thought-recordings which God—the sole Teacher—makes use of to intercommunicate with every thought-body in the moving universe. Neither does it occur to anyone that everything in the universe is constantly talking to every other thing nor telling it what it is, what it is doing and what its purpose is. An apple, for example, does not need to say in words, “I

am an apple.” Its form, color, odor, and taste tell you that without need of words, but you identify that apple-idea by giving it a word in man’s language.

The ringing of a bell is telling you in sound that church is ready for services, or that there is a fire, or that it is high noon. If you will learn to look upon Creation as an assemblage of many ideas and realize that the only knowledge you can ever acquire is an awareness of the nature and purpose of each and every created thing as well as the processes used in the creation of that thing, you will soon realize that YOU ARE FOREVER TALKING TO NATURE AND NATURE IS FOREVER TALKING TO YOU. The more you do this, the more you acquire God-awareness, for God is Nature – and that is what we mean by *cosmic thinking for cosmic thinking is actually talking to God as God is forever talking to YOU in His universal language of Light.*

* * * * *

It will come as a great surprise to learn that God speaks to and teaches every living creature on earth and in the skies and seas whatever it needs or desires to know for survival to maturity and death. Man’s language consists of thousands of words. God’s

language of Light consists of but nine words which apply to his body and three which apply to his Mind.

The nine words which reach man and all living things of nature are as follows: IDENTITY – MOTION – SOUND – ODOR – COLOR – FORM – TEMPERATURE – RHYTHM – TIME.

The three words which reach his Mind are: INSTINCT – INSPIRATION – IMAGINATION. Of these, “instinct” is the manner in which God speaks to early forms of living creatures, and the other two words are those used when life form has advanced beyond the stage where the senses alone are relied upon for knowledge or for survival.

It is necessary at this point to define the meaning of “knowledge” for it is the generally accepted idea that knowledge is acquired through sensed observation. That is not true, for Nature never reveals her basic truths through the senses of motion. The senses are mightily deceived by the illusions of perspective and other optical effects, for the senses are forced to view Nature through the convexity or concavity of light pressures which constitute this curved universe of motion. The senses, therefore, can be informed and they can reason deductively to arrive at axiomatic conclusions, but all down through

the ages these conclusions have been perpetually discarded and replaced with other conclusions up to this very day. Even now it is still believed that such conclusions and axioms can be mathematically proven, for mathematics do not lie. That is weak reasoning, however, for man's axioms are not self-evident truths; they are but ASSUMPTIONS of truths.

We, therefore, define "knowledge" as AWARENESS OF IDEA. The extent of any man's knowledge is, consequently, the sum total of his comprehension of idea. As idea itself is never created but only manifested through moving idea-bodies, his senses are limited to those idea-bodies until his Mind transcends their boundaries.

It is a basic fact of Nature that all living things are forever seeking God whether they know it or not for God is Light and every blade of grass, tree of forest, animal of the jungle or rose in your garden is constantly seeking the idea-body of light which the sun is.

To exemplify our meaning, consider the newborn babe when it begins to reach out to touch things which it immediately tries to put into its mouth. Its instinct has already told it that survival lies in the taking of things into its mouth. Everything it touches takes on a meaning for it. That meaning may be ever so slight but it is the

beginning of its education in the school where God is its only teacher.

The senses of man are his doorway to his Mind, but his sense cannot KNOW IDEAS: they can but react to the meaning conveyed by idea-bodies.

It is unfortunate that our educational institutions and our science are still in such infantile condition that they depend entirely upon information gleaned through the senses and consider it impossible to gain it cosmically through inspiration or imagination. Until educators realize that God is the first, last and only teacher, that TRUTH lies in the invisible universe beyond the reach of man's senses, and that Nature always has the last word in every transaction and conclusion of man, the whole human race and its institutions will never transcend their sense-limited stage and advance to the stage of genius or cosmic consciousness.

GOD—THE SUPREME COSMIC TEACHER

We herewith analyze the nine words which constitute God's universal language of Light. Every one of these words is applicable to every created idea*- body in the universe.

1. *IDENTITY*. The fact that every creating thing is what it is and cannot be any other thing gives it its identity. A violet, for example, cannot be a rose, an oak tree, or a man.

2. *MOTION*. Motion is the first step away from the static universe from which the dynamic universe is extended. Therefore all creating things move in wave cycles to generate compression pressures and heat which radiates back to the cold of its origin for reincarnation of the idea it manifests. Motion is perpetually telling its secrets to observant ones who desire to be taught its various effects.

3. *SOUND*. Every created thing emits sounds of varying kinds. This applies to even the atom at its first explosion which causes its emergence from its seed in the inert gases to its return to them. Such sounds are beyond man's range of hearing but many can be amplified so they can be heard. The emanations of radium, for example, can be amplified so the sound is like a miniature Gatling gun.

Even the fishes of the seas emit sounds which have a meaning to other fishes. The birds of the air have mate calls which

convey meanings to other birds and also to man who is informed of their identities by sounds only when they cannot be seen. The nightingale tells you that it is near and the owl, likewise, tells you of its identity and presence. The sound of the factory whistle tells the whole neighbourhood that it is noon as plainly as though another person told you in spoken words.

4. ODOR. Odor plays a distinctive part in relation to the survival of man or animal. The fox would starve if it depended upon its eyes alone for food. The rabbit leaves its own distinctive odor behind it which the fox follows. The odor of a sheep or cow is just as clear to the fox but it knows that they are not its prey. Each odor conveys a different meaning, for every created thing has its own distinctive odor which spells out its identity as clearly as though it could talk and say, "I am a rabbit," or "I am a lemon," or "I am an apple." How often have you gone into a room and smelled something burning in the kitchen, or gas escaping, which you otherwise could not detect? Odors are, therefore, as much a part of your education as your geography lessons in school are a part of it. Also they are as necessary for your survival as they are for the survival of the animals of the forest.

5. *COLOR*. Every element or particle in the universe has its own distinctive place in the color spectrum to tell all things of its identity and purpose in Creation. Likewise, complex bodies have their own complex colors. When you walk through your gardens or forests, the very colors are telling you that they are violets, or roses, or pansies, or oaks, or pines, or spruce trees. The golden fire of the sunset talks to you in its own way and the lemon, orange or apple in theirs. How natural it is for all things to talk that way and have you talk to them in the same language. Why can you not realize, therefore, that you are talking to God through them as directly as you talk to a friend through a telephone receiver for God created you and all things else?

6. *FORM*. Every material body has a distinctive form of its own species which tells other forms of its Identity. Each one distinctly tells all other things in the universe what it is and what it can do. The form of a lemon tells you its identity as clearly as its odor tells you. One speaks through your sense of taste and the other through your sense of vision. Look about you wherever you may go and you will see that every object is telling you what it is and what it can do even though one had

no word for it. A hammer, for example, tells you what it can do even if it had no name.

7. *TEMPERATURE*. All idea -bodies have varying melting and freezing points which tell you of their identities in relation to other bodies. Temperature tells you when water will freeze or boil. It tells you when you must put on a coat or take it off. It tells you not to touch this or you may touch that.

In animal or human life, these temperature normalcies allow but little extension either way. Nature has designed man to withstand a temperature normalcy of about ninety-eight degrees. Even two degrees above that warns him of death by fever. Three more degrees are fatal unless alleviated speedily. Likewise, a human cannot live in a pressure of five degrees above or below sea level pressure. Each living thing has its own temperature normalcy just as it has its own heartbeat and blood pressure normalcy. These normalcies have deep meaning and form the basis of information to you, to your doctor, and to the various scientists who specialize in animal life from the insect to the elephant.

8. *RHYTHM*. All effects of Nature are rhythmic, for all are wave effects and the wave constitutes the rhythmic heartbeat of the universe. A deep variation of the rhythm of your own heartbeat would mean death to you, for the heart will allow but very little variation without telling you so and warning you by shock or otherwise. Rhythm is the basis of balance in the arts. In music, the slightest variation is noticeable while greater variations result in discord and in harmony.

Rhythmic balanced interchanging are evident in all of Nature's effects, from the steady walk of a man to the alternating piston strokes of an engine, the whir of a motor or the crashing of waves on the seashore. The rhythm of the waltz conveys one meaning and arouses its appropriate emotion, the rhythm of the soldiers' march arouses another, while the rhythm of the drum beat of primitives in the jungle arouses still another emotion.

9. *TIME*. The general concept of time is that it is eternally existent in itself. That is not so. If motion never began, time would have never begun. Time is the interval between sequences of events such as the pulsations of life. The eternal

zero is timeless. There is nothing in it to count, nothing to measure by.

Time is the recorder of wave frequencies and their countless variations which take place in the octaves of matter. It conveys countless meanings to the physicist, the musician, the manufacturer, and all who constitute our very civilization. It is one of the teachers of God's ways and processes to man without which, in their totality, man could not possibly survive, nor could any living creature on earth survive.

CONCLUSION

These nine attributes of motion constitute the teaching faculty in God's school in which God, the Creator of them, is the head-Master. It is incredible that anyone who realizes that he could not survive without these moment-to-moment teachers, all of which are perpetually attendant upon every living creature on earth, could ever deny the existence of their, and his, Creator. To deny God is to deny love and beauty without which one would be alone and desolate, for loneliness is self-inflicted upon those who have not given, or do not give, out from themselves sufficient love and beauty to become one with the WHOLE, or cannot do so because of a loveless environment such as a man on an uninhabited island.

God is Love—and Light—and Ecstasy. He who has these qualities within him can never be lonely. The nine teachers herein described are His nine inanimate messengers created by Him to lead you to His very door of Love and Beauty and Ecstasy in His high heavens.

Listen to them and heed them, even as you listen to the living Messengers whom He sends to earth at crucial times in man's unfolding to save man from himself and lead him ever nearer to the One Light which men and God are.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 30

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

CONFUSION OF IDEAS REGARDING THE SPIRITUAL AND PHYSICAL ASPECTS OF MAN

Before closing this series of lessons on the clarification of the relations between the Light of the undivided cosmic universe of MIND-KNOWING and the divided sensed universe of MIND-THINKING, it is well to summarize and review the preparations for better understanding which the earlier lessons have covered.

There have been so many teachings based upon blind reasoning, so many theories based upon misunderstood mental and physical experiences, and so many misconceptions of God, and Mind based upon sensing that it is well to vividly define these relations from a scientific basis so that all guessing will be entirely eliminated from future comprehension.

The confusion of ideas and theories has arisen because of the impossibility of penetrating the veil of the invisible universe of Mind-KNOWING through the senses of the body. The miscomprehension of man that he is thinking

with his Mind when he is only sensing with his body has given rise to the many misconceptions regarding both Mind and body. That is why we hear so much that is popularly believed about such non-existent things and conditions as unconsciousness, conscious Mind, subconscious Mind, super conscious Mind, the human mind, mortal mind and other terms. These all arise from the misbelieve that people are thinking when they are but sensing with their electric senses – which do not think and cannot know anything.

The more you study and restudy the previous lessons until those first principles become a part of your knowing, the more you will find yourself beyond the possibility of confusion.

To these previous lessons we would add a brief explanation of what *causes* such strange misconceptions. We wish to stimulate your imagination with another presentation of the difference between the spiritual and physical universes which is different from any you have ever heard. *We will do this in order to help you see the material universe as we see it and the spiritual universe as God taught us to KNOW it.*

THE EXPLANATION OF UNCONSCIOUSNESS

There is no such condition as unconsciousness.

When you are wide awake, your body is like the rippled surface of a lake or turbulent ocean. It is vibrant with waves. Those vibrating waves of motion are your senses. They are also your body. They are made up of countless millions of fast-turning rings of light which are encircling their Mind- centers.

Give thought to this fact for just a moment. When you fully realize that your body is only waves of vibrant motion, you could not possibly think of your spiritual Self, the eternal Being which is YOU, as being only waves of motion.

You have inspired thoughts, deep emotions, and glorious conceptions. You cannot possibly attribute your love of beauty, your family and friends, your rapture of Soul in contemplation of Nature or your inventive genius to the waves of motion which constitute your senses. Nor can you think of your knowledge as being motion. Your vibrating senses do not know anything. They are not conscious of anything. All they can do is to sense other motion. In other words, all they can do is to feel. Senses are made to feel other motion and that is all they do – nothing more.

We say that we have five senses, that of seeing, tasting, smelling, hearing and feeling. *All of these are one. We FEEL differently with our eyes, ears, nose, tongue and body, but they are all just the one sense of feeling. And that is all that the whole physical universe is composed of – just senses – sensed waves – sensed bodies of motion which FEEL other sensed bodies of motion.*

Moreover, no sensed body in the universe could even move if not “told to do so” by the Intelligence which centers it. Just as your car cannot move without desire extended to it by its centering Intelligence so, likewise, your body and all other bodies move only because of desire of the Universal Intelligence centering them and not otherwise. *And this is as true of the atom or stellar system as it is true of the little finger of your body.* All of them are controlled by the Universal Intelligence which centers all matter.

Your senses are the intercommunicating system which connects every atom of your body to every other atom in it. All cells feel each other’s motions. They are all extensions from a “central switchboard” which is your brain. *We have stated before that our brain does not know anything, for it is also but motion. Our Intelligence sends messages to other senses through the brain. The Intelligence of the whole*

universe likewise sends messages to all the rest of the Universal Body through the centering nerve ganglions of each atom in the universe. The entire universe is but one intercommunicating Mind-controlled sensed body, each atom of it being centered by the Universal Intelligence which created it and is controlling it. That is Nature's radar principle.

For ages, people have thought that the sensing of one state of motion by another state of motion in one's body is THINKING instead of just merely FEELING. Sensed feeling of motion by other motion has no relation to thinking, whatsoever, for thinking is a manifestation of knowing. As sensed matter cannot know anything, it cannot and does not think or know.

If the senses of man could think or have knowledge, the human race would have had such discoveries as the flame, the wheel or the boat, ages, and ages ago for the senses could feel as well then as they do now, but thinking did not begin in man for long ages after his beginnings. Likewise, the senses of animals can feel as well or even better than humans, but animals do not invent or discover laws, processes, or principles in Nature.

Animals' reason just as men do, but reasoning is just weighing one effect of sensed experience with other effects which arise from our

“sense of observation.”

What we mistake for the mental action of thinking is purely sense reasoning. It is not Mind-consciousness at all. Nor is conscious Mind aware of motion for it does not even KNOW of it.

Reasoning is the awareness of one sense of motion by another sense of motion and the ability to analyze and assemble other states of motion into one mechanism to simulate idea. The whole universe is “wired” from every point in the universe to every other point to transfer any sensation anywhere to everywhere. Reasoning is the first step in the direction of becoming aware of a centering Mind within a body.*

If, for example, your body is in balance with its environment, which means if it is comfortable, you cannot sense that fact because the senses will not vibrate in equilibrium. When there is no sensation, the nerve wiring of your body is “dead.” You must be unbalanced, or uncomfortable, before the senses will vibrate to tell all your other sensed nerves that your body is uncomfortable or cold. If it is cold, that awareness then causes you to get a coat for your body. Or if you are hungry or wet, or fall out of balance, your senses will immediately vibrate, but not otherwise.

A great deal of concentrative energy is expended to keep your sensed body vibrating sufficiently for you to be aware of either your body or its sensations. That is what we mean by saying: “When you are wide awake, your body is like the rippling surface of a lake or turbulent ocean, vibrant with wave motion. “

When you are asleep, either from fatigue or from an anesthetic, your body is no longer vibrant with wave motion. The waves “lie down to rest” because they are depolarized. Wakefulness is a polarized condition which induces strong wave vibrations.

You sleep when your senses become too fatigued to vibrate, *BUT YOU DO NOT BECOME UNCONSCIOUS. Your very small measure of Mind-awareness remains unaffected. As we stated before, there is no such condition of the Mind as unconsciousness.* You do not say that your tooth is unconscious when anesthetized. Why say it of your brain? Both are but sensed matter.

Mind is unchanging and unconditioned. The thinking of Mind changes, but thoughts of Mind are not Mind. Thoughts are motion and Mind is still. Thoughts manifest knowledge, but thoughts are not knowledge.

The silent harp string has in it the soul of an idea. The vibrating harp string gives that idea a body which you can hear as sound. Sounds

are sensations. *All bodies are sensations.* When the sound vibrations “lie down to rest” in the equilibrium of the harp string, the idea of that harp string is still there in the silence from which the sound sprang. *You can still consciously know the sound but you cannot sense it.* You are still *conscious* of the idea conveyed by the sound.

Bodies can feel sound but a Soul can put something else into sound which bodies cannot sense. A great musician can put his Soul into it as a message to other Souls. Those in whom the Light of Soul has not yet awakened will hear only the body of the sound and not the Soul. One is sense-awareness and the other is Mind-awareness. YOUR KNOWLEDGE DOES NOT LEAVE YOU WHEN YOU SLEEP. SENSATION ALONE LEAVES YOU.

* * * * *

SUBCONSCIOUS AND SUPERCONSCIOUS MIND

These terms are commonly accepted terms by practically all metaphysicians, writers, workers in the arts, psychiatrists and others who give thought to human mental processes. There are no such conditions as either subconscious or super conscious states of Mind. *The confusion of ideas which had borne such concepts arose from the*

mistaken belief that sensations of the body were mental. Body-sensing has been mistaken for *thinking* so when the vibrations which caused sensations in the body weakened sufficiently to reduce the body's awareness of motion sufficiently to deaden or stupefy the senses, people concluded that they were unconscious because their bodies had lost all awareness of their bodies. *Consciousness is the state of KNOWING. There is no activity in KNOWING, but there is activity in THINKING.*

Mind is not stratified into sub or super layers. Mind is universal. It is all there is and it is everywhere the same unchanging One Undivided Light of all-knowing from which all motion springs. Consciousness never changes. Everyone is always conscious but few are aware of it. The human race has not yet unfolded to the point where it is cosmically aware of its Conscious Soul.

To most people, the idea of consciousness means thinking of something. *Consciousness is a state of Being, an ecstasy.* It is not form or action. A true mystic is Mind-conscious all of the time whether awake or asleep. That state of ecstasy is not dependent upon wakefulness of body. It is a Mind state entirely. Its own ecstasy will often *awaken a sleeping body* when deep inspiration in it is desirous

for creative expression. Every genius is perfectly familiar with this frequent occurrence in him. Many who are not familiar with the very fact of it become deeply inspired when such a message comes from their own Soul. It may awaken them forcibly and compel them to put their inspiration into body form. Hundreds of people have told us that ascended Masters have spoken to them and have written through them. A Chopin or a Leonardo would understand that such inspirations come from their own Souls and not from any other source.

THE SUPREME HOPE OF MANKIND

It is our desire to close this unit of lessons by climaxing all that has gone before with some ideas for you to give deep thought to for the unfoldment of your own higher powers. We are mindful of the fact that the reason that you are studying these lessons is because you are very far ahead of the masses of mankind. You are ready for them. You have had sufficient cosmic awakening to have generated within your spiritual Self an intense desire for the Light of all-knowing which will transform you from the human animal stage of unfolding man, whose body senses have been preponderant in dominating his life, to the divine Cosmic Being whose Soul-Will will

be the absolute master of your body-sensing. YOUR awakening to the Light of Love will awaken your brother to the Light. *You are the Light of the World.* You are the saviour of man from himself.

We want to point out to you the fact that the whole human race has become divided into two groups – a *renascent few* of the many whose ascension is toward the Light and the *decadent millions* whose dissension is toward the dark.

The world is undergoing the agonies of a cataclysmic rebirth from body-sensing to Mind-knowing. *You who are becoming aware of your Soul will become the seed for saving the human race from its deep plunge into the darkest of all its dark ages since the Dawn of Consciousness in man.* Civilization has been self-destroyed many times during the past six thousand years and is again being self-destroyed *and all for the same reasons – SELFISHNESS OF BODIES AND DESIRES OF BODIES FOR SENSATIONS OF BODIES.* Civilization can be reborn only through LOVE OF MIND EXPRESSED IN BROTHERHOOD OF ETERNAL MAN WITHIN BODIES.

For thousands of years, men have been hurting each other to gain something for themselves. They have not yet discovered that they cannot hurt another without hurting themselves.

The reason for the present decadence of the human race is because of the accumulation of self-punishments resulting from the continued hurting of man's own self BY HIMSELF while attempting to hurt other men.

Empires are being disintegrated because of man's attempt to gain happiness, wealth, power and prosperity for himself by destroying the happiness, wealth, power and prosperity of others.

New empires are attempting to be built by destroying other empires. Empire builders have themselves created their own destroyers. *To live by the sword is to die by the sword.*

Empires are not only being destroyed from without but from within. Graft and corruption are rampant in governments. An era of unprecedented crime and moral degradation is undermining our own country as termites undermine buildings.

Nations which were built upon crime are being destroyed by crime, nation by nation and man by man. *That which man gave to man is being regiven to him in his own image.*

There is deep decadence in all the arts. Beauty has been replaced by ugliness in painting, music and sculpture. Culture is at lowering ebb

all over the world. No great men are being produced of such majestic standards as those great geniuses who have given us our present world culture. Many geniuses are still being born into the world, but they are not being given the necessary patronage and recognition needed for their survival.

THE GREAT DESTROYER OF UNFOLDING MAN

The supreme tragedy of this age is not alone in its wars. Wars destroy the best blood of a small percentage of whole peoples, but alcohol, tobacco and other drugs are destroying an extremely large percentage of men, women and teenage children of the whole world who are slaves to the slow mental and physical poisoning by nicotine and other drugs and narcotics. For a whole century, this decaying process of man has been growing upon so huge a scale that tobacco and drugs are now rated as two of the five greatest "industries" of the world. The great danger in the use of such drugs as tobacco lies in the ignorance of people as to what such drugs are doing to them.

WHAT DRUGS ARE DOING TO THE HUMAN RACE

Awakening man is unfolding in the direction of his spiritual divine Self. A small fraction of the human race has already been sufficiently illumined with the Light of God-awareness to deeply desire to live in the Light and know its ecstasy. To these few of the many, Soul-Will absolutely dominates the matter which is their bodies. These few are finding the kingdom of heaven within their Consciousness and can know its heavenly rhythms by being enabled to completely forget their bodies. *Forgetfulness of body and command of body by Soul-Will are the supreme achievements of the mystic and the genius who know the ecstasy of the divine Light.*

It has taken millions of years and countless reincarnations for the unfolding of Cosmic Man to that high stage where he can sever body-sensation from his Consciousness to the extent that he can be entirely freed from domination by his sensed-body and master it by his own Soul.

Millions upon millions of humans who have already arrived at that very door to the kingdom of heaven *are now closing that door* by becoming enslaved by their own bodies through nicotine, that simple, seemingly harmless but insidious and treacherous slow acting drug which is closing the long sought door to the Light for countless millions.

People who habitually smoke cannot either forget or rule their bodies. Drug addicts are ruled by their bodies to the exclusion of Soul-awareness except at rare intervals when just the right amount of drugs balances their changed normality for a few moments in intervals between the action and reaction cycles of the drug poisonings.

It is claimed that smoking does not injure the body physically.

That is not true, for it causes innumerable injuries ranging from stomach ulcers, lung and throat infections, to lung cancers and heart weakness. But that is not important because the body is not of the first importance. *The important fact is that smoking gradually depolarizes the reasoning and thought processes to such an extent that time cycles develop in which the body periodically demands nicotine to stimulate the brain cells. Then the body demands another cigarette.*

The human body is made up of a formula which consists almost entirely of oxygen, hydrogen, carbon and nitrogen. The large portions of these elements total 98-1/2 per cent of man's whole body structure. The other 1-1/2 per cent is made up of mineral salts, but in infinitesimally small quantities. There is no nicotine in any of that 1-1/2 per cent and that is why it is injurious. No one can take anything into his body which is not prescribed for him in his body formula.

Nicotine or other drugs are not included in it; therefore they are injurious to him in many physical ways but more injurious to him mentally. Any drug has a stupefying effect upon the brain cells which makes clear thinking more difficult. It is a strange fact that when the brain is dulled by drugs, the only cure for it is more drugs which bring normalcy back for a while, and then more drugs become necessary until the habit is one demanded by the body. Slavery then follows.

Some smokers' bodies demand only six or so cigarettes a day. Others demand one every twenty minutes. These become "chain smokers" who have lost practically all Soul-Will. *Chain smokers are body slaves to a drug.* He who would deny his slavery to nicotine may prove his freedom from it by asserting his will over the power of nicotine. Not one in a thousand longtime smokers ever succeeds in proving his own will power over nicotine to be greater than the power of nicotine over him. *That fact of body-slavery is the important thing for any man to ponder over that is in search of his own Soul and its dwelling place in the high heavens of God's Light.*

Man is divine. He is the Son of God when he KNOWS he is – but he can never know it through body-sensing. He can only know it through the

ecstasy of inspiration while in the Light.

Eternal man is Omnipotent, Omniscient, and Omnipresent but the body of man is but sensed-clay and has neither power nor knowledge. Just as Iona as man is but sensed-clay he is sensed-clay – and no more.

The human race is seeking the kingdom of heaven through the Spirit. The Inner Voice of God is always directing every man to the door of Light – but as long as man is but sensed-clay he cannot hear that Inner Voice. *Therein lies the tragedy of man's suicide of the Spirit by the use of alcohol, nicotine and other drugs.*

Habitual users of nicotine and alcohol so effectually change the polarity of their bodies that they more and more effectually shut out the Inner Voice as they suppress Spirit in favor of gratifying the senses. Even the genius Mind who becomes addicted to either nicotine or alcohol in excess is unable to express his genius until the stimulation of the drug allows him to become aware of the Light in him for just a short interval, then nicotine or alcohol calls loudly to his senses and he reaches out for the drug to which his body is enslaved.

One of our greatest orators could not make a speech until he had given his body a quart of whiskey. That amount of drug changed his

normalcy to the point where he could think brilliantly for a little while. *Then came the reaction and the Light which shone from him for just a little while grew dim, then darkened – and this otherwise great man wept because of what his slavery cost him.* Think of the tragedy of a great Mind realizing that he could never rise to the height of his Self except through drugging his body.

The great spiritual awakening of unfolding man can come only through awareness of the Light in man. Alcohol and nicotine taken into the body in sufficient quantities change one's polarity so much that the normal body polarity is lowered to an artificial one and prevents any user of such drugs from manifesting God in him except during those ever-lessening intervals when the drug stimulates him enough to allow him to reach his *artificial* normalcy.

For brief moments he may even look upon the face of God and create inspired art while momentarily free, but those moments ever lessen as the bonds of slavery tighten to tear him from his high throne of the Spirit of eternal man to become again but sensed-clay of earth.

God's words in His Message of The Divine Iliad are so clear and explicit upon this subject that we will write them here for your deep

meditations.

“For I say that man who senses but clay of earth in him is bound to earth as clayed image of earth.

“Clayed images of My imagining who know not Me in them are but dwellers of earth’s dark. To sensed man the doors of My Kingdom are self-barred by darkness until the Light of Me in him is known by him as Me.

“Until then he is but moving clay, manifesting not Me in him while sensing naught but moving clay of him; knowing not the glory of My Light in him.

“Wherefore. I say to thee, exalt thou thyself beyond thy sensing. Know Me as fulcrum of thy thinking. Be Me as deep well of thy knowing.”

* * * * *

WE STILL SEARCH FOR SIMPLICITY

We live in a bewildering world which confuses us only because we do not *know* it. A primate would be similarly confused with a watch. To him, its wheels would have no meaning because both the

mechanics and purpose of the watch would be incomprehensible to him. Yet the watch is very simple to you. Its mechanics and purpose are perfectly familiar to you. You regard it as a very simple thing to understand.

You are confused about Creation because you do not know it. Likewise you are confused about the Creator because you do not know Him. Also you are confused about the mechanics and purposefulness of matter and motion because you do not know them. You may think you need not be interested in knowing about matter and motion because it seems difficult, but you MUST know their cause, and that is very simple. Without this knowledge, you are like a ship without a navigator.

You MUST know your universe, for your body which you are building is one unit of it. You must know how to control it. *You also must know it for what it is instead of what you think it is.* When you become familiar with it as being but certain states of motion, you must know that those states of motion are wave-records of your desires just as a picture is the record of the painter's desire.

A manufacturer produces a better product in the measure of his knowledge of this product. Your body is as much your product as the products of a factory. *Millions of years of your desire produced it.* In

one minute the desire of your will can alter its entire structural balance in either direction – toward life or death – without the slightest physical action upon your part.

The medical profession can make enormous strides in its great service to man by starting upon a basis of greater knowledge of CAUSE of the countless effects it encounters. In its search for CAUSE of effects in matter, *its beginnings should be in a greater knowledge of motion, which matter is and the relation of Mind to motion which controls body structure.*

It is for this reason that we must talk in simple language while taking matter apart to see how and why it ticks, Just as we have to take the watch apart for the same reason. The need for simple language is great because the things which shall be told to you about motion need the replacing of old concepts with new ones. *These new concepts must become new foundations for comprehension of things not yet known or even dreamed of in Nature.*

All mankind is still in as primate a stage concerning the CAUSE and PURPOSEFULNESS of all effects of motion as the early man to whom you are trying to explain the watch. You would have to explain one thing after another to him in the simplest words, about

the wheels, the gears, the central shaft and its extensions, before he even faintly comprehended its mechanism. Even then, he would know nothing of its motivating force nor the principle of time itself. No matter how simple your words would be, you would find it very difficult to make that thing which is so simple to you seem simple to him. You would find yourself using the simplest kind of words as though you were talking to a child.

That is what we have been doing in order to lay a simple foundation for the motivating Spirit in the still center of the universal shaft from which all power is extended for its cycles of divided and multiplied power. All wheels are geared through each other to manifest the tick-tick of the heartbeat of the universe which spells out the time sequences of every action-reaction of Creation. Therefore every part of the watch is dependent on every other part.

And so it is that we must find simple words and simple examples to explain fully to you the tick-tick of the divided universe of time and space which has one tick on each side of every equator to balance each other's unbalanced condition and repeat it upon the other side of the equator as the other tick of the cosmic pendulum.

YOU SIMULTANEOUSLY LIVE IN
TWO WORLDS AND YOU MUST KNOW
BOTH OF THEM THOROUGHLY
— AND THEIR RELATION TO EACH OTHER

The universal pump would not continue to unfold this appearing-disappearing two-world universe if it were not for that interchange of motion from one side of an equator to the other *as long as the energy of DESIRE divides the undivided still Light into pairs of moving lights.*

Suppose that instead of using the words “appearing-disappearing” universe in the above paragraph we used the words “living-dying” universe — or “growing-decaying” — or “generating-degenerating” — or “compressing and expanding” — or “polarizing-depolarizing” — or “charging-discharging” or “centripetal-centrifugal” universe.

No matter which pair of words we used, they would all have the same meaning. They are, all of them, the compression-expansion strokes of the piston which pumps opposite pressures FROM EACH OTHER to MAKE BODIES SEEM TO APPEAR OUT OF NOTHING AND THEN DISAPPEAR INTO THAT SEEMING NOTHING WHICH IS THE ETERNAL REALITY OF ALL SEEMING.

It is not helpful to talk abstractly about REALITY and UNREALITY. These phrases, and many like them such as the *divided and the undivided*, the physical and the spiritual or mortal mind and divine Mind, are commonly used, but if most people were pinned down with the necessity of explaining them to someone who “*wanted to know*,” they would find themselves in a quandary. But you who are acquiring this new knowledge are able to explain all of such phrases.

Knowing what they mean gives you a supremacy of power over all things, of your own body as well as the universal body, of cultural things as well as physical, for out of the rhythms of the divided universe comes the expression of all of the arts – and from the undivided Light comes the Soul of idea which is extended to cultural and intellectual expression in the arts. Likewise, your knowledge of the secrets which lie hidden within the wave gives you mastery of universal mechanics, mathematics, and energy expression. Conversations are too much filled with abstractions and affirmations without comprehension of their meaning.

Recall what so many have called the great mystery of how solid and liquid bodies emerge from space and are swallowed up again by it, which means

how the divided universe emerges from the undivided Light of Mind.

Meditate upon this thought for a while.

We are not only trying to make you look upon Nature more simply, but *we are trying to make you look upon life and death more simply* — as simply as you look upon sound and silence. WE ARE TRYING TO MAKE YOU KNOW THAT YOU CANNOT DIE.

When you breathe in, you are manufacturing your body because you desire to live. When you breathe out, you are destroying your body because you desire to die. You desire to die as much as you desire to live. Do not be too hasty in denying this. Think about it for a while. Let us think about it together and see if true thinking of Nature is not better than false thinking.

ACTION AND LIFE MANIFEST REST AND DEATH

Let us think about life and death again but let us not use those two words which have such a hopeful-dreadful connotation. *Let us absolutely forget that pair of words by substituting instead the words MOTION and REST.* And when you think of motion, think of it as being *divided* — and of rest as being *undivided* and *indivisible*.

Recall what we said about DESIRE itself being divided into two opposite expressions of energy — the desire to *concentrate* and the

desire to *decentrate*. When you desire to manifest an idea at rest in your Mind, you concentrate your thinking by setting it in MOTION. You continue to multiply that MOTION until you focus it into an imaged BODY of that invisible idea. In other words, you wind up something which was invisible until it becomes visible. You generate a condition called solidity. Then what do you do? You *decentrate* your thinking by setting your brakes against that multiplication of MOTION. MOTION then decelerates until it comes to REST in the idea from which it started. In other words, you unwind that which you have made visible until it becomes invisible. *You radiate motion into "space"* by stopping thinking to find that stillness in the "kingdom of heaven" which is within you.

Again we repeat th^o principle that all MOTION starts from a point of REST, seeks a point of REST, and returns to the equilibrium of REST from which it sprang. Motion starts centripetally to wind up into formed bodies – and ends centrifugally to unwind them into zero.

Perhaps we may now formulate a definition of Creation based upon the above as follows:

CREATION IS AN IDEA AT REST IN GOD'S KNOWING
- MIND. MANIFESTED BY TWO-WAY MOTION IN

GOD'S THINKING-MIND.

Deep thought upon this idea should reveal to you that LIFE is but desire for MOTION – and DEATH is desire for REST from MOTION in God's zero universe. Likewise, both LIFE and DEATH are but bodies of thoughts formed in the image of thoughts which come and go in thinking-Mind forever. The greater the vitality which generates power to multiply motion, the greater is your ability to manifest LIFE in your body – but the moment you divide that power by depolarization or fatigue, or anything whatsoever which reduces the power of your body cells to pump vigorously, that moment you express DEATH of body.

Now consider your desire in the morning to get into action and to express that power vitally all day. Do you not equally desire to cease from action at night to relax – then still later to cease even the action of thinking by fully resting in sleep?

If you will weigh them both in your thoughts, you will find that the desire for REST is equal to the desire for MOTION. *REST is the direction of DEATH from which LIFE is reborn, for every condition in Nature born its opposite condition.*

Your desire to breathe in is equaled by your desire to breathe out – but when you breathe in, you compress to express LIFE by

acceleration of motion – and when you breathe out, you expand to express DEATH by deceleration of motion.

When you breathe in. you CREATE your body. When you breathe out, you DESTROY your body. Your body APPEARS from the invisibility of REST – and DISAPPEARS from the visibility of motion. You are perpetually living and dying – growing and decaying – generating and radiating – moving and resting. Your body GROWS from multiplication of motion which charges it with power. It DECAYS from division of motion which discharges that power. It GENERATES and RADIATES for the same reason that it LIVES and DIES, and the desire for each is equal. Neither can be without the other. Each is born from the other simultaneously, then born the other sequentially.

* * * * *

The principle of The Divine Trinity underlies all that is herein stated and its expression is possible only through two-way Interchange of motion between each pair of opposites THROUGH EACH OTHER.

When any of our loved ones “die,” we rightly feel a great sense of grief and loneliness. All the knowledge in the world will not assuage that expression of emotion. That is as it should be. We are, all of us, actors in the Divine Drama of Creation and if its actors did not

express emotions which are appropriate to the lines of the play, they would be useless and purposeless actors.

Grief, suffering, loneliness, and kindred emotions are as purposeful in the Divine Drama of Life as joyfulness, happiness and like emotions are purposeful. And being purposeful, they are good.

Sunshine in Nature would be a calamity without shadow – and an artist's picture would be purposeless and valueless without both sunshine and shadow in their balanced relations.

No matter how great your knowledge of the unreality of death may be • – no matter how strongly you may live in the spiritual world – you must not forget that you have a physical body which manifests spiritual idea – and that you live in both the divided and the undivided universes of CAUSE and EFFECT.

To have so much knowledge of the undivided universe that it leaves you cold to the emotions of the divided universe is to hold yourself aloof from the Play and renders you purposeless.

The greatest achievement of life is to learn how to take all things alike, but that does not mean one should become an intellectual stoic. God's body expresses all of the emotions and passions which

result from a division of gravity pressures into two opposite conditions. All of them manifest God's thinking and they always balance. Storms subside – and the calm after the storm demonstrates that both are equally GOOD. The calm is lovelier after the storm Just as the water is sweeter after the long drought.

What we do mean about learning to take all things alike is to be strong in the knowledge that all things are good – and every effect is divided into its opposite effect – and EACH of the pair is EQUAL to the other – each equally GOOD.

Your capacity for joy and happiness may be measured by your capacity for grief and suffering. All of the knowledge in the world should not dehumanize you. Your knowledge will, however, balance all opposite emotions and thus enrich you for having experienced them, while ignorance will breed fears, worries, superstitions, and other unnatural emotions which act as a terrible burden to your progress.

Knowledge of universal law will give you courage to transform the greatest defeat which ever threatened you into your greatest achievement. It will give you a philosophy by means of which you may meet the grief of death enriched by the knowledge that every experience is GOOD, in that every experience strengthens you to meet all experiences alike.

You will know that the emergence of LIFE from the universal equilibrium is not greater nor better than its return journey to the same equilibrium for re-emergence. You will know that the equator which births LIFE has but transformed DEATH into another manifestation of life, which is as endless in its eternal repetition as the undivided universe is eternal in its changelessness.

And so it is that we must still unfold to you in simple words and diagrams the undivided BALANCE of the changeless ONE and the divided balance of the changing pairs of opposites which manifest THE ONE. You shall know that the undivided cannot be divided, but can seem to be. And you shall know the perspective of time – and of the Cosmos – which makes all things seem to be what they simulate – but are not that which they simulate. And you shall know that what emerges from one side of its equator is equal but opposite to that which is on the other side – and that EACH WILL DISAPPEAR IN SEEMING DEATH TO REBORN EACH OTHER AS SEEMING LIFE.

The anodes of the universe are the out breathings of cathodes – and the cathodes are the in breathings from anodes as surely as you, who breathe out, breathe in again to again breathe out – and as you who live are dying as you live and must forever die to forever live.

We shall, therefore, build thought-bodies and give them form in light-waves of octave tones and call them solids of matter which constitute that inexplicable objective universe of so many things which mystify us and leave us so grossly ignorant that we write down tragedies and calamities in our lives which should be glorious with golden fruits of ecstatic knowing – and we write upon life's pages defeats and illnesses and breakdowns where naught but our ascension should be written.

All things on earths and heavens of this divided universe of God's recorded thoughts are GOOD because God's thoughts are GOOD. You may be perfectly willing to believe this statement as abstract truth but BELIEF In it without KNOWING will not make you strong. You must KNOW, for knowledge alone will make you strong.

To live life, one needs to be strong in knowledge rather than in body. Big cyclotrons are being built to do what a little knowledge would do perfectly. That little knowledge might even save the effort of building the cyclotrons. Strength of body is like having a fine tool to do better work with, but no tool can produce work by itself and a weak mind cannot order a tool to do masterly work. The most important contributions to power and happiness in the world of

man are knowledge and strength of character. Be strong and know, for life lies before you. You have to live it. You cannot evade it. Why not, therefore, live it masterfully.

* * * * *

CONCLUSION

Life is an aeons-long journey to search for happiness. Happiness in man is an emotion which springs from love. To find happiness, man must find love. *The journey of life is for the finding of love.*

God is Love.

When you find God, you find love. When you find God, you find the kingdom of heaven within your Self. *When you find the kingdom of heaven, the purpose of life has been fulfilled.* All else is added unto it. The sole purpose for which this University was founded is to help you find your Self.

In the search for happiness, love and God in His high heavens, you make discoveries. In the long, long aeons of making discoveries, you discover that what you have searched for during the aeons you already have. *You never find out that you have it until you desire to give*

it. You then discover that you have it to give. From the moment of that discovery, you find happiness and love in the measure of your giving.

In your search for wealth, you discover that you already have wealth the moment you begin to give it. The measure of your wealth is the measure of your giving it.

Do you doubt your power? Give of what you have and you will discover that all the power in all the universe is yours to give. It is at the moment of your first giving that you discover your Omnipotence. You have searched and you have found. Countless millions are also searching but have not yet found even the path to the kingdom.

A new dawn of unfolding man is breaking. Millions of searchers for the kingdom of heaven will die while searching for what you have found. You shall give them what they seek. You are the savior of mankind in his new day. This our Father-Mother commands of you as He has of us.

Every man loses his life a million times to find eternal life, but he who has found eternal life and immortality shall bestow immortality upon him who seeks but has not yet found. Yea, millions will die, but God sends His Messengers to cause rebirth in man. The long Journey of man's search for the Light will forever continue and the

Light of Love will ever await the coming of man into His knowing of the Light – but the agony of that awaiting shall be man's alone.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 31

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

BALANCE IN THOUGHT AND ACTION

As it is our sole purpose and occupation in life to create divided and balanced thought-bodies in order to have good experiences and happy lives, we will take another simple step in the unfolding of God's plan and explain fully how God *seemingly* divides the unconditioned universal equilibrium into pairs of opposite conditions in order to create the wave of motion from which thought-bodies are constructed. We will give many simple examples of familiar effects so that you will recognize the fact that you produce thought-bodies in exactly the same way that God produces them, the only difference being that God keeps His Creating Body in balance but man rarely does.

To the extent that you know your universe and your power in it, you will build a balanced life of happiness and masterly achievement because you will be working knowingly with God when you do fully comprehend and practice the Law of Balance. No matter what happens to your own little universe, you will know what to do with it.

Rhythmic balanced interchange between every pair of opposite conditions in this divided thought-wave universe is the inviolate law which must be

obeyed by man and by Nature.

Nature persistently violates it and Nature instantly pays the price of its violation in its storms, tornadoes, crashing avalanche and tragedy of stellar cataclysms.

Man persistently violates it and pays the price of his violation in his crashing business failures, enmities, unhappiness, and illness.

All the tornadoes of earth cannot affect the balance of earth, for balance in the universe cannot be upset. The earth continues in its balanced relation to all planets with such exactness that its position in relation to them can be determined at any time to the split second. If the earth disobeyed this law by the slightest variance, its oceans would sweep its continents clear of all living and growing things.

If you disobey that law, it will affect your balance in respect to yourself but not to the universe, for God balances every unbalanced action of yours with an equal and opposite reaction until you do balance it as you sometime, some day, must. However, as God said in His Message to you:

“All men will come to Me in due time, but theirs is the agony of awaiting.”

That agony is the price you would be paying for your own disobedience to that law – and the disobedience may not be willful but due entirely to ignorance of the way God builds divided thought-bodies.

We quote God's Message to man in this respect as written in The Divine Iliad:

"When man knoweth Me in him, then am I he."

And again we quote:

"I, the One, am not divided into two as pairs of opposites of Me. I divide the two extensions of My thinking, but I am not My thinking, nor am I two.

"When man thinketh man alone, denying Me in him. then is man's image man's, not Mine and man's, for the pattern of My balanced rhythmic images within man may not be seen in him; nor may the glory of My Light be seen in him or known by him.

"When man thinketh Me. through knowing Me. then is he patterned by My image and I am he.

“When man thinketh Me in him, then is man’s balance absolute.

“When man so thinketh then hath he all power that I thy Father-Mother of all Creation, hath.”

KNOWLEDGE OF YOUR UNIVERSE MUST BE SCIENTIFICALLY BASED

Vague general understanding is not sufficient. You must know specifically how bodies are made and kept in balance, and their every other function kept in balance, for mankind is ever walking a tightrope and depending absolutely upon his balancing extensions, and it is so easy to crash through loss of balance. *The trouble with life is that all of us are continually losing our balance in hundreds of little things which almost pass unnoticed, but it is their sum total which gauges both our safety and our progress.*

You must know specifically how bodies are made and balanced by equators and God’s watchful eyes in the magnetic poles of all bodies, whether they be uncreated thought-bodies or physically created material-bodies, because that is all you are doing all of your life. *What you ARE – and what you CREATE – depends upon what you KNOW.* Ignorance never gets you far. Mankind knows less about

creating bodies and balancing them, the life principle and self-energizing or self-vitalizing than any other subject.

Man knows how to use the energy for his machines expressed by falling waters but has very little knowledge of how to use the energy of the universal heartbeat to vitalize and balance his own body and the bodies he is forever creating with his thinking.

You make bodies because you desire to create them. You make them out of light and motion directed by the desire of your will. You pattern them in *your own image*. *The life you give them is your life as their bodies are also your body. They are extensions of your body as your body is an extension of God's body. You made your own body by your desire to extend it from God's body. God made your body with you by the universal desire to manifest the man-idea as part of God's One Whole Idea of Creation.*

God could not create your body with you without desire to do so. Desire of Mind is the motivate force which energizes all Creation through the universal heartbeat of concentrative-decentrative thought pulsations. Likewise, YOU cannot create bodies without the desire to do so. YOUR desire is YOUR motivating force. The physical term for spiritual Mind-desire is GRAVITY.

All creating bodies are extensions of other creating bodies. You are now, and always have been, creating your own body. You cannot extend that which you have not first created. Neither can you extend *more* than you have first created.

All thought-bodies extended from your thought-body by the desire of your Mind to create thought-bodies *manifest the measure of your knowing. Your thinking can never manifest more than you know no matter how great your desire is.*

If you realize the fact that you are forever creating bodies by the use of Mind-energy, light and motion – and are balancing them with the immediate and universal environments – you must know what these tools are that you are using and you must know them as thoroughly and as dynamically as you know how to multiply two by two and conclude, rightly, that the answer is *four*.

We have not used this simple analogy without a good reason, and that reason is that it is no more difficult for you to comprehend FULLY all of these essentials for the building of thought-bodies than it is for you to multiply two by two, for God's working principle is as simple as that.

Science should be as simple as God's one working principle is, but science is extremely complex because it is unaware of that one working principle as manifested in The Divine Trinity.

Many of you are afraid of science. We know that you are because hundreds of you have told us so. You should not be. You are afraid of it *because of the tremendous complexity of the science you have read in magazines and textbooks. This is a man-made complexity which has no relation to Nature.* That is the reason you are afraid of it.

We do not wonder that you are afraid of it. When the ordinary everyday layman reads about the electrons, protons, photons, neutrons, positrons and newly discovered particles in endless array – and when he is told of the ninety- two elements of matter and their complex structure, all of it couched in a terminology which is like Greek to him and seems beyond his comprehension – we do not wonder that he shies from it.

There is nothing so complex in the whole field of science, whether in electro-dynamics, chemistry, astronomy or any other branch of science that anyone of the intelligence required to be a good pianist, or composer, or housewife or business executive could not as easily master.

These many varieties of particles which frighten you away from science are, all of them, the same particle of light corpuscle but seem to be different because they are in different parts of their wave fields and are, therefore, differently conditioned as to their polarity. And so would you seem to be different kinds of humans if some cosmic giant photographed you under his microscope one day when you trudged in knee-deep snow with your fur coat, hat and mittens on, then later photographed you as a water animal with bathing trunks and sun hat.

Chemistry is as simple as music. The octave tones, harmonies, and rhythms are the same. We could teach you chemistry from the musical octave, or the color spectrum from the Mendaleef table. And we will say the same for mathematics or mechanics.

When you are taken "behind the scenes" where God's cosmic cinema is being played, you will find no complexity there at all. You will find that when you thoroughly know the working principle of The Divine Trinity, so thoroughly that your own Consciousness is always the centering zero of KNOWING from which all pairs of opposite expressions extend, you will suddenly realize that you have all-knowledge, for the answer to every question as to CAUSE and PRINCIPLE is within you.

When you have arrived at that point, you will find yourself to be a very different kind of person. You will then find yourself more and more dependent upon *yourself*, more SURE of yourself. *You will find yourself talking less to dissipate your forming thought-bodies and thinking more. The time will gradually come when you would not think of asking any other person on earth for advice upon anything whatsoever which you are planning to achieve or create.*

You will find yourself going to books only for information or to other men for technical skills, or to encyclopedic recordings which are not knowledge, but never for CAUSE or PRINCIPLE for that knowledge is already within you and these lessons should awaken it in your sufficiently for you to recognize your own cosmic unity with the Omniscient ONE.

The greater your cosmic awareness, the greater your Cosmic Consciousness – which means ALL-KNOWING.

BASIS OF ALL OF LIFE'S PROBLEMS

Always keep God's Law of Balance for this new age of Cosmic Man in your Consciousness. The answer to everything which is good or bad in your life lies in the measure in which you practice the Law of

Balance — and your ability to practice it lies in the measure of your understanding of that law.

If you face a crashing defeat, you must know how to meet it. *The best way to do this is to search within your Consciousness to find how or where you have violated the Law of Balance in the principle of The Divine Trinity.* At such a time, never seek the solution outside of yourself by telling a living soul of your problem who is not able to take your problem as his own. Your wife or husband maybe the only one who is capable of becoming one with you in your problems and that only if your mate is one with you in all things.

Seek the solution within yourself. The answer is within yourself. Seek aloneness with your own Soul and talk to God about it. *The more you know about His Law of Balance, the better you can comprehend God's universal language of Light in which God talks to you. Likewise, the more you dynamically KNOW that principle as manifested in everything you do the less problems you will have to overcome.* For that reason, we shall talk to you concerning the principle and dramatize our teachings by human examples as to the application of that law to every phase of your life — from business to matrimony — from frustration to glorification — or from health to friendships.

God has given you something to guide your life actions which you probably never have given thought to. He has given you what is known as an equator when applied to earth or sun. As applied to you, it is a plane which divides your body into two equal and opposite halves and each opposite half symmetrically balances the other half – but in reverse.

It is as though your body was vertically cut in half from head to foot and an invisible mirror placed there for each half to reflect the other half in reverse. If you do not thoroughly grasp our meaning, go and look in a mirror.

The equator which divides you is the still

Light which divides all creating things but which, in itself, cannot be divided.

Perhaps you will meditate upon this subject with us and ask of yourself what significance the equator of your body has upon your health, happiness, success or other incidents of your life. There must be some vast significance to this one fact because every creating unit of organic and inorganic matter is similarly divided, every insect, plant, corpuscle of animal, vegetable, or mineral matter, and every star, sun or planet in the heavens. See accompanying diagrams.

The vast significance of the equators of all creating things lies in the fact that the equators are the dividing planes of the universal equilibrium. They, therefore, represent the undivided, the unchanging spiritual Light from which the physical bodies of all things are extended.

The zero which is the center of gravity of all bodies centers the equators of all material bodies. Gravity is the desire force in Mind which is located in the pineal gland of man as the seat of his Consciousness. The Light of your Consciousness is in that portion of the equator of you which centers the two thought-extensions of your brain through which it operates to control your body.

The real, immortal YOU the invisible YOU – controls the visible body of YOU from the equator of your body. Everything you are in thought extends two ways from your Consciousness which is located upon your equator. Your senses vibrate from that equator when your equator is out of balance with the universal equilibrium, and cease to vibrate when it is in balance with it.

When you know your universe and your relation to your own particular equator which divides and controls your mental and physical lives in order that you may see how God is working with

you in the unfolding of your destiny every moment of your lives, you will then know how to control your destiny.

Never forget that what you are DOING in the divided visible universe is a manifestation of what you are THINKING in the undivided invisible universe.

CONCLUSION

You will have a different viewpoint on life when you thoroughly comprehend how helpless you are without knowing God as One with you, and how powerful you are when you do know Him in you.

Above all things, however, you must gradually know about death. It has been said that death is the last thing for man to conquer or to overcome. What is meant by that is that knowledge of the fact that what man calls “death” is what Jesus called the kingdom of heaven – or omnipresent Mind which is the eternal YOU and cannot die.

Life and death are equal opposites. They are sexed mates as all pairs of opposites are sexed mates. They interchange from the moment of birth, and that interchange is to seek balance with each other which is the sole purpose of all sex interchange between all pairs of opposites.

When life and death find balance, they lose it – as all pairs of opposites perpetually lose the balance they perpetually seek the moment that they find it.

Life and death are born in the same cradle, but the cradle is a cycle like the swinging of a pendulum with an equator between the two from which life extends one way and death the other way.

Each inward breath you take is a rebirth toward life. Each outward breath is a rebirth toward death. As life and death continually interchange, they approach each other until they meet at the halfway point – the equator – of your life cycle. From there on, life is dying so that death may live, and death is living so that life may die.

There is no death in God's universe; there is naught but perpetual rebirth into an endless repetition of rebirths. Every opposite gives birth to its own opposite simultaneously and becomes its opposite sequentially.

You will remember God's words as given in His Message of The Divine Iliad:

"Know thou then that I alone live. I do not die but out of Me comes both seeming life and death.

*“Life is but the inward flow of My thinking’s divided pulsing,
and death is its outward flow.*

*“Know thou also that the divisions of My thinking are but
equal halves of One: for I again say that I am One; and that all
things which come from Me are One, divided to appear as two.”*

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 32

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

QUESTIONS FROM STUDENTS

The few questions that filter in from the many students are proof that so many of you are finding that “All questions are answerable in the Light.” Further proof that substantiates this is to be found in quotations from glorious letters from students who write in effect:

“There was a question I planned sending in but I did as you suggested and meditated upon it within myself. The next day I discovered I KNEW the answer and now it is as clear as crystal.”

Over and over again we read in your letters HOW questions were answered from WITHIN, and we are made happy – very happy – for we know that this means our beloved students are unfolding in the Light of all-knowing.

We find, however, that when questions DO come, the majority have a frustration keynote in them which in their essence means:

“How can I be a success in life – be prosperous – have many friends – be happy?”

Frustration plays a big part in the making of unhappy lives.

Such questions relating to personal selves so far exceed questions concerning desire for greater knowledge of universal things that we are taking a few which are typical of all of them and devoting this entire question section to giving a constructive answer which is intended to encourage and inspire those who despair of ever reaching their desired goals.

Many of these questions are such as these:

QUESTION:

“How does one get in to see the big men of the world like Presidents of the United States and of big industries? I have to pull all the strings I know of and only get in to see the underlings.”

And “How can I meet and know great people?”

ANSWER:

That is an interesting question which is quite common to many people. Those who thus question seem to forget that great people also like to meet great people of their own status.

Our general answer to such questions is this: If you want to meet the great people of the world, make them want to meet you. The only way you can do that is to be somebody yourself. The moment you can do something which gives great value to your fellowman, or do something better than any other man can do it, the great men of the world will come to you. You do not then have to make an effort to meet them. The one most conspicuous fact about the world's greatest men is that they have never sought or desired anything whatsoever for themselves, neither possessions nor money, nor friends, nor power, nor adulation. *Every great happening in a selfless man's life comes to him unsought. God sends it. It is law in action. The surest way to prevent yourself from getting anything for yourself is to seek it for yourself. That which should be yours will surely come to you.*

If you analyze this answer, you will find that every great man's success in life has been based upon putting the love principle into daily practice by applying it to every act of life. Wherever we have practiced it and knowingly worked with God's law of love, God always gave us all we asked in the measure of our desire, and abundantly, but when we ever violated that law, unthinkingly or because of being pressed by seeming

necessities, that which we sought did not come to us until we re-found balance in ourselves.

Herein follow the few typical questions based upon frustrations:

QUESTION:

“How can I climb to the top in our factory from the lowly position I now occupy. And how can I overcome my inferiority complex which keeps me there?”

QUESTION:

“How can I apply the laws you teach to my personal life to make friends and keep them, to cultivate charm of manner, to attract love and make people want to know me?”

QUESTION:

“I am terribly lonely. I do not seem to know how to make friends. Can you tell me what to do?”

QUESTION:

“You say that God will give whatever we desire. I believe that in principle but no matter how much I desire things, pray for

them and try to live right to be worthy of them, it does not work out for me. What is wrong?"

QUESTION:

"You say that what is mine will come to me. It does not seem to. I am a salesman. I work harder and many more hours than other salesmen and barely fill my quota while others work much less and double their quotas. My wife has to work to help out while the wives of others selling the same things have servants and good clothes. Could you explain your success by giving some personal examples which apply to your principles?"

ANSWER:

The great deterrent to happiness, peace, and prosperity which every man is seeking is the still remaining influence of the jungle which is man's inheritance and is foremost in his memory.

The keynote of man's primate existence was SELF-PRESERVATION. The method he made use of to insure self-preservation was to take anything he wanted from other men

for himself. *The whole keynote of man's past ages has been SELF – the individual SELF. His whole desire was for SELF alone – and still is.*

The whole keynote of Cosmic Man of future ages is THE UNIVERSAL SELF, which means a full realization of the brotherhood of man – AS ONE – and of unity with God – AS ONE. Man must now learn that he must lose his own Self in order to find the Universal Self.

The basis of Cosmic Man's desire is to GIVE of himself for the Universal Self. In him, the individual SELF is lost in the desire to give service for the whole of mankind to the exclusion of Self – to utter forgetfulness of Self.

In the above, you find the answer, in principle, to all of the questions asked regarding personal success. Now let us take this principle apart and analyze it. Let us show how it works by example and analogy. Let us thus show you how it works for us, for our whole policy of life is based upon selfless service for the Universal Self as a whole. It has worked for us just as *it*

works for all others in the measure in which they place service to all men before service to Self.

ANALYSIS OF PRINCIPLE

If we could put the above into a few words which might be called a life policy – or life pattern – such as a business man forms as his business policy, the following would depict that policy. But you must bear in mind that a business policy is something which is very often decided upon for strategic, political, or social reasons, whereas this life pattern of procedure should become your Nature. Let your thinking be universal not selfish. Say to yourself always:

1. *I love the world which I am. I desire to serve it with love by giving more than is expected of me.*
2. *I desire to be worthy of serving the world.*
3. *I desire to excel in all things.*
4. *I will set no limitations upon myself. I KNOW that I can do whatever I desire to do. As my desires are boundless, so are my powers limitless.*
5. *I will seek no reward; ask no favors or intercessions in my Interest from any man.*

6. *I will work knowingly with God and know that I need not ask for reward or favor or advice or intercession from any man as Iona as I give of myself to all men.*

You may recall Goethe said: "Man is limited without but is limitless within."

Work done worthily and with love will make the greatest men of earth want to know you. You need not seek them, nor ask others to intercede for you or give you letters of introduction to them. Again we say: *Be worthy. If you want to know great men, make them want to know you.*

Emerson knew this when he said: "If you build a better mouse trap than your neighbor, the world will make a beaten path to your door."

That is as true of the shoe manufacturer as it is of the sculptor, composer, or painter. Love put into any product re-gives love from happy purchasers. Work worthily done is service given to all the world and all the world re-gives it in like measure.

The world beats a path to the door of every man who excels in the giving of loving service to his neighbor. Excellence, worthiness,

selflessness, and joyfulness given out by you echoes in the hearts of all men. The world will find a way to your door if you attract it to you by working with the law.

Beauty attracts. Ugliness repels. Immunize yourself from all that is ugly. See beauty in all things *AND WHAT IS YOURS WILL COME TO YOU.*

George Washington Carver exemplified this principle. He asked nothing, sought nothing from any man. He lived only to give – to serve – to enrich mankind with his excellence. No one could have been more lowly, more obscure, yet the world beat a path to his door and laid garlands of love at his feet.

Excellence and love expressed by superseding mediocrity in everything you do will follow you all the days of your life.

There are many who say: “But I am not extraordinarily gifted with genius for anything. I cannot do great things.”

Then do little things in a great way until you can do great things in a great way – little things – even the building of a better mouse trap. Little things such as putting love into your cooking, into your

conversation, into your very attitude as you walk through life – and into your every dealing with your neighbor.

We say again to you that if you put love into everything you say or do, love will come back to you in the measure of your giving. Witness, for example, what the ground re-gives to you for the love you give to it.

There are those who say to us also: “I am lonely. I need the love of a wife – or of a husband – and it does not come to me.”

The love you await is searching for you as you, likewise, are searching for it. Keep on giving love and your love will come to you, as you are, likewise, nearing it every moment. Believe this until you KNOW it. In your meditation, desire it and vision your companion in all things coming to you and you, yourself, walking out to the horizon of your vision to meet that one.

If you are manifesting God by serving mankind, you cannot do it fully alone. Destiny mates everything. Pairs of opposites divide the undivided. Destiny is always fulfilled if you and your loved one work together with the law which fulfills it.

God's plan calls for fulfillment of all manifestations of the law. You must, however, manifest the law before its fulfillment to perfection, and the law says that you are never to seek anything for yourself as self alone but for your Universal Self.

When you have learned how to lose self-desire to find universality in giving fully of your Self to God for the fulfillment of His purpose, then *your desire will come to you.*

We know whereof we speak for we both vision each other on our horizon and mutual need gave us to each other after we had both fully learned that lesson of selflessness of desire for each other as individual selves.

Both of us had fully dedicated ourselves to the service of man. Destiny made our purposes as one, and destiny made our path to our horizon as one. We had both fulfilled the law which gave us to each other for the purpose of continuing to fulfill the law.

Our destiny is one so it had to be fulfilled upon one path. Perfection in companionship – whether matrimonial, social, or otherwise, can be found only by having but one goal, one objective, and ONE PATH for a unified companionship to tread.

Too many there are in matrimony, in social and business companionship, who have separate goals and separate paths leading to them. If two lives are not destined for and dedicated to the same purpose, it is better that they do not unite for their paths can never become one.

In your meditations, therefore, desire companionship from Soul and Soul will respond to Soul – always – Just as harmonics in octaves will always resound in each other while discords will not.

That is the way of your love. It is awaiting you as you are awaiting it. But do you desire it? What we mean by that is – are you desiring love to supplement your giving to the world or are you desiring love for yourself in a body to be companions in body? Are you ready for the love you desire and are you worthy of it?

If you tune a thousand violins alike and sound one note on one of them, all of them will resound to the same note, but if one of them is not similarly attuned that one will remain un-echoed and alone.

If you are lonely, give thought to what we have just written. If you love the world, love will come to you from the world in the measure of your giving to it.

If you attune yourself to the Light of God's love and give it out from you, it will resound throughout the universe – and its echoing will come back to you. Conversely, all the love given out by all the world will resound in you – and you will know its ecstasy.

When you have unfolded to that point of knowing the kingdom of heaven in you, all else will be added to it. That is what we mean by telling you how *all things you desire will come to you only after they have been given out from you.*

After we had learned that lesson, we both went expectantly – and knowingly – to our horizon and found each other waiting there. What was ours had come to us for we had become ready for it. We had become worthy of it. Excellence proved itself. Selflessness proved itself. Worthiness proved itself. Just as our own had come to us unsought in the measure of our giving so, likewise, the greatest of all life's treasured gifts of love will come to all who follow the one path to the Light – and who will, likewise, illumine the way for all who desire the Light but cannot find the way to it.

Beloved Friends:

Your sharing with us of your unfolding comprehension of the Light of all-knowing through your study of these lessons has been our greatest joy these past seven months. You are now well into your study of the underlying principles of God's great universe.

Realizing from your letters how great have been your Self-unfolding, we know you will never again view passing events in the old way – through your senses – but will more and more take them *within* and view them with new comprehension based upon *knowing*.

As you are now recognizing the simplicity of all things, and are passing your inner knowing on to others, we know you realize how difficult it is to tell the story of Creation simply. An editor once said that the simplest story in the world is the hardest to tell.

We have said a thousand times that God's plan is the simplest story in the world, for whatever phase of Creation you talk about, you say the same thing in every respect. We so often say that there is nothing beyond The Divine Trinity, and that can be fully told in three minutes. That is why just after Doctor's illumination he thought he

could gather the scientists of the world together and tell them the basic principles of Creation in three minutes.

If you analyze these thirty-two lessons, you will see that we have not stepped outside of that principle in any respect. We have told the same story many times, varying only the words to fit different phases of the same thing. Lights flash from the many facets of a diamond, the lights being all one; likewise the facets of the diamond are one. Therein lies the immense difficulty of telling this supreme story simply, for behind the scientific principle of The Divine Trinity is the love principle which is the hardest thing in all man's unfolding to teach him.

Twenty centuries ago, the Sermon on the Mount told that story fully, but twenty centuries have passed and the story of love has only begun to seep into the Consciousness of but a small percentage of mankind. Love has not yet become even a small force in the guidance of human relations, much less the mighty force which it *must* become before humans will have learned to live together in any semblance of peace. All over the world men are hurting each other in divers' ways, and are thus hurting themselves as a consequence. Love is still far from man.

God is love and the universe is founded upon love. The only spiritual power man has to use in his human relations is love expressed by equal giving and regiving. And the only physical power he has to use is the manifestation of love as expressed by equal interchange of motion between the opposed pressures of gravitation and radiation, whether in the electric current or any other manner of interchange between the two opposites which divide the equilibrium of God's Light into the two moving lights of matter in motion.

The happiness, prosperity, peace and power that all mankind desires are summed up in the one word LOVE, but none of these can come to man until he knows how to express love by giving and regiving it equally. That is the tragedy of man. It is his own self-made tragedy. Unbalance, based upon ignorance of the meaning of love, is man's needless tragedy.

Rhythmic balanced interchange between all pairs of opposite conditions in this divided universe is the key to the attainment of man's greatest desires and highest aims – BUT HE HAS NOT YET LEARNED HOW TO USE IT. It is your responsibility to teach him how to use it – yours and ours.

Aeons pass with love ever awaiting but only a very few have arisen above the agony of awaiting and have been transformed through new knowing.

That is why this simple story is so hard to tell – for the practices of man’s aeons pull so hard toward the clay of him and the desires of his body that the very noise of their vibrant motion drowns out the ecstasy of the Inner Silent Voice which ever awaits the hearing of inner ears.

That is why we have often almost despaired of ever being able to tell it – ever to put into words that for which there are no words. It is with great rejoicing that we can now together put it into words for The Message long needed the love and knowing which was fulfilled by our working together to give it to the world as one person – treading but one path – one deeply illumined path to the Light.

Man-in-the-mass knows practically nothing about man. He has but begun to rise above his sensing to think and to know. He has been a physical universe. He has hardly touched the edge of his vast powers. His senses advance him physically like a strong stimulant. They give him many comforts and new sensations for the hours of his release from drudgery by his many new inventions. Instead of

using his released hours for cultural advancement, he uses them for more sensations for more *new* sensations.

In past days of less leisure, children studied music and other arts. Fairy tales and romance fascinated them. They idolized Tennyson. Parents read good books, attended concerts and the opera and held cultural gatherings. Children now want noise and still more noise as they switch radio and television dials to find more stimulation for their senses, and parents do the same things in a more grown-up manner by adding drugs to produce new sensations.

We are not creating great men as we have done when culture was on the ascendant. The world has no use for new Tennysons, Beethovens, Schuberts, Mozarts or Angelos, or the great painters, sculptors and writers of fifty years ago when the great decadence began which preferred to hear Beethoven syncopated and God's beauty of form distorted.

Let us not be disheartened, however, for the purest of lilies arises from the blackest of mire. Out of decay of all things comes rebirth of better things. Desire for love, peace, happiness, and prosperity is in every human heart but the edge of the jungle must still be cut away to free man from its dark. All down through the ages the whole of

mankind has been uplifted just a little at a time by a very few who brought just one Message to their fellow man – the Message of Love. And each time that Message came into the world, it was lifted up just a little – a very little at a time – but man-in-the-mass has still not yet unfolded into the Light sufficiently to reverse his practice of taking and substitute GIVING, or replace sensing with KNOWING.

We recognize this great Cosmic Love in our daily letters from you – for never a day passes that we do not read such words as the following:

“We bask in this regiving, and now joyous experiences meet us at every turn. We walk on air, knowing that we are known by what we are. This whole activity has blossomed from the insistent demands on the part of others and we find it a real joy to help others to gain the same understanding they see in

We see in all of you the help that God promised would come to deliver The Message, for we know that by just being, you are giving forth the Light of Love, and those seeing this new Light in your eyes

will pause to wonder and inquire for all men “want their own to come to them.”

Love is the answer to all things – not what men have called love in past ages for that was for the senses only – but love of God which is the ecstasy of Soul bringing Balance to all relationships, be they marital, social or business, and having love we know that “our own has already come.”

Do know that our love is with you, step by step. Go forward with courage knowing that in all the world there is only ONE – The Universal ONE.

Our love always,
Lao and Walter Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 9

LESSONS 33, 34, 35 & 36

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 33

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOA, WAYNESBORO, VIRGINIA

THE SUPREME QUESTION OF ALL QUESTIONS

“How can I become a transcendent being, a being possessed of supreme power, knowledge, intelligence, wisdom, dignity, and character, a being who can give of great riches to the world and the glory of an abundant peace and happiness for myself?”

Yes, that IS the supreme question because that is what you and the world wants and needs to make a happy home for your family and an enduring civilization of happy homes for the world-family. The answer is simple. It is to know God and be like unto Him.

Yes, the answer is simple but its acquirement is difficult—very difficult. To attain it means work. To attain it means to know God’s ways and processes, and that means the work of physical and mental unfolding—indefatigable work given and performed in love during one’s whole life. To ascend any high mountain peak gloriously means great physical exertion performed with intense spiritual exaltation. To become a transcendent being, one must climb that high mountain of life gloriously, rejoicing in the work of it—uplifted by the ecstasy of it—ennobled by the conquest of it.

“What is that work which will uplift me to my high mountain top?”

It is the work of knowing God in you by knowing His universe. To attain your full inheritance of God-power, you must *know* the power which God makes use of to create His universe. You can never acquire that knowledge through your senses. *You can acquire it only through your Mind.* To *know* through your Mind, you must BE Mind. THEREFORE, AWAKEN! Sever your senses from your Mind by BEING MIND. To sever your senses from your Consciousness, learn to be still. Learn to stop thinking. Meditate unthinkingly and KNOW.

Forget your Body. Be thus still and let God in. You will thus hear His Voice within you. You will thus know His Presence within you. You will thus know His Identity and your Identity as ONE.

Do you deeply desire to become the transcendent being described above? If so, you can ascend that mountain of life in the measure of your desire. The heights you will attain will be measured by your willingness to work gloriously and with love, and to know God’s universe through knowing God’s ways and processes for the purpose of recognizing them as your ways and processes. When you know *that*, you are working knowingly with God. You are walking

with Him and talking to Him. *He* will be your moment-to-moment companion.

To help you climb that glorious mountain of life is the sole purpose of these lessons. These words are aimed at awakening your Mind to think inwardly toward the kingdom of “heaven” within instead of outwardly toward your senses. If you have ideas you wish to meditate upon, think deeply on them to weld them into your Consciousness. If you then stop thinking and meditate upon them, you will be following the right procedure in thinking the way geniuses and mystics think. *No matter how far down, or up, your mountain you are, start from where you now are.* Allow us to think with you and direct your thoughts as food for meditation. Think well upon them. We will then take another step in giving you greater knowledge of our universe.

From whence and what cometh energy for the initial impulse of power and speed which is given to any creating body and multiplies it for a time before withdrawing all of it for another period between eternal cycles of beginnings and endings in an eternity which has no beginnings and endings?

A mighty star is moving across the heavens at many thousand miles per minute. It has been moving like that for countless ages and will continue to do so for countless more ages. It did not always have that speed. It began at zero stillness and will end where it began.

Where did that energy come from? Why does it continue? Why must it discontinue? WHAT IS THAT ENERGY?

A majestic ship of the ocean moves its huge mass very slowly. Its mighty engines strain heavily to give it its initial impulse. Its slowness multiplies into speed and its speed multiplies as the great ship moves very fast with much less power extended from its engines.

From whence came that impetus of greater speed of momentum with less work? What is momentum? What is its secret?

A strong man who desires to be a rich and powerful merchant sells neckties on the city streets with but little reward. His effort to gain an initial impetus is great but the years multiply it into power to sell many thousands of items with less effort and greater reward than to sell one item at the beginning of his desire to express effort.

What is the secret of a man's power to multiply himself in such a manner that he becomes as a thousand men with more ease than when he was but one? Can it be that he multiplied some other power than that which man calls ENERGY? Do you really know the meaning of ENERGY? Do you really know why you attain greater momentum with less energy?

Across the valley you see the quick, silent flash from a revolver. Two or three seconds later, you hear the report of the explosion. Twelve thousand miles away an Arab can hear that shot in his desert tent through radar before you hear it across your valley. And if a man on the moon had that Arab's radar, he also could hear that shot across that vast gap of 240,000 miles before you hear it across your two-mile valley.

Are there two energies, one within the other or two kinds of energy to give two speeds to every action and reaction of everything of earth and heaven? Or is there some as yet unknown mystery in Nature which we know not of because we have only been concerned with moving matter and the energy of its moving?

How can this be? We are told that one of these velocities is the speed of sound which is 1,100 feet per second, and the other velocity is the speed of light which is 186,400 miles per second. Yet they are both

sound. You hear both speeds and both of them are light. Light is the basis of all universal effect. Both are waves – sound-waves and light-waves. Why the mystery of their incredibly different speeds? And what is the relation of such slow sound-waves to such fast light-waves? And why is it that these two speeds remain constant and never vary for greater or lesser intensity of either light or sound? This mystery we must clarify.

We must know HOW it is – and WHY – that a pistol shot can girdle the world many times before it reaches us. We must know how that little voltage of energy – which is exploded from that powder – multiplies itself by the millions of voltage power needed to reach the antipodes of Earth and passes beyond them to the farthestmost star in its traverse of this universe, and every star in the firmament must adjust itself to this energy. *If that sound reaches the moon to be recorded there, it, likewise, reaches Mars – and Arcturus – and every nebulae of the far heavens, e'en those which are a million light years away in forward time – which means that the little pistol shot of today on Earth is still resounding in this universe long ages after Earth has disappeared and our Sun has become the vacuous dark of space.*

Has man so great an ego as to think that the little energy he created made such a vast effort possible? Or does his ego permit him to think that he alone could have made that little effort of energy expression unaided by that vast voltage of power which is extended to him from the Cosmos to make that effort possible? Or is man so local that he could think that the effort which he believed to begin and end in him ever did begin or ever could end?

It has been said by the mystics that motion once started never can end. *If man could but become universal instead of local, he might have a different conception of his place in God's universe and the mighty power which is back of his every effort for every man to use when he knows that power and knows that it is his to use.* Again we say that if that little sound, or even that of the loudest thunder, can touch the farthest star in the firmament of heaven so, likewise, can the feeble cry of a babe or the whisperings of Earth's winds, or e'en the fluttering of a butterfly's wings reach also the other ends of space. Likewise, the simplest of *actions* as well as *sound* girdle the universe to be recorded in every particle of matter. Every star in the heavens must readjust itself to so slight an action as that of a man walking across a room. To him whose ego leads him to believe that energy begins and ends in him instead of knowing that the vast energy of the universe is his

to use when he knows his universality that is his stumbling block — his brake to success set against himself.

This is the mystery which must be clarified. Our every word to you is for the supreme purpose of making you know your universe.

The energy which man uses does not begin in man — nor end in him. It does not extend from him — nor does he extend it. It is extended TO him and he receives it as his cosmic gift in the measure of his desire to be given — WHICH HE MUST REGIVE in order that he is again regiven. *Until man becomes the fulcrum of his Self through cosmic knowing, he is but an extension of the fulcrum which moves the universe — but when his Self becomes the fulcrum of his Self through knowing, he is that fulcrum. He then knowingly moves the universe.*

The feeling that whatever you do is universal instead of local should be cultivated by you. That is what we mean by saying that when you move to do anything, the whole universe moves with you. You know that to be true so why not make it a part of your awareness. Even when you move your little finger, or whisper to a neighbor, it will help you to know your universe better if you are conscious of the fact that your whisper is repeated in China, and on the moon, and out to the farthest star. When you cultivate that awareness of

universality, you are becoming omnipresent in your identity and aware of the oneness of all identities. Your intellectual progress will become more rapid when you thus become universal in your thinking. That omnipresent universality is what we term cosmic thinking.

THE PISTOL SHOT

The sound of the pistol shot which reverberates upon the moon as well as upon this Earth is not man's little energy *multiplied* into the mighty cosmic voltage of this universal body – it is the omnipotent voltage *divided* into the little measure of man's desire for use of it. That which he asks is extended to him from the whole universe, not a part of it, and must be returned to the whole universe. That is why the pistol shot never began and never ended. *Man has no limitations other than those which he sets for himself in the measure of his knowing and the measure of his desire to work with God as God works with him, for desire alone will gain him nothing.*

Again, we say, try to think in terms of omnipotence rather than in fractions of it. Grow into your Consciousness the fact that all of the power of the whole universe exists at every point of it for your use in the measure of your desire for it. You can take one shovel of earth

from a mountain if that is the measure of your desire, or you can tunnel through it or remove it entirely if that is the measure of your desire. *You set your own measurement and your own limitations. The universe sets no limitations upon you.* If you desire one hundred millions of voltage power, the universe will give it to you from any point in the whole of it and you must return it in like measure, but if your desire is but fifty volts strong, the universe will give you only those fifty volts of your desire. *Even that little fifty volts is given by the whole universe, not just a part of it. It must, therefore, be returned to the whole universe.*

THE GREAT MERCHANT

The merchant who thought that his energy alone gained him his chain of stores probably did not know how little his own initial impetus contributed to his multiplied power and how much power the Mind-Cosmos gave to him as the result of his Mind-desire. *Without desire in him, however, and without a vision of that altitude which he desired to reach, he never would have gained the momentum which increased his power and reduced his effort, but would have continued the hard labor of expressing the energy which he, himself, was content to express while working alone without vision or desire.*

THE MIGHTY SHIP

The fully gained momentum of the great ship of the sea is not alone the product of man's power to express energy by converting one form of it into another. The ship's engines strain hard to give the ship its initial impetus from which but little speed results. Much coal is burned, but as the speed of momentum increases less coal is burned and the strain on the ship's engines lessens. Neither the coal nor the power of the ship's engine give the ship its increased momentum. *They give the ship its initial impulse at great effort but DESIRE of the Will of Mind gives the ship its momentum with lessened effort.*

Energy is cosmic. Desire is also cosmic. Desire of man for power and speed gives to him the power and speed of his desire. It is extended to him from the Cosmos by that cosmic power which fulfills all desire of all creating things. Science has given a name to that borrowed power. It has termed it "INERTIA" but that word does not fully explain it. It cannot explain it for its full meaning has not yet entered human consciousness.

To exemplify the power of extended cosmic energy to man from the universal fulcrum of power, consider the laborer who can shovel

twenty tons of coal in a day because of his desire to do so. *The food he eats replaces his body wastes but does not lift that twenty tons of coal. Even if his food were entirely converted to the so-called energy which matter is presumed to be, it would not lift twenty pounds, let alone twenty tons.* This is the mystery which can only be cleared by the measure of your ability to comprehend the omnipotence and omnipresence of universal power. Such understanding will give new meaning to our Father-Mother's words as given to this age of man in The Message of The Divine Iliad which says:

"Desire ye what ye will and, behold, it standeth before thee. All down the aeons it has been thine, though thou hast but just asked for it. Sit thou not and ask. acting not, for unless thou reach out for thy desire it shall not walk thy way to thee, unaided by thy strong arms."

NEW CONCEPTS FOR COSMIC MAN

Many thousands of people in many countries have fully accepted the idea that MIND-LIGHT is the basis of this universe and that Mind creates matter by dividing and multiplying light into waves, but few

there are who know *that God's creative Mind thinks – as you and I think – or that the matter and motion of this universe are light-wave records of Mind-thinking.*

Science does not unanimously accept the universality of Mind. To most men of science, each man has his own individual Mind, and to many modern psychological and psychiatric thinkers Mind is an evolutionary growth which arises from the experiences of the senses. Likewise, science conceives Creation to be some cataclysmic accident of Nature which assumed an orderliness of form out of a chaos which demanded orderliness so that the processes of Nature could continue during that long interval between its chaotic birth and certain death.

Many have been aware of the Cosmos as a WAVE UNIVERSE but few beyond the Illuminates have conceived it to be a THOUGHT-WAVE UNIVERSE, and no one as yet, to our knowledge, has ever conceived it to be what it really is – A GRAVITY- CONTROLLED AND MINDHMAGINED THOUGHT-WAVE UNIVERSE.

Science has conceived a universe of light-waves, but never has there been the slightest suggestion from science that Creation might be an OCTAVE-WAVE universe in which the elements of matter are created by the

opposing pressures of sex-divided thinking. An indication of this lack of understanding of the entire universal body by science is the concept that matter is emerging from space and is sequentially swallowed up by it. No such suggestion could ever be made by any one person or group who understood the optical nature of the universe or understood the workings of the light spectrum as a two-way dynamic *effect* arising from a static cause in God's omnipresent Mind-universe

The mystics of past ages have told of the divided and the undivided universes. The Book of Genesis states that God divided day from night, light from dark, male from female, and the earth from the firmament of heaven, but never has it occurred to the layman, the churchman or the man of science that such a division into pairs of equal opposite mates means sex-divided octave light-waves. Furthermore, such an idea as that of connecting God's thought processes of concentrative and decentrative thinking with compressed matter and expanded space, or of sex division of the One Light into four spectrum mate-pairs, was unthinkable.

The relation between POLARITY and UNIVERSAL THINKING-MIND has not yet entered into the Consciousness of man, for if it had there would

have been no mystery regarding the relation of matter and space, nor of growth and decay, nor of life and death cycles.

To clarify all this confusion, we will again restate the essentials of God's principles and processes of Creation, as an artist paints his picture, one enlightening brushstroke at a time.

1. God is the all-knowing, all-powerful Mind of undivided, unconditioned, formless, motionless, changeless and dimensionless Light – and that means *Light*, not matter.

2. In the Light of all-knowing is DESIRE for the expression of the IDEA of all-knowing in three-dimensional form by creating an imagined body of divided lights which seemingly extend from the undivided ONE as a lever extends from a fulcrum to manifest IDEA through motion.

3. DESIRE to create is gravitationally expressed by polarized extensions from the fulcrum of MIND-DESIRE. *The energy of the universe is in the stillness of its fulcrum which divides its extensions of expressed energy as an equator divides the poles of a bar magnet. There is no energy in the polarized extensions of the universal Mind-fulcrum. The power of matter to express energy is extended to it from*

the Mind of the Universe, but the power thus extended is the property of the Mind-fulcrum and not of its extensions.

The energy of the Cosmos lies within the fulcrum equator which divides two fulcrum equators of stillness, one which divides heat and one which multiplies cold. They are zero points of stillness. The measure of that mighty power is the measure in which the opposing poles can be extended from each other by the expansion-compression pulsations of waves. The farther apart they can be extended, the greater is the heat of resistance to that extension. When extension resistance has reached its maximum, all octave pairs unite as one balanced hot sphere which gradually expands to regive its energy of resistance back to its zero fulcrum.

4. DESIRE of Mind-knowing is expressed by thinking the undivided ONE IDEA of Mind into countless pairs of conditioned unit forms of Mind-Idea.

5. Cosmic thinking divides the one changeless Light of Knowing-Mind into the two balanced interchanging lights of Thinking-Mind.

6. Cosmic thinking *equally* divides the Light of universal equilibrium into male and female, heat and cold, generation and radiation, matter and space, compression and expansion, and all other pairs of opposite conditions which gravity cycles have made possible.

7. Cosmic thinking is expressed by octave-divided waves.

8. God's universal body is a gravity-controlled thought-wave universe.

9. *Cosmic thought-waves have a frequency of repetition which measures 186,400 miles per second. This velocity is misnamed "the speed of light."¹¹ It is not the speed of light, however, for light is static. It has no speed. What we see is but the speed of reproduction. This means the speed in which gravity can seemingly divide the One Light of equilibrium into light compression- expansion sequences and reproduce those sequences in wave-fields.*

10. *Thought-waves which equally divide the One still Light into octave pairs of seemingly moving lights likewise keep the equally-divided pairs of opposite conditions in balance with each other. Not one milligram of weight in the whole universe can outbalance one*

divided condition with its mate condition. The most deceptive illusion in this universe is motion, for there is no motion in it. Motion only seems.

11. Thought-waves are the recorders of all thought actions and all patterns of unfolding idea. Every thought and action of every unfolding unit of Creation is recorded within every other unfolding unit of all Creation at the speed of 186,400 miles per second.

12. This illusion of motion indicates the *unchanging and ecstatic condition* of our Father-Mother's thinking. When God's ecstatic thinking is extended to inspired man, man's *knowing* is reflected in his thinking in the *timeless* flashes in which the Creator extends His knowing to His thinking to produce the illusive effects of *time* and *motion*.

13. *This unfolding universe is the result of thought followed by action. Every action-reaction in Nature is a division of stillness into two-way motion. In other words, it is the division of an equilibrium in which octave pairs of opposite conditions extend from two dividing equators.*

OF WHAT VALUE IS THIS KNOWLEDGE TO ME?

The foregoing pages require much mental effort upon your part to absorb into your consciousness. You may ask why you should make that effort, and our answer is that your own measure of your power to command your own destiny depends entirely upon your knowledge of the universe which controls your every movement.

A sailor appropriately asks why he should study subjects pertaining to the ships he sails in and the oceans he sails upon, and the wind currents, ocean currents and temperatures which create cyclones and typhoons. The more he knows about nautical matters, the greater his power to master their dangers and survive.

Your climb to your own goal can be eased by your knowledge of the nature of this universe and your relation to it. That is why you will profit by acquiring this knowledge. Let us, therefore, devote a few pages to an application of knowledge thus gained to your daily life.

You should now fully comprehend why it is that God gives you that which you desire when you work knowingly *with* Him to manifest your Self in Him. You should, likewise, more fully comprehend Lao Russell's meaning in her book, " God Will Work *WITH* You But Not *FOR* You." When you know that He fulfills your desire as surely as

you know that your car will run when you turn on the switch, or that you will be illumined with light when you plug into the generator at God's powerhouse, then you will also as surely know that when you plug into the universal generator with knowledge of the Source of that power, you will be more able to use its inconceivable vastness than if you had but a small measure of that knowledge.

Niagara generates great power and you know that it is dependable if you plug into it, but you must know how to plug into it. That power has been there for millions of years before men knew how to plug into it. The entire power of the universe awaits your use of it when YOU know how to plug into it. That is why it is worth the effort to gain this knowledge.

Now you must realize that Cosmic Mind created this vast incalculable voltage by dividing the earth's from the heavens so that the interchange between the two expresses the mighty power which moves the countless trillions of stars of the firmament at inconceivable speeds. The wonderful part of it is that all of it is extended to YOU to use in the measure of your desire to use it, and the measure of the knowledge, backed by

effort, that you put forth in working with that universal power to be worthy of your desire.

This fact you must understand. You must always remember that DESIRE for knowledge and power focuses in your Mind. Desire will give its fruits to you only if you first give love out from you in the measure of your expectancy, for the power which holds the universe together and controls its balanced interchange is LOVE. Love is the spiritual name for that power. Its scientific term is GRAVITY. Unless you first give love in equal measure of your expectancy, you may sit at ease and commune with God with inspiring thought exchange and be uplifted by it until your very body falls apart from inaction, which it would soon do, but your prayer will never be answered and your desire never fulfilled.

You want more out of life than sitting at ease, however. You wish to give form to your desires. You wish power to achieve. You wish to grow in physical and mental stature, build your body and other bodies, and manifest your thoughts and conceptions. *This you can only do through desire followed by physical action. It is right here that man fails to obtain his desire through not knowing his Mind-relation to the Mind-fulcrum of universal power which God is and the divided mates*

which extend from that fulcrum which God's universal body is. The frustrations and failures of men who ask much from God and perform no service in working with God to be worthy of their desire are many. Such is the belief of many that they allow their bodies to die from lack of willingness to give the attention of right action through right knowing that is demanded of all bodies, whether of men or machines.

Countless husbands, wives and children are allowed to suffer untold agonies of pain which the Mind of one who KNOWS, followed by right action through right knowing, would alleviate or cure. *Instead of extending desire for Mind-healing to a Mind who knows CAUSE and a skilled hand trained by KNOWING to remove ill EFFECTS of CAUSE, many appeal to Minds who do not know and who have no skilled hands, and these many advisers who are called in to treat unbalanced bodies beset with many ills deceive those who appeal to them into working against Universal Law instead of with it. These are the ones who teach man to expect God to perform the physical action that is expected of physical man for his physical body as well as giving him the mental balance which lies in the Mind of our Father-Mother.*

Jesus was a master scientist. He was illumined with all-knowing in the Light of Cosmic Consciousness. Any man can do what He did when he has the cosmic knowing which Jesus had, and any man can heal himself or others to the extent of his knowing. *Jesus received His illumining in the Light of Cosmic Consciousness from God alone. It is quite true that Jesus said. "What I do, ye can also do." to which we add, "when you are what I am and know what I know." That which we have added to His meaning is what the thousands forget who believe that they can do what Jesus did.*

Perhaps you can better understand this principle if we put those same words of Jesus into the mouth of Paderewski. He also could truthfully say, "You can do what I do and give the world great music, but you must also become like me by giving of yourself to acquire such power." No one can acquire the powers of Jesus, or Paderewski, or even a skilled blacksmith, and do what they did by wishful thinking, faith and belief, affirmation or magic. One is as helpless to effect a cure as the other. Knowledge acquired by working knowingly with God for many years will alone equip one to heal himself or another.

God will give the greater part of man's desire to him who asks for it because God has that mighty universal power to give, but man must give his little power to the universe for multiplication by the universe. *Man must give the initial impulse. God gives the momentum of inertia to multiply that little to the measure of man's effort.*

Jesus healed by giving the initial impulse of desire and belief to those whom He healed. Until they came to Him, they believed in the reality of their illness. He so multiplied their desire for balanced normalcy that they then fully believed in His power to heal them. By His extension of His knowing to them, their belief was transformed to His knowing and they thus healed themselves through the mighty power of momentum which is Nature's reaction to every action of man or Nature.

Many Mind doctors believe that it is their own knowledge and power, extended to them by God, which heals their patients. It would be as unnatural for the farmer to believe that he also grew his potatoes from their seed instead of merely supplying the initial impulse of action *to which Nature added the mighty power of its reaction as expressed in momentum of inertia.*

This is another of those principles of Nature which has not yet entered human consciousness. Everybody knows that man has free will to perform any action he chooses. It can be a good action or a bad one. That action is his limitation, however. NATURE holds the right to the reaction. In other words, GOD ALWAYS HAS THE LAST WORD.

We will briefly give this idea a scientific basis by stating that all actions of man or Nature are but initial impulses which end where they began and have no reality in them whatsoever. All reactions to all actions are the momentum of inertia which forever extends throughout the universe to mature the desire image of the action to its fulfillment, and the fulfillment always ends in the source of its beginning.

We mean by that that whatever you start doing must inevitably come to its end in YOU.

The farmer starts a crop of potatoes. The reaction to his action ends with him and its image is the multiplied image of his desire.

The ship's captain started his engines. The reaction to that action ended in a multiplied image of all the desires and beliefs of all the

creators of that ship. Nature not only continued the action but multiplied it into universal omnipresent power, which inertia is.

All of this is good. Let us see how bad actions multiply by universal momentum.

A man tries to find happiness by stealing money from another. The momentum acquired by the reaction to that action infallibly ends in himself. By hurting another, he has hurt himself. Even though he may not yet be found out, he is forever after in fear that he may be caught. He has become the kind of man whom no man loves, not even himself, and that is the highest price anyone can pay for wrong actions.

Applying the same principle to man-in-the-mass, our present civilization is a perfect example of it. The actions of man in killing, robbing and enslaving other men for thousands of years are now returning to man-in-the-mass in a multiplied image of his multiplied actions. For thousands of years, man sowed the wind and is now reaping the whirlwind. This perfectly exemplifies the fact that if one man hurts another, or others, the momentum of the reaction ends in himself alone, but when the whole world hurts the whole

world, the momentum becomes so mighty that all the world of man is hurt.

It is strange that so many thousands of years have passed since the Dawn of Consciousness without this greatest of all moral laws of Creation having ever been known sufficiently to avoid its dreadful consequences for anyone whose actions are not in strict harmony with the heartbeat of the universe.

LET US NOW APPLY THIS NEW KNOWLEDGE TO THE MEANING OF PRAYER

Prayer is, in itself, an expression of desire for something, whether it be for one's self or for others. Unless the desire is fulfilled by knowledge and belief that it will be fulfilled, a prayer is barren. It will not come to fruition.

What do we mean by that? We mean that man is put on earth to complete his and earth's destiny through purposeful action. All desires, therefore, which call for fruition by help to man from God *come only to him as the reactions to his own actions and in no other way. This means that man must first give in order to receive. Actions must always precede reactions and the reaction is always the image of the action.*

Words are but word-pictures of desires. A word-prayer for a crop of potatoes will end in empty words as its reaction, but the word-prayer of desire followed by the creative action of work is the kind of prayer which is always answered in all fullness.

Prayer might well be defined as an expression of desire to work knowingly with God.

It necessarily follows that any man who wishes to unloose the mighty universal momentum, which every reaction is, should well consider the nature of his desire before asking that it be granted or before acting upon it, for he must know that whatever it is, *it ends in him where it began.*

It also necessarily follows that the measure of the fulfillment of any desire requested from Nature is dependent upon one's knowledge of Nature and his relation to it.

A deer, for example, does not pray in words. It prays through desire, followed by action. It desires speed for its legs, for example. Long ages of repetition of that desire, followed by the repetition of action, answers its action-prayer with longer legs. That desire will give it speed in its body for that is where its desire is centered. Speed for its body means work for its legs from which it will soon tire.

When man desires speed for his body, he does not ask for longer legs for his knowledge prompts him to ask for another extension to his body. His little knowledge is enough for him to extend his body by adding a wheel and a cart — and a horse to pull the cart — while he attains greater speed with ever-lessened effort until his body attains a speed of hundreds of miles per hour without effort due to the extensions to his body which knowledge and desire gave to him. He thus adds the reaction of momentum to his desire by knowing God's power sufficiently to be God in the measure of his knowledge.

You who are the head of a great business know full well the hard work of the initial impetus you gave to it, and you also know that for every effort you made in working WITH God's law, God met you more than half-way and multiplied your effort by giving you His power of *momentum* in the measure of your knowledge of its use. Great businesses grow by the multiplication of momentum acquired by substituting Mind-power for body-power. And you have seen countless men whose desires were unlawful fall by the wayside, ill and broken of body, as they received from the universe the like measure of wrong action which they gave to it.

Set no limitation to your desire, therefore, for its greatest measure cannot in anywise affect the balance of the universal supply. No matter how small or great is your desire, the speed of your thought in asking for it is the same. A small wire extending from a small battery will send a message from you at 186,400 miles per second to a little bell which you desire to ring just as surely as a large wire will carry a higher voltage current to ring a great bronze bell in the church steeple. The little wire and weak current will not, however, ring the big bell. It would burn up with so much current.

It is important that the power required for your desires and actions should grow together. To work knowingly with God, do not expect terrific momentum immediately for you are not yet ready for it. Should the entire fulfillment of your desire come to you the moment of your expression of desire, it would as surely destroy you as the big current destroys the little wire.

We are not here on Earth to manifest ourselves alone. He who so thinks never passes beyond the boundaries of action-reaction of this material world of illusion. We are here to manifest God but find that we are also manifesting our Selves.

Man is forever in search for the door to the Light through which he can enter into the kingdom of heaven for the sole purpose of leading his neighbor to that door of Light, even though he may not be aware of it.

Man is forever in search for happiness. Happiness lies only in the Light of Love.

Man is divine when he knows that he is divine. And he is omnipotent, omnipresent, and omniscient when he knows that he is omnipotent, omnipresent, and omniscient.

The journey of life is to find that awareness of divinity, knowledge, and power.

To live life gloriously is to forever transcend one's self during the whole journey of life.

To KNOW life thoroughly is to forever feel the ecstasy and joyousness of the pulsations of the universal heartbeat as they are always reflected in our bodies by the universal thought-waves at their constant universal speed.

To live with Mind and body of man so thoroughly attuned to Mind and body of God that their balance is absolute is to know the glory of being ONE with the ONE Being whom we are to the extent of our knowing.

If you would ask of God the supreme question, He would say unto you:

*“ALL QUESTIONS ARE ANSWERABLE IN THE LIGHT.
THOU ART LIGHT. THOU CAN&T ANSWER THEM.”*

From THE DIVINE ILIAD



UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 34

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

SIMPLICITY IN CREATED EFFECTS SUCH AS WAVES AND SOUNDS

We will again consider the making of bodies which appear and disappear to LIVE and DIE from the point of view of simplicity. Let us recall, as heretofore stated, that all that God does is make bodies to manifest His all-knowing. Also, as we have stated, that is all *you* do.

We again emphasize the fact that all bodies are but states of motion – *living-dying* states of motion – *generating-degenerating* states of motion which arise from rest and have to keep moving very fast to simulate the idea of life. As long as they move fast enough in a centripetal direction, they have living bodies, but as they reverse to the outward, centrifugal direction, *they lose their bodies*. To increase their speed, they must have energy enough to grow by working. To stop working is to decay. It is YOU who gives them that energy – and it is YOU who takes it away.

Instead of using the words “states of motion,” we will substitute the word “*vibrations*.” And we will amplify that word into “*wave-*

vibrations.” Let us again amplify this into “thought-wave-vibrations.”

All bodies are transient thought-wave-vibrations which come and go to give body-forms to thought-vibrations. Vibrations of motion extend from stillness. The heartbeat of Creation is a two-way piston stroke of vibratory motion which extends from the still Light of Mind. Mind-knowing is real. Moving bodies simulate reality.

We will exemplify this idea of vibratory motion by constructing a body of SOUND WAVES which extend from the silent idea of sound as waves of water extend from its calm. The desire to give a body to that idea is manifested by setting a harp string in vibratory motion. To do that, you divide the silence of the harp string just as you divide the calm surface of water when you throw a stone into it which extends the surface into waves.

What really has happened is that a body of sound was given to an eternally living idea of music for a cycle of time; then the vibrations ceased. The sound then disappeared into the silence of rest from which it sprang into motion to manifest the idea. *The SOUND appeared, it disappeared and will reappear to manifest life and death, but the silent idea is eternal. It will again appear when desire causes it to reappear. The IDEA of music is changeless and eternal. It is its SOUND*

manifestation which lives and dies just as only your body which manifests the IDEA OF YOU lives and dies -- then again lives and dies forever and forever.

Again we repeat that life and death are but opposite states of motion – *centripetal* motion which is compressed toward gravity and *centrifugal* motion which is expanded by gravity. *LIFE is a fast winding up of light-waves into bodies of visible matter.* DEATH is a balanced unwinding of light-waves into invisible matter. We ask you to meditate long upon this idea. Your all-knowing Inner Voice will tell you many things if you will do this.

THE DIVIDED AND THE UNDIVIDED

Before continuing to construct a sound-body for a musical tone, we will give you a thought to transform into KNOWING by prolonged meditation.

Consider the familiar motion picture. You know that every expression of life on that screen is motion only. *All forms of bodies and all sounds and actions of bodies are but the seeming motion of light-waves which have been projected from a still point of rest to simulate motion.* You know, also, that what seems like motion is due to a very rapid

succession of still pictures thrown upon the screen one at a time so rapidly that the eye does not detect any single picture before the next one of a slightly changed pattern is projected. Neither do you detect the black gap which divides each picture where nothing is. If the projection machine were slowed down very materially, your sense of sight would detect each separate picture and the gap between. Likewise, your sense of hearing would detect an interval of silence between each sound just as you can detect an interval of silence between the explosions of a Gatling gun.

The continuity of a steam whistle is due to the intense rapidity of its sequential explosions. If these explosions could be slowed down very materially, you would hear them as separate events taking place sequentially in what we call wave-vibrations.

In order to increase your comprehension of the CONTINUAL INTERWORKINGS, between the divided universe, and the undivided universe. and of the impossibility of dividing the undivided, and also for clarifying your comprehension of the illusion which makes it seem possible to divide the undivided, imagine the silent harp string as an interval of silence between two musical sounds and relate that effect to the black gap

between sequences of motion pictures and also to the silent intervals between explosions of a Gatling gun.

Take note that there is no sound at all on that equator which is the motionless harp string. (See Figures 18, 19, 20, 21 and 22) That equator is an area of silence – silence unbroken – undivided. *Sound takes place only upon each side of its equator of silence, for there is motion on each side and no motion at all on the dividing equator.*

If you fully comprehend what we have just told you, you will fully comprehend the relation of the *divided* universe of motion, which forever repeats its sequences of motion to create illusion, to the *undivided* universe of stillness from which those sequences of motion are projected. *In other words, you will be intellectually able to be constantly aware of the two worlds in which you live – the mentally indivisible and the physically divided – instead of just the one divided world of the senses which has dominated man's actions for ages.*

The supremacy of man is dependent upon the measure of his ability to live *knowingly* in the undivided Mind universe. The master makes use of the divided universe of sensed-matter as he wills – or dismisses it from his Consciousness when he wills. Until you become master of matter, it will master you. The greatest aim of your

life should be freedom from matter and to be able to control it, which also means the control of gravity. That is why we stress the mechanics of the divided universe of sensed-matter, which has made man its slave for ages, in order that knowing man can transcend matter and become its master instead of its slave. *For this reason, you must know the mechanics of it until it is automatic in you.* The small effort of study you give to knowing this principle in your heart is more than priceless to you.

VIBRATING HARP STRING

SILENT
HARP STRING

FIG. 18

SILENCE

FIG. 19

SOUND
SILENCE
VIBRATION
EXAGGERATED

FIG. 20

Fig. 20 Harp String --
vibration exaggerated.

Every sound is a body of matter which is born--lives--dies and is reborn sequentially, just as your body is born--lives--dies and is reborn. Every body of matter is a spiral wave which pulses with the universal heartbeat.

OPPOSITE VIBRATION

SILENCE
SOUND

FIG. 21

Fig. 22 Every state of motion is a wave. Every wave is manifested by countless corpuscular bodies which breathe in and out to compress and expand, just as your body breathes in and out to manifest life and death, by sequentially compressing and expanding.

SOUND
SILENCE
SOUND WAVES

FIG. 22

ALL BODIES ARE BUT TRANSIENT LIGHT-WAVES
THEY ARE BUT THOUGHT-FORMS SET IN MOTION.

That is exactly what we mean by the transformation which will lift the more spiritually advanced of the human race out of the ages of material man and into the age of cosmic man. And that also is the reason why you should *know* the invisible universe of God's still Light even more abundantly than you can *sense* the lights of opposed pressures which constitute the vibratory wave universe of divided motion.

Likewise, that is the reason why we are taking this simple example of a harp string to demonstrate how a living-dying body emerges from the seeming nothingness of space to manifest life and disappears into it to manifest the stillness of death. The SOUND which emerges from the silent harp string is as much a physical body as your body is. *It is a series of light-waves just as your body is a series of light-waves.* The sound issuing from one plucking of a harp string may have hundreds of separate lives, all reincarnations of each other, *in a few seconds of time.* The fact that your present body has a time cycle of eighty or more years instead of one-thousandth of a second makes you feel that your body is very different from a body

like the sound of a harp string, and that fact makes you lose all sense of cosmic perspective.

You know as a scientific fact that a body of the sound of a steam whistle lives, dies and lives again a thousand times in one second, but you have much confusion in comprehending the inevitability of your own more lengthy repetitions of body. *You will more fully comprehend the reincarnation principle as inevitable law when you thoroughly understand that every idea of Mind, without exception, is always manifested by a countless series of bodies which continually change their patterns to conform to the changing images of changing thoughts. If eternal repetition (or reincarnation, if you wish to call it that) is the one most inviolate law of all creating things, why should you think that it does not apply to you?*

As one step in the unfolding of your greater comprehension of timelessness in the undivided universe which we are trying to make your foundation for stronger living, we beg that you study the diagrams which fully illustrate the creation of thousands of “reincarnated” bodies of one idea in one second — or even one fraction of a second.

You think of these thousands of bodies as VIBRATIONS, yet you would not think of your present “life” as but just one vibration of millions which

ages of reincarnations have repeated in you.

We would like to have you begin to think of your body that way, and as the timed manifestation of an idea which is eternal and timeless. Elevate your Consciousness to the level of full awareness of your Self as the Universal Presence – the Universal Being – rather than thinking of yourself as a body which has a name and address and personality.

As awareness of being in you unfolds, the sense of individuality will disappear just as one tone of a harp string loses its separateness in the wholeness of the master symphony. That is the way cosmic man of tomorrow will think of himself. That is the way you should think of your Self. When you think of yourself as one individual unit of Creation, you are but that one unit – struggling for survival and for self-interest among the countless other individual units. *When you think that way, you are weak for your desires are self-centered and the world will not enrich you with its glory nor its bounty, for you are not enriching it. When your desires are for the WHOLE – and when you know that you are the WHOLE – then only are you STRONG.*

A new race of men is coming into being – a race of men who will be STRONG through having learned how to lose their bodies to find their Souls in the Universal Soul.

NATURE IS SIMPLE. NOT COMPLEX

Everything in Nature which is strong and substantial is simple. Complexity always weakens. Your life, your business, your home, and especially your thinking are strong and substantial when simple. The beginning of unnecessary complexity is the beginning of the undermining of the structure which it is erected upon. We shall enlarge upon this idea to vastly aid you in removing all limitations from your life by making you KNOW how you can build it to any height of power you desire without being handicapped by the lack of knowledge from which doubts, fears, pessimism and other negative effects retard your growth.

Let us look into the principles of this idea, both scientifically and philosophically. All science textbooks contain a universally accepted law which is as follows: "Action and reaction are equal and opposite." We have added to that the fact that action and reaction are *simultaneous* in their expression as well as equal. That is something which has not yet been recognized even though it is the very basis of polarity.

The Divine Iliad tells us that whatever we desire will not only be granted to us but is *already ours, and always has been, even though we*

have not yet known it. We do not know our power. Proof of this lies in the fact that we have used not more than two per cent of our power at this early stage of man's unfolding.

Bearing in mind the statements made in previous lessons and assuming that you fully comprehend them, we shall now modify the above law by clothing it in other words as follows: *EVERY ACTION IS ITS OWN REACTION. This means that when you perform any action, you have already created its equal and opposite reaction. If, for example, you have just hurt someone, you have also equally hurt yourself.*

Actions are necessary to give physical bodies to Mind-desires. *The DESIRE must precede the action but the thought-body of a Mind-desire can never have a physical body without being followed by physical action. If your action is in balance with your desire, the reaction will also be. Likewise, if your desire is of majestic measure and your action is in the measure of your desire, you will produce a material body of majestic measure. You cannot help doing so for the reaction to your action is as certain to be the image of your majestic desire as that day follows night.*

If you have allowed this idea to sink into your Soul until you KNOW it — not just BELIEVE it — you will now be ready to comprehend another modification of this wonderful promise of our Father-

Mother now following. *EVERY DESIRE OF MIND IS ALREADY MENTALLY FULFILLED.* When you actually *know* this, you are equipped for any achievement, whatsoever, which is within Universal Law. KNOWING this within your Soul makes you able to see it fulfilled with your inner vision before your body has started doing it. You will then start doing it at once with the knowledge that you can complete it, for that inner vision will teach you *how to do it in the doing of it.*

The lesson that you should learn from this is that your desires and your actions should be BALANCED. They must both express the life principle. The slightest unbalanced note in your desire lessens it — negates it.

If your knowledge is strong, your desire can be without measure. If your desire is to move mountains, the mountains will be moved, but the slightest doubt, or fear, or the picturing of insurmountable hurdles, or pessimism arising from past failures, or hesitating because of lack of money, or any other species of doubt, whatsoever, means that the negation of your desire lessens the measure of your POSITIVE DESIRE WHICH IS BASED UPON KNOWING. As God's law is absolute, you cannot possibly evade distorting the pattern of

your desire by even doubting the certainty of its fulfillment. Strong men have no doubts or fears when they know their strength.

A man came to us once who said he wished to be a concert pianist but his father had no money to pay for his teachings. He asked us what to do.

We asked him if he had money enough to strike the first note.

He answered, "Yes."

"Then *strike* it," we said, "and by that time you will be able to strike the second and third notes."

When you have arrived at this stage of your knowing, you will have no desire which is for self alone. That would be impossible. When you have become fully aware of your cosmic-Self your very nature will be cosmic. Your desires will be for the WHOLE, like unto our Father-Mother's desires. And as our Creator's creations are like unto His balanced desires for the WHOLE and never for a part, so will your creations be balanced like unto His. The more you fully comprehend the infinitely multiplied power you are bestowing upon yourself by losing your personal ego in your newly found UNIVERSALITY, the more you can discard

past ages of body-sensing and glory in the ecstasy of your KNOWING.

The great Illuminates of all times have tried to give you this secret of their power in such words as; "He that findeth his life shall lose it, and he that loseth his life for My sake shall find it," but their meanings have not been understood. Not until the coming of Cosmic Man could these teachings of Cosmic Conscious Messengers be even faintly understood.

These things we know — you should also know — that you cannot rise to the great heights of your own omnipotence until you know the true relationship between The One Light, which Mind is, and the two lights, which bodies are.

Bear with us, therefore, for your own sake, when we tell you in great detail about such seemingly unimportant things as the vibration of a harp string. *As every effect of motion in the universe has the same basic foundation in The Divine Trinity as every other effect, it is as important that you understand the principle of multiplied and divided motion which lies behind the simple vibration of a harp string, and which lives and dies thousands of times in one second, as that you know about the same principle in a nebula which has but one life in hundreds of billions of years.*

WE COMPARE A SOUND-VIBRATION WITH LIFE AND DEATH

To point out the sameness of principle which lies back of every effect of motion – and of the law which governs the making of material bodies from conceived thought-bodies – and of the principle of desire which is already fulfilled at the moment of concentration upon desire – and the sequential fulfillment by the action of giving your desire a material body – we will continue to amplify the above by still continuing to use the example of the desire to give a material body to the musical tone of a silent harp string.

Let us, therefore, build the body of the idea of a musical tone, step by step, and as we build it let us fix within our Consciousness the fact that we build all other bodies in exactly the same manner. *That manner is God's way of doing it and there is no other way – no variation of the process, whatsoever, whether it be a solar system built by God, a top which a boy builds for spinning, or an industry built by man.*

1. First comes desire of Mind. Desire is timeless. Desire of Mind to create comes like a flash of inspired Light from knowing-Mind. *Desire to create always means a desire to give out from the centering Soul.* Desire to create is spiritual and a spiritual

creation always gives out from a centering point of Omniscient, Omnipotent Light.

Do not confuse the spiritual desire to create bodies with the physical desire to TAKE something to continue the growth of a creating body. Desire of the senses for the survival of sensed-bodies is the process of lawfully receiving that which is re-given or of unlawfully taking it for self alone.

2. Desire of Mind to conceive an idea of Mind is immediately fulfilled for every separate idea is a part of God's One Whole Idea. Therefore, you KNOW that your desire is already fulfilled as a mental conception because the WHOLE IDEA, of which your idea is a part, is already existent in the undivided universe of Mind.

3. You now divide the idea by setting your concept in motion. To set it in motion is to THINK it. To think it is to separate what you want from the WHOLE. You do not desire the WHOLE – you want only a *part* of the WHOLE. All you want, and have asked for, is to produce a musical note from the stillness of the whole universe by building a body of sound for *senses to hear with outer ears and Souls to hear with inner ears.*

4. The moment you extend what you KNOW to your divided lights which THINK what you know into thought-forms, you begin the WORK of building a body for your desire. Remember always that God works WITH you and not FOR you. You are a unit of His Creation. Your Soul is God's Soul. Your hands are God's hands. *To the extent of your awareness of this fact, you are either manifesting God by being UNIVERSAL MAN and UNIVERSAL SOUL or just manifesting your own sensed-body. Whichever you are shows in your work. The thought- imaged bodies you create in your imaginings have in them YOUR IMMORTALITY or your MORTALITY.*

5. Your concept now has a pattern, a thought-pattern which is a thought-body. It is like the formless seed of a rose from which the full blown flower unfolds. *You must now give your idea a material body and that can be done only through action.*

Again we say, your desire has already been fulfilled for that which you have desired already stands before you. God has created it for you by creating the firmament which is His own body. *It is already existent, awaiting you. But you must reach forth and receive that which He has given you to fulfill your desire for "thy*

desire shall not walk thy way to thee unaided by thy strong arms" is stated in The Message.

6. Now comes the *necessity for bodily action*. You reach forth for the material to make your harp string. From now on, the more you will keep before you a realization that *EACH ACTION BORN ITS OWN REACTION*, the easier becomes your task of building a body for your musical tone or for the moving of a mountain. The simultaneity of action and reaction may be likened to a light projected into a mirror which is simultaneously reflected from the mirror. Every particle of matter is a mirror which reflects its reverse image into another mirror.

The recoil of a gun is the simultaneous reaction to its explosive action. A powerful discharge has powerful recoil. Powerful thoughts of men, likewise, bring powerful reactions.

Every reflection or reaction is in reverse of its action, for it is by the simultaneous action-reaction of desire that the universal equilibrium is divided.

Just as you cannot polarize one end of a magnet without polarizing the other end simultaneously, you cannot perform

any action which divides the undivided without creating both the action and its reaction simultaneously.

To walk, you must divide your balance. You lose it to find it for again losing it, but that which you have lost is always awaiting you for *you created both action and reaction simultaneously*. That which you have lost is already thine.

"All down the ages it has been thine without thy knowing e'en though thou hast but just asked for it."

You may walk to the ends of the earth *with* God; *without* Him you can do nothing. *He will not do it FOR you WITHOUT you*. That is what we mean by working knowingly with God. He has prepared the way for you. He has made the path for you up your own mountain but you must work with Him for the fulfillment of your desire to reach your mountain top. The first step motivates you for the next step by reborn desire in you for the next step. If you look to the top of the mountain which you desire to climb, you may have much fear and doubt about surmounting it but you do not fear to take the first step, and many first steps taken without fear will take you gloriously to the very top of your own high mountain.

And so you put the material together, action by action given and reaction by reaction regiven, until you have created a body for your harp and a string for the tone you desire. *There it is. You can now see it and feel it – but all down the aeons it has always been there awaiting your DESIRE. Followed by your ACTION, to bring it into seeming being. Do you realize this fact? If you do, you can KNOW that anything else which you wish to bring into seeming being by giving it a transient body is within your limitless power. There is your harp with one string on it of the tone you desire. One string is one step toward completing all of the octaves of strings. There it is, completed, but silent.*

7. Now you are ready to fulfill the last step of your desire, that of building a body of many sounds from your harp. Again we repeat the fact that that desire is already fulfilled, for you KNOW the sounds and rhythmic tones that are within the silence of those strings. You not only KNOW them but can imagine them as thought-bodies which you can hear in your imaginings with inner ears. *In other words, you KNOW that the sounds are there – in the silence of the undivided – awaiting your action to born their bodies to life. Until you act to give your idea a*

material body, it will still be existent as undivided IDEA but will not be expressed in the divided universe of moving bodies.

YOU HAVE NO LIMITATIONS UNTIL YOU SET THEM

Much meditation on the above thoughts will lead you to great conclusions. The fact that God will immediately grant your desire seems unbelievable. And it IS unbelievable to those of you who misunderstand His way of *working with you*. *If you interpret it to mean that whatever you desire will come to you full grown and without effort on your part, then you do not understand how it is that God works WITH you and not FOR you.* If you do understand His manner of working WITH you, step by step, then you *must* take that first step WITH Him in order to be given the power to take the next step. He whose desire has built a body for one harp string can become master harpist if his desires are of that measure, and then become leader of a symphony or master composer if his desires and his knowing are sufficiently intense. *If you have any limitations, whatsoever, you have yourself set them for yourself. The universe is infinitely extended and you are the universe.*

THE UNIVERSAL BALANCE WHEEL

When you look up into the heavens with a high-power telescope, you see many nebulae which are like, or approximately like, the perfectly balanced spiral nebula which you see edgewise in Fig. 23. An edge view of another perfectly balanced nebula of the same type is the one in Fig. 24. If you could see either of these from a direct side view, it would resemble Fig. 25.

The amazing idea which we wish to convey to you is that the little swirling sound bodies which you see indicated on the amplitudes of every vibrating wave of a simple harp string are identical in every respect, except duration and volume, with these giant nebulae of the heavens. Electrical engineers call them loops of force. They appear at every wave amplitude.

Our Milky Way is one of these giant nebulae. Our solar system is as a speck of dust in it. Hundreds of millions of stars constitute our Milky Way nebula, all at such vast distances from each other that the farther ones resemble milky clouds. Even from where you stand upon this little earth and look out into our nebula, you see such brilliant stars as Sirius, Vega, Capella, Arcturus and hundreds like them, all separated from each other by trillions of miles.



FIG. 23 Wherever this form appears in Nature, whether in loops of force in an electric current – sound vibrations of a harp string – in a chemical element such as carbon – or a giant nebula such as the above pictured Andromeda Nebula, it means that life and death, sex opposition, centripetal and centrifugal forces, and generation and radiation have reached a perfect balance in each other. It is the maturing point of each cycle where the two opposing pressure conditions which create matter unite with each other.

EVERY ACTION IN NATURE IS REPEATED IN REVERSE AS ITS REACTION.
THE TWO OPPOSITE PULSATONS CONSTITUTE A CYCLE OF THE
UNIVERSAL HEARTBEAT. THE ABOVE FORM OCCURS AT THE REVERSAL
POINT OF WAVE CYCLES.



FIG. 24 NATURE CREATES BODIES by winding light-waves into incandescent spheres, then destroys them by unwinding them into space.

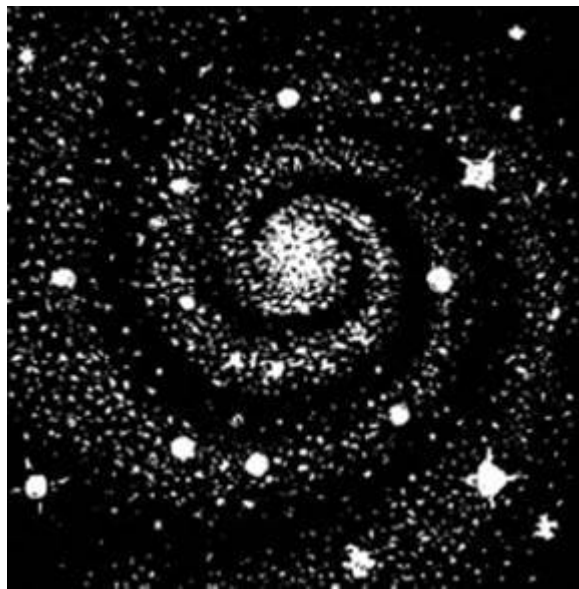


FIG. 25 NATURE'S GYROSCOPIC PRINCIPLE

Spiral nebulae have life - death cycles of hundreds of billions of years, but are the same in principle and in construction as the spirals of vibrating harp strings, or the loops of force of an electric current.

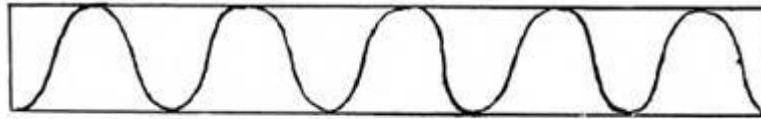


FIG. 26

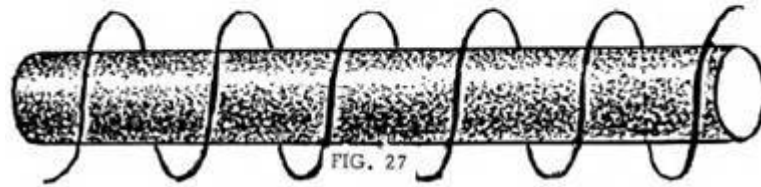


FIG. 27

FIG. 26 Light-waves do not vibrate in one plane as indicated in Fig. 26. Light waves fill all space and are, therefore, three-dimensional. In Fig. 27, a cylinder is inserted within the spiral wave shaft to help visualize the spiral, three-dimensional nature of waves.

IN THE WAVE LIE THE SECRETS OF CREATION; THEREFORE, KNOW THE WAVE.

It seems incredible that the little spiral “pinwheels” which balance — and complete — every sound vibration are the same in principle and construction as those of solar and nebula wave-vibrations, but that is the amazing fact of Nature. *Nature has but one system of mechanics for “dividing the undivided” and “conditioning the unconditioned” and that is the same in microcosmic waves or macrocosmic ones. All matter is wound up tight by concentrative thinking and unwound by decentrative thinking.*

The journey from rest to rest and back again is always a spiral one. Centripetal force compresses inward from without to create hot suns and

centrifugal force thrusts outward from within to expand them into cold gases.

The same forces which create the stars of the heavens create the cells of your body. For this reason, what we shall tell you in the following lessons, for which we are now laying a foundation, is of vast import in knowing how to create a perfect body for yourself, a perfect business or perfect social relationship as well as to create masterpieces of perfection in whatever you give out from yourself to the world. The more you comprehend the principle of BALANCE in Nature, the more you can control it in vitalizing your own body and the products of your Mind.

CONCLUSION

The reason we have stressed this one balanced form of the spiral nebula of the wave in the heavens and in the harp string is because that position in the wave is one of perfect polarity and perfect spherical form for all the suns in such a perfected system whose equators coincide with the plane of its nuclear giant sun. This is not true of any of the planets of solar systems within any nebula for planets are born from rings which extend from the balanced equatorial planes of their father-mother suns and soon lose their perfectly spherical forms and begin to oblate.

Mercury, for example, is the only planet which revolves very nearly in true plane of its solar equator. Very soon after planets mature to true spheres, after the prolating process of winding them up has been completed, they begin to die by the opposite process of prolating, which is to oblate, as all of our planets are doing in progressive stages the farther they spiral out into space.

Our earth has spiraled so far away from its balancing plane of gravity – which the sun's equator is – that its axis of rotation is tilted 23° from the plane of the solar axis. You can best visualize this by remembering how the hoop you rolled in your childhood wobbled unsteadily if you did not keep it rolling steadily at an angle of 90° from the ground. That is the way planets die and, also, as all other bodies die.

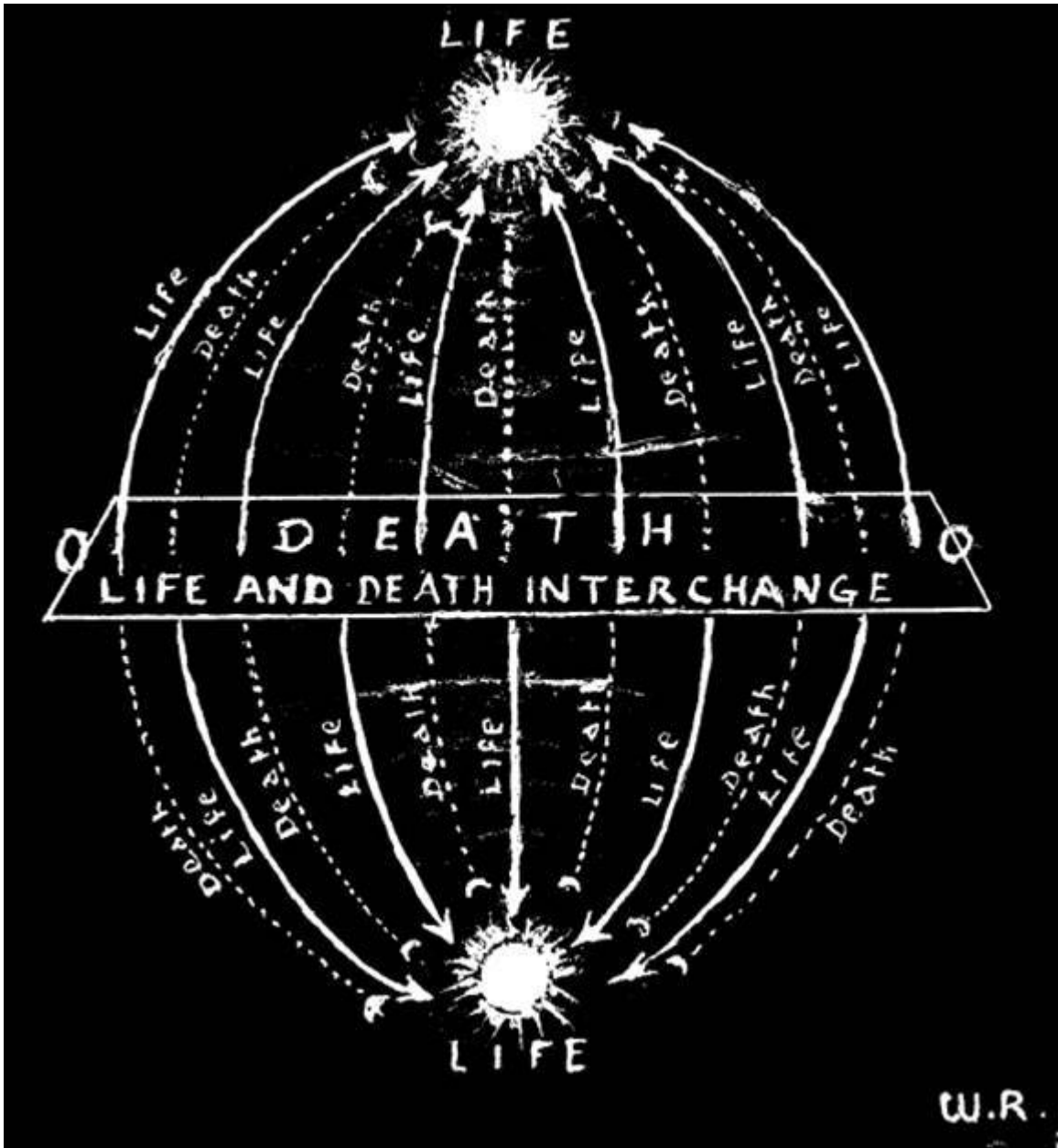


FIG 28 LIFE AND DEATH ARE CONSTANTLY INTERCHANGING IN NATURE, as automatically and periodically as inbreathing and out breathing, heat and cold, generation and radiation, compression and expansion, and night and day perpetually interchange. Life is ACTION and death is REST. In every effect in Nature, every expression of motion must be followed by rest, for rest is the basis for the next action.

When axes of rotation are not 90° from the planes of their equators, such as the axis which runs through this earth at 23° from its pole of

rotation, the planet is dying just as a wobbling top is dying. That pole which always wobbles on a spinning top, or hoop, when it revolves out of balance with its equatorial plane is GRAVITY expressing its function of *division* of force by the process of expansion to direct bodies to their planes of rest, which is the unwinding process of Nature. The winding process is just the opposite. Compression increases the angle of gravity from the plane of rest, as the ground is in relation to a hoop or top, and compression *multiplies* speed and power for the hoop or top to stand upright.

That principle of balance which gravity controls by multiplying motion into high potential, or cold into white-hot heat, is the same principle you make use of in generating your nebulous ideas into perfectly matured and balanced workable forms. When you cease concentrating upon your desire to create formed bodies to manifest YOU or your IDEA, gravity then expands and formed bodies wobble in their unsteady spiral paths to the zero from which they sprang.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 35

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

REINCARNATION

We now give further consideration to the most difficult of all subjects, the idea of reincarnation. Reincarnation is difficult to explain to people of this age because the concepts of this age in the unfolding of man are still too primitive for anyone to comprehend many facts of Nature which are beyond their limited range of sensing. That extremely limited range of sensing of this early stage of man's unfolding is his great handicap to comprehension of this principle. When people say casually to us: "Do you believe in reincarnation? Please tell me about it," we shudder at the task for it is impossible to explain reincarnation to anybody whose concepts of bodies, and life and death of bodies, are what people of the present age think they are.

Many of the previous lessons were written to build new concepts of Nature's workings which would make this most obvious fact of Nature understandable. In these lessons, we made it clear that all bodies, whether thought- bodies or material bodies such as sounds, animals, suns, or galaxies – are but light-waves. All previous lessons were devoted to the purpose of building new concepts such

as the duality of bodies as a basis for a better understanding of the as yet unknown facts of reincarnation. *These new consents of the polarization of bodies into concentrated and decentrated, visible and invisible mate pairs which interchange their polarity forever in repetitive cycles, are the first steps in peering behind the scenes of God's workshop where the making of bodies takes place.* You are beginning to know how God builds visible bodies by compressing long waves of low potential into short high ones and then reverses that process so that visible ones again become invisible. Science has practiced that method of compressing waves but does not KNOW that it has been practicing it. Science merely says: "Matter seemingly emerges from space and is then swallowed up by space, but it may be that man will never be able to solve this great mystery of the creative process of matter." We will slowly build up a complete explanation of this process of Nature.

THE ILLUSION OF DISAPPEARANCE AND REAPPEARANCE

1. Consider this thought. Place a glass of water on your garden wall some sunny morning. When you go to see it in the afternoon, that body of water is not there. *You do not say that the*

water is dead. You say it has disappeared, and you know WHY it has disappeared and WHERE it is. You know that it has but changed its potential from its dense visible condition to its expanded invisible condition. That visible body of water which occupied six cubic inches has evaporated into a large body of invisible vapors which now occupy a space of six thousand cubic inches. You know that even though that body of water has disappeared. it does not cease to exist. You know that it still has a body – not the same kind of body – not one which you could drink or wash your hands in – but still it has a body. It might even become visible as a cloud and disappear again. You never think of it as having ceased to be, for you know it will come again when cold air contracts it to its dense concentrative polar condition. When rain fills that empty cup, you can say that it has repeated its condition as water. Then when it again becomes vapor, you can again say that it has repeated its condition as vapor. That is what polarization and depolarization, or concentration and decentration, mean.

If you totally disregard the thought of repetition of its two opposite conditions and substitute the thought of the eternal continuity of that body of water which forever appears within the range of your vision, then disappears beyond that range for an interval before it again

reappears, you will have taken the first simple step toward a comprehension of the sequential interchange of visible bodies with their invisible counterparts. That realization is what we must now impress upon you until you fully realize that each interval of time between the disappearance and reappearance of any body *is not a discontinuance of the body* – it is merely a “blackout” of your senses. When things disappear from your vision or your hearing, *they have not ceased to be. They are not “dead.”* And when they reappear within your vision or hearing, they are not reborn into life. They have but again come within your range of vision or hearing.

Together with the above realization, you must fix in your Consciousness that the Soul of that disappeared body still IS – and in that Soul is the same *desire* that created the disappeared body. That desire of the Soul to unfold the form of an idea will cause it to reappear, again to unfold, forever and forever as continuity which is forever *changing* but never *ceases*.

CHANGING SOUND BODIES

2. We must exemplify this thought to make it a part of your knowing. Consider, therefore, a body of sound that you create

by talking. When the sound ceases, it is not “dead.” *You no longer hear it – but if there is a Cliffside up the valley and you have talked loudly enough, your voice will again be heard as it condenses into small waves by impacting against the cliff.* It is the same voice and the same sound continued out into its spatial counterpart. It is still living. It is a continuity of itself. It is the same sound extended from the point of desire where its body-form was created. We call it an echo. It is just as appropriate to call it a mirror, for sound-waves are light which reflect light.

THE ILLUSION OF REPETITION

3. Consider this same sound being again brought into appearance three thousand miles away by the condenser of your radio which shortens the lengthened waves to the dimensions created by you when you spoke them. Again we say they were not “*dead*” when they disappeared three thousand miles away from their birth. They but disappeared from the range within which your senses were able to perceive them. No matter where upon this earth you set your condenser to restore the dimensions of those sound-bodies to their original wave lengths and frequencies, you will hear those

sounds again in their *original pattern and identity*. If Churchill spoke them at their point of desire, Churchill's identity was "reincarnated" – or "reborn" – or "repeated" – wherever they newly appeared. It was the same voice – same pattern – same characteristics in every respect wherever re-condensed into reappearance.

CONTINUITY

If these facts are true to natural law, we are not correct when we use the terms death – birth – disappearance – repetition – reappearance – or reincarnation. How can we be correct in the use of such terms when we know that there is a continuity of such bodies – and that nothing has changed in them but their dimensions and their polarity? Likewise, if their recognized identity and pattern were that of Churchill who spoke them – or Paderewski who played them – or Caruso who sang them – why, then, should we question whether or not we lose our individuality when that body which we call John Jones refolds into its seed, as all bodies do whether mineral, vegetable or animal, as we shall see later. The seed of mineral life is the zero element known as the inert gases.

All bodies are the result of desire of Mind to create bodies. Desire of Mind is eternal – therefore all bodies are eternal in their continuity. We should not even say that they are eternally repetitive – for “repetition” is suggestive of discontinuous intervals between each repetition. When night comes, we no longer see the distant mountain. Our range of

vision does not permit us to see through the dark. In the morning, the mountain reappears within our range of vision – but we do not think of it as another mountain, reborn – nor do we think of it as a repetition. We think of it as continuity, for the mountain has never ceased to be. The same is true of the rose which disappears in its inert gas seed. It is continuity, however, for it again unfolds from its seed to relive. How can we say it has stopped living? We can only say it has stopped manifesting life by resting.

All dynamic bodies manifest life through action, but who can say that you or I are not manifesting life while resting?

If we desire to know what happens to our bodies after death, and if we wish to thoroughly understand the illusion of reincarnation, we must first thoroughly understand what we mean by the term “*reversal of potential.*” And we must also know what we mean by the term “*cycles.*”

WE EXPLAIN “REVERSAL OF POTENTIAL” AND “CYCLES”

POSTULATE NO. 1. *All bodies are continuous. They never cease. They merely reverse their potential TWICE in every CYCLE of their eternal journey within and beyond the range of our sensing by*

compressing into visibility and then expanding into their invisible seed-recordings.

POSTULATE NO. 2. *All bodies are expressed in cycles. A cycle is a continuous two-way spiral journey from the expanded condition of a body to its opposite compressed condition and back again to its expanded condition. A most familiar example of a cycle is DAY and NIGHT. Each is the opposite half of the other, such as one's breathing.*

You will understand these postulates better by exemplifying them. The disappearance of a glass of water into vapor and its return is one kind of an example which you will find difficulty in harmonizing with reincarnation. Let us take an entirely different type of example which you could more readily associate with reincarnation but they are the same in principle.

Instead of the glass of water, let us substitute an oak tree. It does not *evaporate* in order to disappear; it *decays* by heat and *decay* is just another word of exactly the same meaning but with a different connotation. Both demonstrate Nature's manner of disappearing by expanding. The element of time also makes it difficult to see both effects as one. The water returns quickly. It may rain the next

moment, but the oak tree which has disappeared will not stand there again as the tree you saw for fifty years. Now comes the question, "Where the water is after it disappeared, and where the oak is?" That is equivalent to the old, seemingly unanswerable question: "Where do I go when I die?"

Let us consider this. The glass of water rose up into the heavens as vapor. What do we mean by the word "heavens" in this respect? We mean the low potential gases into which all high potential bodies disappear. The glass of water did not go all the way to absolute zero for it was not fully dead. It had lowered its potential and sought a balancing position of lower potential in the direction of zero potential which we have diagrammed in a later lesson. Now, what about the oak? Wherein lies the difference? The oak has expanded completely into its own identity-record in the zero universes which is its Soul- seed. Can you not see that the oak had but refolded in its zero record to rest from the long years of action of body building? And can you not see that its reappearance as rebirth is but a re-emergence of the same oak? If you plant an acorn from the oak which died in your garden, you will again see it there alive. In your meditation, ask yourself if death is what you thought it was. Did the oak die? Did it "*go anywhere*" after it died? Do you "*go anywhere*"

when you die each night to rest, or at the end of a life cycle to rest? Do you believe that the oak ever discontinued? How could you when you have seen it come back? You know it was the same oak for you planted the folded up seed of it in your garden yourself.

In the same sense, how do you know that the child playing in your neighbor's garden is not your own grandmother or even your own daughter? When you know more about the oneness of man, you will more clearly comprehend the possibility of such a happening.

* * * * *

Daylight is but light compressed. Can you logically say that invisible night-light is dead? Can you truthfully say that only those things which respond to your senses are living and those others which are beyond your sensing are dead?

Why, then, do we even have to ask ourselves if we believe in reincarnation or do not believe in it? A human being is one unit of an imperishable, eternal idea. His body manifests that idea. When his body disappears, it passes beyond his sensing but his identity, as IDEA, is as continuous as eternity is continuous.

In August, I can pick apples from a certain tree. In October, I cannot, but when August again comes, I can again pick apples from that tree. Nature refolds everything which has unfolded from it back into its seed, but Nature again unfolds it forever and ever, on planet after planet, throughout eternity. Where, then, is that thing which we call death and rebirth? Are they not just two points in the same journey?

We think of life as beginning at birth and ending in death. We have not *yet learned to think of it as continuity* such as the cycle of a piston stroke in an expansion-contraction engine – yet one is as continuous as the other. At middle life, our generative power *reverses*. We then BEGIN to “die” just as we BEGAN to “live” forty years ago. At that reversal point our visible bodies BEGIN to manifest their invisible halves. They are still visible for another thirty or forty years before they pass beyond our range of visibility at that point which we call “death.” Likewise, they are still workable as mechanical bodies for many years after the power to pump our visible bodies into their dense forms weakens to the point where we have to give back to Earth and space all that we have borrowed from it.

We are often asked what happens if one is not allowed to live his life through, such as dying in childhood or being killed in war, if such a one is deprived of the advantages which those have who have completed their life cycles. *Nature balances all of her divided cycles.* If the visible body “disappears” at twenty years of age, it means only that the whole life cycle is shortened. The invisible half of the body shortens its rest period to balance the shortening of the “work” period. The youth who is killed “reincarnates” sooner than he otherwise would.

Remember, always, that the time element in every cycle of every kind throughout all Creation is equally divided between its opposed halves. The two reversal points are equal. Action and reaction of compressing and expanding halves of bodies are equal. Your inbreathing period is equal to your out-breathing period. If a man generates his concentrated body toward “life” for ten – twenty – thirty or fifty years to manifest God by “work,” he must deconcentrate the other half of his body for an equal period to manifest God through rest. That is law. The compression period of every cycle must be followed by an equal expansion period. There is no exception to this law, so that any shortening of any life cycle by destruction of one half of it is balanced in the other half. The next

two units of lessons will make this principle more clearly to you as we proceed with further unfolding of the continuity of the opposite expressions of life which we wrongly call “life” and “death.” These are NOT TWO; they are ONE.

AMAZINGLY NEW CONCEPTS

Both halves of our bodies eternally live. They never die. There is no death in the universe anywhere or in anything. God lives. God’s universe is a living universe.

Our bodies “work” for a while, and then they relax and rest before working again. But relaxation is not “death.” The cyclic heartbeat of this living universe works for one-half of its pulse beat. It relaxes during the other half – but each expresses the continuity of life. Our bodies “work” at manifesting God during the positive half of their body cycle. They then relax – deconcentrates – into the negative half of their bodies to RENEW THEIR POWER again to manifest God through work. *Our bodies are thought-wave recordings of God’s thinking through our thinking. God’s thinking is continuous – therefore the recording of God’s thinking is continuous.*

There is no gap, no void, to interrupt the absolute continuity of every effect of motion into its opposite effect. The CAUSE of all EFFECT is eternal. If there were any gap, or void, or discontinuity in EFFECT, CAUSE could not be eternal.

Our present limited range of perception has borne the idea of discontinuity in us. Our concept of "death" is one of the results of that gap in our range of perception.

FACTS OF NATURE WHICH ESCAPE US

The Soul is the fulcrum from which the polarized lever of motion extends to manifest a polarized body. All bodies are divided; therefore, all bodies are polarized. A *polarized* body means a body which is divided into two seemingly separate male and female parts because of two opposite conditions which cause that seeming separateness. *The whole universal body is polarized into mate pairs. It is also multiplied into compressed light-waves of matter which you can see and into expanded waves which you cannot see.*

A good example of a polarized body is a storage battery. When it is being charged with light current, it is compressing. When it is being discharged, it is expanding. To compress is to polarize. To expand is

to depolarize. *Man's storage batteries can become depolarized, or at rest, but they can be awakened in the morning fully charged with dynamic energy.*

Nature's storage batteries can become depolarized but cannot die in the sense that they have come to an end. Nature's storage batteries are bodies. They automatically recharge as you automatically re-breathe. Everybody in Nature is a permanent live storage battery. Everybody consists of dense matter surrounding a center of gravity which controls its density. Everybody periodically disappears into the zero of space and reappears into the visibility of matter.

God is LIFE. In Him there is no death. Bodies manifest that which their Creator IS. They cannot manifest that which He is NOT. All bodies always manifest life. Bodies are as eternal as the ideas which they manifest are eternal. That still point fulcrum of desire which motivates everybody is eternally present in every body. It is the Soul which centers everybody in the universe from giant star to a speck of dust on a butterfly's wing.

*DESIRE TO MANIFEST IDEA IS THE FULCRUM OF THE
UNIVERSE.*

** * * * **

THE SUPREME MYSTERY OF THE AGES (REINCARNATION CONTINUED)

To rebuild new concepts of Nature's workings is not easy for you nor is it easy for us to explain simply. For you, it requires great concentration followed by much decentration. For us, it needs the power to make simple for you that which seems inconceivably complex to you. We assure you, however, that when you finally arrive at full knowing of the basic simplicity of God's creative principle, you will KNOW it in all of the simplicity in which we KNOW it. And it will transform YOU by its illumining as it transformed us.

The simplest of all stories is the hardest to tell when one has to tell it to the *senses in words*. This marvelous story we are telling you cannot be told to the senses in words. It can be told only by inspired Mind to re-inspired Mind. It cannot be *sensed*. It must be KNOWN. The story is not in the lines of words, therefore; it is in the blank spaces between the lines. These you can read only AFTER your senses have seen the words. *Pause. therefore, often enough for your Mind to read the blank spaces between the words so that you will awaken the KNOWING which lies dormant within the still Light of your Consciousness instead of*

only the vibrant motion of your senses which know nothing but can remember and repeat everything.

Let the noise of your vibrating senses die down once in a while and seek the silence from which that noise springs. In that way you can alone KNOW the great mystery which is being unfolded for you here in these pages, step by step, by taking one idea at a time and telling you about it as simply as possible. We MUST talk about them simply, for from now on you will be confronted with new thoughts and ideas which are so entirely new and strange to you that *it will require great effort for you to discard your old primitive concepts, which your senses have deceived you into forming, and replace them with new ones beyond the power of your senses to distort.* It is not easy to step into another world which is utterly different from that which your senses have built up for you, *but the reward for the effort will simplify your life and multiply your power to control it.*

Proceeding in this fashion, we will tell, step by step, how God seemingly divides His indivisible ONENESS into countless many seemingly separate individual ONES. Also how God seemingly extends countless many changing, and differently conditioned visible bodies of complex forms from the ONE formless,

unchanging, immeasurable and unconditioned Source of the entire illusion which Creation is.

GOD CREATES ONLY ONE FORM

In the electrically-divided universe there is but one divided form of one divided body – and that one simple form is the cube-sphere. The sphere is the visible compressed half of the one polarized body. The cube is the invisible other expanded half which divides and insulates hot spheres by the static zeros of cold space. This one body form is in the making and the unmaking everywhere in the universe. When the visible sphere is completed in its making into a true sphere, its invisible other half is then a true cube. Together the cube- sphere is the basic one form of all bodies. Your own body is composed entirely of cube-spheres in the making, or unmaking, and so is the body of the violet, insect, elephant, automobile or ocean liner. The complexity of Nature's countless thousands of forms disappears in the countless thought-rings combined into simplicity of cube-spheres, of which all forms of animal, vegetable, and mineral life are composed.

It may be difficult for you to think of your body in terms of cube-spheres when you are so accustomed to thinking of your body as you see it in the mirror. In it you see a body with legs, arms, head,

hands, and feet. It is even difficult for you to think of your body as composed of atoms. If, however, you earnestly desire to know what happens to the pattern of your body structure and to the countless thoughts which you have conceived during the only kind of life you know and expressed in the *only kind of body you know*, you will give much thought to the cube-sphere wave-field which is the basic form of God's Creation. All other forms are becoming true cube-divided spheres – or departing from them in decay. Never forget that all bodies, human and otherwise, are composed of the elements of matter, and all of them which are balanced mates crystallize in true cubes. Unbalanced ones crystallize in distorted or complex ones.

In this knowledge of the inter-relationship of the cube-sphere lies the answer to thought-transmission between living people and those whose bodies have passed beyond our range of sensing. This much-hoped-for possibility will come within the range of your comprehension, and possibly within your powers of practice, when you KNOW that thought-bodies are the basis of the material bodies with which you are familiar.

The sphere is the result of the concentrative pulsation of God's thinking which concentrates by compressing inward from without to focus the light of God's thinking to a point of stillness around which

a thought-body can be formed. This causes that universal effect which we know as generation, and the still point of concentration is a center of gravity. *GENERATION MULTIPLIES POWER.*

The cube is the result of the *decentrative* pulsation of God's thinking which thrusts outward from within to the stillness of the cube boundaries to produce the opposite effect which we know as "radiation." *RADIATION DIVIDES POWER.*

Generation and radiation are the opposite ends of the piston which motivates the heartbeat of this eternally living dual body of God, which is our dual body. Its continual giving and regiving manifests the love principle in both the action and reaction – not just in one of them.

Their continual interchange in spiral lanes of opposed directions gives us the incandescent light of hot spheres by the friction of resistance to the inter-passing of both in such close quarters as the vortical centers of cube-spheres. Conversely, the release of that resistance in the widening lanes of the outer spiral direction gives us the cold and dark of the cube half of the wave-field which encloses every divided body in the universe. Always vision the zero universes as God's end of the universal piston and the moving electric universe as man's end of it.

No matter where you look out into Nature, whether it be the bark, wood or leaf of a tree – or speck of dust on a butterfly's wing – the grass in the meadow or the deer eating the grass – or your own body of many forms and substances . from the hair on your head to the nails on the ends of your fingers and toes – all of them are composed of cube-spheres which are either completed or on their way to, or from, the balance point of their maturity at the amplitude reversal point of their octave waves. Of these octave waves you will hear much in later lessons. In other words, the dual body of the cube-sphere is growing to its maturity to express life, just as your body is growing to its maturity to express life – as all bodies in all the universe are doing.

After they have matured to the maximum of their generative power at their octave wave amplitudes, they begin to return to their spatial body from which they emerged – as your body, likewise, do. Remember, however, that earth and space express “death” to give “life” to the compressed half of your body. You then give “ life” back to the expanded half of your body by giving it your “death.” But why think of them as life and death? Why not think of them as the two expressions of life which are manifest in all things – ACTION and REST from action? Learn to think of life and death that way – as an interchanging continuity instead of as the beginning and end. Think that way concerning all bodies and all actions

of all bodies which perpetually GIVE and are being REGIVEN. Think of the manifestation of the love principle in all actions of all bodies.

If you even throw a ball into the air to manifest life by charging space you are also manifesting death by discharging earth in exactly the measure of potential which earth extended from it. Conversely, the ball regives “life” to earth and “death” to space by the interchange of one body condition with the other when the ball falls back to earth. You do exactly the same thing when the inner half of your body breathes out to the outer half. You give “life” to the invisible half of your body by extending “death” from the visible half.

Realize, always, that all bodies in all Creation are the recordings of God’s concentrative-decentrative thinking. Both pulsations of God’s thinking are creative – not just one pulsation. Both are constructive. One compress from the outside inward towards its center to create visible bodies and the other expands from the inside outward to render them invisible. Both express life – life interchanging with life. There is neither “death” nor destruction in either pulsation of God’s continuous thinking. It *seems* to change but the change is continuity. Diverging rays which leave the sun discharge the sun,

but when those same rays converge toward earth, they charge earth with life. Negating discharge from anybody becomes positive charge to every other body. Life flows continually. There is no death.

WE LOOK OUT INTO THE CUBE-SPHERES OF SPACE

We can better visualize the cube-sphere by looking up into the starry heavens. On a clear night, you will see countless stars which are true spheres — or prolated ones which are not yet completed — or which have been completed and are now being transformed into their opposite spatial counterparts. Around each star you will see tremendous expanses of dark space. You think of that empty space as formless. You cannot possibly see a cubic form surrounding every perfectly spherical star. Your senses will not permit you to see them, but your Mind will permit you to KNOW many things which your senses cannot possibly perceive.

WE MAKE A SUPREME DISCOVERY

It might help you to comprehend what is now coming by our asking you if you have ever considered why it is that all of those millions of stars out in space do not crash into each other and wreck each other, accidentally or otherwise?

The answer to that question is that all wave-fields which bound and enclose each body-pair in the universe – human and otherwise – are insulated from each other by the invisible planes of zero curvature, such as the six flat planes which enclose a cube, beyond which light cannot pass without reversing its direction which is the reaction to the action.

Reversal of direction from inward to outward, and from red to blue, and from generation to radiation is the insulator which keeps all wave-fields in the universe in balance with each other and insures their centering suns from colliding with other suns, and adjusts the changing orbits of all centering bodies to balance always with each other's continually changing orbits.

Let us now consider your own dual-body in this same light. Your own body is composed of countless billions of little wave-fields which bound each corpuscle of dense matter and its surrounding spatial counterpart. What is there to prevent these spheres and spheroids of your body from colliding with each other? The answer is the same for your microscopic wave-fields as it is for the mightiest stars in the heavens.

You, as an individual unit of Creation – like every star in the firmament is an individual unit of Creation – center your own collective field which

includes the millions of little ones within it and those you take on as your desire increases in intensity. You, as an individual unit of Creation, are a POINT OF DESIRE in the zero universe of Mind. Around that centering point, which is your Soul, you create a record of your desire, which is your dual-body, in a wave-field measured out for you in the stillness of the unchanging zero universe. Thus you become what you think. The measure of your wave-field is the measure of the intensity of your desire. The pattern of the body you create in it is a record of your desires. Your body is the record of the sum total of the desires you have expressed in the millions of years of your unfolding. You never lose that patterned record of your desire which is you: body. You always have your body. Your senses lose awareness of it during your death period just as they do when you sleep, but your conscious Soul never loses awareness of it. Desire in your Consciousness recalls it – reassembles it. part by part, in the pattern of age-long desire – just as desire of Soul which centers the seed of an oak reassembles the oak tree in its own pattern, leaf by leaf, its wood, its bark, its strength and its majesty of form.

If you look into the seed of a flower, you cannot find the flower or any part of it. Even with the finest microscope, you cannot see any indication of leaf or color or stem which will assemble itself around and extend from that seed. Nothing material is in that seed. It

belongs to the zero universe of Mind- desire. Centering it is that point of desire of Mind to manifest the idea of a rose or violet. Around that centering Soul are invisible states of motion known to chemists as “the inert gases.”

The body of the oak is not in its seed, but the IDEA of it is there. God is there – God, the Creator, who has desired to manifest that part of the whole idea of Creation at that point of desire which centers the seed of the oak. Where, then, is the body of the oak? Where has it gone? It is in that other half of its wave-field – the invisible seed within which the visible half rests from its concentrative action. It has gone beyond the range of your vision but it still is. When desire of Mind reconcentrates upon its desire for a concentrated form of body, that concentrated form reappears by reversing its direction from negative to positive. It centers the cube of its wave-field. It becomes the fulcrum of the wave lever which pumps each patterned part of the oak from its outer invisible body to its inner visible one. Conversely, when desire of Mind decentrates every state of motion which constituted the visible body expands centrifugally into the invisibility of its cube by again reversing its direction from charging to discharging.

Always remember that you have two opposed halves of your one body, just as you have two opposed swings to the pendulum of your thinking. One half of your body is for its "work" period, with short intervals for rest and body renewal, while the other half is for its long rest period, the death period, for complete renewal of the working half. Remember, also, that desire to reassemble your visible body by reversing your own body polarity is centered in you as it is in the oak and all other forms of IDEA.

When these processes of God's creative secrets are yours to know, you will more fully understand His meaning of the words written in The Message of The Divine Iliad, which read:

*"For behold I am within all things, centering them,
and I am without all things, controlling them."*

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 36

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

ANSWERS TO STUDENTS' QUESTIONS

It is indeed gratifying to receive more and more letters such as the following:

“I have written down four questions to ask you but have obeyed your instructions to withhold them to see if I could not myself answer them. What you say about all questions being answerable within ourselves seems to come true the moment I turn within myself for the answer instead of outside.”

Again we insist that each individual person is an extension of the Source of all-knowledge. Why seek knowledge through another when it is within one's Self? Someone else who has knowledge can open the door to it for you to enter but you must enter that door yourself. Another can but re-inspire you to gain knowledge for yourself, as another can awaken in you the power to heal yourself, but no other person can heal you himself nor give you knowledge. God-awareness in you alone does that.

Some questions do, however, keep coming – many of them being so similar that we can almost resolve them into types. We answer a few

of these here.

* * * * *

QUESTION:

“Does the Wholeness of God grow in potential through this divided and multiplied principle of Creation? Is that the purpose of this simulated universe? The question as to this simulated universe has desired an answer for some time.”

ANSWER:

God does not grow in potential. God is already omnipotent. The potential of power which God has in His Being is the measure of DESIRE in Him to create His universe. That omnipotence is unchanging. It does not grow more or become less. That unchanging condition is the zero of equilibrium and is the still fulcrum from which multiplied and divided power extends as a lever extends from its fulcrum.

God's power is manifested in His thinking. Thinking is dynamic. It concentrates and decentrates. *Potential multiplies in the direction of concentrative thinking.* That direction is from

outward to inward, which is the direction of compression. The maximum potential of concentrative thinking is recorded in spheres of matter as centers of gravity. Your own potential is set by you in the measure of your desire.

All effects of motion which vitalize life multiply in this direction. Cold multiplies gases into solids. All matter solidifies as multiplied pressures pack light-waves into closer quarters.

Conversely, potential divides from inward toward the outward radial direction. Heat divides solids into gases. They cool as they divide and die as they cool. The greater the division, the colder its temperature, the slower its speed of revolution in its orbit, the faster its speed of spinning on its axis, and the less its weight and density.

In relation to your question regarding this SIMULATED universe we mean that all Creation is only God's imaginings. The universe is a cosmic cinema – a multi-projection of the dual light of God's thinking onto the blank screen of space. Every happening "unhappens" as it happens. Everything in Nature is forever walking

into a mirror of itself so that one motion in one direction voids the other opposite one.

As a pendulum swings one way, an invisible one swings the other way with equal and opposite force to void the other swing of it.

Our senses are limited to seeing only one-half of the effect. We see events in forward time only, hence we have sequences of events following each other like day and night. From this illusion of motion, due to limited sensing. TIME is conceived. If our senses extended clear around the 360-degree circle, we would sense a backward flow of time which voids its forward flow.

You will more readily understand this if you realize that the universe is a two-way bilateral extension from the ZERO of the universal equilibrium. You cannot multiply Zero but you can SEEM to. Nor can you divide ZERO even though it seems that you can. Try it. *Zero simultaneously multiplied and divided by any number equals Zero. Nature never multiplies potential without simultaneously dividing it equally.* A solid is seemingly produced which the senses record – BUT Nature simultaneously creates an empty vacuous black hole of space around that solid which

we call empty space. It is “empty” because it has given “fullness” to its opposite. Each is equal. Our senses are part of that division – but our senses are not the whole of it. If they were the whole range of it, we would comprehend that we were but “day dreaming” – imagining – thinking image forms from imagined idea – which is what God does to create this cosmic illusion.

Creation is a wonderful and glorious vision but it has no more reality than the cinema you see in the theatre. That cinema consists of motion only – light in motion. Stop the motion and the motion picture would instantly cease. Likewise. God’s cosmic cinema would instantly cease if God stopped thinking. Likewise, you also cease to create when you stop thinking.

You ask the purpose of it all. From God’s point of view. His purpose is to manifest that which He is in imagined form. God is Light – God is Love – God is Truth and the LAW – all meaning the same thing with differing connotations.

God desires to manifest Love. He does so by dividing the giving of Love into two opposite directions. The opposite expressions of Love

are giving and receiving, but it is this fact of division of giving into two opposite directions that the illusion occurs.

To sensed creatures, Nature is an illusion of separateness of many things which appear, disappear and reappear – or live, die and are born again. If, however, our sense-perception could record the invisible bodies of motion in space as well as it could sense the visible ones of earth, we would

sense the continuity of it all – and thus sense the voidances which would cause motion to cease entirely and naught would then remain but our KNOWING.

We would KNOW it for what it is – a divine IDEA – and we would know it timelessly – without change – without dimension – just as you can KNOW an IDEA in your Mind timelessly. You can then THINK it into form if you wish – and that would take time, for as you THINK it into changing sequences you are also “creating” time as you are creating your thought-forms. You know, however, that they are but visions of your imaginings and have no other reality than that.

Likewise, God knows that the universe is His vision, product of His thinking.

From your own point of view, what is your purpose? *Your purpose is to so multiply God-awareness in you that your purpose is God's purpose. God-awareness in you means becoming the Being which God is. As that awareness increases, you then become Love which YOU manifest by giving – and YOU become Truth and the Law of Balance which YOU CONTROL. When God-awareness is complete in you, YOU are the Creator of all that is because of your knowing your Oneness with the ONE.*

When you have thus become the Universal One Being, you are then the ecstatic IMAGINER – the cosmic dreamer of dreams – the visioner of IDEA and the creator of imagined-bodies for imagined-IDEA,

This is a brief answer to your question. To grasp it more fully, you must fill in the gaps of your lack of understanding by studying all of the lessons from the beginning and meditating much upon them.

It is not easy for the sensed human to even begin to understand it, but as you become more and more cosmic because of your increasing God-awareness, you will not have to study it so carefully and think it so concentrative for you will just KNOW it.

* * * * *

QUESTION:

“The God Mind being omnipresent and omnipotent, would not the thinking that springs from that Mind be of the same quality – hence not illusion?”

ANSWER:

Yes, it is the same quality – and it IS illusion but illusion is also omnipresent and omnipotent *as illusion*. Mind is undivided, unchanging, and motionless. Mind KNOWS. Thinking is giving action to Mind-KNOWING.

The thinking of Mind is divided, changing and in continuous motion. Motion cannot be stillness – sound cannot be silence – changing cannot be unchanging – but sound can manifest

that which lies within silence – change can manifest the unchanging and the divided can manifest the undivided.

If you would but look at the still point from which the pendulum of your clock swings, you would better understand how the changing can manifest the unchanging, but cannot BE the unchanging – also you will understand that its motion cannot become its stillness.

Likewise, if you will look at the silent harp string from which its sound extends, you will see that the sounds are not in the silence but are in the motion of the vibrations which extend from the motionless string. Sound, therefore, does not become silence, nor does silence become sound.

Again, if you would look at the fulcrum from which a lever extends to lift heavy objects, you will see that the power which lifts them is not in the moving lever but in the still fulcrum, for the lever cannot move to lift anything without its still fulcrum.

* * * * *

QUESTION:

“I cannot see how TIME could be considered to be an illusion. To me, it is the most real thing I know of – even as real as matter. Will you tell me where I am wrong?”

ANSWER:

Your senses tell you that there is such an effect as TIME. Your senses see day following night – event following event – one experience following another – your body growing old – flowers and forests rising from the earth and disappearing – *but your senses deceive you mightily because they are limited to seeing just a pinhole view of Nature.* If your senses could extend their range all around the cycle of any effect of motion, all things would seem to stand still – and time would not be because motion in one direction would be voided by the other direction. If you look out upon an extended landscape through a pinhole, it would seem to stand still, but if you move, it will also move. Your thinking does just that. You think one thought, and then you think another stage of that IDEA. It is the sequence of events in your thinking and God’s thinking which creates the illusion of time.

When your senses sleep, time also sleeps. It stands still. It ceases to be. If your senses could see the whole of the effect at once instead of a little of it at a time, you would never see sequences; hence you could not experience the sensation of time. More than that, you could not even count beyond zero.

There is a backward flow to time which voids its forward flow. To exemplify our meaning, consider the flight of a plane. Your senses see it going in one direction, but you do not see a black vacuous hole behind that plane which is as strong in one way as the flight of the plane is strong the other way. That invisible vacuous empty hole in space behind the plane would pull it backwards to a zero point between them if the motion of the plane could suddenly cease.

The Divine Iliad Message says:

“Every action in Nature is voided as it occurs. is repeated as it is voided, and is recorded as it is repeated.”

A full understanding of that law will help you comprehend the illusion which this universe is.

* * * * *

QUESTION:

“I went to do some work in the shock wards of our state asylum. Shortly after returning home, a sudden depression overtook me which the strongest statements of truth would not eradicate. I felt a hopeless feeling within me as if all my years of seeking and trusting were turned to naught.

“We are admonished to visit the sick, comfort the seeming hopeless, and yet if we dare to turn a downward glance, we find ourselves pulled into that same condition. Must we, who are learning truth and ever striving to keep the eye single upon the Source of our being, ignore the call of the less fortunate? What is your advice on this?”

ANSWER:

When you go to “comfort the sick,” you go to GIVE to them what they lack and you have in abundance – which is your love, your balance and your joyousness of God-awareness in you. If you can succeed in giving it to them, they will then have

what you have in the measure of their ability to reflect YOUR light.

If instead of your doing that, you allowed them to extend their unbalance to you. you would be giving them nothing of your light because of your sympathy and other emotions which you thought would comfort them. In the Book of Healing and The Healing Principle in Volume II of The Divine Iliad, it is carefully explained that sympathy to an ailing person gives recognition of the ailment, making of it a reality. You let them reflect their absence of God-awareness into you instead of the reverse. You must learn to insulate yourself against the ills of others by your *knowing* of your divinity instead of being a conductor of them by letting them pass through you and touch you in their passing.

One phrase in your question convinces us that you do not understand this principle. This phrase is: “. . . a sudden depression overtook me which *the strongest statements of truth would not eradicate.*” This sounds like relying upon affirmations instead of knowledge. No matter what truths one may utter, they are of no benefit, whatsoever, unless there is full knowledge of their

meaning and comprehension of their practice behind them. Affirmations are no more effective when uttered by a human being than they are when uttered on a gramophone unless they are uttered with knowledge of their relationship to Nature.

* * * * *

QUESTION:

“What are dreams? What is hypnosis? Are these phenomena of any significance in understanding the nature of Mind or the illusions of the sense-perceptions? “

ANSWER:

Dreams are the result of not being fully asleep. Sleep means more or less lowering of the vibration potential passing through your *brain* – not Mind. The purpose of that lowering of potential is to let your *senses* – not Mind – relax and rest for an interval so they fully stop all action of thinking and imagining.

In utter relaxation, one cannot dream, for all of the memory records which are stored in the brain have no motivating force

behind them to set them in motion. When you are fully awake and have that full motivating force flowing through your senses, you can pick any record you choose from those stored memories, but when you are not quite asleep a little current flows through your stored records and awakens parts of many of them without your power to control them. This strange mixture is what you call dreams, and the clarity of them, or their vagueness, is dependent upon the power which motivates them and the fact that they are uncontrolled.

Hypnotism is the power generated by one person to compel another to act in accordance with his own desire. In an inconspicuous manner, you see hypnosis in practice everywhere – mothers who think for, and rule, her son, or any strong character in any walk of life that controls weaklings by his greater knowledge and will.

Practice in the art of multiplying will power will strengthen one in this respect just as practice in exercising certain muscles will make them more powerful than others – or practice in certain arts and skills will give one proficiency over a lesser practiced person.

Many doctors have developed strong hypnotic powers without intending to do so – in fact some have developed these with sufficient intensity to operate upon a patient without giving an anesthetic.

These phenomena have significance in understanding effects of the senses but not of the Mind – for they are not mental.

The whole of these teachings explains the difference between sensing and knowing. By carefully reviewing the lessons from the beginning, you will see the golden thread of that thought throughout the entire series.

* * * * *

Swannanoa, Waynesboro, Virginia

Our Treasured Students:

“Take thou man’s death away from him in this new day of man.

Give to him eternal Life in Me by knowing Me in him.”

These were the words of God’s command in The Message of The Divine Iliad.

In all the former lessons which you have received, that KNOWLEDGE which ALONE can “take death away” from you has been released in as simple language and form as we could possibly give it.

The mistaken concept that death of the “body” can be conquered and the “body” continue on forever MUST be erased from your thinking. Continuity of the positive body is NOT what conquering death means. What it really means is that KNOWLEDGE of a continuous interchange between pairs of bodies will have so increased your sense-perception that you can manifest your THINKING in both halves of your body. You will then KNOW that

life is continuous and you will no longer SENSE those intervals that we call "*death.*"

Deep meditative study of this course will prepare you for the next units, thereby gaining for you a possible thousand to ten thousand years of comprehension in one lifetime instead of in a hundred or a thousand lifetimes. Knowledge alone can bridge the gap to self-transcendancy.

Having lived for nearly a year with the new thinking which we are trying to adjust you to, you will now more clearly comprehend what we could only refer to abstractly, when you began your study, as a transition from sensing to knowing.

You now know dynamically what we mean instead of abstractly. We could not put more meaning into those words at the beginning because they needed the foundations of NEW THINKING – SLOWLY and PATIENTLY built, to give you the comprehension which you now have.

The trend has been, from the beginning, to increase your range of inner sense-perception by increasing your THOUGHT RANGE far into the invisible universe where thoughts are recorded in patterned form.

Also we desire to so firmly base your inner sensory perception upon KNOWLEDGE, that the physical bodies of things will have less meaning than the Source of those bodies in the stillness of their seed.

The greatest genius can more distinctly hear his yet unborn symphony in its embryonic thought-form than he can hear it when given a physical body of sound. The Illuminate has such a vast range of perception which reaches so far into the thought range that the only comparison we could give you is that of radar which sees far ahead into space or under the sea to tell what is ahead of it which is beyond the range of man's perceiving.

We all have that spiritual radar, and some of us are beginning to feel it. We have even given it a name — TELEPATHY — but telepathy does not cover it fully, for telepathy means thought-transference, inferring between living people. That power of thought-transference which is unfolding in the human race includes the thought of Universal Mind whenever manifested — whether through the now living or long since “dead.” Thought is eternal and all thought patterns are recorded, both positively and negatively. The human race will someday unfold its range of perception to include that which has disappeared with that which now is.

We are taking a great step forward in the rest of this Course. These first nine units opened the doors to the mystery of man himself for the purpose of giving you a scientifically based philosophy or way of life. We have entitled these nine units THE SCIENCE OF MAN. The next two units will be entitled THE SCIENCE OF THE COSMOS and will open the doors to the invisible octaves of matter to give science the much needed road map into space which it sorely needs.

Your preparation for it by the past lessons will help you to comprehend more than you think possible. Do not, therefore, anticipate this new knowledge as being over your head and too difficult for you. You will be surprised to find that the preparation given you has opened up your comprehension more than you even suspect. Accept it, therefore, with joy for it is priceless to you.

The 12th and final unit will sum up the complete universal meaning of man's purpose on earth and what he must do to fulfill it.

Today and forever we send our loving salutations to you and remind you that in our thought-wave universe "your own shall come to you" timelessly and endlessly, so keep your THINKING balanced and filled with LOVE and the universe will give back to you all that you give in bounteous measure.

With our love, we commend these lessons to you.

Sincerely yours,
Lao and Walter Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 10

LESSONS 37, 38, 39 & 40

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

PRELUDE

We have now reached a crucial turning point in our endeavor to lead you to a full comprehension of your own personal identity as an extension of the God-Identity. We have entitled the preceding units "THE SCIENCE OF MAN." The purpose of the following units is to give you a complete understanding of your Oneness with the God-Identity by enabling you to transcend your physical-man identity completely and thus become the Knower of the Cosmos instead of merely a thinking extension of the Creator whose limitations of thinking are bounded by the ever-conscious fact that the man-idea is but a part of the whole and not the whole. When you arrive at the stage where you can sever your Consciousness from the seat of sensation in your body, you will then be that KNOWER and THINKER of the WHOLE instead of being bound to only a part of it by the limitations of your body. You will then be a Cosmic Being who is one with The One Cosmic Being, and you will BE that One and will knowingly be able to say, "I and My Father are One.",

That stage is the goal of all mankind, for every living thing on earth is perpetually seeking God whether it knows' it or not. Every living

thing is perpetually turning toward the visible light which God invisibly centers no matter whether that thing is man, flower, tree, wave-current or atom. All are living things and all are light, for naught IS but light. Light is the ONE THING, the ONE INTELLIGENCE, the ONE POWER in the universe. Those searchers for retarded the human race in its search for the God of Light and Love which Messengers of all time have described, but this barbaric race of humans has never been able to comprehend their meaning.

The greatest contribution any human can make for human race transcendency is to give a dynamic description of God which will withstand the tests demanded by laboratory methods and standards. The final units of this course will fulfill that requirement and give to the world a concept of God which is so undebatably true that an atheistic person or nation would be wholly impossible in a normal society.

This new series of lessons will give a complete roadmap from static space to dynamic motion and back again to static space. Such a teaching must be scientifically based, for one must first know God's methods and processes before one can intellectually comprehend God. Even then, one will not know the spiritual God until he has

been enabled to BECOME God by completely severing his physical self from his Cosmic Self, for an intellectual comprehension is still bounded by body-awareness while Cosmic comprehension is not.

To unfold this new concept of the universe in so brief a description as can be given through these lessons will necessarily leave much to be added in detail by tomorrow's scientists, philosophers and mathematicians, but if what is herein written and diagrammed by us is received with open minds, it could advance the knowledge of the human race and its consequent higher status by one thousand years in the next generation.

The title for the new series in this advanced course is "THE SCIENCE OF THE COSMOS

Walter and Lao Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 37

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

I

THE TRAGEDY OF MODERN SCIENCE

The supreme need of the human race at this stage of its unfolding is the discovery of the existence and identity of a comprehensible God by methods and processes which will meet the requirements and standards demanded in the laboratories of science as well as within the heart and consciousness of man.

The tragedy of modern science is that it has already made this supreme discovery but is not aware of it. Because of the present-day misconception of the universe, which the Creator built in the image of Cosmic imagining, and of God Himself, Whom religion has pictured as an angry god of wrath who wreaks vengeance upon so-called sinners – instead of conceiving Him as a God of Light and Love - fear has been created by man which leads to war and the preying of man upon man, and is the dominant note upon which our civilization has been constructed. As long as fear dominates the human race instead of love, it will create the disunity which is characteristic of its many religions. When the day comes that fear

leaves man and love enters, the age of slaughter of man by man will end and the age of character will begin.

In human justice, we are not blaming religion alone, for science and religion are father and mother mates – science being the father. All down the ages, man's discoveries in science have progressed our civilization to the point where a man's world is its resultant effect. Man has always been master of the world-home and man's nature to conquer has always suppressed the love nature of woman.

Deeper still than science, which should have discovered the God of Love (BALANCE), or religion, which created a god of fear and wrath, is the basic cause of man's self-made troubles – and that is MAN, himself, who strayed from God's Natural Law at the dawn of Consciousness and has continued to do so to this very day.

Alexis Carrel was right in saying that all of man's institutions – and these include government, industry, education and home relations – were man-governed and out of balance with themselves and with each other and must, therefore, all be changed to obey the laws of Nature.

This is why Lao Russell's immortal book, *GOD WILL WORK WITH YOU BUT NOT FOR YOU*, was written and also why the law of

rhythmic balanced interchange between all opposite pairs in Nature was written in Walter Russell's MESSAGE OF THE DIVINE ILIAD.

In the balance of this course, we will give universal science a clear road map into space to clarify the mysteries which it has for so long been unable to fathom.

When the day comes that it does so, a cohesive, unified and forever enduring civilization will emerge, resulting in the transcendency of man from his present lowly status to that final goal of his Creator's intent where he can knowingly say, "I and my Father are ONE."

II BASIS OF THE PRESENT BELIEF OF INTERNATIONAL SCIENCE

It is strange but true that so little a thing as a wrong terminology adopted by science can be blamed for the tragedy of man even as so little a thing as a flaw in a rail can throw a whole trainload off its course and destroy many human lives. *That wrong terminology is based upon the concept of an electromagnetic universe. Up to this very writing, we have, ourselves, used that terminology. We had to, else our writings would not be understood and we would have had no audience. The rest of this course is, therefore, devoted to the way international science has reached its high pinnacle of success in commanding matter to do its bidding and obey its will without knowing the WHY, and yet being very skilled in knowing the HOW.*

In order to comprehend the power of motion in its desire to create heat and visible light out of the cold invisible Light at rest, which Mind is, Creation must henceforth be looked upon as a universe of Mind-imagining having no reality and be known as AN OPTICAL UNIVERSE OF GRAVITY-CONTROLLED LIGHT, for God is Light

and *God's Mind thinks* in waves of light. Jesus, the consummate Illuminate of all time, told us that two thousand years ago but we did not comprehend its meaning. The Krishna of the Bhagavad-Gita also told us that three thousand years ago but only the people of Eastern culture faintly comprehended it. We will now tell you why man has not yet comprehended those teachings for which he is paying the dreadful price by sinking into long ages of periodic mental darkness. We will begin at the beginning and clarify each step briefly and expand on them later.

(1) The secret of Creation lies within the light-waves of motion which gravity compresses into rings of light in which density first increases toward the outside by thrusting outward from within until the centering holes have been closed into hot spheres. Density then increases in the inward direction. This is accomplished by the octave-wave process which multiplies power by projecting it from the stillness of its Mind-source by dividing it into mated pairs which science calls the elements of matter. This constitutes the sex principle of life which science has so strangely neglected to observe as being the basic factor of motion. This clarifies the meaning of the divided curved universe of motion from the undivided universe of rest which the

Illuminates, sages and prophets of the ages have tried to define. See Figure 29.

Man's science has already unknowingly conquered this principle, as we shall see. We shall also see that knowledge of the wave is man's measure of his power to command matter.

(2) *Failure to recognize the secret of life as being the sex principle which lies within the motion of light-waves.* The alternating sequences of compression and expansion are the very cause of motion, as indicated by their sequential equally interchanging in-breathings and out breathings. It is these very generative, compressive *in-breathings* from the cold of space which cause the multiplication of heat in your body or in the body of the sun. Radiative *out-breathings* then divide it by expansion. To designate this effect of compression-expansion sequences by electric terminology such as positive and negative charges is totally unlike Nature's processes of creating matter. It overlooks the fact that these action-reaction sequences are interchanging between the heat and cold of the divided spectrum of matter. Man's laboratories are unaware of the fact that they are unknowingly on the way to discovering the

transmutation process, for that process demands the power and knowledge to control gravity in such a manner that they can compress or expand it to high limits. We will give the basic principles which underlie the transmutation principle later.

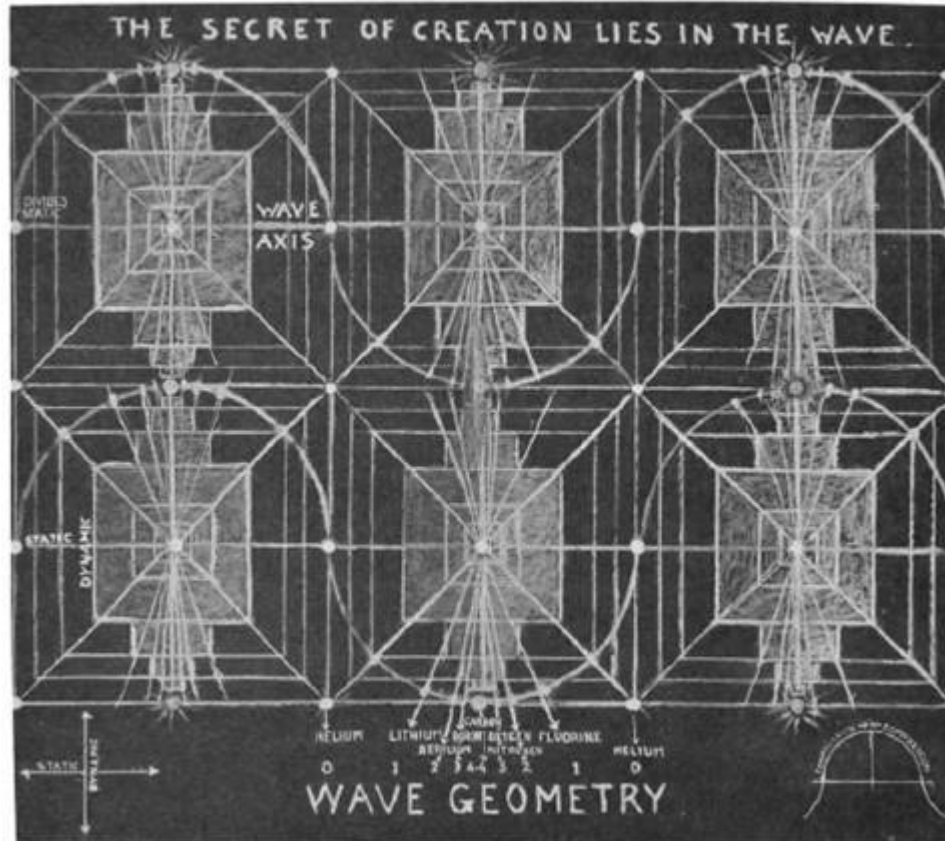


FIG. 29 Waves compress the invisible light of cold space into visible light of incandescent suns. They then expand it to return visible light back again into cold space. This they do by means of gravity-controlled curvature which is God's only tool to work with in creating this universe of motion

Why, therefore, relate effects to electricity when light and power companies have only light and heat to sell? Why, also, relate them to magnetism when they have no magnetism to

sell? Power companies can produce light and heat only by resistance to motion, which induction accomplishes. *Friction, induction and compression are one.*

If a man scrapes his feet on a rug and touches metal, he will produce light only. *Why call it electricity?* If a meteorite springs into visible light by the friction of resistance through the atmosphere, *it produces light only. Why call it electricity or electromagnetism?* One can produce visible light and great heat by focusing centripetal rays upon cold bodies through biconvex lenses, *but that would not justify the light thus produced to be termed opticity.*

The term "magnetism" is also unjustifiable. The word GRAVITY should be used instead, for gravity both multiplies and divides by thrusting inward from without to compress and outward from within to expand. In this manner, gravity controls light by controlling its curvature and Mind also controls gravity by limiting both outward thrusts to the cube mirror planes of zero curvature which we will make much of later. See Figures 30, 31, 32 and 33. This is in complete opposition to the Newtonian law of gravity which claims that

gravity pulls inward toward a center and that matter attracts matter. It is also in opposition to the second law of thermodynamics which claims that energy cannot run uphill but only downhill.

In later pages, we will give seven new laws of thermodynamics which are in accord with Nature's workings. We will clearly explain the nature of light, which is to give outwardly from itself in accordance with the love principle upon which the universe is founded. We will also explain why the more light of love that Nature gives out from itself in the one and only direction of motion, the more intense is that light and heat. The opposite reaction to giving is not receiving; it is regiving, as life gives to death and death regives to life.

Factually, there is no inward pull of light toward a center nor are there such effects as attraction or repulsion of matter (meaning light) to other matter. We know that this statement will cause a storm of protest from scientist and layman alike, but if both will withhold judgment until we analyze the laws of Coulomb and Newton, we will dispel that mystery.

No scientist can create energy by pulling it inward from within. It must be produced by thrusting inward from without, as an automobile tire is pumped. That means by compression. If the tire were made of a metal which could not be burst by that compressive inward thrust, it would cause it to create a ring of intensely hot visible light at its center and density would then increase inwardly, as stars and planets increase their densities in the inward direction. Science has already done this but does not admit that the energy thus created was *projected* into it, for science claims that matter itself is energy.

Science creates air-conditioning and refrigeration that way. By continuing the freezing process to near absolute zero of cold, it can also multiply the power of conductivity of such soft metals as aluminum to equal that of harder metals such as copper.

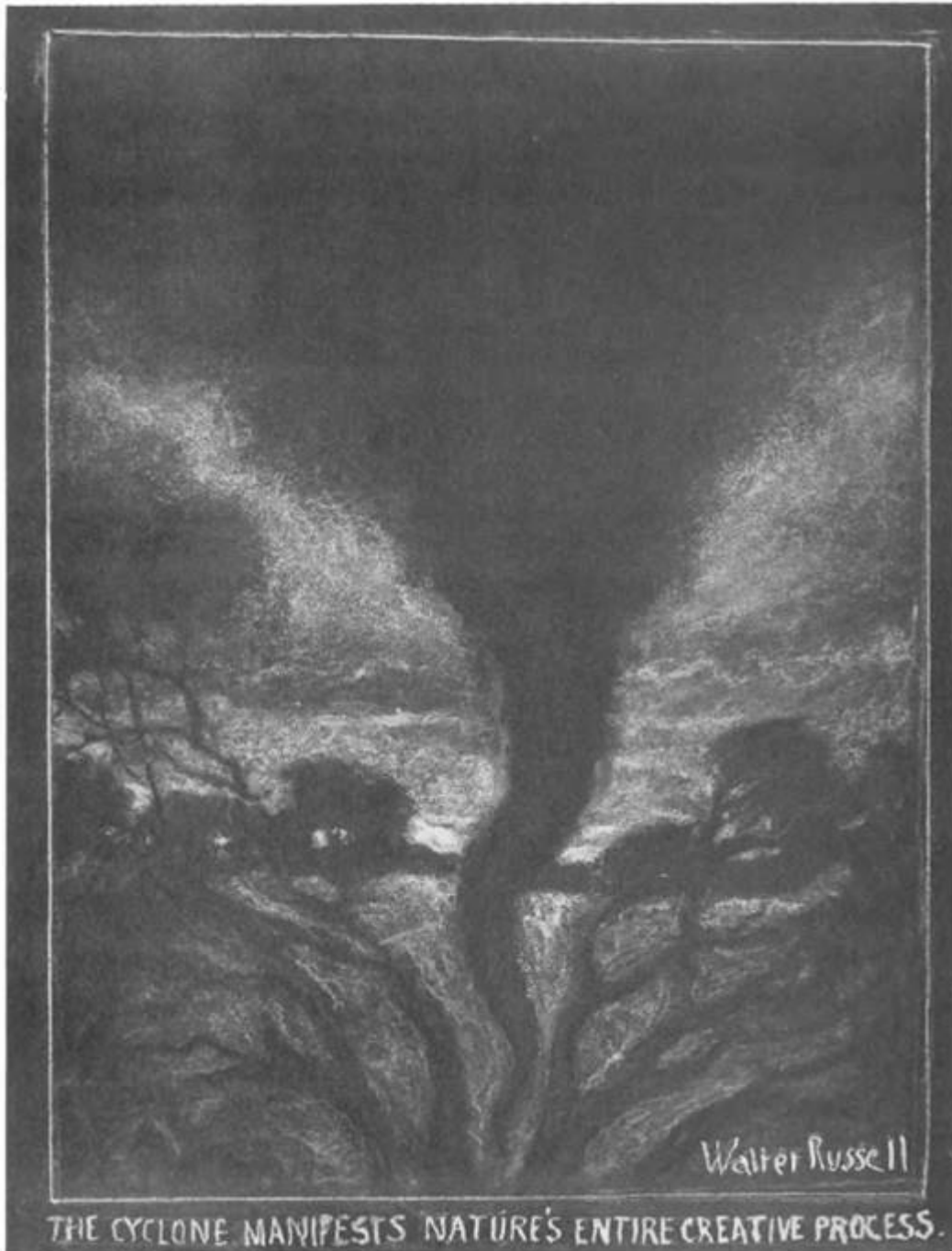


FIG. 30 The only way Nature or man can produce visible light is to compress a large area of invisible rays into a small area by focusing it to a point. This produces a cone-shaped form such as a cyclone. Its ever-increasing speed of motion generates multiplied energy which then divides to radiate that light back into cold space.

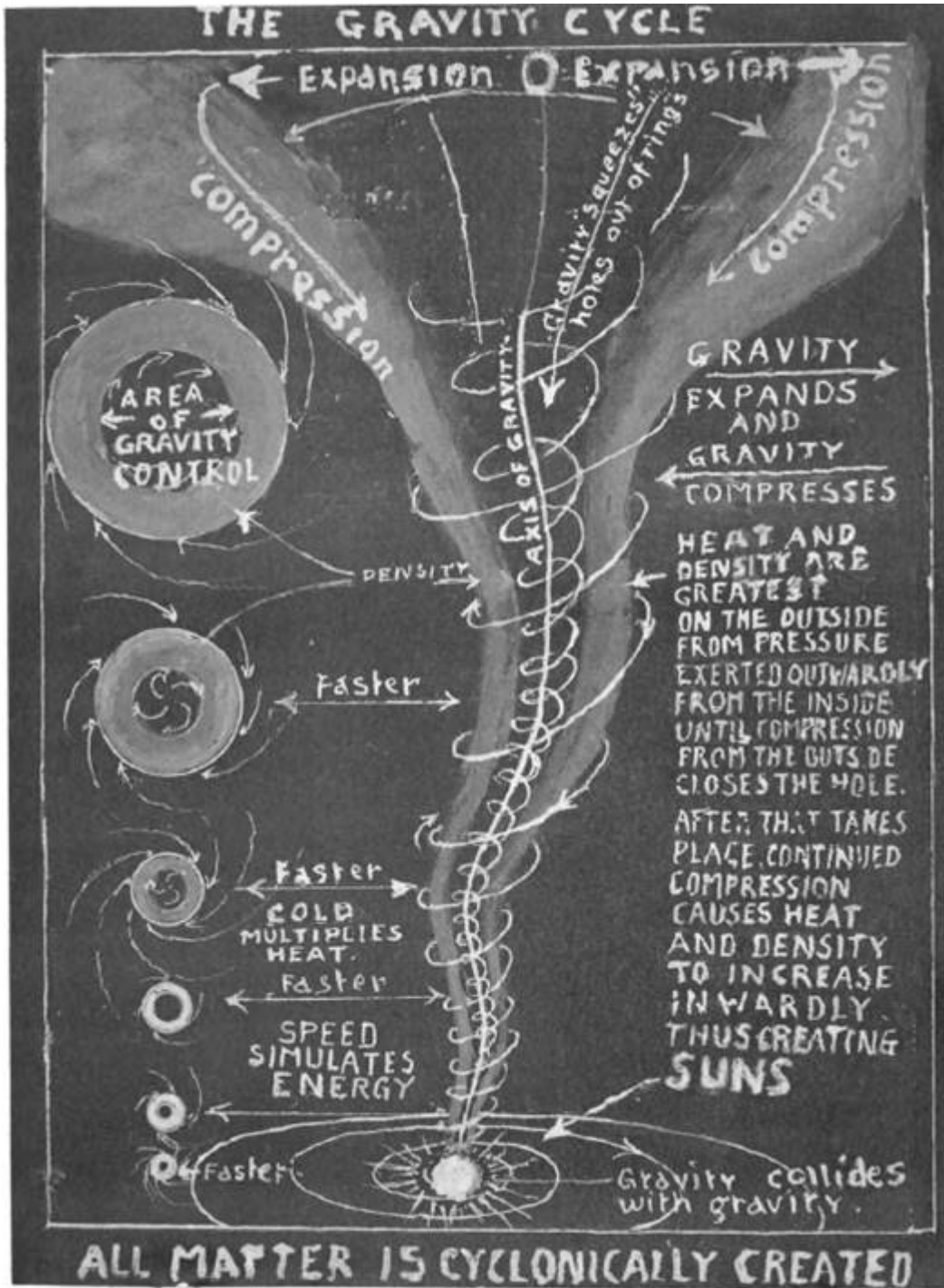


FIG. 31 The above vertical section of the cyclone pictured on the opposite page illustrates both compression and expansion processes of Nature which are in every effect of motion, inbreathing and out breaking, life and death, growth and decay, and many others.

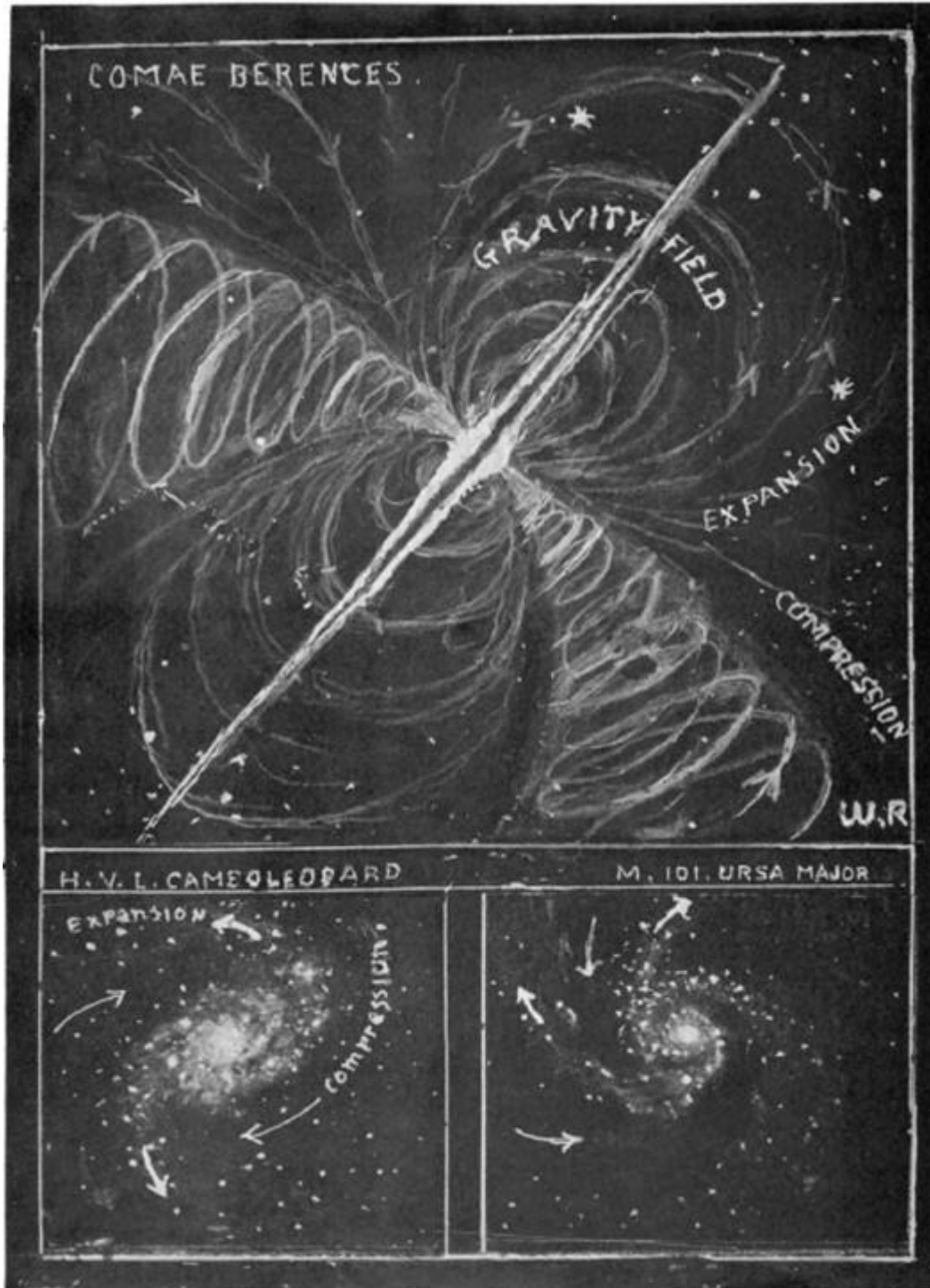


FIG. 32 The above represents two cyclones in collision, like the one in collision with the earth as pictured in Figs. 30 and 31. This requires thrusting outwardly from cold space toward the inward direction to generate heat, and then thrusting outwardly from within to radiate heat back to cold space. Witness the tremendous thrust of heat from the solar corona.

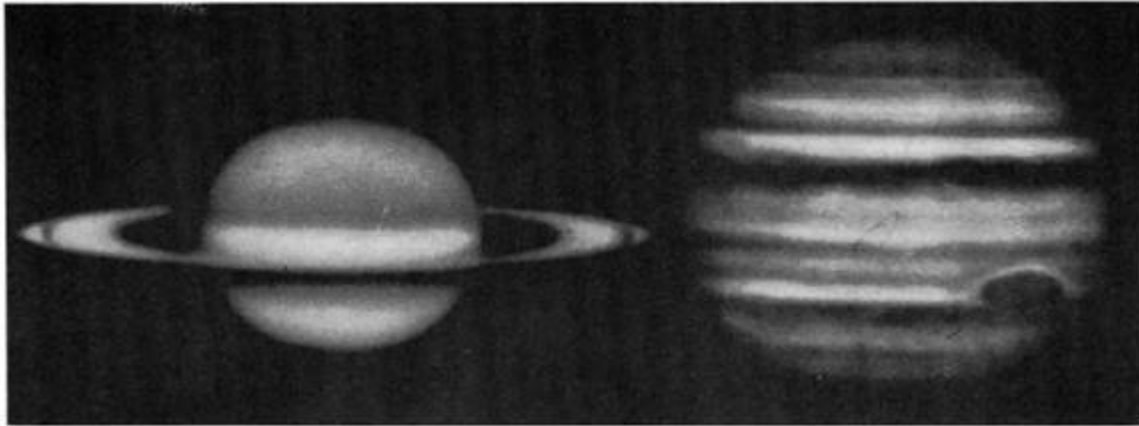


FIG. 33 All matter is composed of light ring in which their density increases from the inside holes towards the outside rings. The blue of the spectrum centers these holes and the ring. When compression closes these rings, they become spheres in which density increases toward the center and the white hot yellows and reds of the spectrum center them. As spheres cool, they oblate and cast off rings. Holes then develop on the inside as the rings radiate their heat into cold. Thus the light-wave cycle is created. The above planet is two stages of Saturn which the sun has cast off to cool.

Many laboratories have already done this, and the Du Pont Company has created what it terms new non-conductive substances by the opposite direction of expansion. All of these laboratories have been on the way to a solution of the principle of transmutation but, unfortunately, are unaware of it. Furthermore, they have also been on the way to the control of gravity, which a certain distinguished scientist said would climax all discoveries by giving man an unlimited command over matter. *Science has long ago been in control of gravity but is, unfortunately, also unaware of that.*

The diagrams herein given explain more fully than words can how the outward thrust direction controls both the apparently opposite directions of compression and expansion, centripetal and centrifugal, clockwise and counterclockwise, inward and outward, refractive and diffractive , and conductive and inductive pairs of opposites, for which the mental equivalent is concentrative and decentrative. This is seemingly incredible, for each pair of opposites has a direction of ninety degrees from its axis of rotation. Each is the reaction of each other's action.

Always bear in mind our new law of the cycles which reads that *compression heats to cool and expansion cools to again heat*. Or it may be put this way: Cold generates heat and heat radiates heat to cold. This applies to the interchange between all pairs of opposites. For example, centripetal force compresses and centrifugal force expands to again compress -- and, man works to rest and rests to again work. All of these pairs of opposites express their forces at angles of ninety degrees from their axes of rotation. Even man lies down to rest and stands upright to again work.

The concept of the expanding universe, without the power to generate an uphill flow of energy as well as to expand it into a heat-death, is untenable. We again repeat that science has been doing it every day since laboratories began their practice.

(3) The concept of the expanding universe grew out of the present belief that the universe was created aeons ago by some cataclysmic effect that created a ball of heat which is now expanding into the presumed nothingness of space.

To say that the universe will die because THE LIGHT WHICH GOD IS will go out is equivalent to saying that God, its Creator, will die or will cease to think. You would not say of yourself that you will die if you cease to think. That concept is not worthy of intelligent, reasoning men.

In studying our diagrams, therefore, take special note of the fact that the axes of all waves which compress or generate are at ninety degree angles to those which expand or radiate.

(4) The Coulomb Law raises the most momentous questions of all time, questions which the greatest logicians of history have been unable to solve. Mathematics will not solve them with equations

which are but assumptions. No human can solve that supreme mystery except one who KNOWS the Cosmic Source and cause of all things.

It is small wonder that Newton was deceived. His senses perceived that an apple fell to the ground. He did not perceive that as the apple fell, its equal in potential arose simultaneously from the ground and sequentially the entire apple arose *from* the ground and its equal potential fell *to* it.

The law reads as follows: *Like poles repel and unlike poles attract.*

Coulomb uses the term “magnetism” under the assumption that this universe is an electromagnetic one, but that means “matter” which is the term used by Newton. *Both of them overlooked the vital fact that there is a zero of attraction and repulsion between stars or planets and between poles of a bar magnet. Astronauts find that zero position but they do not call it “magnetism”; they call it “GRAVITY” and that is what it is.* Iron filings will not adhere to the center of a bar magnet. Textbooks show that they will adhere only to the poles.

It seems as illogical for Coulomb to have assumed that the iron filings were *attracted* to the bar magnet – which should properly be termed a “gravity bar” – as it is for Newton to have assumed that the falling apple was *attracted* to the earth. To have told either of them that both the apple and the filings were projected there by the force of compression exerted from the *outward toward the inward direction*, instead of *pulling inward from without*, would have been met with a blank stare and not listened to.

That is the right explanation of it, however, and it is our responsibility to explain it so clearly that any open minded present-day scientist will see how consistently it fits into Nature’s simple pattern.

A greater knowledge of the light-wave and its cycles is, therefore, necessary for we again say that the secrets of the universe lie within the wave. As light-waves have their nine-octave multiplying power to bring invisible light of negligible heat into visible intensely hot suns and nebulae, and as International Science is still unaware of that process, we are

revealing it as our step-by-step way of completing our roadmap into space.

Heretofore we have said that the universe consists of THE UNDIVIDED UNIVERSE OF REST AND THE DIVIDED UNIVERSE OF MOTION. The first known Illuminate, the Krishna of the Bhagavad-Gita, used the term over and over again. It is not complete, however. It accounts for but half of the wave cycle. Heretofore in this course we have not completed it because neither you nor Science were ready for it. Recent discoveries in world laboratories have indicated that Science is now ready for some new door to open to account for the “miracles” now being performed in its laboratories. We have an increasing number of scientists who confirm the fact that this totally new Cosmogony is gradually being comprehended in scientific circles.

The complete description of the wave is THE UNDIVIDED AND THE DIVIDED-MULTIPLIED UNIVERSE. This completes the cycle. The DIVIDED UNIVERSE accounts for but one swing of the cosmic pendulum. *It does not account for its*

countless repetitions which have given us a universe which had no beginnings and has no endings.

*This new two-way principle accounts for the simultaneous invisible swing of the pendulum from its zero of stillness to its compression focus and back again through expansion. It also accounts for the voidance principle which makes of this universe an imagined one in which every happening anywhere is voided by its equal ****un-**happening" everywhere.*

It accounts for the motion picture universe of illusion which many great thinkers have suggested as a probability for if the light of man's cinema were turned off, the sequential stills which constitute the illusion of motion would disappear. So, also, would the sequential waves of light of the Cosmic Cinema of the Creator's thinking disappear into blank space.

In thus closing our discussion of the Coulomb Law, we again repeat:

Every action-reaction of wave motion is voided as it occurs, is repeated as it is voided, and is recorded as it is repeated.

(5) *The failure of international science to have discovered that the solenoid coils of its research laboratories are improperly – therefore inefficiently – wound.*

Not having discovered that the universe is an optical universe of gravity-controlled light instead of an electromagnetic one. it has wound its coils cylindrically instead of conically. Also, it has wound them without taking consideration of the collisions which necessitate opposite clockwise and counter-clockwise directions for each coil to create maximum gravity power without violating Nature's one direction. The following diagram will show how they should be wound. See Fig. 34.

Also, it has not discovered that there are four pairs of gravity poles on each gravity bar instead of only one pair at its ends. There must be in order to account for the octave multiplying--and-dividing power which the wave is created to fulfill. These four focal pairs are located on each side of its centering zero, the square of the distance from each other. They not only create the elements of compressed light and heat but also create the spectrum which is the measure of heat as well as being the sex and life principles of Creation. The two end zeros represent the

inert gases of their octaves and the centering zero marks the collision point of maximum heat. The sun and all lesser matter are created and stepped up from cathodes to anodes.



The following diagram tells how Nature winds its coils, all going around their axes in the same direction but each coil having a clockwise direction from one center and a counter-clockwise direction from the other. This accounts for an equator for the expansion ends, the cathodes of cold space, and another equator for the compression ends, the anodes of hot suns. A little consideration given to this process of Nature will dispel any wonderment as to the source of the sun's energy and, also, it will account for the curvature of gravity in space. See Fig. 34. Also see Fig. 35 which parallels the same effect in the union of the sexes.

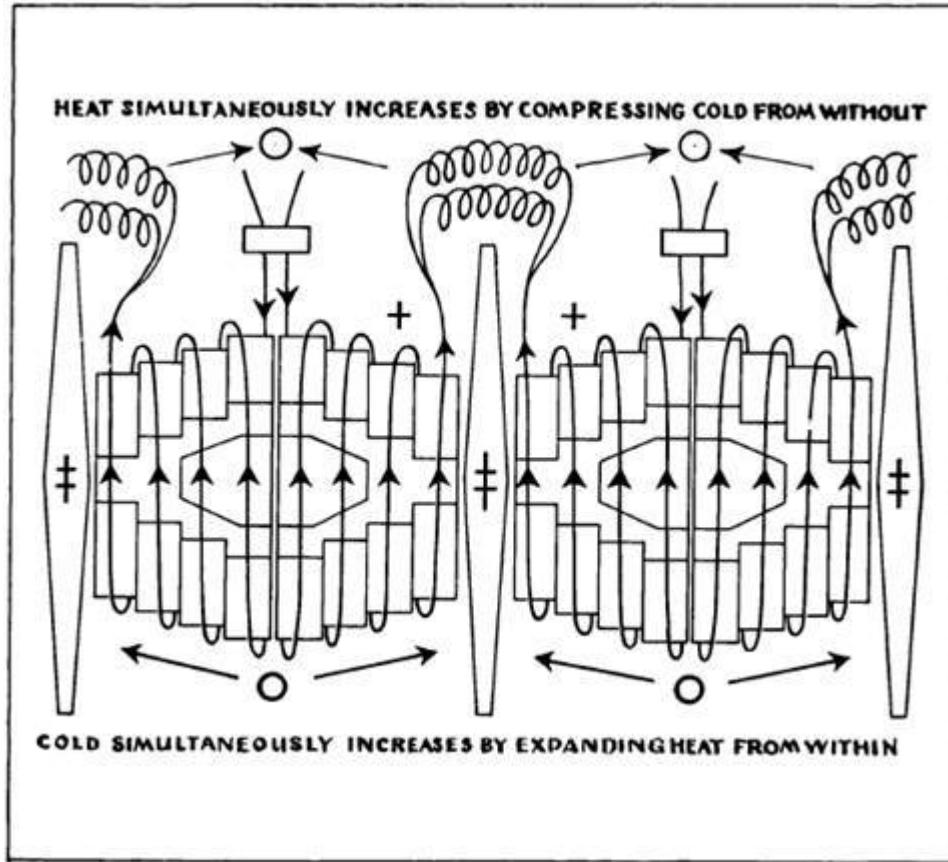


FIG. 34 This is to demonstrate Nature's way of winding her solenoids. She uses but one direction for compression and the same one for expansion, for compression thrusts inward from without and expansion thrusts outward from within. *There is no force in Nature which pulls inward from within. Gravity accounts for that force. Therefore, Newton was in error when he said that gravity pulls inward from within.*

Note that the steel core is conical. Power multiplies that way. Also note that the wiring divides in the middle of the coil and increases its turns in the direction of compression. Gravity heats that way. That is the way suns come into being. That is the way anodes multiply from cathodes. From anodes to cathode zeros, the direction is counter-clockwise and from cathodes to anodes, the direction is clockwise as it is in suns and planets.

By omitting the centering units, power can be generated for heat and light in homes and cities. By including them, they will become incandescent and that gravity heat could be enclosed in a boiler to which heat units would also be attached and thus become a reactor as powerful as an atomic reactor, according to the number of coils used, in series, by leading to a steam turbine. *Atomic reactors could then make use of this principle and without the danger of using atomic power.*

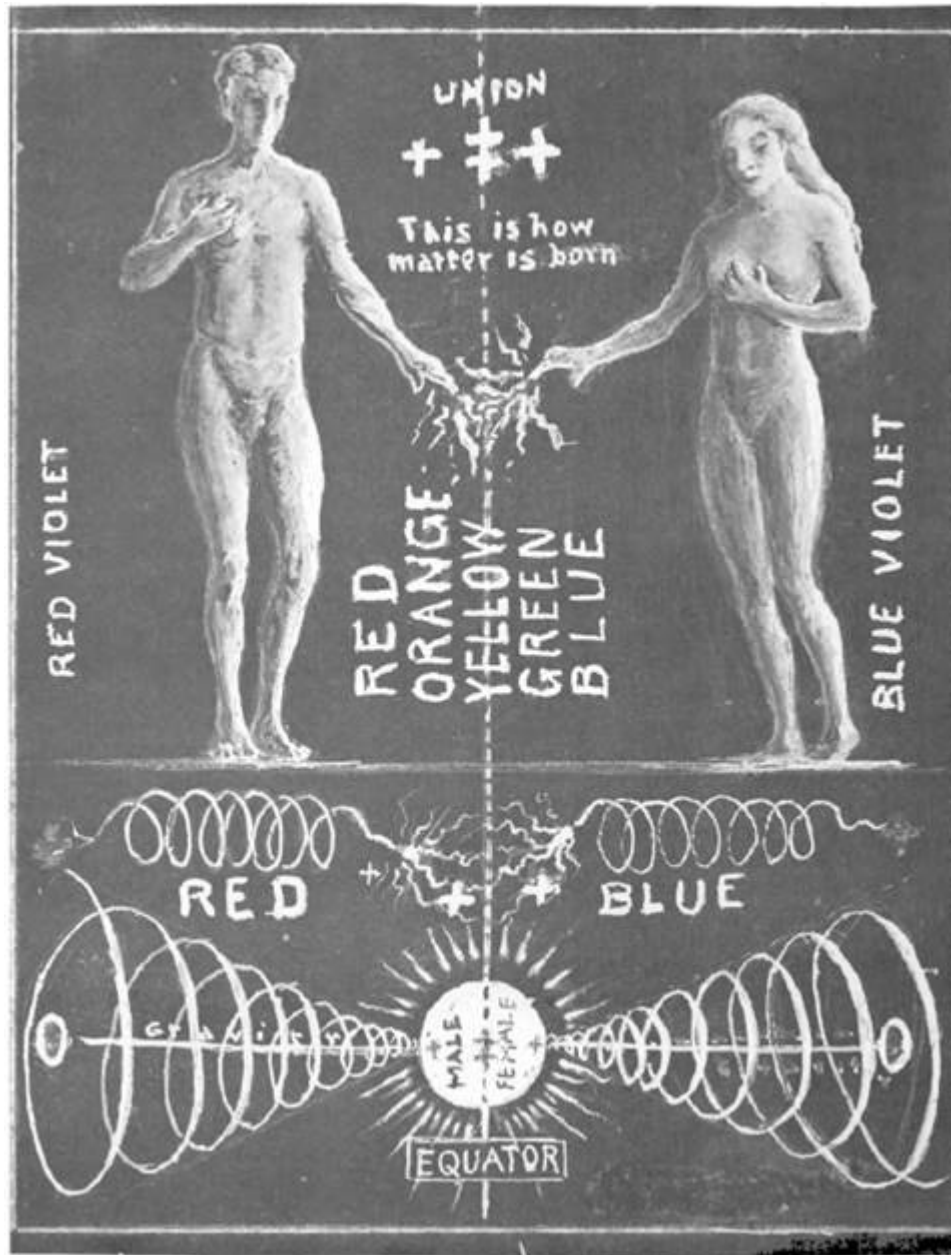


FIG. 35 This illustrates the parallel effect of the properly wound solenoid coil in the sex principle of Nature. It also indicates its relation to the spectrum of the sun in which the white-centered yellows divide the red and blue sides of the sun.

It is an axiom of science that no more power can be taken from a generator than that which the generator puts into it. Let us

consider this carefully. Any electrical engineer would reasonably ask WHY these solenoids give more power than your power plant puts into them. The answer goes back to the principle of the UNDIVIDED stillness and the pairs of opposites which comprise the DIVIDED universe of motion. Nature's suns are the result of maximum motion and maximum heat. Our planets do not receive that maximum heat of our suns. The heat which they receive has been divided by its radiation. If our earth received the entire undivided heat, it would be equally as hot, and so would all of the other planets.

Our home power plants are the prototypes of our suns. In them is the maximum heat which the voltage of power used will give to them. That may be thousands of kilowatts. That power is divided into millions of lights and outlets in a town or city. If each of those lights and outlets received the full power of their generator, they would burn up as planets would do if they received the undivided broadly-distributed power received from their "town's generator."

The same principle applies to the power of a man. He, also, can give no more power to any task than he has received for

building his body, that is true, but he does not give his full power to small tasks like opening an egg or polishing a window else he would destroy them. They also receive his much divided power. To lift one pound takes but a little of the power that is in him, but to lift a hundred and fifty pounds might take all of it.

Thus it is with the hundred outlets which are in your house. You can take out of them only the *divided* power they receive from your home plant, but if you take ten of those outlets and connect them with a series of conical coils, you can heat a disc of steel to incandescence at their gravity centers with the coil itself while also creating heat units with the current at the anode points where the current collides.

In this manner, you have taken more heat from your current outlets than they have given to you.

(6) We conclude this lesson by questioning the validity of the Rutherford-Bohr theory of atomic structure.

The preceding pages picture a consistent universe of interchanging swings of the cosmic pendulum which have no resemblance to the

familiar diagram which we print here. See Fig. 36.

Let us question this theory. It claims that every atom has a nucleus which is held together by some mysterious “glue”, but no scientist has yet discovered what that “glue” is. Every scientist does know, however, that a compression pump will not only produce heat but will hold it together as one mass, and that a vacuum pump will take the heat out of it and produce cold.

Why search any longer for that “glue” for *compression* lies at the end of that useless search? Science also claims that its nuclei are surrounded by various layers of electrons which revolve around them in certain mathematical layers in planes which do not parallel the equator of its nucleus. Nature gives no precedent for such a peculiar action. Suns and planets are surrounded solely by rings which revolve around their equators. These rings wind up into planets which gradually leave their planes of birth, as the outer planets beyond Mercury have done and as Mercury will also do. They still revolve around their centering suns but in an outward direction and not at fixed levels. *Nature has no precedent for that action*

for all motion is spiral. The directional movement of all planets is centrifugal.

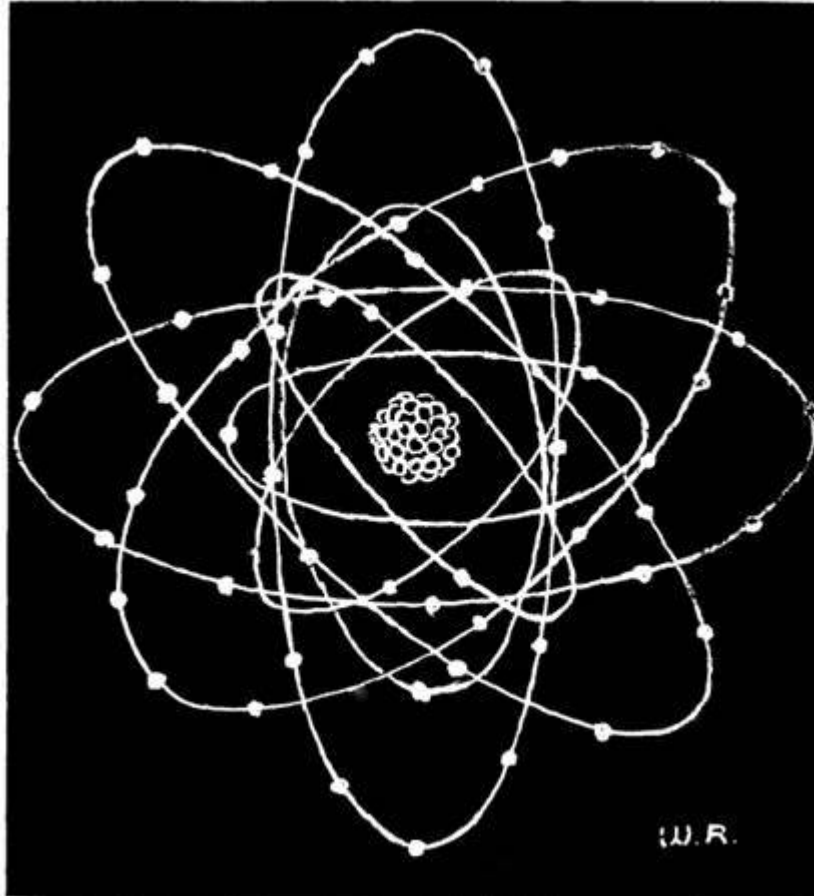


FIG. 36 The atomic structure misconception.

If Science really knew what electrons are, it would not sustain that theory for one second. When we discuss the Russell new chart of the elements, we will tell what they are and this will greatly help science in its work on electronics. Suffice it for here to say that electrons do not revolve in orbits around any nucleus. In fact, they do not have a nucleus. They spring from the zero inert gases of their octave *toward*

a nucleus in the first element of their fourth octave – as lithium springs from helium – then multiply in cube ratio at each step toward carbon.

Science has already found such a particle which acts like an electron but is two hundred times more powerful. We have forgotten the name of it but “Scientific American” printed an article about it. Further discussion seems useless because if the foregoing is not sufficiently convincing, then further consideration would not aid it.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 38

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

PRELUDE TO THE RUSSELLS' NEW LAWS OF THERMODYNAMICS

In the last lesson, we stated that a distinguished scientist said that he believed we would soon learn how to control gravity from which marvelous results would follow. We also stated that science has already been able to control gravity for a long time but does not know that it has. Let us consider this by giving a few examples.

One conspicuous example is the projection of satellites into gravity-free orbits around the earth. More conspicuous still is the demonstrated fact that astronauts can accompany those satellites and reduce their speed at will in order to lower them to the ground where ground forces can control their area of landing. The very fact of ground crews knowing where they are at all times is another conquest of gravity. To be able to talk to them from thousands of miles away is still another conquest for, heretofore, man has been able to talk to others only by wire until radio, television, and radar had been discovered.

This all grew from the conquest of gravity by the airplane itself. Such a miracle would have been considered impossibility during the end of the last century. A familiar quotation then was: "You could no more do that than you could fly." This phrase would seem strange to the coming generation.

What greater miracle in the conquest of gravity could be thought of than the power to hurl rockets and explosive missiles thousands of miles into space and to control the spot on the other side of the earth, or across its poles, upon which their projectors desire them to land? Equally great is the power of an adversary to meet those missiles, which they can find in mid-air at great distances from their point of projection, with others.

The conquest of gravity by liquefying gases, even to inert gases, is still another seeming impossibility for it is a reversal of Nature's process of heating, even as the freezing of soft metals to harder ones of greater conductivity is further evidence of the increasing power of the Mind of man.

Even the ability to create the fuels which hurl these missiles and satellites is another one of man's miracles. It is also a transmutation

process for it divides the very elements to get that part of them which serves their purpose and discards the other parts.

As a last example of the many uses which could be cited of gravity control is the power of science to take from the high octave elements, such as zirconium which gravity has multiplied by its compression power, and make them into transistors. These do thousands of times as much as the old "electric" storage batteries do, but no scientist would think of GRAVITY as being its CAUSE. This is because science thinks of gravity in the Newtonian concept. Manufacturers of computers have been enabled to do great things with gravity and simplify their machines because of it. They, too, however, are unaware of the true nature of gravity.

Up to a century ago, man had not begun to make any conspicuous use of the power to control gravity. God alone had that power. When the steam engine was invented, that God-power began to multiply in man. That is what God intends for man who was created to manifest his Creator on earth. *God's highest goal for man is his own omnipotence and omniscience. Man already has God's omnipresence, for his every thought and action extend to the farthestmost star, and end in himself.*

That includes their unity with every other human on earth – and this spells out the brotherhood-of-man relationship.

The tragedy of present-day humanity is that mankind is not aware of its power nor of its real Source, for if it were aware of these things man could not possibly slaughter other men in his barbarous unholy wars.

THE RUSSELLS' NEW LAWS OF THERMODYNAMICS

Past lessons, and especially the last one, have very plainly explained the Creator's process of causing a visible universe of hot light of suns and stars to appear from the inconceivably cold light of space and then to disappear into it or, as man describes it, to be swallowed up by it, yet man has never yet been able to discover that process.

The main reason for that failure is that his concept of the creation of the visible light universe is that it was created out of some cataclysmic

happening in the universe which resulted in a great ball of fire. Believing this, he reasons that that ball of fire will gradually cool by splitting up into smaller balls of fire. That belief is the basis of his theory that energy lies in matter itself and of the expanding universe

which will cause the eventual death of the universe. The name given to that cosmic death is ENTROPY.

Out of that same concept of the birth of Creation grew the belief that energy cannot run uphill but only downhill. To formulate that into a system, the first and second laws of thermodynamics were formed, with emphasis on the second.

It is very strange that such a code of laws could ever have been written or followed as sacrosanct by modern science in view of the fact that every laboratory on earth is today making energy run uphill by multiplying the stillness of fifteen pounds pressure per square inch to thousands of pounds pressure by compressing room temperature to an incandescence which can melt the hardest steel into vapors in a few seconds.

We quote what Sir Oliver Lodge says about it in his book entitled "Energy":

"Sir William Thomson, our great authority, found it difficult to realize that in a steam engine the heat not only fell down in temperature from boiler to condenser, . . . but that, unlike water, heat was actually consumed in the

process, so that less heat was given to the condenser than was taken from the boiler.”

Of course, it was, for the heat expanded into cold in the process to again heat by compression, like rain becoming compressed from hot vapors by falling into the sea.

We continue the quote:

“That is not so in a hydraulic engine, nor in an electric; just as much electricity flows away from a motor as flows to it. The work is done at the expense of the drop in voltage. But heat engines . . . were exceptional. Heat not only fell in temperature but was actually consumed and turned into other forms of energy.”

Of course the voltage will drop. The heat turns into cold which generates heat by compressing it. We again quote our new law of the cycles which makes the universe of motion continuous. *Cold generates, generation heats, heat radiate, and radiation cools.* Each is the reaction of each other’s action. Each gives birth to its opposite mate. Life begets death and death begets life. Inbreathing forces an out-breathing.

We continue the quote:

“This is now sometimes called the First Law of Thermodynamics, which is a definite assertion that heat is energy. . . . Work can only be done by passing or transferring energy from something at high level or potential or temperature to something else at lower level or potential or temperature. So to a hydraulic engineer all the water in the sea is useless, for it is all at the same level. The fact that water tends to run downhill and reach the sea is an example of the dissipation of available energy. It may do work on the journey, but the ultimate result is stagnation. The fact that bodies actually cool, or in other words that heat tends to flow down from high temperature to low, is another example. . . .”

This is not in accord with Natural Law. Our new Laws of Thermodynamics fully contradict this reasoning.

We again quote a conspicuous untruth from Lodge’s “The Ether of Space” :

“Light is an electromagnetic disturbance. Optics is a branch of electricity.”

That is not in accord with Natural Law. LIGHT is the ONE THING which constitutes Creation. The fact that man can produce visible light by shortening the long waves of invisible light through resisting its flow, as a meteorite does, or by the friction of a dynamo wheel or a solenoid coil, or even by shuffling his feet upon a carpet and touching metal, does not warrant man to conclude that he created light. All of the consummate Illuminates such as the Krishna of the Bhagavad-Gita, Jesus, and Buddha have told us that God is Light. To presume that man has created light by his own activities is to claim that he has created God.

If optics is a branch of electricity, it is strange that no book on optics that we have ever read makes any mention of electricity as being its basis. *Optics itself makes one conspicuous mistake, and it is a serious one because it misleads one as to the nature of light.* It constantly speaks of, and diagrams, PARALLEL rays of light. There are no parallel rays of light in this whole universe. *They either diverge or converge.*

Look about you in your own room at night. Every light in it sends curved diverging rays which converge in every other light. Look down from a plane onto cities and separating meadows. You see the prototypes of stars and star clusters in which high potential short,

waves lead to low potential long waves in curved rays which converge in every other light in the universe in the same manner. That is God's way of intercommunicating and recording the actions and reactions of interchanging pairs of opposites in His universe. And that is man's way, also, of multiplying space silence into audible sound by his radar system. In fact, the multiplication of silence into sound parallels man's multiplication of invisible light into visible light. *Both light and silence are eternal and basic. while visible light and sound are transient repetitions.*

In spite of the above refuting facts, Lodge in the same book says:

“Not yet do we realize what we are doing. Not yet have we any dynamical theory of electric currents, of static charges, and of magnetism. Not yet, indeed, have we any dynamical theory of light. . . . And when the present century, or the century after, lets us deeper into their secrets, and the secrets of other phenomena now in the course of being investigated, I feel that it be no merely *material* prospect that will be opening on our view, but some glimpse into a region of the universe which Science has never entered yet, but which has been sought from

far, and perhaps blindly apprehended, by painter and poet, by philosopher and saint.” (Underscores added)

This prophesies is being fulfilled by the writers, two painters - sculptor - philosophers, whose knowledge came to them directly from out of the silence and not through any textbooks. Who is there, therefore, who dares say that this knowledge can only come from books and teachings of men whose concepts are forever changing, and whose teachings have likewise changed, from the flat-world concepts to the Ptolemy, Copernicus, Newton, Faraday, and Rutherford-Bohr concepts?

Herein follow our new laws:

FIRST LAW: Cold generates energy. Heat radiates energy. Cold multiplies. It cannot divide for it is the fulcrum of the universe which must extend to multiply. Heat divides. It cannot multiply but can be multiplied.

SECOND LAW: Every action must be preceded and followed by its equal and opposite reaction. Heat is the reaction of cold. Heat could not come into being saved for the compressive

action of cold, nor could it repeat itself without losing itself in basic cold.

THIRD LAW: Cold is static, unchanging and unconditioned. It eternally lives. Cold light is the basic ONE THING of this universe. Heat waves are dynamic, forever changing and dually conditioned. They are eternally living and dying to simulate life.

FOURTH LAW: Cold light is the omnipresent basis of universal intelligence and energy. Hot waves of light, which man calls matter, are a simulation of intelligence and energy. There is no intelligence or energy in matter.

FIFTH LAW: Static cold and dynamic heat express their opposite energies at angles of ninety degrees from their axes of rotation. Cold retains its static, motionless condition along wave axes where motion ceases at points of maximum heat, while heat extends along equators to again expand as cold. This balanced interchanging completes the wave cycle.

SIXTH LAW: Cold compresses. Cold multiplies cold to create heat. Heat expands to divide heat into cold. Varied pressures of

heat constitute the octave color spectrum cycles and the octave chemical cycles of matter. Their varied wave lengths are the basis of our mathematics.

SEVENTH LAW: Long low waves of low potential and high frequencies constitute the invisible spectrum and low density gases, while short high waves of high potential and low frequencies constitute the basis for high density solids.

It is our fond hope that deep consideration of the consistency of these laws will point out to all workers in science the fact that the old laws have actually been but words to them and become a habit like deep-seated tradition, for they have not followed them in their laboratory practices.

* * * * *

SOUND AND SILENCE

We now desire to bring into the scope of man's thinking a new idea which has not yet entered human consciousness. Science has not been ready for this new knowledge because the old thermodynamic laws gave it no ground to stand upon. This idea of sound and silence

is appropriate at this point in our narration because it parallels the new dynamic laws.

It will strike one as strange to think of sound and silence in terms of compression and expansion, heat and cold, and other such cycles of opposites and interchanges of pulsations, but they are just that.

Sound is not a thing which just happens: it is made to *happen*. *Just as cold is the fulcrum upon which its heat extends so, also, is silence the fulcrum upon which sound extends. Likewise, just as heat appears from cold and disappears into it, sound appears from silence and is "swallowed up" by it.*

This fact would not be of great import to science were it not for the greater fact that the speed pulsations repeat themselves while the spreading of their waves is conspicuously slower than the speed of incandescent light. This is of special significance to research workers in radar and electronics, for radar is possible only when the speed of sound in such a moving body as a bomber plane can be amplified sufficiently to detect it electronically. The very manner in which electrons do this is another principle of great importance for research workers to know. This we will explain later while describing the

nine octave chart of Nature's step-up and step-down process of creating this universe.

A man can see a flash of light from a pistol shot long seconds before he can hear the sound of it. The same is true of a flash of lightning. In the meantime, the speeds of light and sound have girdled the world many times. The reason for this is of great importance for science to comprehend, for up to this date no textbook on physics has given it. We will now give it.

The reason begins with the question which asks what light and sound are.

Both light and sound are the repercussions resulting from the collision of any two or more objects or forces. Wave pulsations constitute a force of compression in fulfilling their process of creating matter. Every collision of a wave gives forth a sound when it reaches its amplitude anode. It also gives forth light and heat. This may come as a surprise to science but it is true. It is also true at the ninth, or plutonium octave, where it explodes and ceases to traverse the universe by spreading out and returning to its zero of silence and the cold of space.

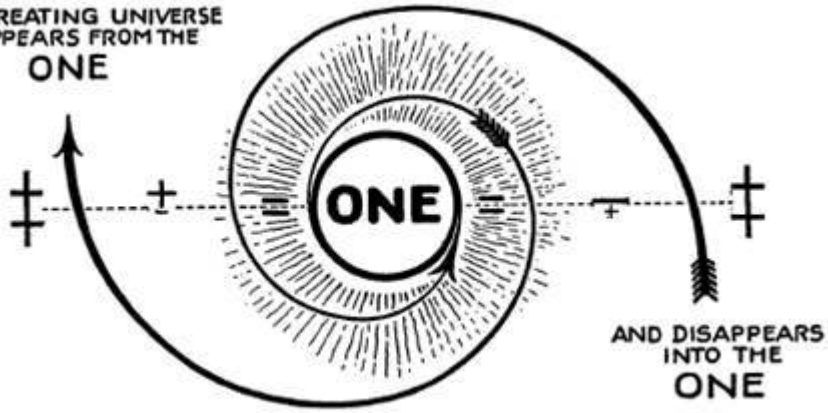
In other words, light and sound live and die as all effects of wave motions live and die. Even the sounds of the most violent explosions spread out and

gradually die, just as man and all transient life likewise do. We say that sound travels at a fixed speed which we call the sonic level. It does, but how far does it spread? The man who hears a pistol shot at close range hears it louder than the man who is half a mile away. The ear-shaking sound of thunder heard in one county cannot be heard in the next county.

The heat and light emitted from a rod of iron on your electric stove will likewise die, whereas an incandescent light from a very thin tungsten filament will spread throughout the universe at the speed of light—which is 186,400 miles per second—and return to the very spot from which it began as its reaction. At that very point of its final explosion, it has fulfilled its purpose of telling the world of its universal Oneness.

Thus endeth the expression of God's omnipotence as evidenced by photosynthetic waves of light, controlled by GRAVITY, God's sole workers in the creation of the curved universe of our Creator's imagining.

THE CREATING UNIVERSE
APPEARS FROM THE
ONE



* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 39

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

I

PHOTOSYNTHESIS AND THE GEOMETRY OF SPACE

It is commonplace knowledge that everything which comes out of the earth, both vegetable and animal, issues from seed. We know that the fathers of man place their seed in the mothers to produce both fathers and mothers of the human race. So it is, also, with animal life. In vegetable life, the seed is inserted in other ways such as pollen being carried by bees from one flower to another, but we do not refer to that process as being the work of fathers and mothers due to the failure of science to give recognition to the fact that the DIVIDED universe of pairs of opposites, which issues from the zero UNDIVIDED stillness of space, is the sex principle of all Creation. *The sex principle is the most basic fact of Creation.*

It may be that the inability to recognize the sex principle in the mineral world was the stumbling block which caused that to happen. We say to you, however, that the mineral kingdom also comes into existence through the seed of fathers and mothers interchanging.

The underlying secret of all seeds is that their basis is the inert gases which are in the zero column of the periodic table of the elements of matter.

It will be noted that the vegetable kingdom varies in its densities. The tubular variety of soft vegetables is of low potential, and the harder ones like the oak are higher in potential. Even these vary. The poplar is softer and will grow more quickly than the mahogany and ebony.

Invisible gases also have fathers and mothers. These are of still lower potential, for they issue from the unknown and uncharted inert gases below helium. The Russell charts show these gases. They will appear later.

It is commonplace knowledge that all vegetable and animal life unfolds from their seed and return into it. Everyone is familiar with the many acorns of the oak, the many seeds of the maple, the flower and of man himself, *but he is not familiar with the fact that every gas and mineral, likewise, refolds into its inert gas-based seed. They all do, however. To prove it, pass a high voltage current through a tungsten filament enclosed in an electric bulb or, better still, through an evacuated tube. The residue will be helium.*

The inert gases are the "heaven" to which all things return when they die.

There are nine of these inert gases. They step up their potentials in mathematical ratios from the first to the ninth. The tubular varieties issue from the first of these. In them, densities increase in the outward direction by pressures exerted within. They correspond to the rings of light heretofore described as cyclonic centripetal vortices. The solids issue from the inert gases of higher potential in which the holes are closed. In these, densities increase inwardly, like the oak or ebony, by pressures exerted inwardly from the outside, corresponding with the solid metals and minerals like carbon, iron or quartz, or even such liquids as water.

All of this goes to show the simplicity of this new science, for all effects of motion follow the same pattern and principle. All effects parallel each other in their construction. They all multiply cold and divide heat. (This principle is demonstrated in our New Laws of Thermodynamics.)

This process of Nature constitutes the principle of photosynthesis, the process of growth and decay of all matter and all life on earth and in the whole universe. It is God's bookkeeping system. It faithfully records every thought and every action of every growing thing on earth and photographs

them in the seed of those unfolding-refolding things by that process which we call life and death.

The familiar phrase which reads, "As you think, so you become." is not quite true. A man may think great thoughts and not become what he thinks. Neither will his children. The phrase should read, "As you do, so you become." YOU are the result of your decisions. If you do what you think, you will also build a better body to do those things. And the better you build your body, the better it will be enabled to fulfill your desires, for desire is the basis of all motion by you or the universe.

"Desire ye what ye will and, behold, it standeth before thee." So reads the Iliad Message, but it also demands that you use your strong right arm to fulfill your desire, as exemplified in the message of "God Will Work *With* You But Not *For* You." It is in this manner that you fulfill your own destiny, your own Identity.

It is desire which gives you the kind of body you need to fulfill your destiny. A musician would not desire to build the body of a pugilist; neither would a runner or skater. *Desire is the basis of the healing principle, for desire for normalcy will give you a normal body if you do the things which fulfill your desire.*

Even in the vegetable kingdom, which presumably does not “think,” desire is the basis of its own growth.

We again repeat that *desire* is in the seed. An oak or pine tree on the coast at Bar Harbor may not “think” but it becomes sturdier than one a mile away from it. *Desire* to resist the winds awakens that desire to resist them, for *gravity* gives to all things the will to survive. Mind centers all things; therefore mentality affects all things.

In thus defining the optical process of photosynthesis as the gravity-controlled universe, we trust you can now see that the term “electromagnetic universe” is not in accord with Natural Law.

II THE GEOMETRY OF SPACE

Every orderly system must have an orderly basis for its construction, whether it be a little house or a skyscraper, one planet of a solar system or the whole universe of countless solar systems. *As LIGHT is the ONE THING of this universe, and the science of light is optics, the construction of the universe is not based on what the textbooks on optics tell you nor upon what the textbooks on electricity and magnetism tell you.*

The Creator makes use of but two opposite curvatures of light waves as tools for creating this entire universe of visible light. With these two curved tools only, the centripetal spirals which compress light into heat and the centrifugal spirals which expand it into cold are created. See Fig. 37.

Figure 37 demonstrates the love principle of rhythmic balanced interchange which the curved universe eternally repeats. To progress the idea still further in our step-by-step descriptive process, we print another diagram which shows how Nature arranges its lenses. Fig. 38 is a diagram of the sun or planet of any truly spherical body. There are nine lenses, each one performing its own separate purpose.

Study Figure 38 as we describe it. The two polar lenses are located at the blue ends of the spectrum where heat is minimum. These are known in textbooks on optics as biconvex lenses. These lenses project light toward a mutual focal center and perform the work of compressing cold invisible light into hot visible light of varying intensities from the *outside inward*. The central lens is *biconcave*. It is located in the yellow and white ends of the spectrum where incandescence is maximum. The other six lenses are known in optics

as *double meniscus* lenses. All of these seven centering lenses project light outward from within and inward from without, to create the rings and spirals which you see upon the line of the equator.

Now take special note of the two lower lens diagrams and you will better visualize how the centering seven lenses in the two drawings marked A and B gradually become thinner as the suns lose their true spherical shapes and begin to oblate. This can be plainly identified in our planets. Our sun itself will begin its death process in the same way and develop increasingly great holes in it which will grow bigger and bigger until it reaches the stage you see in the drawing marked C at the bottom of Figure 38. This is known as the Dumbbell Nebula.

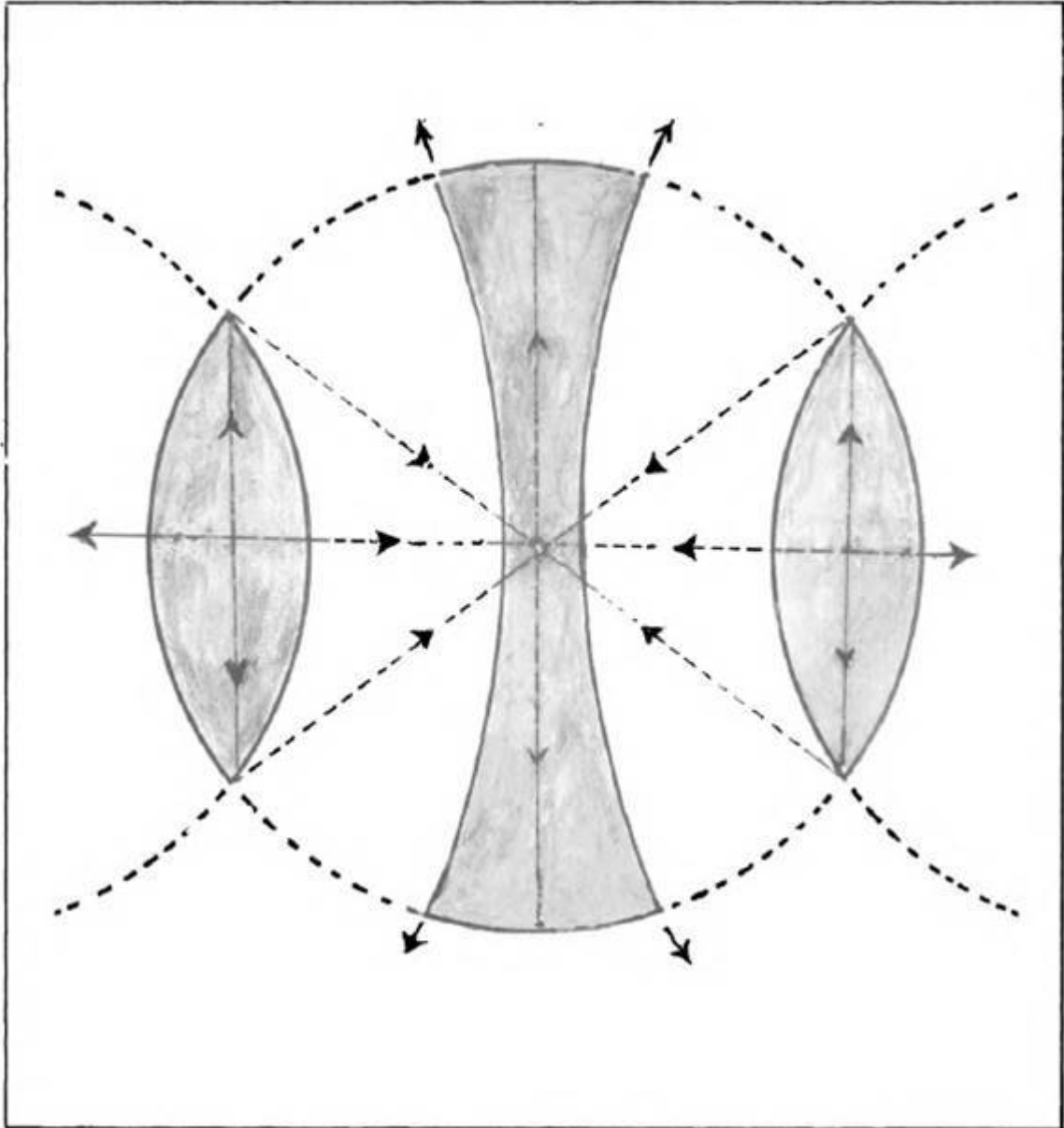


FIG. 37 God uses but two tools to create His curved universe of motion. With these, 'He creates the centripetal spirals which compress cold into heat and the centrifugal spirals which expand back into cold space. With the cube planes of zero curvature which comprise space, they mirror themselves into and out of each other. The mirrors of the cube universe of non-motion and the lenses of light of motion constitute our entire universe.

Take careful note that the center of gravity which is in the drawing marked F is but a point, but where the centers are extended, as

shown by the “x” in drawings A and B, the hole areas become bigger and bigger which makes the Dumbbell Nebula possible and contributes to the final great ring like the one marked D which is known as the Lyra Nebula.

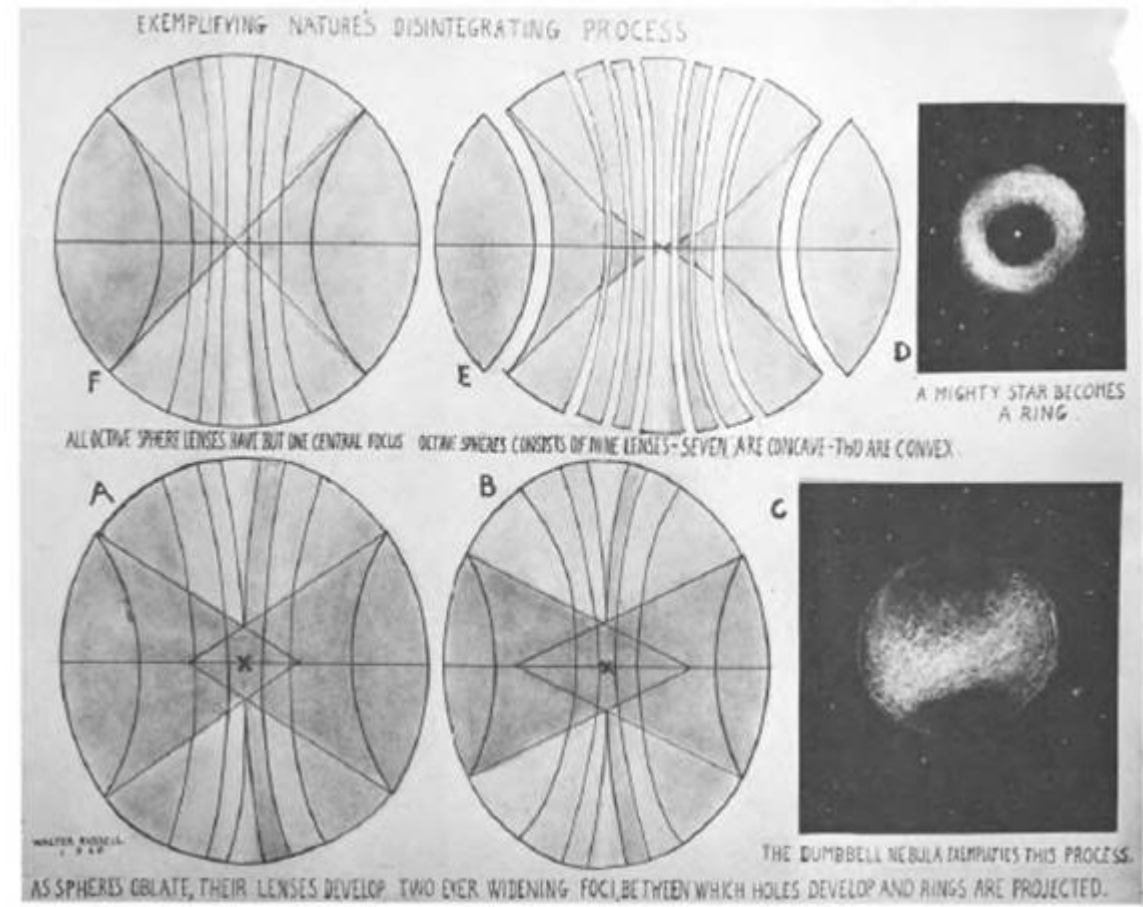


FIG 38 This diagram fully details the matter in which the nine lenses of its construction bring generating light to a focus for redistribution as radiating light, as manifested by compression and expansion sequences. It also substantiates the uphill and downhill flow of energy which continues our universe of motion by its perpetual repetition of cycles.

The heavens are full of such dying suns. It is hard to realize that our own sun will die in this manner but it eventually will. New suns are

continually being born, however, for our eternal Creator never stops thinking and the universe never stops recording God's thinking by its interchanging of pairs of opposites which constitute thought-waves.

The more you know the wave, therefore, the better you can command it to do your bidding. If you could visualize it objectively, it would look like a spherical diaphragm in a cosmic camera which would turn inside-out and outside- in for each wave.

This accounts for two things which science should know. One of them is that densities first increase from the inside toward the outside as holes in rings of light close up to become true spheres. The moment they become true spheres, densities then increase inward toward their centers. The other fact as yet unknown to Science is that as waves turn outside-in to create spheres, the color spectrum turns with them. The blue centers the rings and the red is on the rims. When true spheres have been formed, the red is on the inside and the blue on the outside.

Excellent color photos of the Lyra ring have proven this fact. The great hole is sky blue while the outside rim pictures the red end.

This basic principle is true in all Nature, for the one thing that gives continuity is GROWTH. Nature GROWS, and there are no exceptions in her processes. Every tree in the forest and every flower in the garden is tubular until it fills its holes. The oak, mahogany, and ebony are a few examples. This even applies to growing animal bodies. Every bone is tubular until it needs strength at the joints. Its marrow extends strength outward from its center to give that strength. The arteries also are tubular until they reach a state of solidity in the heart as bones do in the joints. The blood within them extends its strength outward to them in its endeavor to escape. Likewise, the air tubes, lungs, food-intake tubes, and bowels press outward from within to give back to the earth for repetition of that which has been given to them for the same purpose.

Here, also, is irrefutable evidence to prove that atoms have no such nuclei as nuclear physicists believe. The textbooks and science articles picture all atoms as true spheres even to their electrons. Nature's processes do not work that way. When they do become true spheres, their centers do not act like the "glue" which holds them together; they thrust outward with increased resistance to their compressed condition.

In closing this discussion of the place which lenses fulfill in the creative process, we print two more diagrams. Figure 39 forcefully demonstrates the tremendous fires of the sun as they shoot out at ninety degrees from the sphere's axis of rotation on line with its equator, while Figure 40 shows the gravity field which is created by that thrust and the direction of both thrusts of compression and expansion.

* * * * *

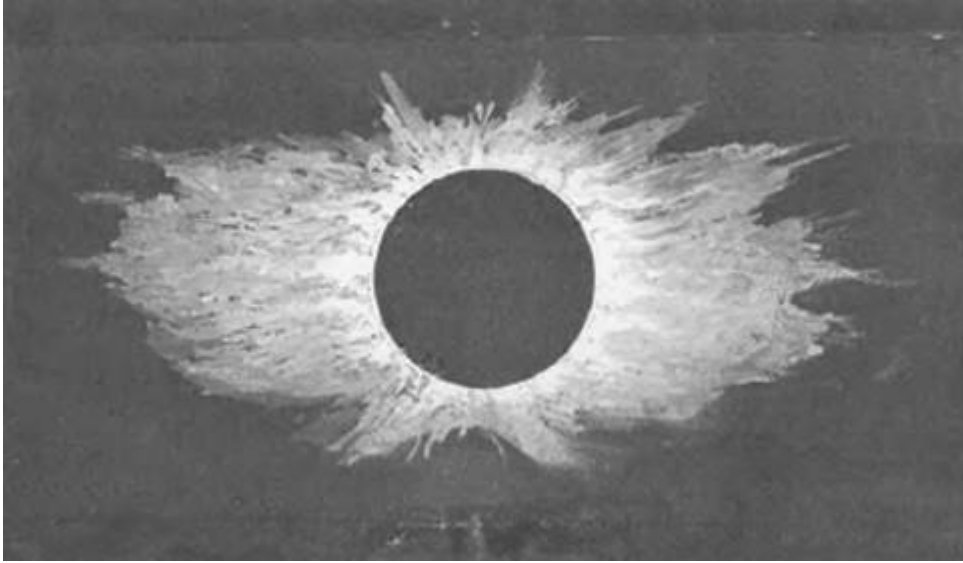
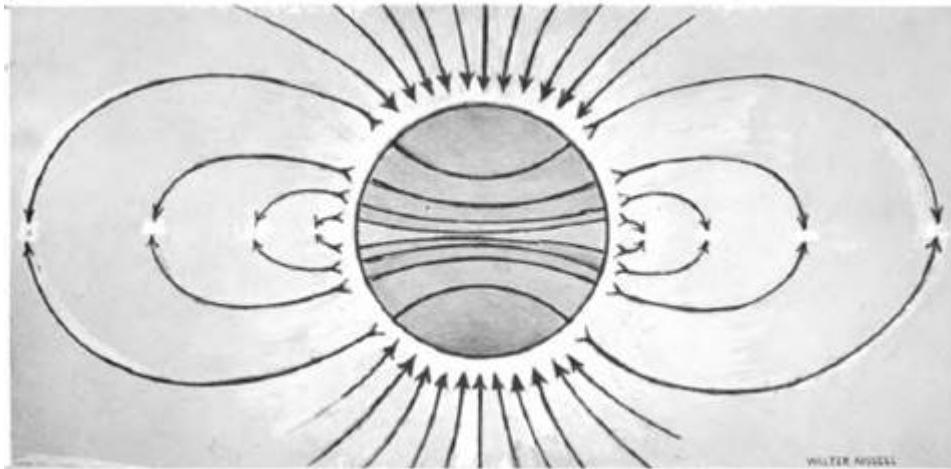


FIG. 39 This diagram gives emphasis to the tremendous thrust of radiation given forth from the sun to create its gravity field.



NATURE'S SEX PRINCIPLE

FIG. 40 This diagram again pictures the nine lenses of the sun which make of this curved universe a multiplier and divider of light. Its white center represents the Father-Mother ONENESS of the static universe of invisible light, while the divided spectrum manifests the pairs of opposite sexes which seek that oneness by again uniting for the purpose of again creating fathers and mothers. Through this division of light into pulsating light waves, the sex principle is brought into being and eternal life is simulated by repetition of divisions.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 40

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE NATURE OF LIGHT, VISIBLE AND INVISIBLE WHAT IT IS AND WHAT IT DOES

It is the nature of light to perpetually give of itself to every other light in all the universe, visible or invisible. It is also the nature of all light, visible or invisible, to *regive* that light to every other light in all this universe. Light does not *take* other light; nor does anything in Nature *take*. Taking is not known in Nature's processes.

All bodies in Nature are composed of light, whether they are incandescent like suns or cool like planets and all growing things upon them. Light given to these bodies continues their visibility by divided light-waves pulsing within them. While they are able to sustain their pulsing motion, it is said that they *live*. When they are no longer able to continue their pulsing, it is sad that they *die*.

Living is expressing that light which has been given. Dying is but regiving back to the ONE SOURCE that which has been given. All light comes *from* that one Source and is regiven to that one Source. That one Source is the CREATOR, the THINKER and KNOWER of the universe, the Father-Mother of the universe – omnipresent,

omnipotent and omniscient. That is clearly descriptive of our Creator, for omnipresent means everywhere, omnipotent means the Father- Mother who has all-power, and omniscient means all-knowledge. We can no longer bring ourselves to use the word "HE" for our Creator, for nothing has been created other than by fathers and mothers, mineral, vegetable and animal. They, in turn, are creators of fathers and mothers.

God, therefore, extends power to all things to create all things by that process which we call growth.

The totality of the meaning of knowledge is IDEA. God has but ONE IDEA and that Idea is Creation. God divides His Idea into many ideas and gives them form by the thinking process. Man is but one idea and man also divides his idea into many ideas and gives them form by man's thinking process. The Knower thinks LOVE and gives only love to all creatures of God's creations. Man's supreme desire is to love and to be loved, but in this present state of his knowledge he often creates fear and evil, and this fear and evil will destroy him until he realizes that love is all there is.

All created things have sufficient knowledge or instinct for their survival as idea. Animals can reason to some extent. Instinct fulfills

the balance of their necessities. Vegetable life has its own way of protecting its body from being destroyed by its ability to grow. Although it has no means of protecting itself from destruction by defending itself as animals do with their claws and teeth, and as man does with his armaments, it knows how to become strong by resisting winds and refolding itself in winter weather to again unfold by the warmth of God's light. Mineral life has no such protection but to freeze itself in the light which created it and again melt through the heat of that very same light.

It will surprise the deepest thinker and knower among men to be told that God creates only two things, WATER and FIRE. Just as two curvatures have been created as the only tools for creating the universe so, also, have only these two substances been created. Cold wetness and hot dryness constitute the bodies of all created substances we call "matter." Cold wetness surrounds our suns and prevents them from disappearing by the heat of their own fires even though millions of miles of cold space are needed to stop them from self- destruction. "Magnetic" storms sometimes cause the great fires which leap a hundred thousand miles or more into the cold wetness. In addition, the tremendous outward thrust of the solar corona itself increases the intensity of the sun's rays for millions of miles out into space,

thereby affecting our earth's temperature and weather even though we are ninety million miles away from the sun.

Many times, huge suns conquer that cold wetness for a period and break away from their spherical forms by shooting great fires far out into space in almost successful attempts to escape. These near-to-exploding suns are known as novas, of which we see many in the heavens. The Crab nova is a conspicuous one. We herewith print a familiar picture of it. See Figure 41. Also see Figures 42 and 43.

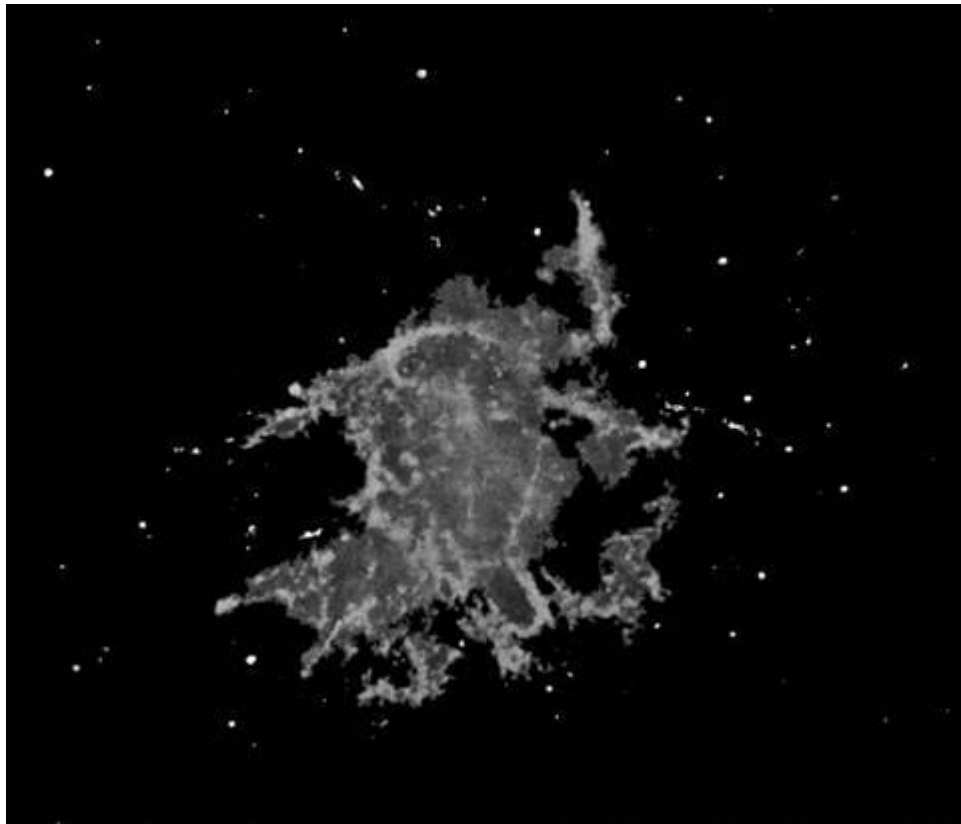


FIG. 41 The Crab Nebula. The most recent example of an exploding nova and the most distant one.

The astronauts, John Glenn and Scott Carpenter, made an important discovery while far out into cold space. John Glenn said he saw specks of light in front of his window. *This proved that there was sufficient atmosphere wavy out in space for the compression of his fast moving capsule to heat to incandescence even though its temperature for such low potential need not be high.*

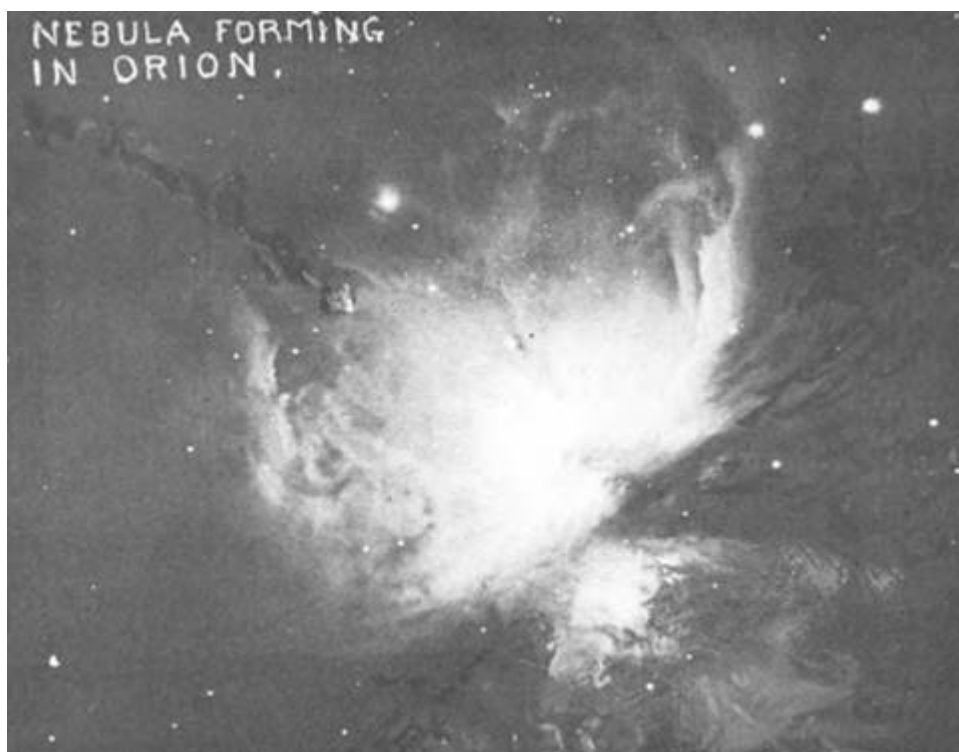


FIG. 42 This nova in Orion is expanding to a heat death of zero cold by the usual process of spiral "pinwheels" caused by resistance to motion. This nova differs from the Crab nova, formerly a super-giant sun, by exploding into two parts, the smaller part becoming another giant sun.

Scott Carpenter also saw these particles even at a lower potential, but enough to give them body form. He reported that those he saw were SNOW. That report substantiates our claim that one of the two things which God created is water. We need not prove that the other is fire, for fire is the consumer of all things.

We return to our discussion on the nature of light. Science makes one grave error in its conception as to what light *does*. Its textbooks on optics refer constantly to *parallel* rays and picture them in their diagrams. The fact is that *there are no parallel rays of light*. Even you, our layman student, can prove it while sitting in your room at night with many lights turned on. You can readily see that every light spreads out its rays in conical forms which bend toward a plane of zero curvature. It then bends in converging conical rays toward its neighbor.



FIG. 43 Two exploding nebulas in Orion and Cephei which will send out fiery arms to form new star systems like the sun-spotted spiral pin-wheels which are

familiar objects in astronomical textbooks.

Imagine the complexity of curvature as each light gives to the other. Imagine, also, what would happen to you who are sitting within the area of those many lights. If the rays were parallel, not one of those rays would lose its strength and their combined heat would burn you to a crisp. The heat from the sun would likewise burn the planets to a crisp, but you know that is impossible for its light *must* spread out through concavity from its center and grow weaker in intensity from that very center. In fact, the outside is not as hot as the inside because of that curvature. If that is true of just one sun, imagine what the effect would be if all the stars of the heavens acted upon each other as the lights in your room would act upon you?

We will now fully explain the reasons why every focal point sends its rays outward from its center radially, from its focus, as shown on concave lens in upper drawing (See Figure 44) and in both convex and concave lenses in the lower drawings which have eliminated the parallel rays to create “magnetic” fields.

As every physicist knows, a wave is a hollow sphere of light surrounding a zero cold emptiness. In other words, it is all holes.

The supreme effort of Nature is to *fill that hole and produce solid spheres of intense heat.*

The reverse process then takes place by obliterating the spheres and allowing holes to again grow until they have dissipated all of the heat to become as fully empty as they were in the beginning.

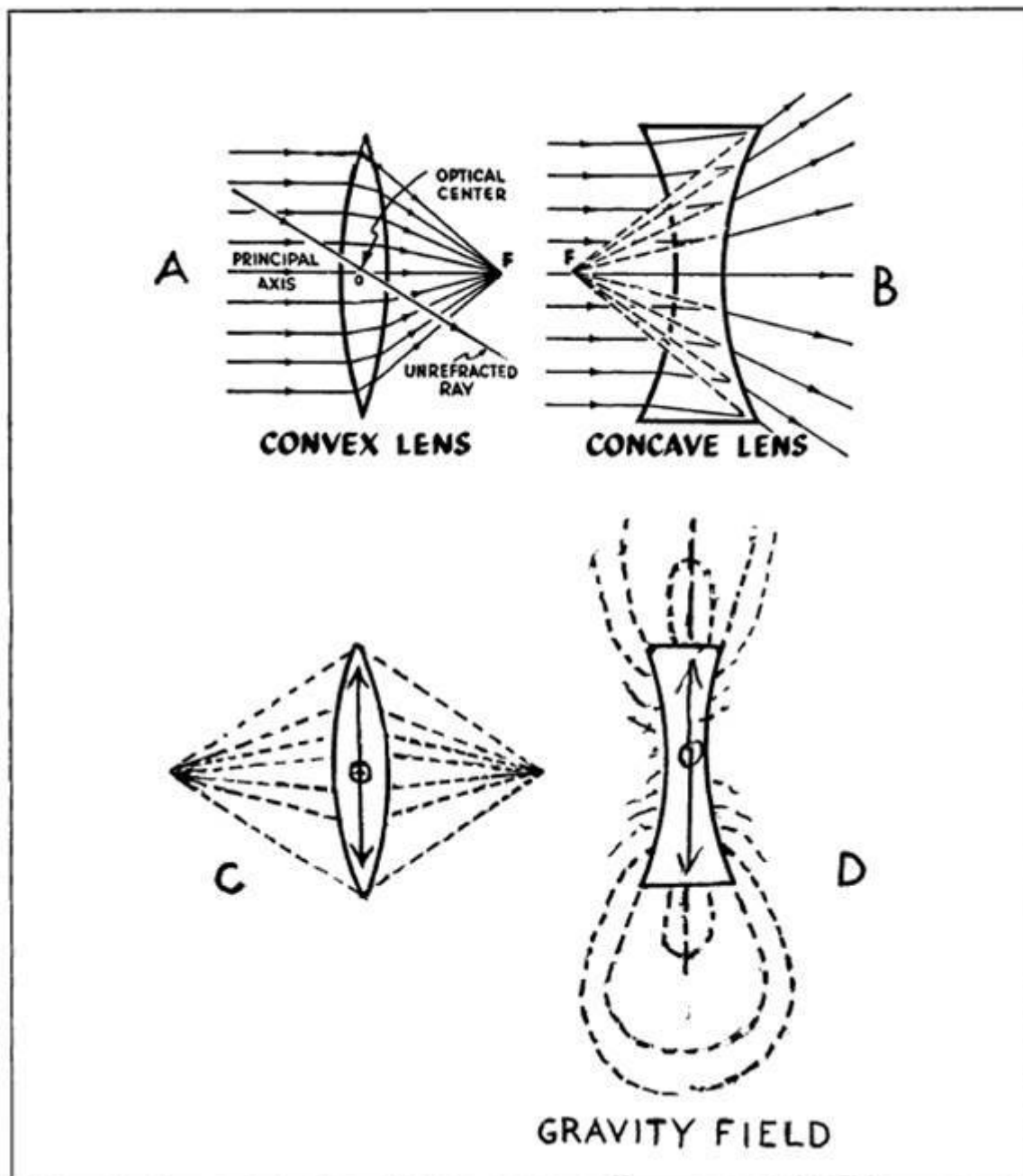


FIG. 44 "A" shows how the optical textbooks show parallel light rays striking a convex surface. "B" shows parallel light rays striking a concave surface. Lower diagram "C" shows how converging rays strike both surfaces and turns outward to create magnetic fields as shown in lower right hand drawing marked "D".

That is what waves are for. They divide the undivided, static cold into a hot dynamic universe of motion, a three-dimensional universe from a non-

dimensional one. This they do by developing a compression force which shortens long, cold invisible rays into short visible rays. Waves also create an expansion force which unwinds the hot solid spheres into cold empty ones. Nature winds them centripetally and conically, and unwinds them centrifugally in one equatorial plane which is at an angle of ninety degrees from their conical axes.

We print three diagrams to make the spiral principle more comprehensible. Figure 45 represents the vibrations of a harp string which multiply stillness into fast motion and produce audible tones corresponding to the octave principle of light waves. This drawing shows the spiral as though you were looking into the winding and unwinding of it, whereas that winding process takes place sideways from your point of view. You see it edgewise as we have indicated in the little drawing at the top. To make it even clearer to you, take a watch spring in your hand and look at it edgewise, then turn it face to you and you will see it as an architect does in making his plan and elevation on the same paper.

In the lower left hand corner, you will note the comparison between the *sound* of the harp string and the *light* of the spiral windings and unwinding of compressing and expanding light. The windings cause

that phenomenon which we call *fusion*. The unwinding cause the effect of *fission*.

Figures 46 and 47 show the same principle as the harp string's winding and unwinding processes. Also the same spiral principle applies to its arrows. One points inward from without to compress or charge it centripetally with more power and the other points outward from within to dissipate that power by radiation.



FIG. 46 Illustrating spiral principle in the winding and unwinding processes of Nature.

As a layman student, it would be helpful to you if we give you a homely and familiar example of Nature's spiral winding and unwinding, conically and centripetally in many extending planes, and centrifugally in one equatorial plane which spins at an angle of ninety degrees from the axes of centripetal windings. The scientist will understand this without additional explanation.

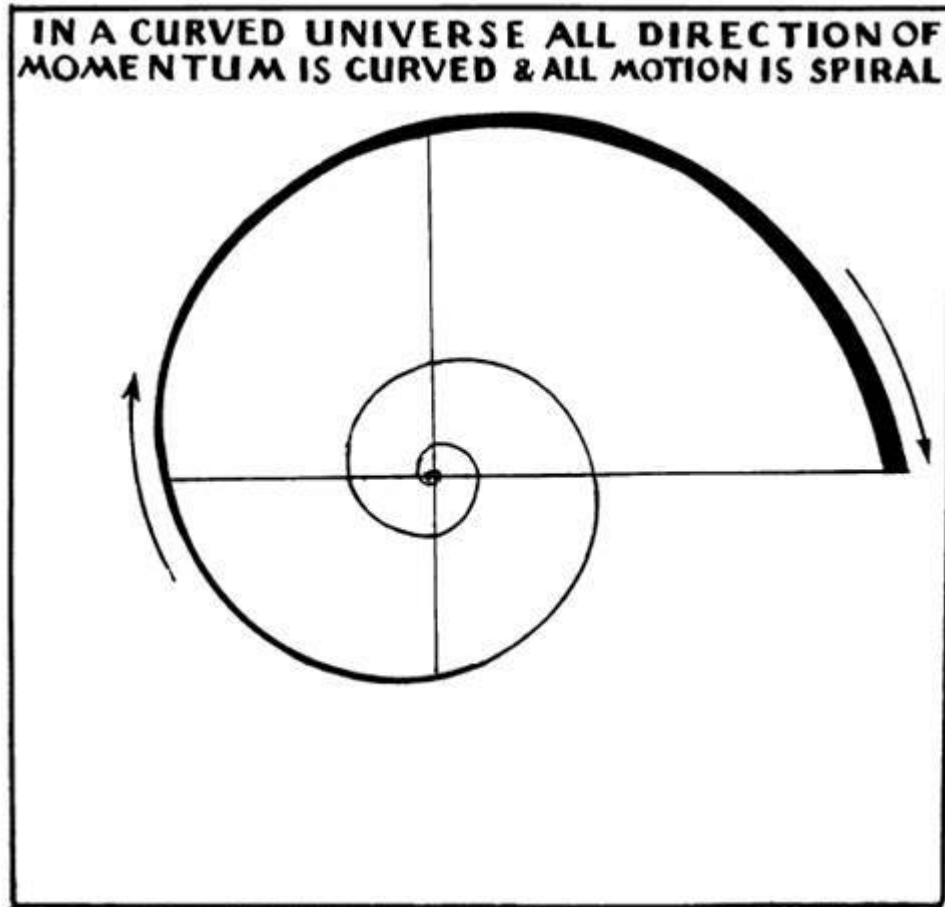


FIG. 47 Illustrating spiral principle in the starry heavens.

You are all familiar with the cotton fibre which looms spin into yarns and cloths, string, ropes and other necessities for human existence. Why do men need to do this? Why does Nature want to spin weak, invisible light rays into strong substances just as man spins weak and almost invisible cotton and linen fibres into strong, visible fibres like thin and thick ropes or strong cloths?

Nature does it to manifest her many ideas which have been divided from her one Idea of Creation. Man does it in order to manifest one

of his many ideas by being able to survive the changing weather and to perform work which, also, characterizes the idea he manifests.

If you watch the workings of a loom which spins cotton into its various forms, you will notice that there are many threads which spin conically and centripetally into one thread or one piece of cloth. The more colors that are needed for the design of the cloth, the more complex the threads become. The same thing applies to the mother at home who knits yarns into thicker cords and cloths. She gathers them conically and in centripetal spirals and spins them into one stronger cord or cloth.

The more the physicist can command this principle of the windings and unwinding of Nature to produce visible light rays from invisible light rays, the more he can command and control gravity to perform his needed miracles. He has already learned to control it to a surprising extent as we have clearly outlined in our very first pages of Lesson Number 37.

There are three great “miracles” possible for man’s usage in the world today:

1. Power projection from anywhere to wherever one wishes to project it without the need of wires or cables.
2. The power of converting solar rays to light and power.

3. The power of transmuting one element of matter to another.

These three miracles of man's Mind-knowing will be discussed and their principles made crystal clear in the last lesson of the 11th unit of these lessons.

In that unit, we will end our brief textbook for the new science built upon a new conception of the workings of Nature and will give clear directions for technically empowered men to make them possible.

The end result we wish to obtain is to make man see that the road map we are giving him leads to the very door of the creative Source. He will then thoroughly know that the power of the eternal God is the only possible answer not only to the Source of himself but to the Source of all Creation.

If we succeed in doing this, the atheism of part of the world will disappear, for no great nation will permit itself to fall behind the science standards of the God-believing free nations. It will end the disunity of the great religions which have brought fear into the world by preaching sin and evil and punishment during life and after death through their conception of a god of wrath and vengeance. It will also bring balance into the world home and the family home. As a final achievement of colossal importance, it will

end the degradation of woman and place her as an equal by man's side. These things having been achieved, the age of slaughter of such aeons-long experiencing will end and there will be brought into being the Age of Character based on love and the Oneness of all mankind.

* * * * *

Swannanoa, Waynesboro, Virginia

Our dear students:

What you have been given in this unit of lessons – and will be given in the next unit – could be enlarged into many volumes for more detailed clarification. However, these lessons bring to you new knowledge which, if properly used, will bring to mankind a surcease of his hard labors for sustenance of his body and a wealth from natural resources as yet unknown to man.

We trust that the time has now come in man's unfolding when he is ready to use his earth's great natural supplies for the benefit and good of all mankind. This can only be accomplished if man has a way of life in which he lives the inviolate law of RHYTHMIC BALANCED INTERCHANGE in all of his transactions, whether they be marital, social or business. All of the glorious benefits of man's universe are of little avail if man does not live God's great Law of Balance. Until he does, he will have one tragic experience after another in his personal life which would ultimately multiply into worldwide catastrophes.

Walter Russell has so often said: *"To know the wave is to know the secret of Creation."* To make YOU know the wave principle is the purpose of these lessons. For centuries, man has repeated the statement, "GOD IS LIGHT," and many there are who have thought of this God Light as the incandescent light which they can *see*. That God has given the new knowledge of the universe to man at this crucial period in his unfolding must indicate that man is now *ready* for it. Thus is man given the "tools" for his use. The world needs new fuels, water, and metals for sustenance of an ever-increasing population and they must be produced at nominal cost to be within the reach of all

The key to obtaining these necessary items is to be found in Units 10 and 11. We give this knowledge now to meet the world's needs, with the deep desire and prayer that not only all man's needs will be met but that by so doing a new era may come into being wherein all mankind will become more aware of its oneness with each other through a greater understanding of the principle of life itself – for to know this principle is to know how each man is dependent on his fellow man for happiness and survival since all living matter in this universe is a dynamic extension of itself. Working in unity, man will not only survive but he will live abundantly and ecstatically for he

will then have become aware of WHO HE IS and WHAT HE IS and he will know his true purpose on earth by expressing the great laws of the Creator from Whom he extends.

We trust that these four lessons of Unit 10 have revealed some of the secrets of the universe to you and that the unit to follow will give you a more complete picture of the ways and processes of God's glorious and inviolate laws.

With our warm regards, we are,

Sincerely yours,
Walter and Lao Russell

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

A Home Study Course of
THE SCIENCE OF MAN

UNIT 11

LESSONS 41, 42, 43 & 44

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 41

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE PURPOSE OF THE CUBE IN NATURE

We have carefully described the purpose of the sphere in creating this curved universe of dynamic motion by dividing the static universe of no motion into light-waves. *These light-waves are thus permitted to multiply the cold condition of space into heat by the aid of biconvex lenses and to divide the heat into cold by the aid of concave ones.*

The cube enables light-waves to repeat themselves by the use of light mirrors of zero curvature. The tools which built Creation are, therefore, light-projecting lenses and mirror-reflecting planes. See Figure 48.

Power projection means the wireless transmission of power generated from anywhere to wherever one wishes to project it. This power is of utmost value to science because it enables it to build missiles with which it can strike any designated section of another country, and also to build anti-missiles which find and destroy missiles sent here from other countries. These are for war usage, however, but for peacetime usage, power could be projected from one power plant to another without the

necessity of using hundreds of thousands of wire transmissions cables. *Nature does not use wires to maintain that tremendous cosmic intercommunication system which links every creating thing to every other creating thing. This enables us to say that there are no two separate or separable things in all this universe: there is but ONE. It thus demonstrates the ONENESS of all things and creatures in this universe.*

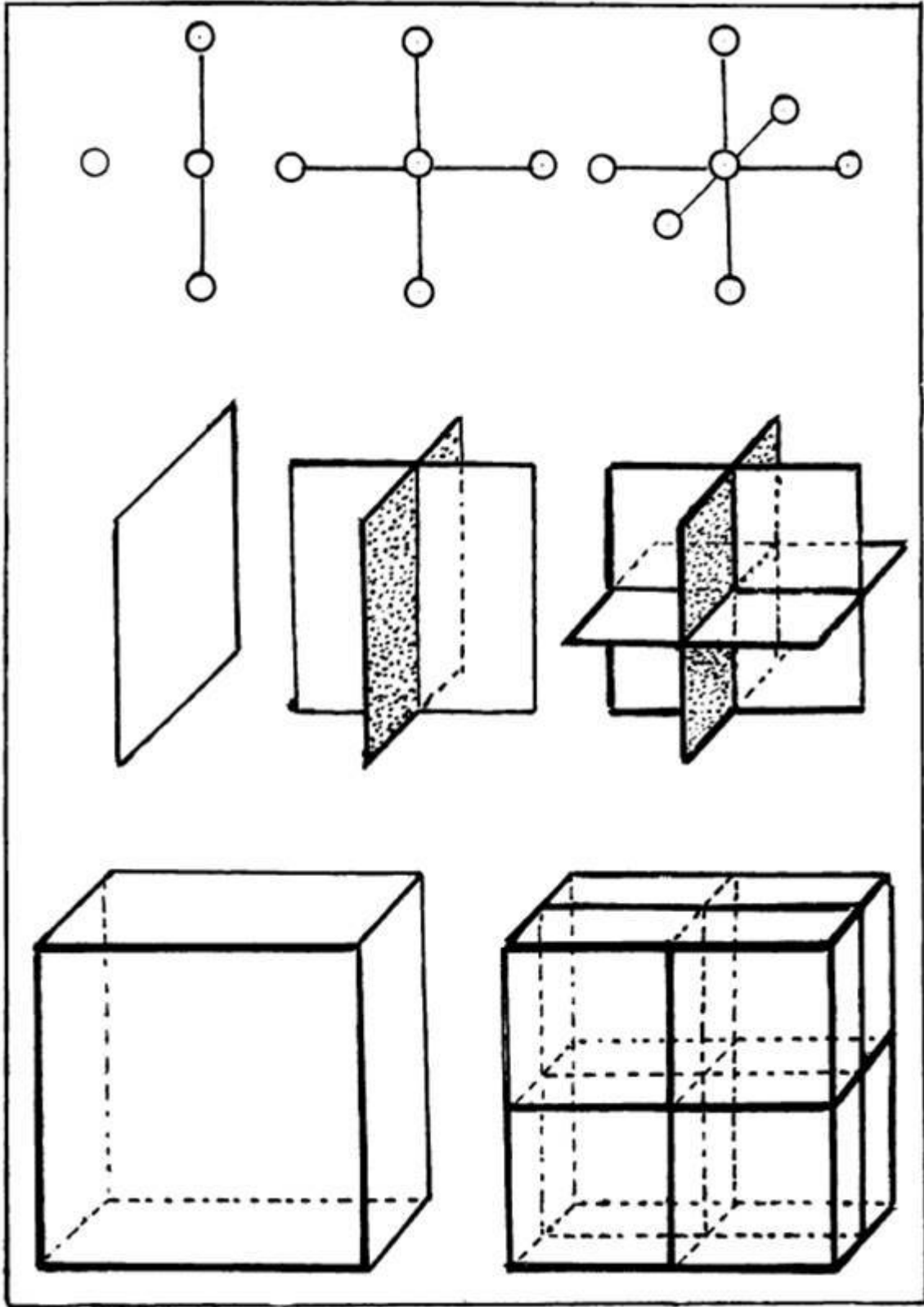


FIG. 48 Illustrating how the nine mirror planes of the cube are built up from zero by polarized extension. All nine planes are at angles of 90 degrees from each other.

They consist of the three inner planes which intersect the cube and the six faces which bound it.

Still another peacetime usage is the ability to control the landing places of astronauts in space satellites, and to make use of balloon-like satellites for telephone projection to distant countries and even to automobiles on their roads.

All of this is made possible *because science has learned to control gravity* to quite a considerable extent even though it is not aware that it has done so. We have mentioned this in a prior lesson when speaking of the eminent scientist who said he believed it would be possible some day to attain knowledge on how to control gravity. In that same lesson, we discussed the *making of a gravity-powered reactor which would eliminate the use of atomic energy and give unlimited heat, at almost no expense, by using generated surplus and thereby getting continuous power without the use of current from a power plant.*

We herewith print another diagram. Figure 49, which analyzes the different sections of the cube by taking it apart. The sections marked "B" and "BB" show how the cube is divided into six geometric forms, known as tetrahedrons, which control the static universe of stillness, and the sections marked "D" and "DD" show it divided

into six cones which control the curved universe of motion by revolving spirally within the static cube.

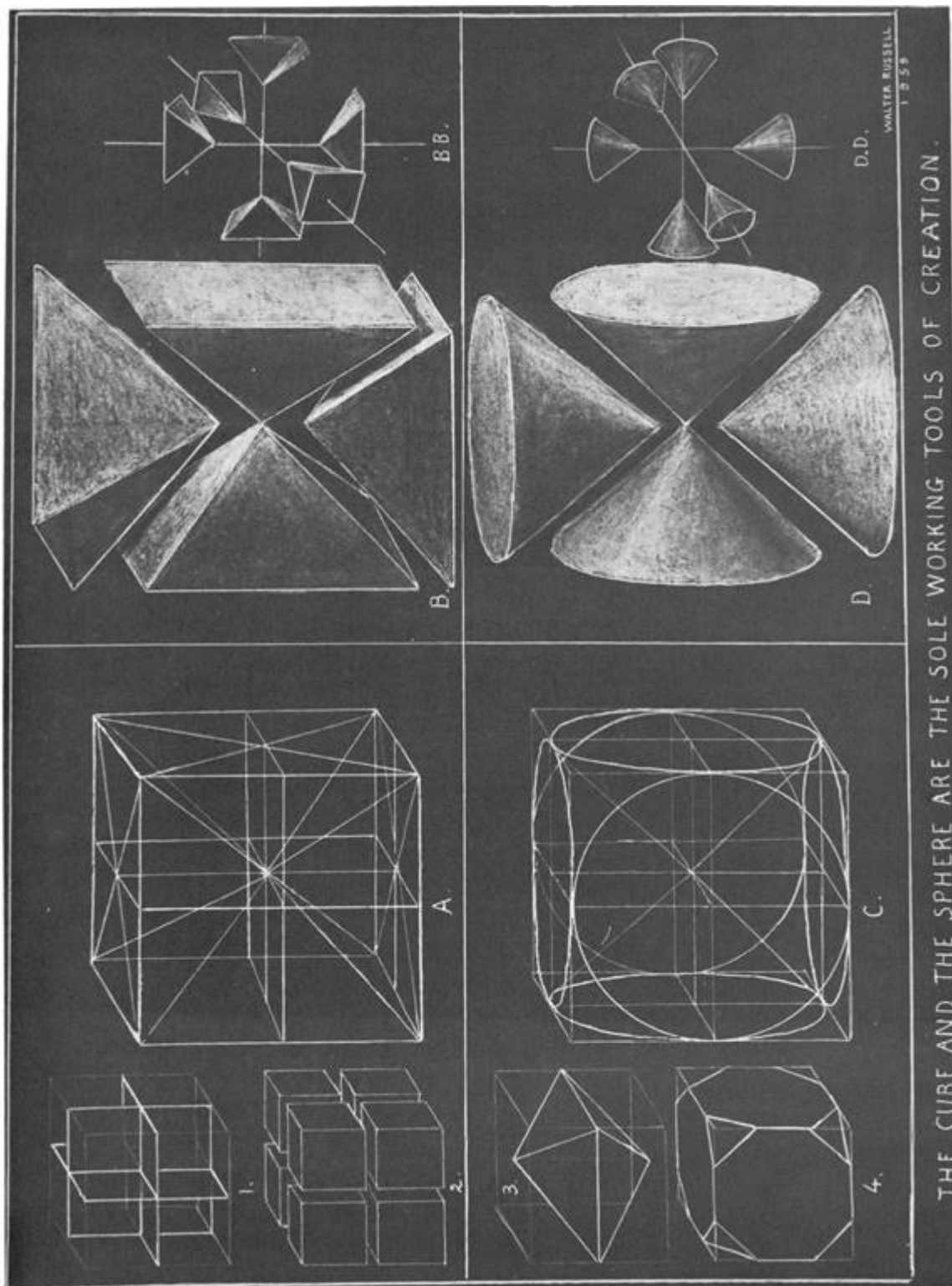


FIG. 49 This diagram illustrates the manner in which the cube controls the curved universe of motion from its static condition. Within its tetrahedrons, its spirals revolve as cones in two of them while in the central four, the spirals revolve within one plane to create the gravity fields which are known as magnetic fields.

Study this Figure 49 with us as we proceed. The closing spirals – these generate energy from the cold of space to heat it through compressing invisible light into visible light by thrusting inward from without – occupy just two tetrahedrons, but the radiating spirals – these revolve in one centering plane on the equators of the suns thus produced – revolve within the other four tetrahedrons and create the gravity fields which science calls “magnetic fields.”

We now refer you to the cube marked “A” . Note that it is bounded by its six planes and intersected by three planes, all at right angles, as marked “1” . “2” shows the ONE cube divided into EIGHT, and therein lies the mathematical basis of pressures in Nature. Falling bodies multiply the power of compression eight times that which they were when they began falling. This is known in mathematics as of the cube in inverse ratio. For rising bodies, it is known as of the cube in direct ratio.

Now, by adding the zero position, which is the central part of the cube where matter has reached its maximum compression and heat, we derive our decimal system of 1-2-3-4-5-6-7-8-9 (10 becomes 1 again), the ninth being the anode of the wave and the first and last being its two cathodes and equators of reversal or points of rest.

We again refer to the diagram and note that the six circles drawn on the six faces of the cube are conical lines reaching toward the cube center. These conical lines relate to the curved universe of motion, as clearly shown in "D" and "DD". In "D" only four are shown for to show the other two would be impossible. We, therefore, extend them in perspective at "DD" to make it possible.

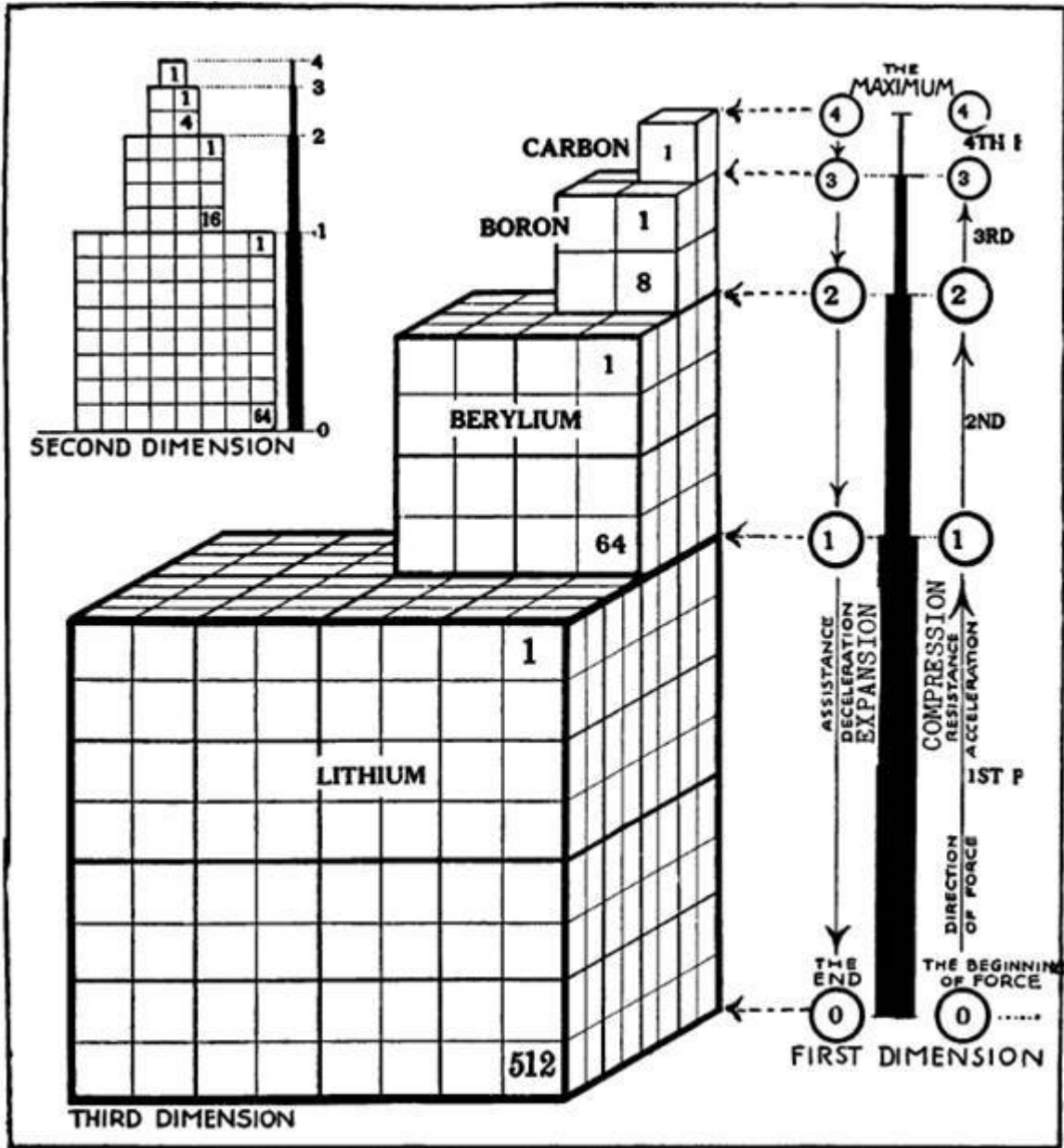


FIG. 50 ALL DIMENSIONS ARE BASED UPON TONAL RELATIONS IN OCTAVE WAVE FIELDS

Now we come to a vitally important fact. The cube of six flat faces alone can crystallize in the forms of the cube and its intersections. They represent the static universe. Conical surfaces cannot

crystallize in their forms because they represent the transient, curved, ever changing universe of motion.

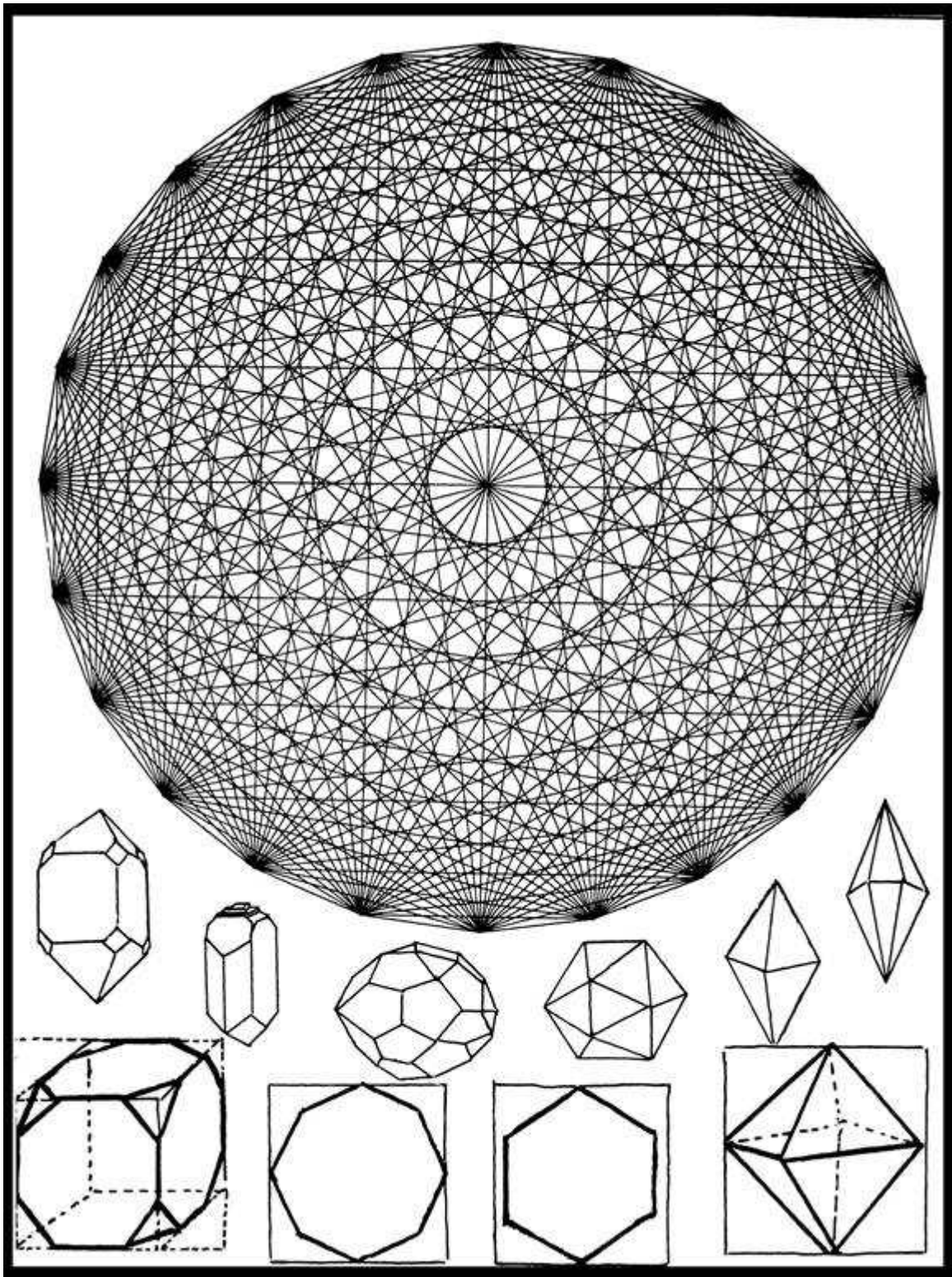


FIG. 51 ALL FORMS OF ALL BODIES ARE BASED UPON THE CUBE-SPHERE AND ITS INTERSECTIONS.

We will now consider another phase of universal mathematics for which we print Figures 50 and 51. We have placed these on opposite pages where you can compare each with the other. In mathematics, we have what are known as three dimensions. These three represent the tonal pressures of the octaves. The octaves of the elements begin with a zero group which is known as the inert gases. The first dimension represents that pressure tone which is represented in the carbon octave, lithium and fluorine, the *first* equally divided mate pair. The *second* dimension represents the second equally divided pair which is known as beryllium and oxygen. The third dimension is represented by boron and nitrogen, the third equally divided mate pair of this sex-divided universe of motion.

Now we come to an unknown fact of Nature which gives a fourth dimension, and that is represented in its octave as carbon and on the bar magnet as the end poles. Carbon is not a pair as the others are. It is a union of all the other pairs melded into ONE. Carbon and its prototypes are at the wave amplitudes. In carbon are all the colors of the spectrum united as ONE and the entire nine lens- producing spectrum of both curvatures, convex and concave. This entire octave and the other eight octaves add up to

but one meaning and that meaning is universal ONENESS of the ONE THING – LIGHT. That includes the ONE BROTHERHOOD of man, all the species and all things else. It means that there are no two separate or separable things in all the universe, and it also means that LOVE is the basis of Creation, which leads us to the door of the CREATOR for God is LIGHT and also LOVE.

There is one other fact about crystallization that has never been understood. That fact is that as the octaves progress from the carbon octave – which has no hole in it as the previous octaves have in which densities multiply from the inside-out, whereas the octaves which have closed their holes increase their densities from the outside-in, which means from outward toward their centers within – they complex their crystal forms. The cube form of the carbon octave complexes to hexagonal and each succeeding octave complexes still more, to octahedral and so on, until the complexity increases so much that in the niton inert gas it has no reflecting mirrors to multiply light-power inward. It still compresses but becomes so weak that the explosive power intensifies incandescence. There it explodes to the speed of light which is 186,400 miles per second. All visible incandescent light, back to the fourth octave, reaches that speed of light also. That is because the fourth octave is

the first of the nine to have closed its hole. From there on, all amplitude elements of succeeding octaves, which have no holes in them, multiply their speed to 186,400 miles per second. From wave amplitudes, invisible light flows backward to the first octave through its inert gases.

Within the incandescence of the cube form lies the secret of atomic energy.

There is one more reason why Science should know about the power of the cube before we close this lesson — that is, the production of that universal effect called “radar.” Radar is the great intercommunication system for recording all effects of motion and repeating them to all other effects in the universe at the speed of light. Figure 52 illustrates this effect.

Note that each section of the sphere centers one of its eight cubes at the intersection points of its eight divisions and its three intersecting planes, both of which are at right angles to each other. Each of these sections projects light rays outward in all of the eight directions of motion in space. These directions are the four points of the compass — east, west, north and south; northeast, northwest, southeast and southwest.

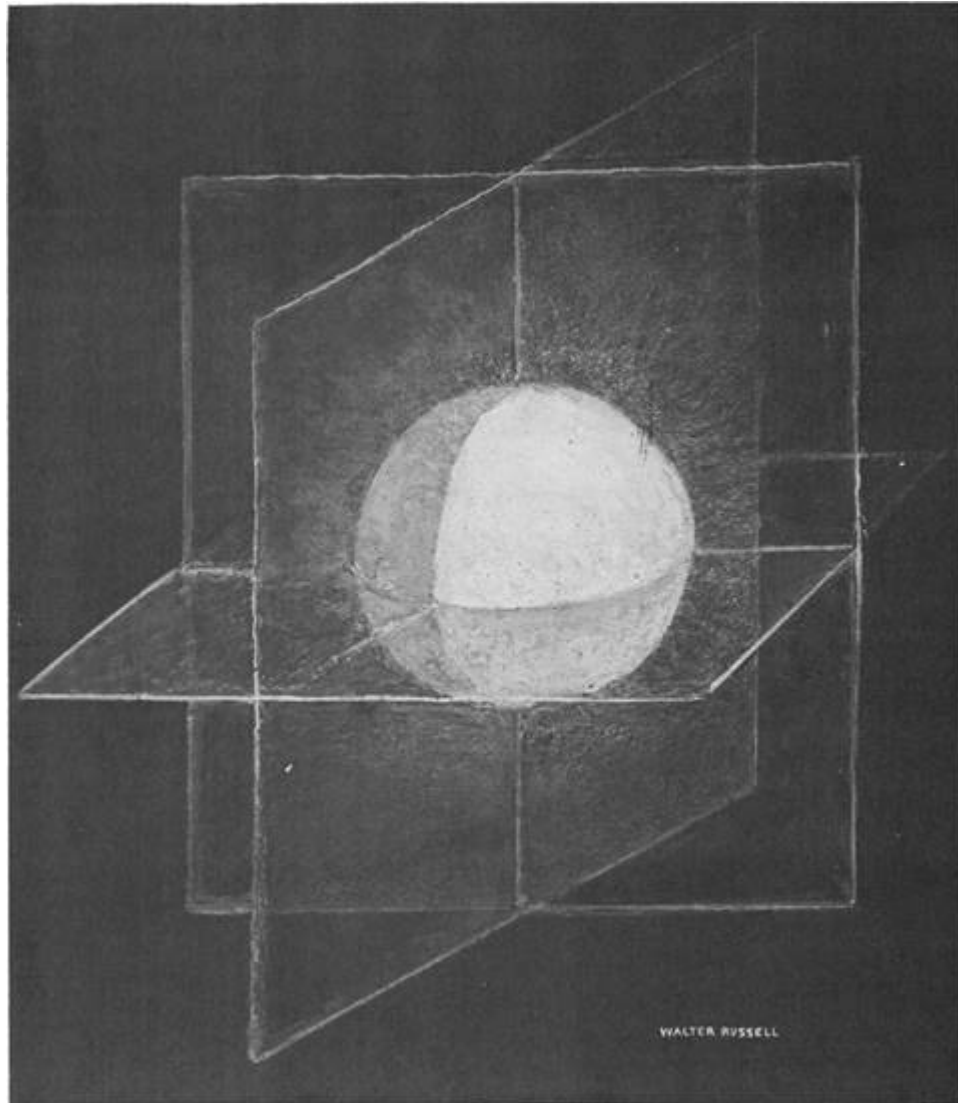


FIG. 52 This diagram represents the radar intercommunication system of Nature. Its purpose is to tell everything in the universe what is happening everywhere else in the universe. There is nothing more powerful to demonstrate UNIVERSAL ONENESS than this diagram of the intercommunication system of Nature.

Radar technicians give a name to the eight corners where they divide the sphere into eight sections. They call them "corner receivers" and recite them as a power in radio. *They are not only receivers but reflectors or projectors or transmitters. Their radars are based on this principle but they make use of only one in building their radar machines.*

That compels them to turn their machines constantly to sweep the horizon. There is no reason why five of them should not be used. They would cover the four points of the compass and the azimuth without the necessity of sweeping the horizon. There is no need for using the other three corners as it is not necessary to direct the flow to the earth's surface.

* * * * *

This concludes our first brief summary of the fundamentals of our new look at our universe.

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 42

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

NATURE OF LIGHT (Continued)

All throughout the last unit, we emphasized the following facts:

1. That every effect is an optical effect;
2. That every action-reaction – such as inbreathing and outbreathing, compression and expansion – is two-way, not one-way, which means that this is a reciprocating, continuous, pendulum-swinging universe of rhythmic balanced interchange between the cold stillness of space and the compression-heated moving universe;
3. That it is a universe of repetitive uphill and downhill flow and that the expanding universe is inconsistent with Nature's processes;
4. That as a consequence the present laws of thermodynamics necessarily picture a dying, heat-death universe known as "entropy" instead of an eternal one created by an eternal God;
5. That gravity is the controller of light and that light is the ONE THING in all Nature;

6. That science has mistaken magnetism for gravity and light-waves are known as “electricity”;
7. Finally, that every effect is a photographic effect made by opening-closing diaphragms of the Cosmic Camera which makes this universe an *optical, photosynthetic universe* of gravity-controlled light instead of the electromagnetic universe of this present era’s concept.

We might have added to this list that atoms were not solid spheres but only empty ones with holes in them which had to become closed before they could become solid. They, therefore, had no nuclei until they reached their wave amplitudes where they were united as one complete spectrum unit. They then divided into pairs where they could reproduce themselves as father-and-mother pairs of this sexed universe.

We might also have laid more emphasis on the fact that although two curvatures were the only tools for creating this curved universe of matter, just one tool (the cube) is used for repeating these pulsations of interchanging between the two curvatures.

We will now take another great step forward in opening the doors of knowledge to the nature of light by again referring to the

misconception about parallel rays of light which, if true, could never make invisible light visible by twisting them spirally together.

Up to the date of the issuance of this course, science knew no way of dividing this undivided universe of invisible light – *which the Creator is* – into pairs of opposites of the spectrum, which are necessary to create this repetitive universe of pulsing motion, except by heating cold into varying temperatures to create the elements of matter, which again freeze to hold them in that state and which man may further heat or dissolve in order to fill his needs. From there, they then return to the cold of their Source in space by the slow process of radiation, as all bodies do.

The KNOWER who created pulsing light of living bodies gave man another way of dividing light by creating *darkness* for him. Eyes were given him with limited vision. These eyes were able to see but a short segment of visible light bodies. Beyond them, all light was invisible to their vision.

Darkness, therefore, was given man as another way of dividing the undivided. You will know what we mean by day and night sequences by turning off the lights in your room. You can no longer SEE light because it is beyond your range of vision, but you KNOW

that it is still there. It is the ONE THING which can never be extinguished. *In the same sense, you cannot SEE God but you can KNOW that God is behind all the orderliness which Creation is.*

Science has long known that a pinhole punched in a cardboard enclosure surrounding darkness would expand rays of visible light into a series of light rings within which the holes were larger in the center and grew smaller toward their outside. Science terms them “diffraction rings” and wonders why they thus split up into rings instead of continuing as parallel rays of light. *If photographed in color, it would be seen that the centering hole would be blue, as it is in the Lyra ring in the heavens, and the red and yellow would be on the outside rim. This means that density increases from inside toward the outside, and this characterizes all expanding masses.*

Now, as to the reason WHY they thus expand, which science admittedly does not know. Science forgets that the rays which entered that pinhole were compressed into their brilliant visibility by gathering them from large areas and winding them in centripetal spirals. That is what compression does. As soon as those compressed light rays, which were gathered from the darkness and multiplied, entered the *darkness* of the pinhole camera, they necessarily divided,

for we again repeat that *darkness divides heat rays into cold as well as its own radiation divides it.*

One might ask why darkness divides the light rays of radiating fires of the sun and then doubt it because he believes that solids like wood and stone do not thus dissolve. But they do. *Even the stones deep down in the dark earth dissolve into water by cold wetness flowing to the earth's surface to cool as well as to combine with the rays of the fiery sun. They, likewise, have been cooled by the cold darkness of space to the temperatures required by the earth to grow things.* The very planet then takes its turn in being dissolved in the same manner and absorbs its water to further disintegrate the planet. The absorbed water even takes its own turn and disintegrates into the lower water gases of earlier octaves such as methane.

Returning to the subject of our earth, you have seen stones crumbled by wet coldness and wood by wet dampness and by dry rot from its heat. Residents and visitors of London have seen stones of centuries-old buildings crumble to the extent where their surfaces could be scratched off with one's finger tips.

Let us study the two opposite pairs of compression and expansion as we proceed. See Figures 53 and 54 on the following pages.

Figure 53 is the type of wave which begins with a hole and endeavors to close its hole by intersecting other hollow wave spheres to form biconvex lenses to aid it. Science terms these intersecting waves “wave interferences” and makes no explanation of their vast importance in furnishing the two curved tools which the Creator alone uses to create this curved universe of motion.

It is this type of light ring which gives birth to the other type, for we again repeat that compression begets expansion and expansion begets compression. Together, these two opposite curvatures are equal mates as fathers and mothers are equal mates. They occupy opposite sides of the spectrum and interchange to create other equal father and mother opposites. Such interchange unites both opposites as ONE to create other opposite father and mother pairs to continue this universe of motion unto eternity. It manifests the balanced equality of the sex principle as the very foundation of this dynamic universe of motion.

Referring now to Figure 54, we first observe HOW and WHY compression begets expansion and vice versa. If one throws a compressed mass such as a stone into water, it will beget the Figure 54 type of wave. Note that the compression causes the opposite mate to be centered with shorter and higher waves which expand to

greater distances apart as they recede from that center. This should not be difficult for you to understand for it should be familiar to you from your childhood. You can see the same effect when a fish captures an insect upon the water's surface.

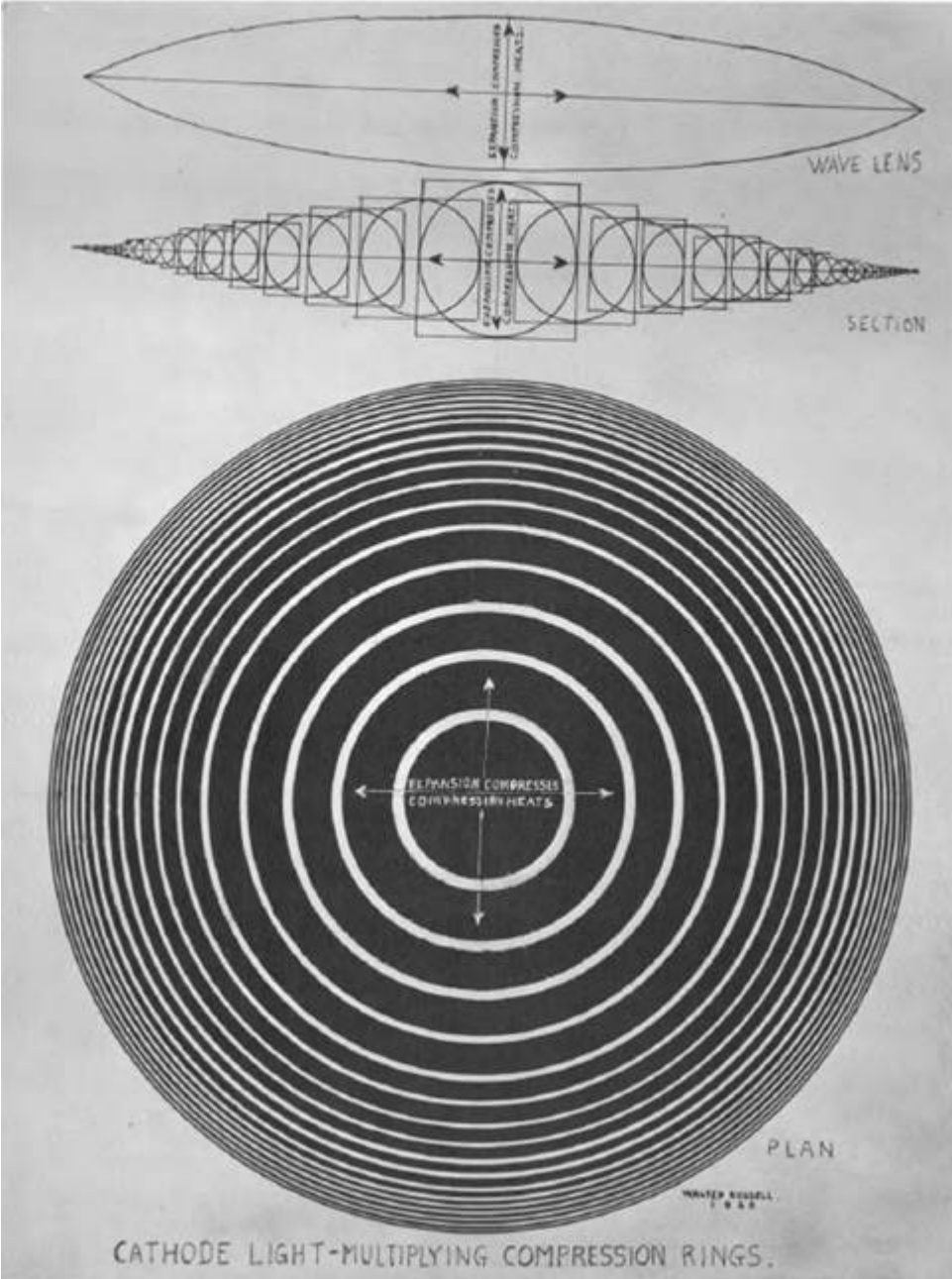


FIG. 53 This type of ring forms the zero cathodes of cold beginnings. They are the product of the tool of Creation controlled by biconvex lenses.

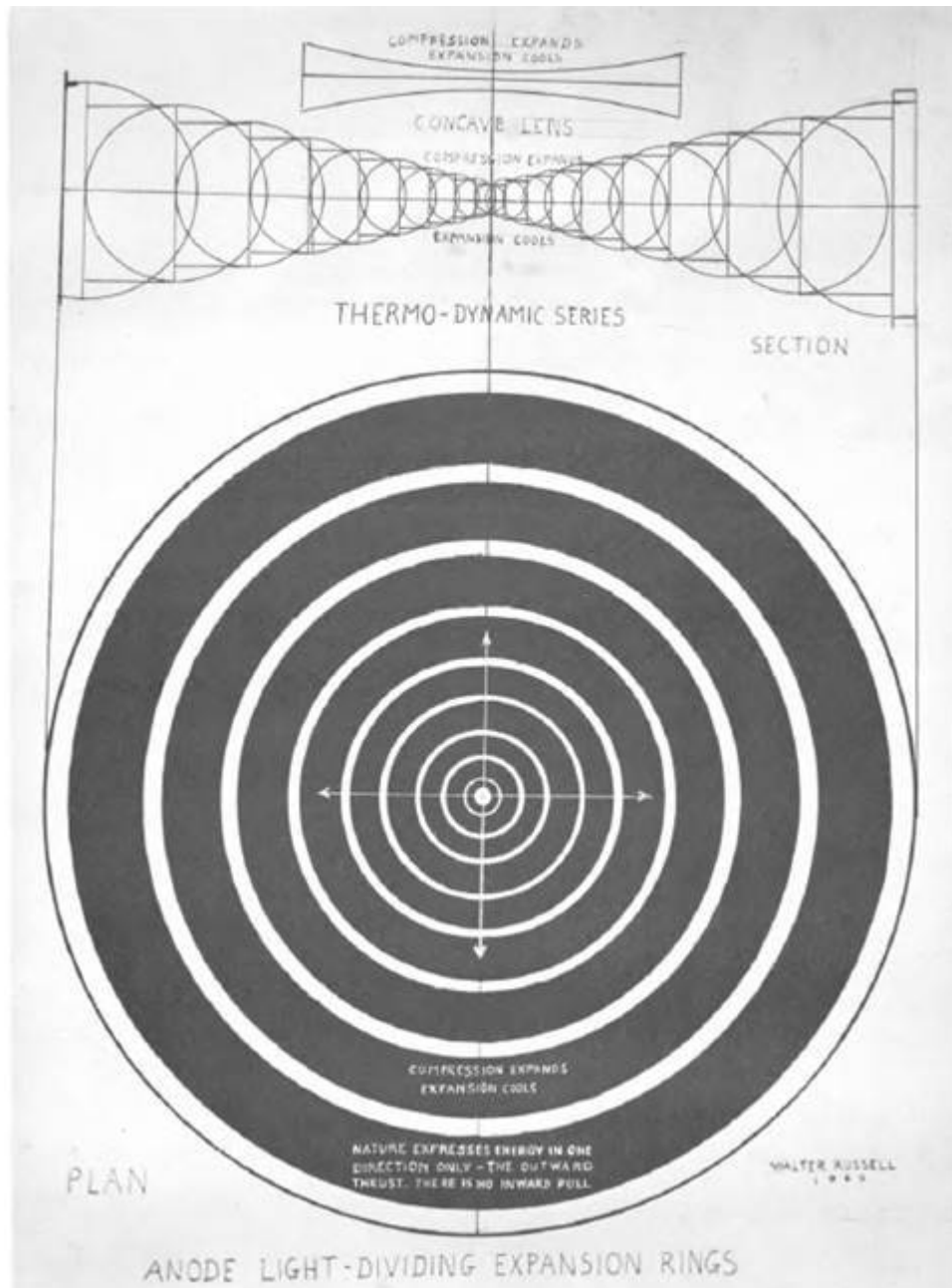


FIG. 54 This type of ring forms the hot anodes of the wave amplitudes where heat collides. They are the product of biconcave lenses.

Here is another example of Nature's processes to help clarify the meaning of that pinhole camera. That cardboard through which the hole has been punched is an equator which divides compression from expansion. If you will observe the waves of water as they approach a hole in a cliff or a hole between rocks in a running brook, you will see curved waves closing inward as they near that hole and piling up above the water level, then dropping in foamy bubbles which become more foamy as the drop becomes deeper.

That spells out the meaning that compression is the *cause* and expansion is the *effect* of that closing. Science, however, uses the words "diffraction" and "refraction" for similar effects of *that same cause*. Our point in this discussion is to prove that science uses those terms "diffraction" and "refraction" in many other effects of a similar nature.

It uses the word "reflection" where light strikes in a pool of water. A straight line seems to extend between the wall and the bottom of the pool. That line is curved, however, for the potential of pressure increases at every succeeding level. *Once more we repeat that there cannot be a straight line of light rays or parallel lines, in a curved universe, as textbooks on optics constantly claim.*

Another point we have repeatedly claimed is that compression and expansion are the only forces which keep this curved universe in continuous motion. Without them, this hot universe of compressed light would return to its static state of cold. For this reason, we have entitled our drawings, Figure 53, CATHODE LIGHT-MULTIPLYING COMPRESSION RINGS and Figure 54, ANODE LIGHT-DIVIDING EXPANSION RINGS.

Now, it must be known that the biconvex lens, which controls compression, focuses outside of itself to create heat in four efforts at its four foci. When these four efforts combine with the opposite sides of the sun to create the octaves of the elements, their combined heat foci create a complete sphere. Maximum heat for that octave is then in the center of both biconvex and biconcave curvatures. Until then, both curvatures focus on the outside, but when both curvatures have created a true sphere, the biconcave lens becomes the centering one. The other six lenses are known as meniscus lenses. These seven lenses then begin to thin at their centers and holes return to oblate the planets or suns until their masses eventually become rings and disappear in the *outside dark* of cold space by the same process as living bodies do when they “die” and disappear in the *inside dark* of the earth. That is why people bury dead bodies. Dead bodies give

life to the seed of living bodies. That is how things grow. It is the very life principle of repetitive Nature.

This brief explanation of the principle of growth brings us back to the cosmic cinema motion picture which this universe is, and explains the illusion which the universe of motion also is. It further explains why this universe is a photosynthetic one where every mind picture of its thinking process disappears into its dark interval for rebirth into another sequential picture until the *idea* it represents is completed. Then the cube mirrors of dark space repeat that sequence of pictures in another *idea* cycle of life. As gravity is the desire force which controls mind-chinking, it gives another reason why this universe of motion should be called an optical universe of gravity-controlled light. The fact that every *thought-wave* picture dissolves every one of its sequences into the still zero of these sequences proves the validity of our own law which says that *every action-reaction of motion is voided as it occurs. is repeated as it is voided and recorded as it is repeated.* This also proves that the whole of Creation is *still* and that nothing really happens except *thought and desire of Mind to manifest thought* by taking its one Idea of Creation apart and dividing it into many ideas.

In this manner, we are gradually unfolding the secrets of the universe cosmically and endeavoring to point the way for man to think beyond what his eyes can see.

We will outline and diagram the principles and techniques of power projection, transmutation and the ability to use gravity and the multiplied heat from the sun as solar energy at the close of this unit of lessons.

We now return to a step-by-step explanation of the build-up of light and heat from the curved compression lenses that are centered by holes which cause density to increase from inward to outward to those which become solid spheres where density increases from the outside inward.

Figure 55 diagrams the first step in explaining this multiplying principle. Now study Figure 56 from the top diagram down as we proceed. The diagram marked "a" exemplifies a gravity bar — which has been wrongly known as a bar magnet. *This diagram "a" represents Nature's method of dividing the undivided cold dark stillness of the universal equilibrium into divided pairs of opposites to which Nature gives motion for the purpose of interchanging in order to enable them to unite and repeat their division.* As the old positive and negative

symbols do not picture this process – for one is not plus and the other minus, but equal mates instead – we were obliged to use the plus (+) symbol for both red and blue sides of the spectrum. We used the double plus (++) symbol to indicate the poles of maximum compression and heat to fit the new conception of this curved, moving universe. The arrows symbolize the direction of motion. The double plus (++) symbol represents the poles of unity where the collision takes place which unites them.

The second diagram marked “b” very clearly indicates the wave intersections (interferences) which multiply light by adding the power of the largest lens to each succeeding smaller one. This multiplies each one in the inverse cube ratio. *You will note three pairs of foci on each side of the cathode zero and a fourth pair – which is a pair in one – in the sun thus multiplied from its zero to 8 - 64 - 512 - and 4096 powers. That gives to Nature its compression principle which makes its uphill flow of energy possible. Take special note that the wave spheres from which the lenses are taken reduce in the same ratio.*

To explain the numbers 8 - 64 - 512 - 4096, compute mathematically what is known as the square and the cube in inverse and direct ratio. The question is one of pure mathematics, not of matter.

In the third diagram marked "c," we have made a "close-up" of only two of the lenses in order to better emphasize the position of the maximum heat which maximum compression makes possible.

As you will see in the charts given in later pages, the first four elements of the first four octaves have not yet closed their holes. The fifth element of the fourth octave is carbon. In this element, the hole is closed. It then reverses and increases its density and heat from the outside in. In and after the fourth and up to the ninth octave beginning with carbon, all of the elements are solid. These elements are able to eject their multiplied electrons with ever-increasing speed until they reach the ninth octave where radium, neptunium, and others of that octave are enabled to eject their multiplied electrons with such force that they are incandescent and have obtained the speed of light. These electrons can be seen in a spintharoscope.

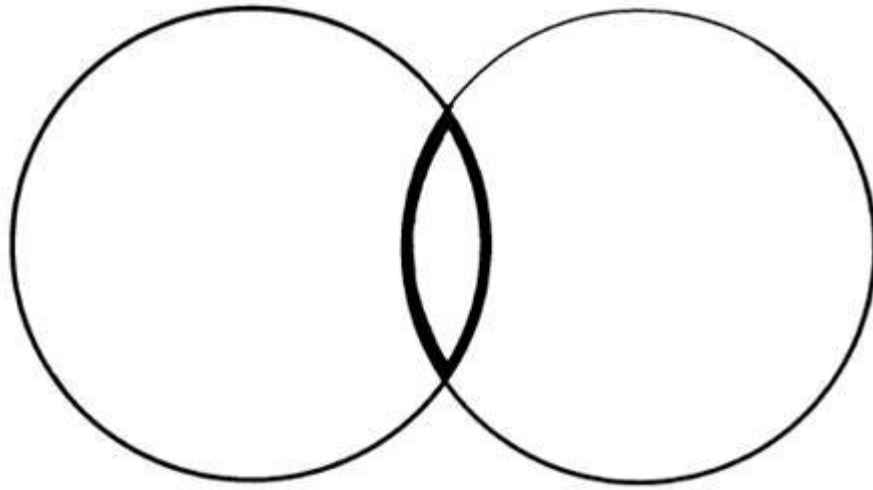


FIG. 55 The drawing shows the biconvex lens which is accountable for the compression power and heat-building which generates heat from cold. It is one of the two curvatures which the Creator makes use of to convert invisible light into visible light.

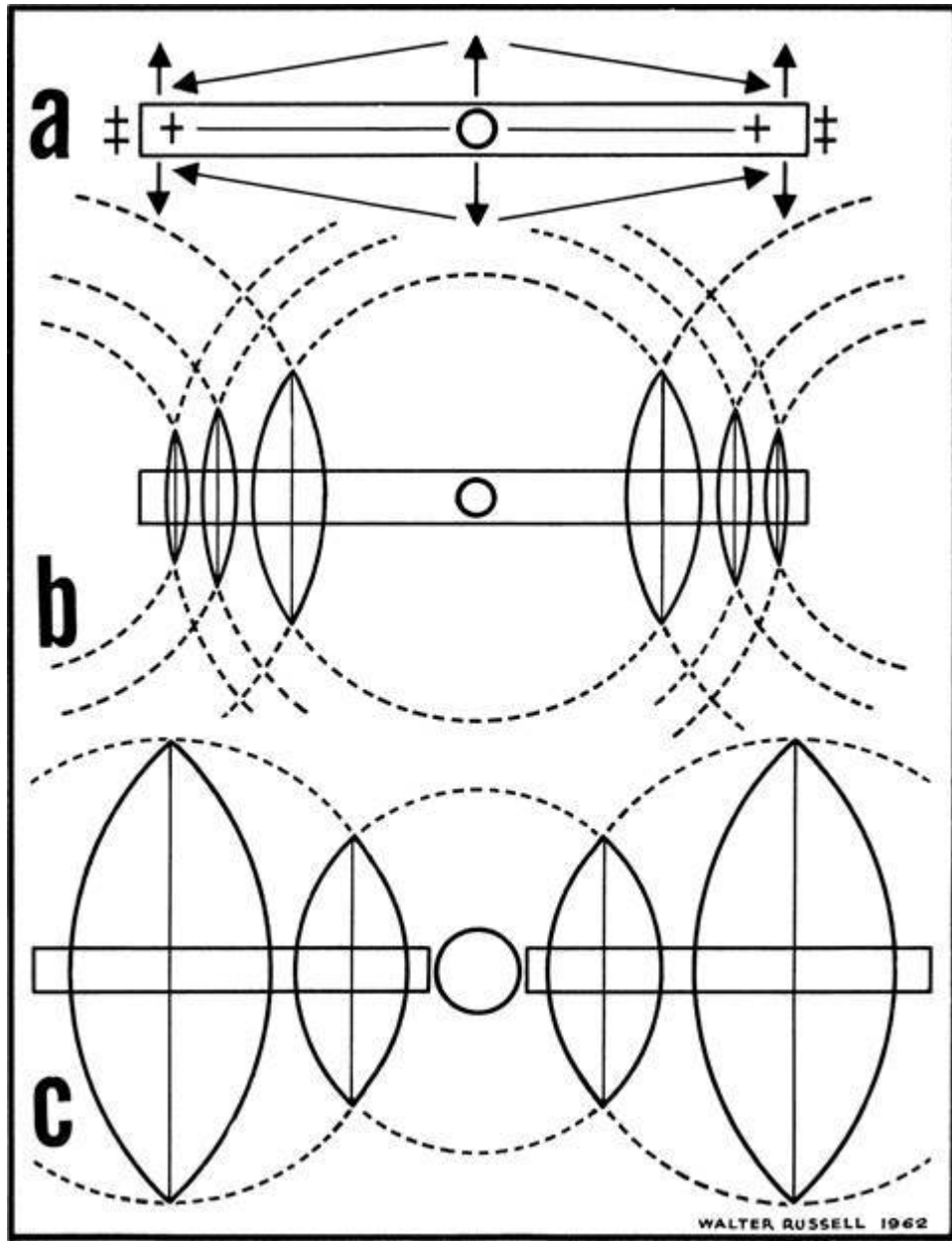


FIG. 56 Showing the entire construction principle of the octave wave, step by step

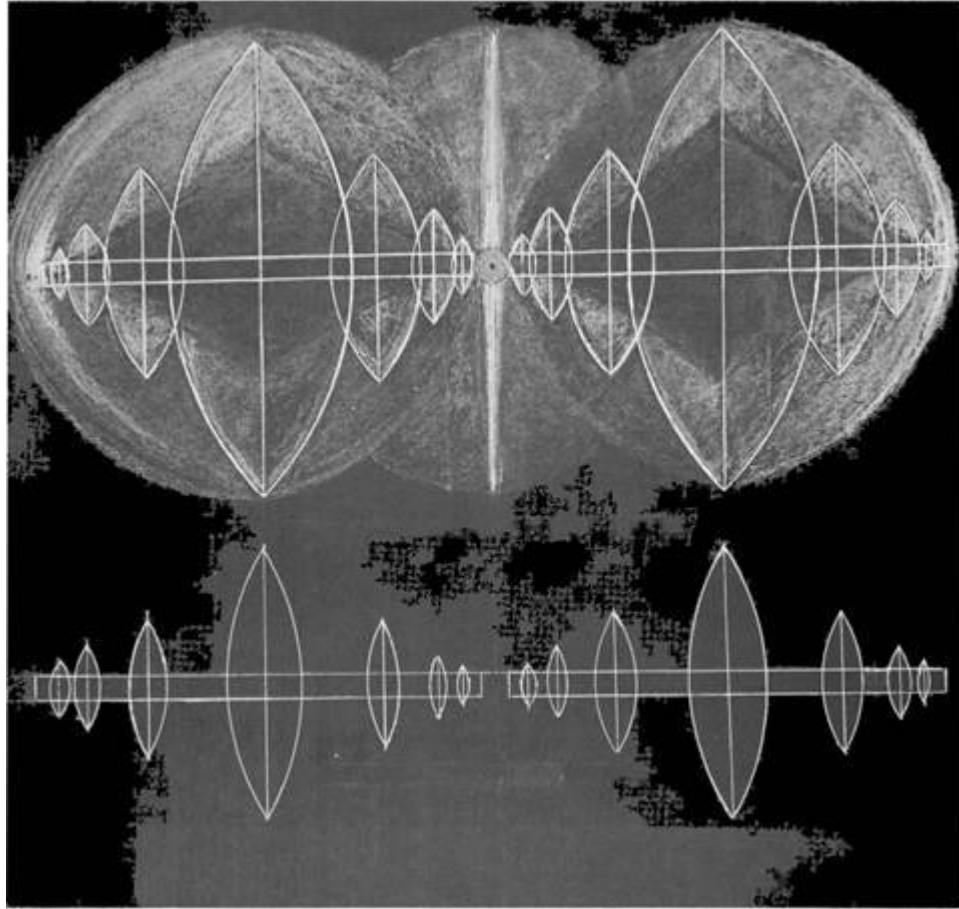


FIG. 57 This shows the complete gravity bar (bar magnet) with its entire octave sequence.

All of these together make up Nature's intercommunicating system by means of which every action-reaction is made so aware of every other action- reaction pulsation that it demonstrates the ONENESS of God's universe of motion as it is in its *stillness*.

In concluding this lesson, we shall give you a diagram of one complete octave of the carbon type. See Figure 57. We regret that it is not possible to print it at this time in its full spectrum colors, the way

Walter Russell originally did most of these explanatory scientific drawings.

In the next lesson, we will take another step in unfolding Nature's secrets.

SPECIAL NOTE: We may be misunderstood throughout these lessons by stating that the word "electricity" should not be used for an "optical" universe. The word "electricity" is used for every effect of light such as our light bulbs. The word "opticity" would have no meaning for the average man.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 43

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

WE COMPLETE OUR CONSTRUCTION OF THE WAVE PRINCIPLE

We have heretofore built up an understanding of the reason why light needs a method for transferring its *knowing* to a dynamic dramatization of the God-nature by means of moving images of the idea contained in the word “omniscient,” which means all-knowledge combined in its undivided stillness in an undivided universe.

It was first necessary to describe very clearly the nature of light and especially that quality of desire in it which controlled the division of light into its spectrum colors and the cube principle which gravity made use of to repeat its cycles.

If the Creator were merely the Knower and the Thinker with desire to THINK the Father-Mother manifestation of what the Creator knows, there would be no divided universe for the very purpose of that division is to manifest the Father-Mother idea of equal pairs of opposites. This it does by dividing that ONE OMNISCIENT IDEA into countless fathers and mothers for uniting into the ONE idea by

the mutual interchange of each to each other. This, in total, is the *thinking* principle, and the light bodies thus created by this process have no real existence other than a thought existence.

It will be noted by observers that a division into pairs must always have a balancing equator. The cube of zero curvature supplies that balancing equator. That division into idea also includes the identity of every created thing. A man's entire body is divided into symmetrically equal pairs. The head is balanced with two ears for hearing, two nostrils and two lungs for breathing, two sides of a mouth for eating or laughing, two eyes for seeing, and two arms and legs for working and walking. Even the heart has two ventricles to complete its pumping cycles.

Thus it is throughout all animal and vegetable life. Trees throw out their branches and their roots spread out equally. If a tree leans over its roots, that leaning must be counterbalanced.

That is why real knowledge of the construction of the wave and the WHY of that construction should be known. To draw conclusions based upon observed illusions is to make assumptions of truth and takes much needless time and effort from man. Even the axioms of mathematics are not *self-evident truths*, for mathematicians for centuries have made decisions which mathematicians of later years

have discarded and supplemented with new ones. The Nazarene likewise said that man cannot gain knowledge by observation. Such changing “knowledge” is merely an assumption and assumptions are but information, just as food is not nourishment until it has been digested. Encyclopedias are full of such ever-changing information which subsequent editions change to fit more modern assumptions.

The early scientist believed that the world was flat. *He could see it with his own eyes.* Those words were the belief of the ages. They still are. Ptolmey believed them and changed the whole world’s belief because of it. All that was theretofore accepted as truth was thrown out of the window. Copernicus believed those words and again threw all that was theretofore known out the window. How many times that has happened during the ages up to the expanding universe and the Rutherford-Bohr construction of the atom theories, one does not know because each new concept affected the whole structure in so subtle a way that one could not positively say that the whole of it was thrown out the window.

We, however, throw all of the combined concepts out the window. We are rewriting this revised and expanded edition to open up your *inner vision* which lies beyond thinking. This is known as

imagination and inspiration and these are the qualities which cosmic thinkers have acquired to such an extent that they can see that light of Creation within themselves with inner vision. This is a quality which Cosmic Conscious Illuminates have to a very great extent and geniuses have attained to a lesser extent.

You will grasp our meaning by such facts that geniuses such as Beethoven and Liszt can HEAR sounds where there is naught but silence and write them down in beautiful rhythmic themes to uplift the souls of other men. Neither of these two classes needs schools or universities.

The fact that such inner vision may not have yet come to you as it eventually *will* is the very reason why we print so many pictures and diagrams. Inner vision and inspiration are seen in pictures, not in words. Pictures remain in your memory for a long time while words can be forgotten in a few moments. That is our main purpose for printing so many of them and as few words as necessary to give greater understanding to the pictures. By indelibly fixing the pictures which you fully comprehend into your mind, you will slowly become a cosmic thinker. The deeper your desire is to enter

that coveted realm, the more you will comprehend these pictures and the faster you will enter its doors.

Inner vision gives knowledge of the process which makes the radiation of heat from the sun gradually cool as its rays divide by the concave curvature into which these light rays from the sun increase their distance from it. The same is true about the planets surrounding the sun. Mercury is so hot that even its metals melt or glow with red hot heat. Venus is so much farther away from the sun that it has cooled sufficiently to have water upon it, but that water is so hot because of the hot planet itself that it is a thick blanket of steam which perpetually cools it.

There has been a world-wide question as to why water flowed downhill. The answer is as simple as the reason rain falls from the skies or a stone falls to the ground. The one answer to all these questions is GRAVITY. To know the secrets of *gravity* is to know why the universe of motion exists. We trust that these lessons will clarify this mystery.

With the application of Nature's processes, true knowledge is irrefutable. That is why we are endeavoring to give a simple roadmap which leads to the doors of man's Source in space. Each step tells us that such an orderly and coordinated system as this

universe of motion is must have its focus in a CREATOR who made it come into being by thinking it into being.

A convincing fact of this lies in the principle of Mind *concentration* and *decentration* which terms have parallel meanings with the terms *compression* and *expansion*.

We return, therefore, to the diagram illustrations made to help you visualize effects which are based upon CAUSE. We have been able only to picture the universe by its conical aspect but not by its cubical aspect. This is because it is only possible to show two tetrahedrons of the cube at an edgewise angle but not the four faces within which the equatorial plane revolves spirally to show that expanding radiation revolves at an angle of ninety degrees from the compression of generation. To illustrate our meaning, hold a cube on the level of your eyes and you will see only one of its six sides. Holding it lower still, you will see three of its six sides.

As pictures remain in the consciousness longer than words, it is necessary to visualize the cube crystal shape as well as the conical curvature shape.

**WE SEARCH MORE DEEPLY
INTO THE SECRETS OF THE WAVE**

In this section of lessons, pictures for increasing inner vision of the wave and its structure will exceed the text. We will dig more deeply into the mysteries of wave structure and this alone will bring about a new and more advanced science by giving certainty to conclusions instead of the lack of sureness of previous ages.

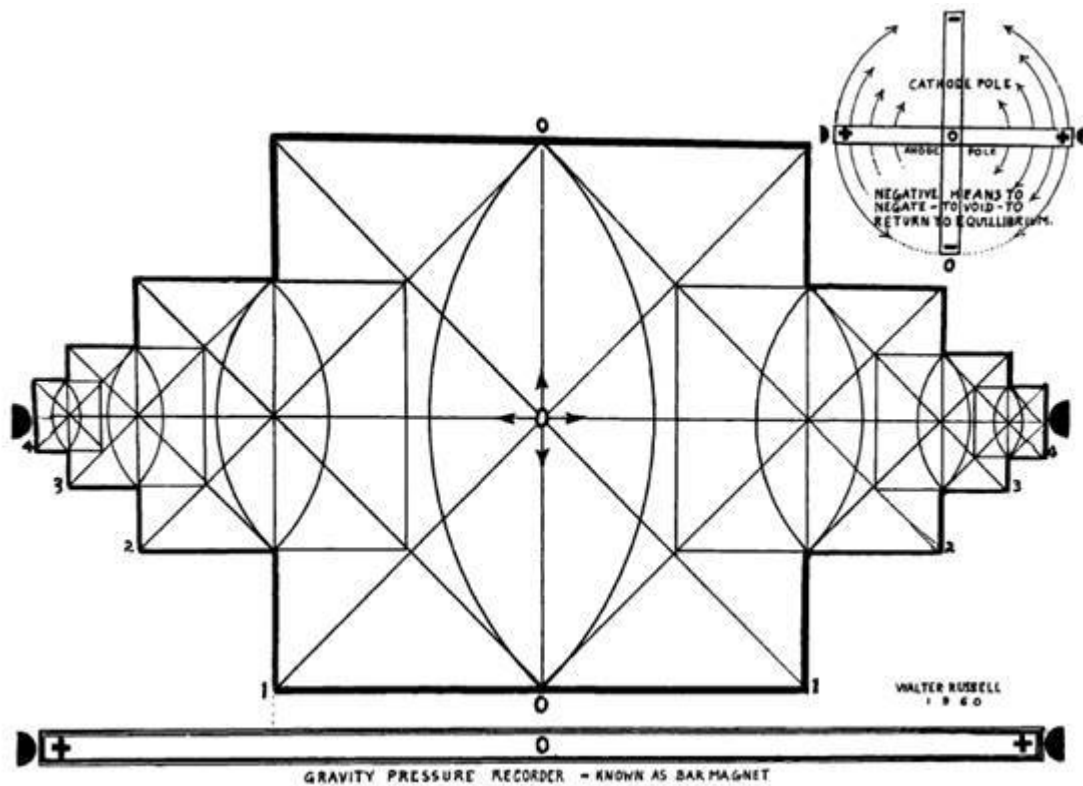


FIG 58. The diagram represents the compression principle which is created by a series of biconvex lenses which are located on the wave axis at distances apart in inverse of the cube in volume and the square of the distance in length. Always visualize this compression principle when you think of the wave.

The first diagrams which we will describe are those which still accentuate the optical principle of the relation of curvature to the law of octave structure in Nature. This structure multiplies cold into

heat and heat into cold. Both of these spinning endeavor to close the holes which reverses the direction of their densities.

Diagram No. 58 demonstrates the optical principles of octave multiplication by biconvex lenses located on the gravity bar in the direction of compression. There are four pairs of these lenses which compress, each one located at octave positions in their waves in the same order as the octaves of the elements of matter are located. Take note that these are enclosed by the cubes of zero curvature instead of spheres of maximum curvature as shown in a previous diagram where curvature is necessary to continue motion.

The drawing clearly marks the location of the biconvex lenses within their cube enclosures of zero motion. Observe carefully that as compression multiplies in the cube which encloses the largest lens, the cube itself compresses at the mathematical ratio to include the next smaller lens. This ratio follows the octave wave relation to the elements of matter which are endeavoring to multiply in each succeeding one of its nine octaves until they succeed sufficiently at the fourth octave to close the hole.

The gravity bar at the bottom of this diagram gives no indication of the four pairs of focal poles which the octave principle of the

elements demands to continue motion. Take note that this principle affects the ability to transmute.

We print the next two diagrams, Figures 59 and 60, to illustrate the thermodynamic principle that the invisible cold white light can only become visible by extending that light in every direction to create waves. Waves are therefore, formed by the compression of two extending lights meeting each other and overlapping in that effect which science calls "interferences."

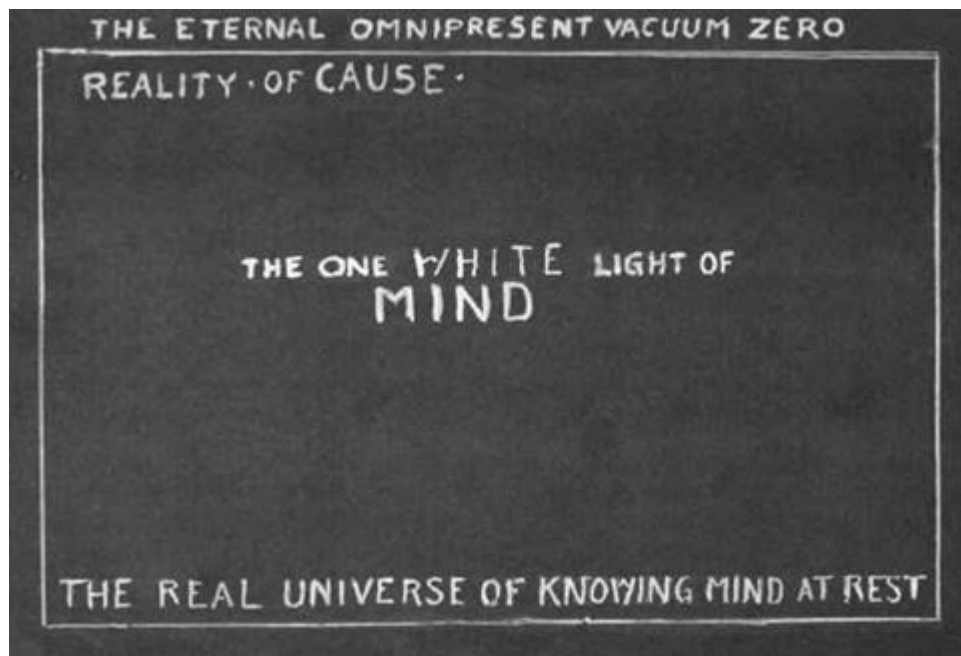


FIG. 59 The still universe of cold.

The sections of arcs which are thus affected cause biconvex lenses to form which focus back to their point of giving out from themselves in order to fulfill the principle of giving love out from themselves, for God is Light and love, also, is Light. The regiving of love in equal

dimension is fulfilled by the fact that the lens also focuses toward the center of the revolving wave. This dividing principle of extension of light from every point of it illustrates the Oneness of Creation by uniting pairs of identities into ONE IDENTITY. It even goes further by uniting all identities into their one Source of the Creator of all identities.

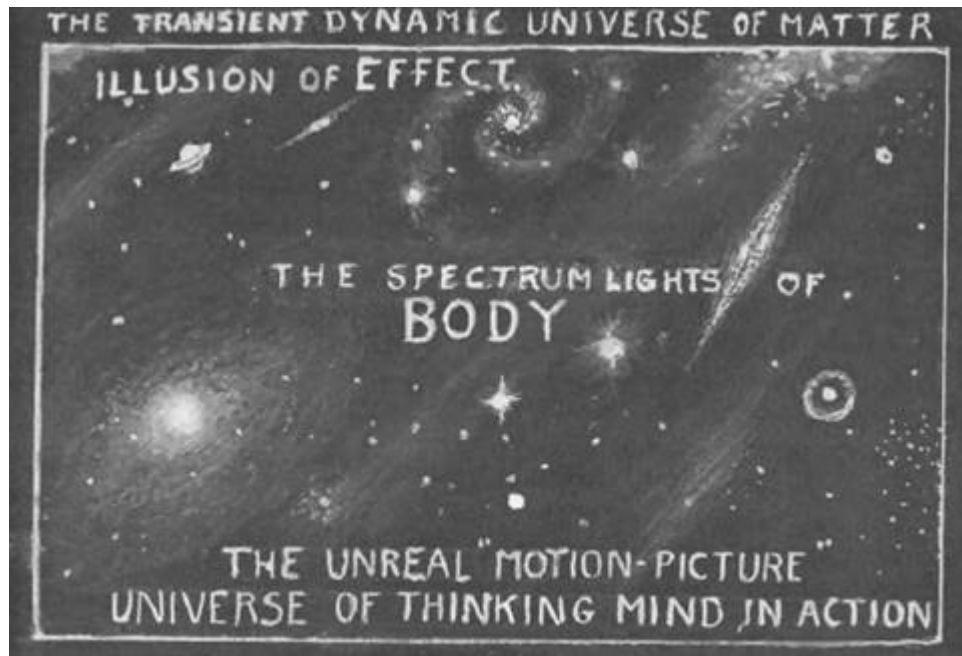


FIG. 60 The hot universe of light and motion.

The question of these divided pairs is the WHY of them. WHY create them? *The very simple answer to that Question is that God THINKS. God thinks but one thing. That one thing is the divine IDEA of LOVE. Desire of Mind to divide that one Idea into many seemingly separate ideas is for the purpose of dynamically picturing the effects which*

can arise from such *seeming* divisions of the indivisible ONE WHOLE.

Since God is LIGHT, there is no other way of expressing the Creator's one Idea than in making use of the ONE THING – LIGHT – as the *silent* language needed to express those many ideas, just as man needs words of *sound* to express his many ideas. We have referred to this soundless language of light in a previous lesson. We have described how an apple, a lemon, or trees of different species have meanings of their own and how they convey these meanings of their identities by their form, their color, their odor and other unchangeable qualities, and also how each one of these separate identities loses its separate identity in each other and all of them lose their collective identities in each other. *Thus is established the fact of universal ONENESS of all identities.*

This supreme fact of universal oneness is the most difficult idea to fully comprehend. Humans live in an environment which includes all ideas of Creation and it is often impossible for even the greatest of our intellectuals to comprehend his oneness with all things. The majority of the human race thinks objectively through its senses. The few who have developed sufficient inner vision to become Cosmic Conscious

KNOWERS instead of outer-vision thinkers come only once in a thousand or more years. These illumined ones are more apt to be crucified or ignored as being reactionaries during their lifetime.

Universal Brotherhood and its mutual interdependence through rhythmic balanced interchange must come into being in order to stop the fast-approaching wholesale slaughter of man by his own brothers. The day has come when it is quite possible that man may not only annihilate his own species suddenly by all-out atomic war, but more slowly through fall-out radiation and horrible mutations.

Not only is this possible but its forecast by that frightful word ARMAGEDDON is becoming more and more familiarly heard and written about than one would like it to be.

Nevertheless, men continue to deal with each other in an unbalanced manner which continues the process of disintegration, caring only for what comforts and luxuries the upper stratas can still get and with little thought or care for the lower underprivileged stratas.

Let us search for the reason of man's vast ignorance of the knowledge he has to learn. Study the dark nothingness of Figure 59.

It is very difficult for the unimaginative observer to understand that there is no darkness anywhere except through his own limitations of outer vision.

That is why this early stage of man's unfolding needs new *inner knowledge* – as Paul of past centuries and Emerson of the last century said it needed – to transform him into a Cosmic Being instead of a limited-sense thinker, and that is what we and other enlightened souls of today are giving to the world in order that man may find happiness such as the ecstasy of God's thinking.

We now print a series of diagrams to more vividly stamp this knowledge on man's memories.

Figures 61, 62, 63, 64 and 65 will help visualize the principle of creating visible light into pictures of God's imaginings better than words could possibly do. *Man's peaceful progress depends upon the understanding and practice of these inviolate Natural Laws which govern his universe, whether he is aware of them or not.*

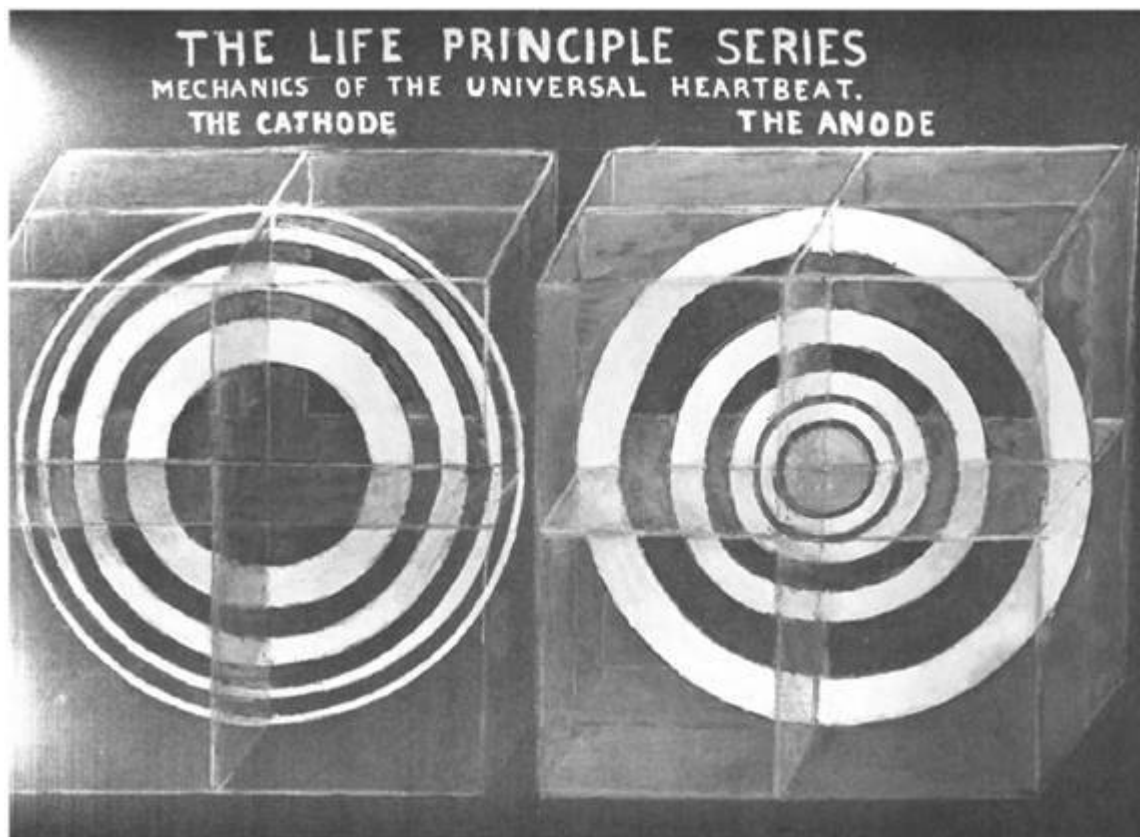


FIG 61 The life and death cycle, as shown by the compression (cathode) and expansion (anode) rings enclosed in cubes of gravity control.

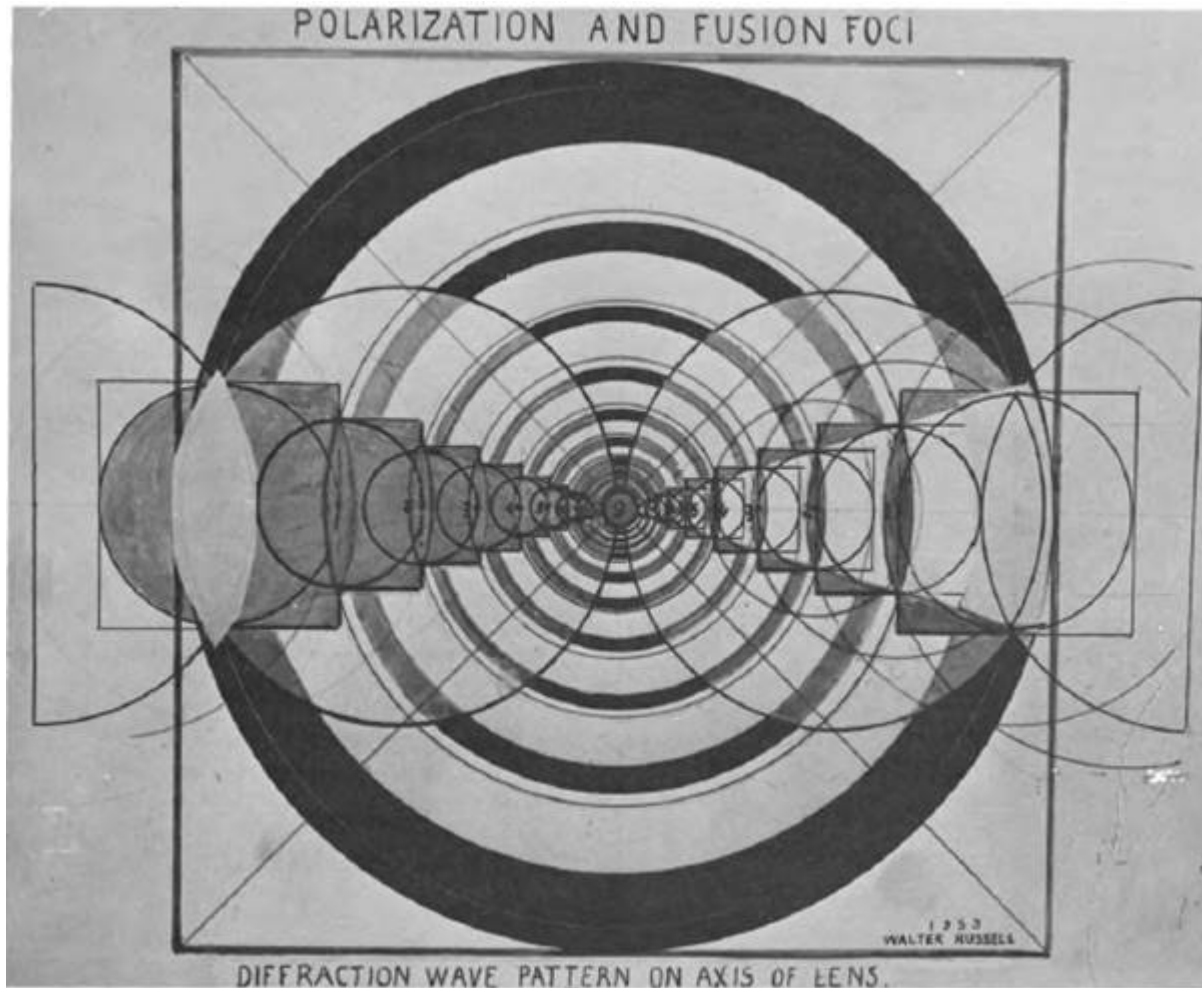


FIG. 62 The law which governs width of black spaces between diffraction rings, a law which has never before been known.

The one thing which is almost impossible for the mind of man to comprehend is to look into that blank dark nothingness of such a diagram as Figure 59, and Figure 63 in a lesser degree, and realize that they are on *three-dimensional angles of ninety- degrees from their axes of rotation, like the eight other cubes and six tetrahedrons which govern that division by dividing the indivisible "nothingness" into divided*

pairs of spectrum lights for the purpose of again uniting them into the oneness from which they sprang.

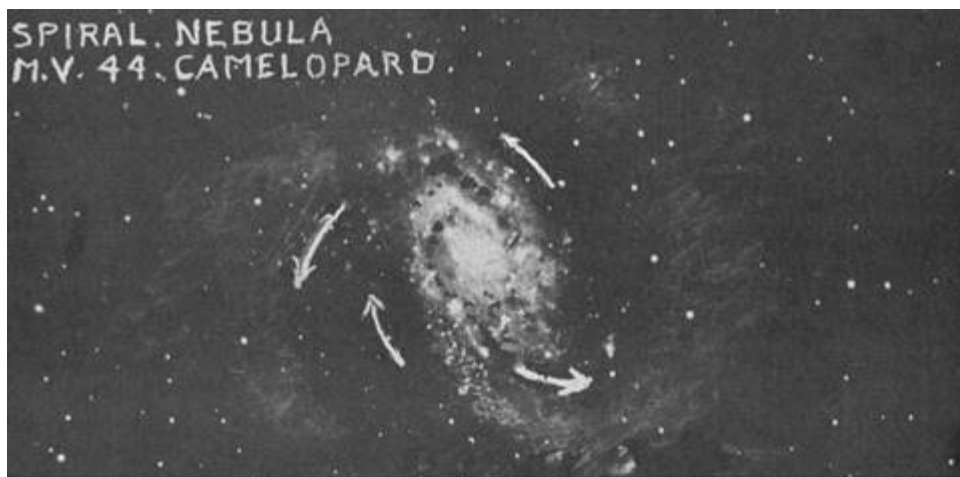
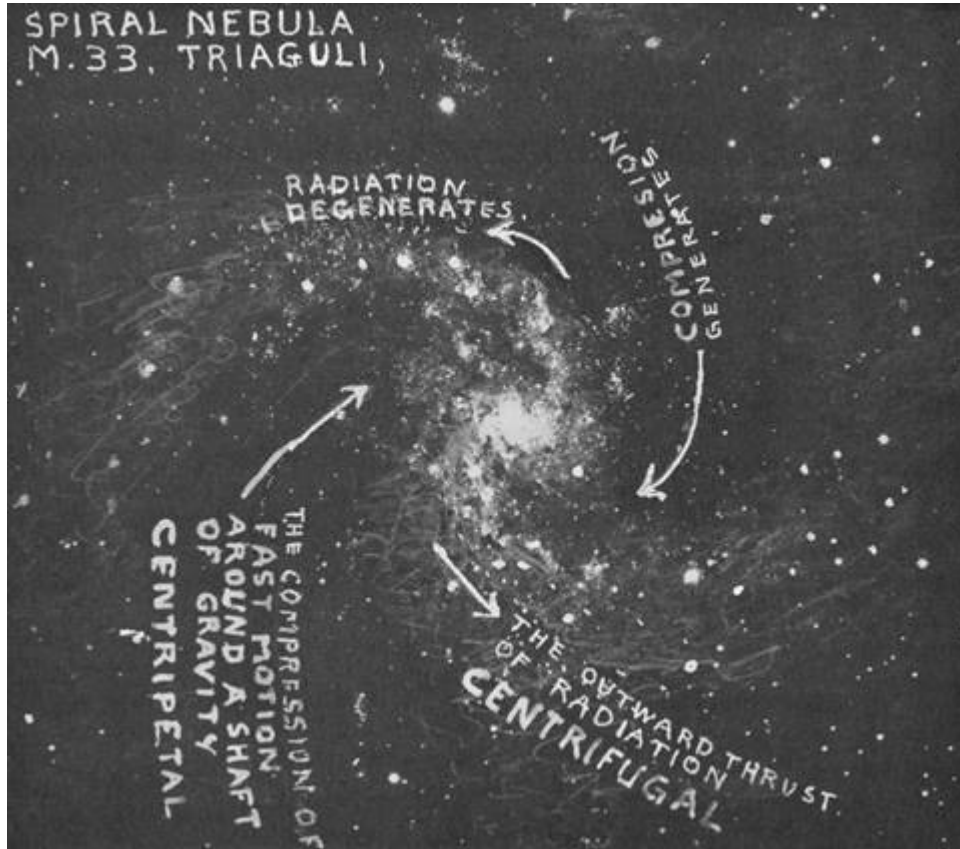


FIG. 63 The arrows on this two-dimensional flat surface seem to be also on flat surfaces. It is almost impossible to visualize that they are at angles of ninety

degrees from their axis of rotation.

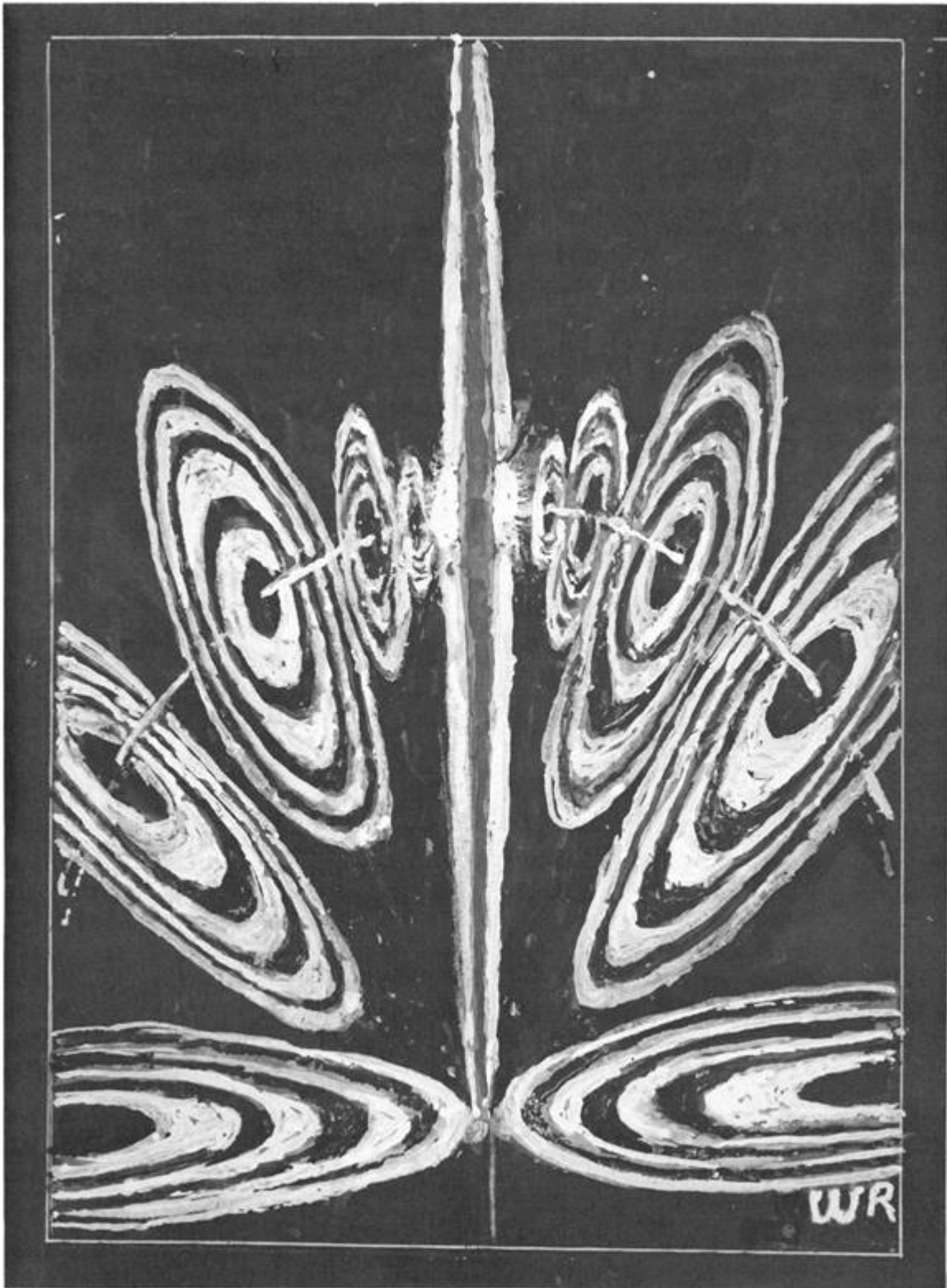


FIG. 64 Compression rings on the wave in octave formation, which is the basic cause of this curved universe of motion. In the center of this diagram are the expansion rings and spiral arms which radiate the heat which the cold has generated. (See our new Laws of Thermodynamics)

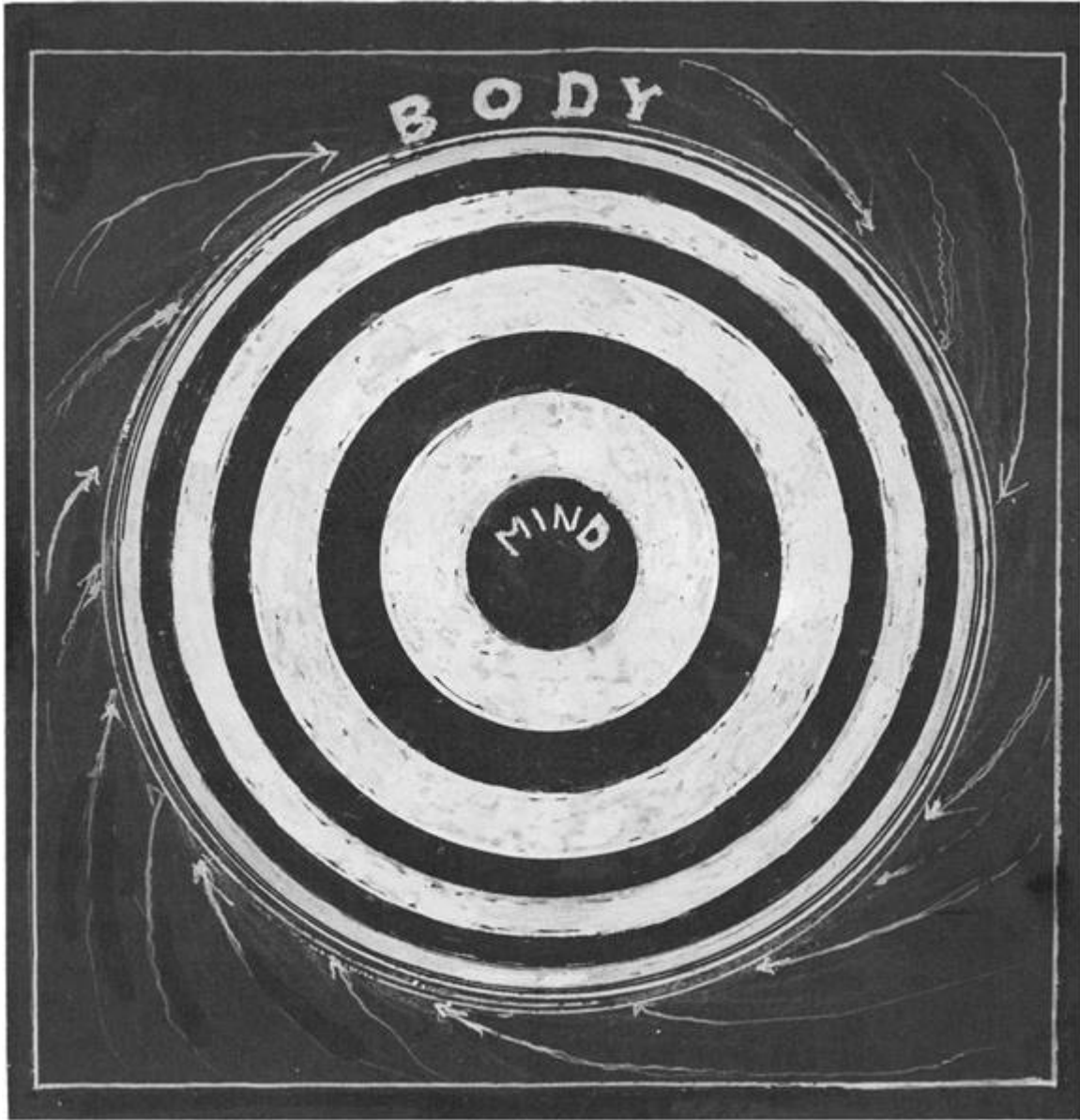


FIG. 65 This illustrates the light-wave current which runs through a solenoid of wire which helps this curved universe to be realized as such.

It will help to vision this opposition of direction by throwing a stone into the water. Even though the centripetal spiral which surrounds

the falling stone is parallel to the ripples caused by it, the direction of the force of its falling is ninety degrees from the direction in which it falls.

If these diagrams and the others throughout these lessons help to visualize the universe and the Creator of it into sufficient reality to help mankind to be transformed into Cosmic Knowers instead of sensed thinkers, our combined efforts in writing these lessons will have been well repaid. It is in this spirit that we will feel fully repaid and rejoice with you because of it.

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 44

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

WE OPEN THE DOORS WIDE TO OUR ROAD MAP INTO SPACE

Once more the time has come when it becomes imperative that we have a new look upon our universe and totally discard all old concepts. Since science began, it has periodically erased old concepts and replaced them with new ones. Copernicus erased Ptolmey and Galileo erased Copernicus. Then Faraday and Newton and Rutherford, together with Bohr, erased all of them. Science today will never know its own tragedy and what it is doing to disintegrate mankind unless it erases all old concepts and substitutes the TRUTH of Nature's workings.

Up to the year 1926, the door had been partly opened by Mendeleef who gave the world a chart of the elements perceivable by the eye as visible light, assisted by instruments which enlarged their scope to include hydrogen at the beginning and uranium at the end.

This is impossibility in Nature for without seed, nothing can grow. *The inert gases are the seeds from which elements grow, just as plants likewise grow.* Mendeleef shows only five of the nine octaves which exist in Nature; we show all nine in our charts. These are necessary

to include the eight colors of the spectrum, or *four* pairs centered by white.

Table of the Periodic Law. (Mendeléeef, 1904.)

Series	Zero Group	Group I	Group II	Group III	Group IV	Group V	Group VI	Group VII	Group VIII			
1		Hydrogen H-1008										
2	X Helium He-40	X Lithium Li-703	X Beryllium Be-91	X Boron B-110	X Carbon C-120	X Nitrogen N-1404	X Oxygen O-1600	X Fluorine F-190				
3	X Neon Ne-199	X Sodium Na-2305	X Magnesium Mg-241	X Aluminum Al-270	X Silicon Si-284	X Phosphorus P-310	X Sulfur S-3208	X Chlorine Cl-3545				
4	X Argon Ar-36	X Potassium K-391	X Calcium Ca-401	X Scandium Sc-441	X Titanium Ti-481	X Vanadium V-514	X Chromium Cr-521	X Manganese Mn-550	X Iron Fe-559	X Cobalt Co-59	X Nickel Ni-59 (Ca)	
5		X Copper Cu-634	X Zinc Zn-654	X Gallium Ga-700	X Germanium Ge-723	X Arsenic As-750	X Selenium Se-79	X Bromine Br-7965				
6	X Krypton Kr-819	X Rubidium Rb-854	X Strontium Sr-874	X Yttrium Y-890	X Zirconium Zr-906	X Niobium Nb-940	X Molybdenum Mo-960		X Ruthenium Ru-1017	X Rhodium Rh-1030	X Palladium Pd-1065 (Ag)	
7		X Silver Ag-1079	X Cadmium Cd-1124	X Indium In-1140	X Thallium Tl-1190	X Lead Pb-1200	X Tellurium Te-127	X Iodine I-127				
8	X Xenon Xe-132	X Cesium Cs-1329	X Barium Ba-1374	X Lanthanum La-139	X Cerium Ce-140							(—)
9												
10				X Ytterbium Yb-173		X Tantalum Ta-182	X Tungsten W-184		X Osmium Os-191	X Iridium Ir-193	X Platinum Pt-1949 (Au)	
11		X Gold Au-1972	X Mercury Hg-2000	X Thallium Tl-2041	X Lead Pb-2069	X Bismuth Bi-206						
12			X Radium Ra-224		X Thorium Th-232		X Uranium U-238					

FIG. 66 The Mendeléeef chart of the elements.

We cite this because man is able to comprehend the fact that growing things also grow seeds upon them, which seeds form the basis for their reproduction. Man is also familiar with the fact that separate species can be bred from a parent species in which identities are reborn from what they were before. This is a wonderful example of the unchangeability of the seed, even through death. The seed seemingly dies in the ground, but witness the weeds in your garden. Even though they are uprooted, they will return

again and again. The understanding of this will help you in knowing why one octave grows from another and that a destruction of any such offshoot will cause a reversion to its parent species.

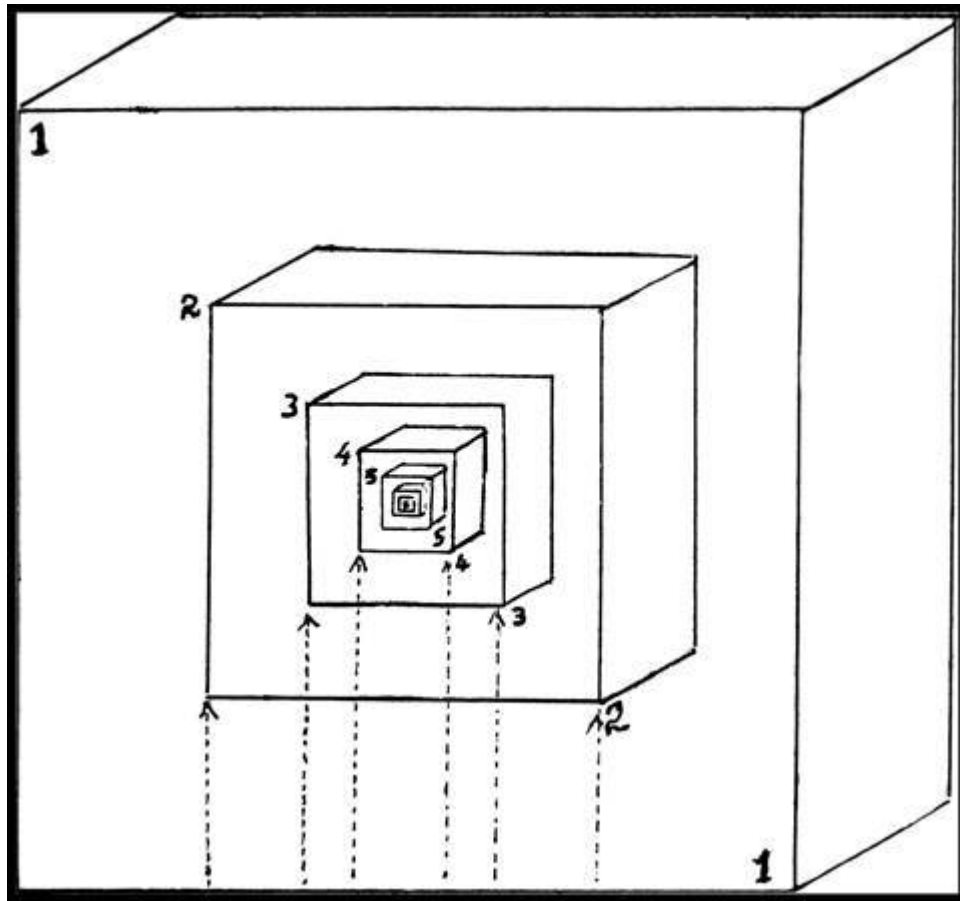


FIG. 67 The nine octaves of white light accumulating in the ratio of the inverse cube, of which the centering cube contains within it our nine- octave universe from invisible light to visible, and even then not visible until its fourth octave.

We use this to remind you of the principle which underlies our statement that destruction of such an element as carbon returns it to helium, the inert seed gas of the carbon octave. We also stated that elements of higher octaves, such as tungsten, if "electrocuted" would

also return to helium and not stop at xenon, which is its own seed. We give that as an explanation of the fact that man had not yet known of any previous inert gas seed. Helium is the first inert gas cited by the Mendeleef chart. He could not, therefore, know that it had passed beyond helium because he did not know that lower inert gases existed.

The Walter Russell charts of 1926. which have revealed the existence of nine inert gases, and the much improved and more complete charts printed here will help you better comprehend WHY every element of the entire octave will return all the way to the seed of its beginning in the still white Light of the Source of all of them.

These charts help us teach you the basic facts of life and instill within you the knowledge that the only way to accumulate power is by giving love out from your Self to other Selves and to growing things. To give love to another who sorely needs it is to give *him* power to conquer his needs and, in turn, it gives you power to give more from your Self. In that way, both you and he multiply the power to give more love out from yourselves.

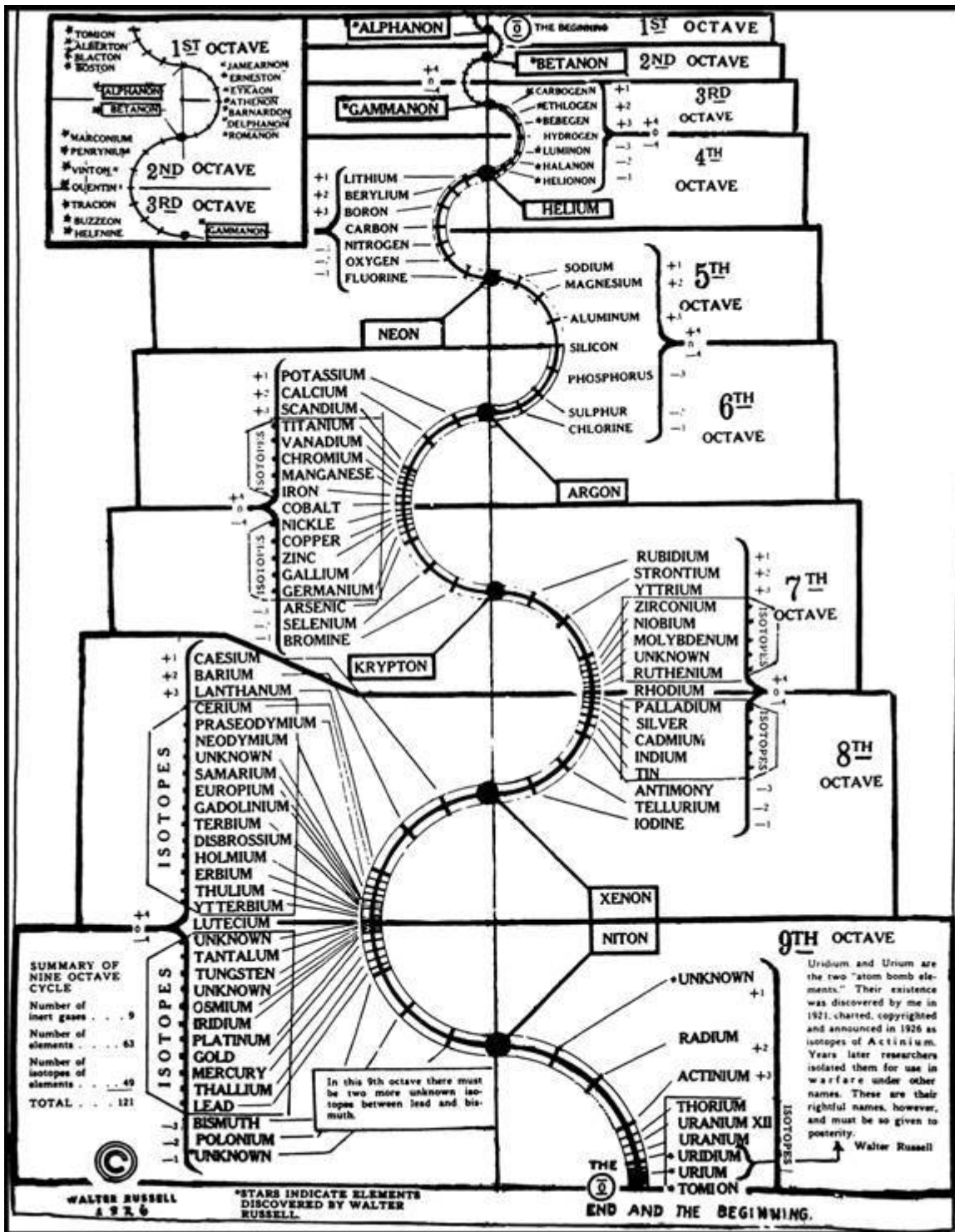
Let us demonstrate that basic fact in plant life. Every branch which extends from a tree constantly needs more of the power of love to

help it extend, and the giving of that power by its trunk gives more power to the body, even to its very roots. Likewise, each smaller branch which extends from that body gains and regives the power of love to the very roots. And that includes the smallest twig of another species which may be grafted upon it, and which is another identity, for that especially needs power to help it survive from the hurt of its "operation." Observe the work of Luther Burbank in transmuting trees by adding to their identity and thus making another identity, or that of the Negro naturalist, George Washington Carver, who transmuted the identity known as the peanut into two identities, the peanut and peanut oil.

This necessarily long prelude more fully prepares you for understanding how the desire for gaining power through knowing the secrets of God's Creation was gradually multiplied from the inconceivable "thinness" of the early octaves until their "thickness" made it possible for man to see and measure their body and potential. We talk about the vast distances of galaxies which are millions of light years away, but even a super intellect must strain to comprehend such distances as that. The distances in the early octaves outside of our own centering one are almost beyond imagination. It is, therefore, incredibly strange that man IS large

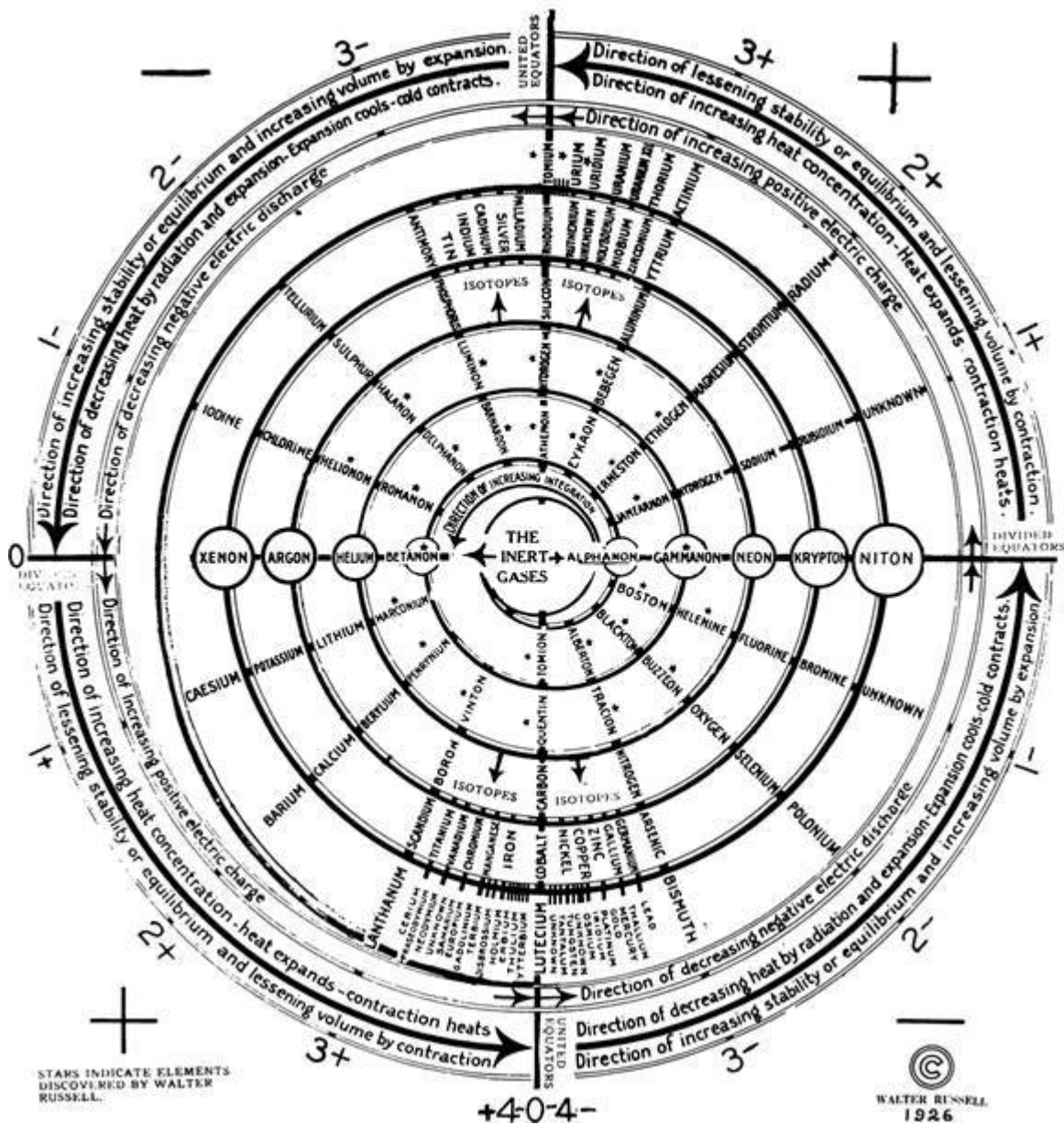
enough in intellect to have accumulated enough of the power of knowledge to make use of it in his science in controlling the little he knows to make implements such as his early stone hatchet and, in later years, his telegraph, radio, radar, airplane and astronauts' satellites.

We now, therefore, print the two charts of the elements made by Walter Russell in 1926. Figures 68 and 69 show how it is that atomic energy came into man's world. The recent and more comprehensible chart, Figure 70, affords still greater opportunity to show you how extended elements of matter must return to their first octave gas for renewed power, even as the extended branches of a tree reach to the very roots of it for continuous renewal of their power.



The Russell Periodic Chart of the Elements; No. I
 FIG. 68 One of the two completed Mendeleef tables of the elements which Walter Russell gave to the world of science in 1926.

Periodicity is a characteristic of all phenomena of nature



The Russell Periodic Chart of the Elements; No. I

The nine octaves of the elements of matter manifest the polarization principle for producing dynamic action by extending two equators from a fulcrum point of rest. These two equators arise by gyroscopic action, multiplied centripetally, in four concentrative efforts to an amplitude plane which is 90 degrees from the zero plane of the inert gases. They then descend in four decentrative, depolarizing stages to disappear in their inert gases and again reappear from them in endless cycles throughout eternity. Thus do all bodies appear and disappear – to again reappear – forever.

FIG. 69 The other one of the two charts given to the world by Walter Russell in
1926

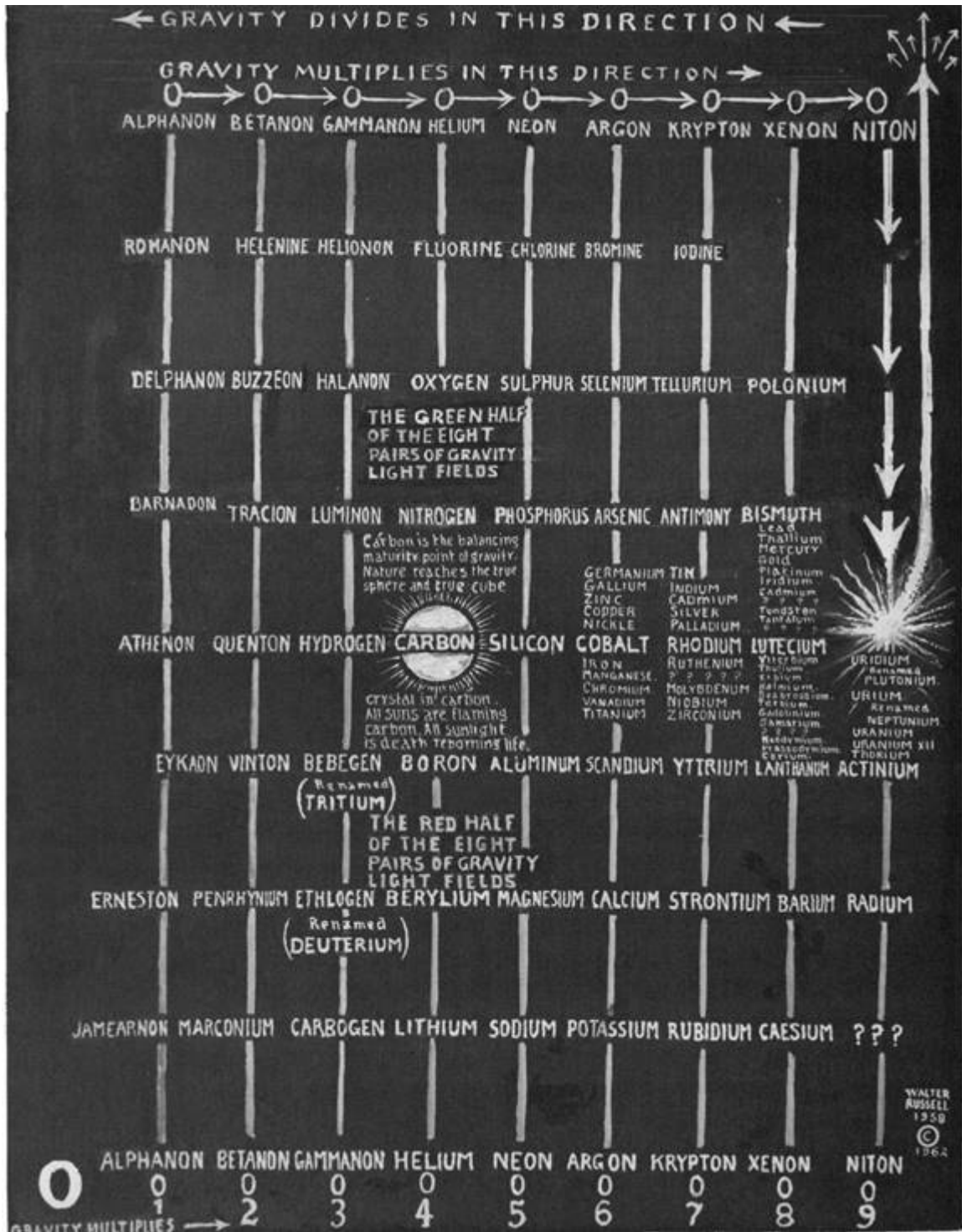


FIG. 70 THE WALTER RUSSELL CHART OF THE ELEMENTS OF MATTER (The 1960 comprehensive chart)

These will then help you understand the transmutation principle, the power projection principle and the solar energy principle which will aid man in advancing his science a thousand years in the next decade and thus realize his purpose of manifesting the God of Love upon his earth.

We climax these lessons with that new knowledge of how man can multiply his power only by giving out from himself to other selves.

Let us study Figure 70 with this idea in view. First take note that carbon is the *pivotal center* of the nine octaves and is in the anode position. It is the first of the wave amplitudes to have closed its hole and reversed its direction of compression from outward to inward. Its balanced position makes it possible to be encircled with the true matehood of geometric symmetry.

The succeeding amplitude positions lose that simplicity. Silicon, the next one on its wave amplitude, complexes to hexagonal symmetry. Then come cobalt, rhodium and lutetium which still further complex until the plutonium-neptunium ninth octave makes any form of crystal formation impossible by the multiplication of heat so that the entire octave explodes and gives back to its very roots all that which was given to it. But, like the tree which burned or died when it had

matured, another tree or group of trees will sprout from those very roots.

Carbon is the first amplitude element which has acquired sufficient strength to extend "children" from itself. Its completed spectrum, divided by a uniting equator, places it in the father-mother position, both of whom as divided pairs have united in balance to produce children such as our Earth, Mercury, Venus, Mars, Saturn and the outer planets. All of these planets and their moons are children of our sun. It has been but a few hundred million years that human life became existent on our earth. Venus will be the next planet to become ready for human life like this earth. However, it will not be ready for such life for several hundred million years. It takes all these long years for preparation to reborn the seed of humans like us. Our earth will slowly pass out into the cold of space as Mars, Saturn and the outer planets have already done.

When Venus is finally ready for life, the human seed will appear on it because the seed is carried in the inert gases and it is *eternal*. No better example could there be of the indestructibility of IDENTITIES. This is the very basis of transmutation as we will show you when we come to that subject.

The lesson to be learned from this principle is to attain such a character as to be assured of one's ONENESS with God.

When cobalt is reached, it has gained more power and can produce other elements which return at maturity to their alpha roots. Rhodium and lutetium have extended more such "branches" from their bodies and these have strengthened the main trunk, carbon, so that it can extend even stronger branches until the trunk can bear no more and the strength to support them breaks down from the very strain of it and explodes the whole nine octaves back into the very fires whose heat rays gave them birth.

Note that the speed of light has not developed in any of the other eight octaves preceding our ninth one to produce incandescence in them, and not then until carbon has at long last filled its hole. Density then increases from the outside in. Heat also increases from the outside in. Not even in hydrogen, the amplitude element of the third octave is there incandescence of itself. We have to make it so by adding incandescence to it in the form of fire.

If that were not so, the immense bulk of hydrogen in outer space would explode the whole universe. That tells the story of the smallness of our visible universe, which is only five octaves of the

entire nine, and the inconceivable time consumed in making the Creator's thinking in light become solid enough to create formed bodies.

POWER PROTECTION

We now apply our knowledge to complete control of gravity power. As we promised in our previous lessons, we will first consider the mystery of power projection. By that we do not mean power to project missiles from a point in this country to some other point in other countries beyond the Atlantic. *We mean power to destroy missiles in those other countries, or anywhere under seas by destroying the very metals themselves within which their explosive material is encased. In other words the enclosing metals can be so intensively heated and their conductive and inductive qualities so vastly multiplied that the explosive material within them will ignite and burst their casings.*

The secret of that is the same as makes transmutation possible by being able to compute the pressures of the elements. You will remember from past lessons when speaking of the language of light, we stated that its basis lies in the fact that *every created thing manifests only the idea of itself and cannot be a part or the identity of any other idea.* Figure No. 70 makes that meaning comprehensible. *It is all based*

upon the fact that the pressures developed in any element have their own distinct, unchangeable identities which are measurable.

A single simple example of that meaning is the thermometer. The identity of the man-idea has a distinct pressure of 98.6. The exactness which is so finely calculated down to a minute fraction indicates the knowledge of control that science has to be able to compute it. If a human's temperature is even one point higher, we know that he is ill. If it increases to 1 or 2 points above 103, we know that it would be impossible for him to survive unless he could conquer it.

This being known, it is mathematically possible for science to measure pressures of every element in the entire octave series with computers and other finely attuned instruments and establish unchangeable identities in any element so that power projected to them would, as we stated before, destroy their like identities in far countries.

It is needless to repeat what we have so often stated about the multiplication in octave progression in electronics, so we will now proceed to the discussion of transmutation.

TRANSMUTATION

Transmutation is based on the fact of gravity control of light. All light is curved and there are no parallel rays in it, as shown by the textbooks on optics. If you look at the diverging rays of light which are projected from the sun, they appear to be straight but even they curve from sun to sun in long and short curves as they progressively curve SPIRALLY toward the focal center of all suns throughout the universe.

We now believe that we have at last found a straight line at the equators of curved ones, but even they move spirally around an orbit of their final focal SOURCE in GOD, their Creator.

*This definitely proves that all Nature, which God*s thinking is. must move around THE THINKER in equally divided thought-wave pulsations which forever spiral centripetally to create illusions of time and continuity of motion in a still universe in which there is no motion.*

All of these facts about the nature of light in a curved universe must be considered by those who attempt to transform matter from one element to another. Its difficulties are not so complex, however, if these basic facts are understood. The du Pont Company proved these principles when it found new atoms by exposing them to light pressure but they did not know what they were. *That is because they did not compute them mathematically to find the exact pressures necessary*

for pure known atoms. They, therefore, produced "mongrel" atoms of untraceable mixtures.

A scientist, or group of scientists, of the Central Scientific Company, of Chicago, has finally given what we feel is one of the greatest advances to science that the world has ever known through the magnification of the atom 2,700,000 times, thereby bringing it within range of the eye to see. See Figure No. 71. This makes it possible to look directly at God and thereby prove that there is naught but LIGHT in all the universe. That Light, which God is, is invisible and inert when cold. It becomes visible only when being compressed by motion.

This discovery makes it possible for all electronic workers in the field of computers to be more exact and for radar engineers to vastly improve their instruments. It will also greatly aid science in the field of transmutation. *This knowledge is of incalculable value in proving the division of the spectrum and thereby the equality of all pairs of opposites and the statement we have continually made that fire and water are the only products of Creation, for flame becomes visible when compressed and invisible when expanded into cold. Between these two equally*

interchanging lights of rest and motion lies the life principle of Creation.

We unhesitatingly say that these scientists are worthy of great recognition.

Let us return to the photograph of the atom (Fig. 71). Study it with us:

1. Observe that the complete atom is hexagonal.
2. The outside hexagons are very large and all other hexagons become repeatedly smaller.
3. Observe that each atom, no matter how small, is surrounded by ripples which prove that they are water and, as we have stated before, *nothing other than water and fire were ever created. We also stated that fire destroyed everything that was ever created and returned it back to its original static cold zero for repetition.*
4. Let us further consider the incredibly and inconceivably small particle called the "atom" in the light of the seed. This means that the seed is a living thing for it begins to pulse. All living things pulse, which means that they are breathing in and out.
5. Pulsing seeds grow larger and larger. As they grow larger, they beget larger bodies of fathers and mothers.
6. It is an interesting fact of Nature that the father germ seed must be injected into the mother to produce pulsing life by

motion.

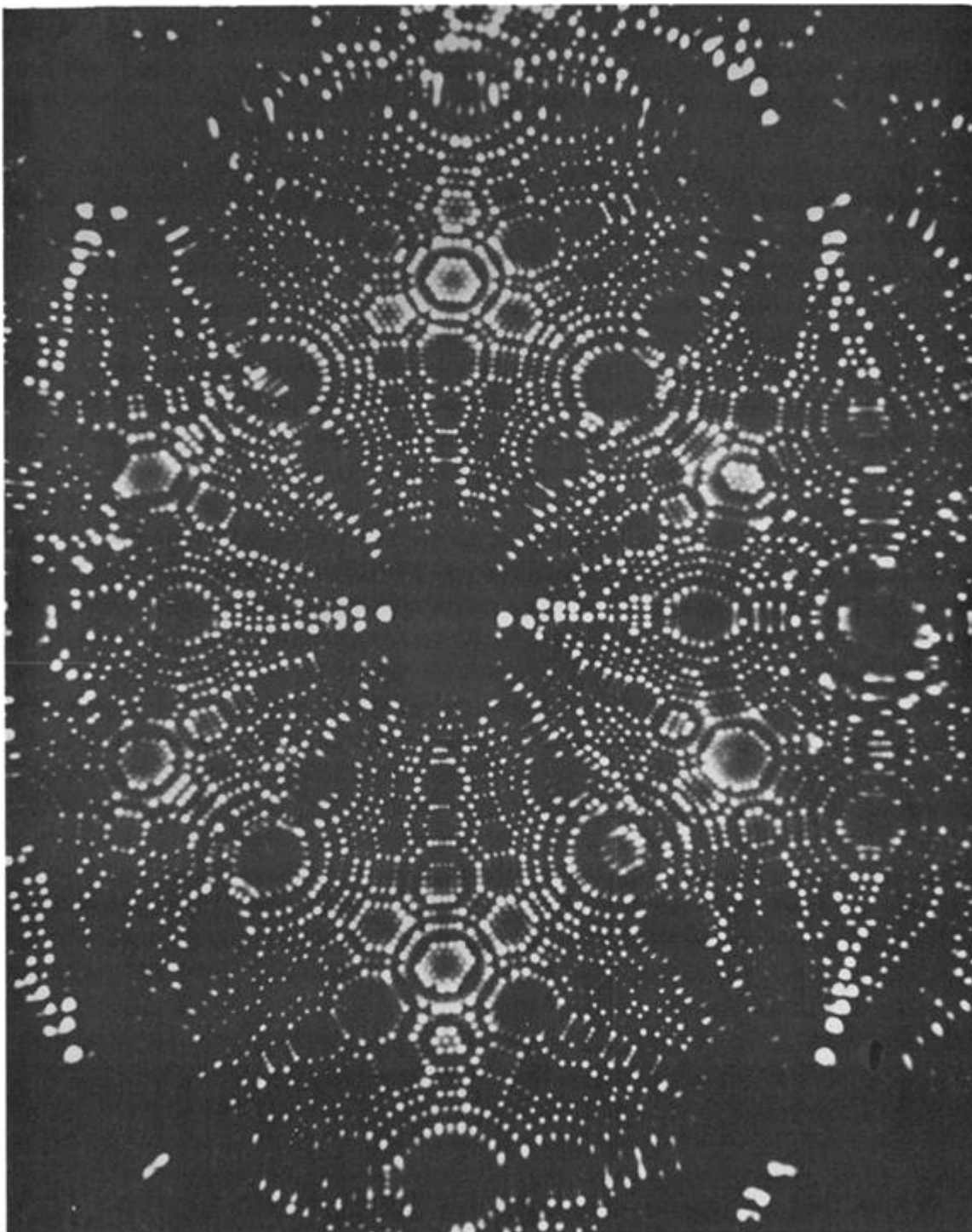


FIG 71 Photomicrograph of a pure tungsten crystal magnified 2,700,000 times, which was made by the Cenco-Muller Field Ion Microscope. The hexagonal form of water crystals is clearly shown in this picture.

All of the growth of the universe is finally returned by aeons of accumulated heat through the growth process of this curved universe, as outlined above which repeats itself over and over again, for God will never cease to think.

If you will but meditate upon this subject long enough to completely comprehend it, you will have gone far into your own understanding of what inner vision or Cosmic thinking means. This will help you attain the power that inner vision gives you in the command of yourself and of matter.

One more subject must be clarified in order that researchers are not misled by unnatural "discoveries." Science recently referred to the inert gases as "noble" gases because of the known fact that they would not mix with each other or with any other element. How could they? *They are the SEED of all the octaves of elements. One cannot mix seed but one can "mix" its extensions, just as two kinds of woods can be grafted together.*

The one simple thing that punctures their "discovery" is that they also announce that there are twenty-nine such "noble" gases. *There are nine inert gases only because there are but nine octaves, science being aware of only the five given in the Mendeleef chart, helium, neon, argon,*

krypton, and xenon. Atomic energy would not be possible if the plutonium octave did not have niton as its seed to grow from.

Having disposed of these road blocks, we will proceed to the mechanical means for providing that needed power to compute the exact pressures necessary to produce definite identities.

Necessarily, these must be conical solenoids. If the exact number of turns of wire can be computed to give octaves the proper pressures which Nature gives them, they will heat at each 1 - 2 - 3 - 4 octave. Much experimentation may be required to make them so, but once they meet mathematical requirements they will then be standard and be repeated. *They must be for the "language of light" tells us that identities cannot be changed without mongrelizing them.* Instead of obtaining the pure gas or metal that one needs, the product is not quite the one its identity calls for.

The work of transmutation also will greatly aid the mathematician to calculate his pressures, which he must do before he can transmute one element into another. Transmutation is one of Nature's orderly lawful processes. It is continuous in its cycles of rotation.

We have seen this process carved in the falling of a meteorite which turns into flame while resisting the friction of the atmosphere and

then into water again as it carves its own photograph into the frozen stone of which the meteorite is composed. We have seen oxygen and hydrogen turn into flame by the frozen stones of the meteorite's body in different parts of the world when they were dug up from the earth, stone literally being flame a few seconds before. We have seen volcanoes belch forth great flames of fire into a wet atmosphere which carved their photographs into lava, which frozen flame is. Why, therefore, should man have any trouble in finding out the secrets of transmutation when there are such discoveries to vastly aid him as knowledge of the inside of the atom magnified 2,700,000 times which has recently been given us?

Water is continuously returning to fire and that process is again repeated by fire turning to water. Even the astronaut John Glenn, saw this happening in an orbit of zero curvature where the atmosphere was presumed to be a void. In one moment he saw snow appear which turned to fire before his very eyes and then the flame instantly disappeared and turned to snow again. We have mentioned this fact before but, as an example of the natural processes of Nature, it is worthwhile repeating.

As we have previously stated, amazing help in making all calculations can come from the picture of the INSIDE of the atom (See Figure 71). Producing atomic energy is dangerous work. Atomic energy must flow its dangerous heat into a steam turbine while lenses can create energy from steam of superheated water. This can be done WITHOUT danger. An intense heat could be generated that would develop steam which could be led into a steam turbine for the creation of a dynamo or reactor as powerful as an atomic one but free from danger. The problem of heat must be solved in order that the coils do not overheat. The tubes which must run through the octave focal points to carry the transmuted material from atmosphere to gas or soft metals (dense ones being years away) would not get their required heat. Liquid helium could then be used to enclose the cones and heated air pumped through them.

A more simple and exact principle is the real solution of that trouble.

Power from solar energy is that solution. We will now talk about that.

SOLAR ENERGY

Long years of costly effort have been given to the solution of solar energy with little results. *The reason for that is because researchers have not used the octave progression principle which multiplies heat intensity.*

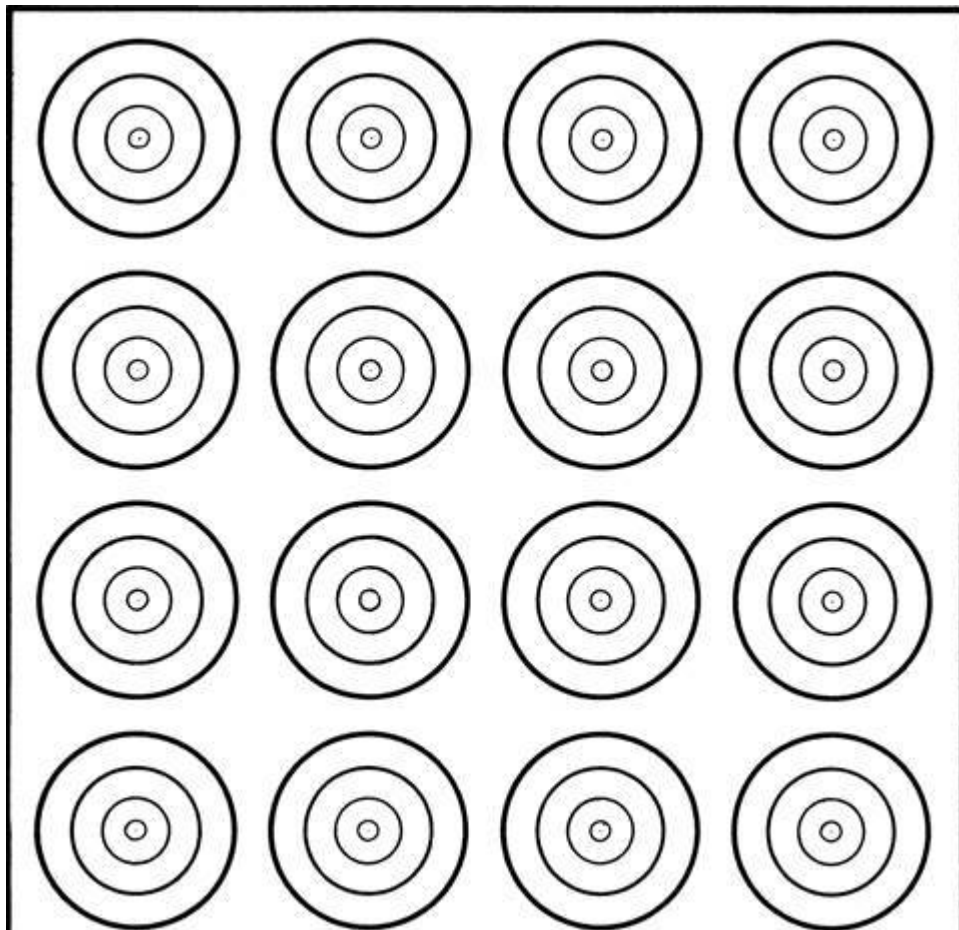
Flame can be produced by holding a biconvex lens over a piece of paper or wood splinters, but that is not enough heat intensity. Vastly more heat can be obtained by using the octave series of lenses.

We require more heat than the sun and one series of lenses alone can give us. Two stumbling blocks to this principle are cloud obstruction and the dark of night. However, we can acquire without break the intensely hot and WHITE light of oxyacetylene flame. The sun is 90,000,000 miles away. By the time it reaches Mercury, its temperature has greatly reduced, and even more so at Venus whose surface heat is over 200° while the earth's surface averages about 70°. That is because the sun's white light has been filtered out and we receive only its red rays here on our earth.

Let us then proceed upon the basis that we will use the WHITE LIGHT which we have multiplied and brought into visibility by short wave fast motion which we have multiplied from the CREATOR'S invisible, motionless Light which this universe is based upon.

The mechanics of this principle are also simple. Veritable Niagaras of power can be acquired from it. We will diagram them to work without need of experiment to meet the requirements of exact identities of unchangeable elements which are strictly pure. We

show you a diagram, Figure 72, which represents a metal frame around banks of lenses which project underneath in the octave multiplication systems given throughout all of the last of these lessons. This bank of octave lenses can be one of many series of such banks.

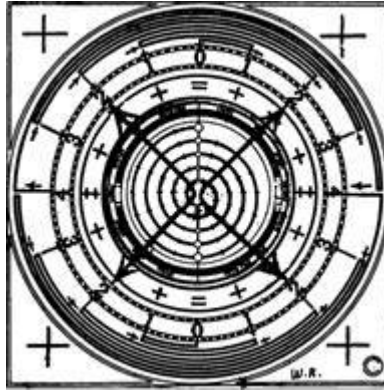


FIG, 72 One bank of an octave-multiplying assembly of lenses for solving the problem of solar energy, now given to the world in 1962 by Walter Russell. You are looking down through a 4-octave series of lenses such as you find on bar magnet drawing in Fig. 57. They represent the light which comes from the sun, but that light is diminished by the light of the sun having traveled through space for 90 million miles and its continuity having been interrupted by night and by intermittent clouds, for light does not shine in the darkness. Because of this discontinuity, transmutation by solar energy is quite impossible. A better light

because of its whiteness and because of no interruptions by long periods of night and clouds is the oxyacetylene flame, as we have formerly stated.

If enough of them were assembled under one hot white light, a veritable Niagara of heat-power could be concentrated upon a pair of metal plates between which water can be pumped at one end and come out boiling at the other end. The boiling hot steam thus compressed can lead directly to a dynamo or reactor and the problem of solar energy has been solved for such needed purposes as purifying polluted river water or salted water of the ocean. This would save piping sea water thousands of miles inland. Pure water can be also transmuted from the atmosphere as well as pure hydrogen and oxygen for fuels or to make rain.

As we have always said, Natural Science is simple and uncomplicated since the Creator's ways and processes are simple and uncomplicated. To KNOW CAUSE is to know what the EFFECT must be. From the simple principle outlined in these two units entitled "THE SCIENCE OF THE COSMOS" a new science for tomorrow can come into being which is based on Natural Law and could bring to mankind a greater era of peace and plenty than it has ever known. It is with our deepest desire to serve our fellow man that we commend these lessons on the new science to you.



THE COSMIC CLOCK

Swannanoa, Waynesboro, Virginia

Our dear Students:

Units 10 and 11, which we have entitled THE SCIENCE OF THE COSMOS, are the product of Walter Russell's great Cosmic knowledge of the Cosmos which we desire to give freely to you for the good of all mankind.

These two units may appear brief in content but they contain knowledge which could be amplified into volumes and could change the course of human destiny if man would but realize that all Creation with its expression in diverse forms springs from and returns to its ONE SOURCE – *ITS CREATOR* .

All down the ages, man has looked for the answer to himself and his universe outside of himself. When he at last looks *within*, he will wonder why he has always made his life – and his ways and processes of life – so complex.

The Creator's ways and processes are simple as we so often have stated and the time has come when man must make his ways and processes simple also. The world of science can truly lead the way

and will if it can recognize the basic CAUSE of all things. It has already gone far in demonstrating Natural Science in ways which we have pointed out in these last eight lessons. Now man has the choice of taking God, his Creator, into the laboratory and working with Him by putting Natural Law into full operation or destroying himself through a lack of comprehension of his ONENESS with all things.

Walter Russell is in his 92nd year as this unit goes to press. He has given almost half of those years to putting into words and diagrams the scientific knowledge with which he was illumined in 1921. Many deep thinkers in the world

of science acclaim and thank him for his great and selfless contributions to science but many who do not understand Cosmic knowledge do not comprehend and accept his great contribution. It has always been thus for those so far ahead of their day and, undoubtedly, always will be but we know that you, our valued students, will deeply appreciate this last great contribution of a man whose life for so many years has been a monument to God and man.

May all who study these lessons know the power and glory of our Creator in these SCIENCE OF THE COSMOS lessons and may the

world some day be enriched with the knowledge you will gain. This is our deep prayer in giving this new knowledge to you.

With our abiding love, I am,

Sincerely yours,

Lao Russell

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell
A Home Study Course of
THE SCIENCE OF MAN

UNIT 12

LESSONS 45, 46, 47 & 48

THIRD EDITION
(REVISED AND EXPANDED)



ISSUED BY
UNIVERSITY OF SCIENCE AND PHILOSOPHY
FORMERLY THE WALTER RUSSELL FOUNDATION
SWANNANOVA, WAYNESBORO, VIRGINIA

SPECIAL NOTE TO ALL STUDENTS

This course of study is issued to you as a student subscriber and is intended for you and your family alone. It is registered in your name with us and you are the only one who is entitled to a certificate from the Foundation which certifies that you have completed your course.

This course should never be given away or sold. It should not be even loaned except for brief intervals. It should always be by your side for reference during your whole life, for there will never be a time when you will not need it. Where there are several in a family each member should have his own copy, so that he can study it, or refer to it, when he wishes.

It is a great mistake to think that you can help spread The Message by giving your course away, or selling it. When you purchased your course you helped spread The Message by giving your support to its source. The source of The Message cannot survive if that which makes it possible for it to survive, is denied it by giving the course to

others. On the other hand, those who thus receive without re-giving are not fulfilling the law and will gain little by thus receiving.

If you wish to give your knowledge to others, do so by living it and extending it to others. Lend them one unit at a time for brief intervals, but never the whole, and be certain that you take each unit back before lending another. Give every man who asks, the knowledge you have to give, but make each man an extension of the source of The Message as you, yourself, are. If anyone is not sufficiently benefited or interested to do that, he is not ready for it. No one can force it upon him. We trust that each student will bear this in mind and do with his new knowledge that which will help those in need of this knowledge. This he should do in such a manner that they will re-give for that which is given to them.

WALTER and LAO RUSSELL

Copyrighted 1951, 1957, 1962, 1972 and 1982

by Walter and Lao Russell

No part of this manuscript can be printed in any form without permission from the authors, except by a reviewer who may quote brief passages in a review to be printed in a magazine or newspaper.

BOOKS WHICH WE STRONGLY RECOMMEND FOR SUPPLEMENTARY
READING OTHER THAN OUR OWN PUBLICATIONS.

COSMIC CONSCIOUSNESS. Richard Maurice Bucke, M.D. E. P. Dutton & Co.
Copyright 1923, by E. P. Dutton & Co.

THE DAWN OF CONSCIENCE. James Henry Breasted, Charles Scribner's Sons.
Copyright, 1933 by James Henry Breasted.

BHAGAVAD GITA. Prabhavananda-Isherwood translation. Harper & Brothers
Copyright by Vedanta Society of Southern California.

THE WAY OF LIFE. Laotzu, Witter Bynner translation, The John Day Co.
Copyright, 1944, by Witter Bynner.

MAN THE UNKNOWN. Alexis Carrel. Harper & Brothers
Copyright, 1935, by Harper & Brothers.

REFLECTIONS ON LIFE. Alexis Carrel. Hawthorne Books, Inc.
Copyright, 1952, by Hawthorne Books, Inc.

LEAVES OF GRASS. Walt Whitman. Dayid McKay.
Copyright, 1900, by Dayid McKay. (Copyright expired.)

NOTE. Quotations from any of these copyrighted books are made with the permission of the publishers, or the copyright owners.

Printed in the United States

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 45

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE SPIRITUALITY OF LOVE

This entire unit is built upon the spirituality of love. To truly know love as the sole motivating force of the universe is man's primary purpose on earth. The incidents of man's life are of secondary importance. If every institution of man's civilization were built upon loving service given in all interchanging with others, this world would be a wonderfully happy one, for only GOOD would then be given.

That is what we mean by the spirituality of love for God is LOVE and God is GOOD. God gives only GOOD to his divided Father-Mother universe and this GOOD is manifested by *giving and regiving. Nature, which is a manifestation of GOOD, always gives: it never takes.*

GOOD, therefore, is not divided into its *opposite* expression which is evil. It is forever unchanging.

Deep within man's Consciousness is the knowledge that LOVE is all there is for LOVE is God — and God is all there is.

To “discover” God is man’s eternal quest. All of man’s earthly experiences have but one purpose – to break the shell of his awareness to himself. His experiences take him down diverse paths and he knows great joy and sorrow as he walks down these self-made paths of life.

When he walks the path of love, he is happy and balanced. The sun shines brightly within his heart even on a cloudy day.

When he walks the path of hate, he is lonely and apart from all that would give him warmth within his heart.

When he walks the path of fear, he dies a thousand deaths in self doubts and diverse ills.

When he walks the path of greed, he is sick with self-deceit and imprisoned from the light of love which alone can set him free.

Whatever man experiences down his pathway of life, he has an insatiable desire to know the “wholeness” of love. This desire is only faintly known by some Souls who live a sensed-existence, but for the Soul that has unfolded farther along the path of Consciousness there is an everlasting search and longing for that completed circle of love.

Man may experience every kind of success in the material world: money, position, and power with the attendant adulation which he believes will completely satisfy his desires. With each accomplishment, there is a faint sense of “something” missing. That elusive “something” is what man is eternally searching for.

Within the lessons of our Home Study Course and books is the CAUSE and ANSWER to man’s eternal search, for in the understanding of the science of the universe and man, himself, lies the explanation of Life’s Cosmic Drama.

To understand the WHY of all things, however, one must truly know LOVE. In this knowledge and realization lies the answer to your eternal quest.

Those who know LOVE *know* GOD and, knowing God, know the ecstasy of eternal ONENESS. The man and woman who are true mates experience moments of oneness with all eternity when they reach that moment of complete *unawareness* of body-sensing. They are then one in the God-Light. This is the spirituality of love.

If men and women would search for their spiritual and mental mates rather than allow their physical senses to govern them, divorce would be impossible. There is nothing in this universe that could

separate a man and woman who know and share true love, for such a union is truly a marriage of God (Love). True love is eternal love and two souls who have “found” it will find each other again and again in life after life.

THE LIVING OF LIFE

The purpose of your whole life’s experiences is to find and KNOW your Creator. The laws of Creation are inviolate laws which man can only know through a basic understanding of the Creator’s ways and processes.

The principle which underlies all Cosmic Law is LOVE – and this, perhaps, would be better understood if we used the three dynamic words “RHYTHMIC BALANCED INTERCHANGE.”

The meaning of RHYTHMIC BALANCED INTERCHANGE is equal giving *for equal regiving* – and not equal receiving – because every pair of opposites in Nature is balanced equally, even unto life and death. What goes into the ground must equal that which comes out of the ground. BALANCE is the fulcrum of this lever of equal giving and regiving.

Love means equality between all things. It means equal division of all interchange in industry instead of bargaining so that one group gets the better of another. These principles are as important to the meaning of love in industry as the balance of love and sex is between man and woman.

There is an old expression which says: "T'is love which makes the world go round." No more appropriate expression could be devised to express the real meaning of "balance" in the interchange of all things. It is a well known fact that geniuses and Illuminates understand this principle of love for they give all they have without expecting material reward. When Walter Russell was making the sculptural bust of Ossip Gabrilowitsch, he asked Gabrilowitsch to play for him while he modeled him.

Gabrilowitsch replied: "I am used to playing for a large audience. I could not play for one man."

Dr. Russell replied: "Do you not always play for *one* man?"

It was the remark of one great genius to another for he well knew that Gabrilowitsch played first to satisfy the desire of his Soul and that the audience was secondary in his thinking.

A Beethoven or Mozart—or any true genius—is immortal for such souls fulfill the Law of Love. They are the fulcrum of the universe which swings upon a pendulum of equal giving and regiving.

HOW TO KNOW GOD

There is only one way to know God and that one way is through *knowing and living His Law of Love. That one way is found through inner vision which inspiration awakens into physical expression.*

All down the ages, man has felt the necessity of knowing that there is a God who created him. His desire inspired him to create idols which he formed in the image of himself, for he had not yet reached the stage in his Soul-unfolding where he *knew* the Light, which God is, that centered him.

Man knows God when his awareness of the God-Light is awakened in him. This awakening comes into being by diverse experiences and that is why we say *every* experience is GOOD. The experiences which bring man a great sense of aloneness most often are the ones which awaken the Light of God in him — for where there is sorrow, there is solitude, and then a point of rest is reached. Man's fulcrum, which is

his *balance*, lies *within himself*. To “discover” and know his fulcrum is his moment-to-moment task. That is why we so often stress the fact that the incidents in our lives are of importance but our adjustment to those incidents and what we gain *from* them is of *primary* importance.

When we at long last realize what the purpose of life is, we endeavor to use each moment constructively for we know that when we overcome a weakness in ourselves, we have gained strength in our character, and *our individual destiny is created by our individual character*. That is why philosophers of all time have counseled us to *seek within and know ourselves*.

To know ourselves is to know all men, for all men have identical God-like potentials which are just awaiting their awareness of them.

Jesus said: “Seek ye first the Kingdom of God within and all else shall be added unto you.”

Socrates said: “Know Thyself.”

The people who give most to life are usually the ones who have known the greatest personal suffering, either mental or physical. The deeper the suffering, the deeper the inner searching for the answer.

From that deep inner Source of all-knowledge comes, the clear answer.

There are many examples of man's spiritual awakening in desolate solitude. Men such as Socrates, Dante, Oscar Wilde, and others would never have given the great wealth of their thinking to the world but for their aloneness in deep sorrow arising from personal tragedies.

Kahlil Gibran, in his timeless and beautiful book "The Prophet," wrote:

"The deeper that sorrow carves into your being, the more joy you can contain."

No man knew greater sorrow on earth than Jesus did, and the more he suffered, the more, he loved and gave.

Deep within the heart of the persecuted is born pity for the persecutor, for the suffering Soul is often awakened and knows its true identity with the God- Self and, realizing this, is filled with pity for the unknowing one.

Solitary confinement can also awaken Cosmic awareness. It was undoubtedly such a Cosmic flash which inspired Oscar Wilde to

write the “Ballad of Reading Gaol,” about which it has been said that if he had written only this one poem, he would not have lived in vain.

Many men and women serving prison sentences have found their true selves behind prison bars. You are, no doubt, familiar with the statement: “The greatest sinners have often become the greatest saints.”

When reincarnation is fully comprehended, capital punishment will cease for the “body” that is put to *death* is not the “being” and that “being” or “Soul” will return in another body at the same stage of Soul-unfolding as it left. If it left with a sense of hate and revenge, it would return with the same negative thoughts and would play the same kind of “role” as it did in its previous incarnation. If the offender had an opportunity for solitary confinement prior to the death of his body, he could “find” himself. In other words, he could have a Cosmic awakening and his desire for revenge would be replaced with a desire to love. In the silence of man’s Soul is the seed of God’s love. In that love is only beauty and a desire to give — and in giving is unbounded joy.

In love there is freedom – every kind of freedom – for there can be no hate, fear, greed, jealousy, covetousness, or hypocrisy where there is all- enveloping love. When a man has the opportunity to know “himself,” he knows the exquisite ecstasy of his true Self – the Self which all men are destined to find and know whether it be in this life or a million lives from this one brief expression which, at best, is but a breath in the timelessness of eternity.

What is meant by “The truth shall make you free” is that when you really know TRUTH, you will live truth – and “truth” is love, honesty and beauty – and you will desire only to GIVE for you will know that you can fulfill your purpose on earth only by giving so that you may, in turn, be regiven. In other words, if the man who had taken a life or committed some other unpardonable crime had an opportunity to “know himself” in solitary confinement, then when he again returned to earth he would not commit the same crime for which he lost his life (body). An understanding of God’s scientific ways and processes brings full comprehension of reincarnation, which is the repetitive principle in Nature. That is why it is of utmost importance that Universal Law be understood and practiced in all human relations. An adherence to Universal Law will dispel individual and worldwide inharmony and the leaders of

all countries would endeavor to work cohesively for the peace and prosperity not only of their own people but of the people of the whole world. They would then truly be “their brother’s keeper.”

Only basic knowledge of the science of the universe and man, himself, will bring this Utopian state to earth, but the agony and sorrow of man’s awaiting is his alone. No words can express this more succinctly than God’s own words in THE DIVINE ILIAD:

“All men shall come to Me in due time but theirs is the agony of awaiting.”

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 46

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

THE MANIFESTATION OF LOVE IN CHARACTER

The great men of all time were men of character – men who have reached such supreme heights of wisdom, justice, and righteousness that it can be said of them that they closely emulate God on earth.

God, the Creator, is LIGHT. The language of Light is LOVE. Men of character are the Light of the world. Their every deed and action is based upon love (balance).

The Light of the world of today is going out and the world sickens unto death because character in man is at its lowest ebb in seven thousand years. As man's destiny is governed by his character, so is the world's destiny governed by the character of the people of the world.

If we are ever to restore our civilization to a state where the people of the earth can live happily together as a one-world family, we must build Godly people whose innate nobility is so basic that it would be impossible for them to act in any other than a noble way.

Let us review what we mean by that. A man of fine character is one who can be defined as a perfect gentleman. The best definition of a perfect gentleman is that he is one who can always be counted upon to do the right thing. If our world were made up of people who always did the right thing, we would have no crime, no prisons, no wars, no need for locking our doors for protection, and no unhappiness resulting from the wrong things people are forever doing.

A gentleman, or gentlewoman, of high character could not possibly speak ill of anyone nor repeat one word of malicious gossip. Neither could he take the slightest advantage of anyone in either social or business affairs, for he would know that gaining such an advantage would be at the price of his own soul.

A noble man, or woman, of high character looks noble and beautiful no matter what size, shape or color his physical features are. His nobility brings a radiance to his personage, a radiance which magnetically draws others to him. He stands apart like a light from his fellowmen. The power of his presence overwhelms and overpowers every lesser character. There is an ageless quality about him.

Such a person walks with a dignity in his, or her, bearing that makes heads turn as he passes. One says to oneself as he passes: "I wonder who that distinguished person is?"

There is something infinitely greater about such a person than what one sees with one's eyes. There is an invisible Presence encircling him which seems more real and overwhelming than the visible man himself. That Presence hovers over the very works of such a man, and this one can *feel* but cannot see. One stands before his work with reverence and is exalted with inspiration if it be a spoken word of wisdom, the interpretive rhythm of a poem or symphony, or a gesture of friendliness bestowed upon a neighbor by the wave of his hand.

How does such a man acquire his nobility and his power? How is it that he has found self-sufficiency and competence in a lonely and incompetent world? How is it that he has found complete inner joyousness and insulation from frustration in this crime-ridden, warring world of ravenous humanity where practices of inhumanity to man conspicuously overshadow kindly actions or love-inspired deeds?

From what inexplicable source comes the power of such a noble character as Mahatma Gandhi who quietly conquered a great nation, a nation whose armaments and high-walled prisons were unable to detain him? What better term is there to explain such power than to say that goodness and righteousness triumph over the power of might exerted against them.

Various practices in industry today breed disloyalty and contempt among employees. The lash of the tongue is resisted as much as the lash of the whip. The master and slave relationship is not conducive to lasting progress and success. That is why such organizations as unions were originally formed, to see that workers were given a fairer deal financially and spiritually. But now, however, the worker is in the driver's seat and instead of working for character, he all too often is working solely for material gain.

Until both Capital and Labor realize that LOVE must be the basic factor in their working relationship, neither side will be happy and progressive.

Bargaining can never bring success because it always leaves one side or the other with a sense of loss, whether the bargaining be between individuals, unions or countries. A settlement based upon the love

principle – and this means *balance* – is the only one that will stand for all time.

Character building will destroy the animosity which has always existed between Capital and Labor because commerce would be viewed from an entirely different angle. When man knows his purpose on earth, his work and everything he does will become more meaningful. Knowing that whatever he does, he does *for himself* will give color to his life.

The “purpose” of life has never been universally understood and so Capital and Labor resent each other for quite different reasons. Until UNITY is established between employer and employee, there can be no progress in industry.

Our book, SCIENTIFIC ANSWER TO HUMAN RELATIONS ~ A Blueprint for Harmony in Industry – fully deals with this vital subject and should be read by every thinking man. An equally important book is our THE WORLD CRISIS which explains how Industry could be the catalyst for world peace.

We can grow in awareness of God only through our experiences, as we have so often stated. Experiences mean action and interchange. Our lives must express balanced interchange and this produces

motion of bodies. Bodies in order to survive and function must have fuel. To fulfill the Law of Creation itself, we must *first* give. Therefore, we must first work in order that we can *earn* the food we eat. If there were no money interchange, we would still have to work to eat for we must always plant the seed, nourish the soil, harvest the produce and prepare the meal. Therefore, the food we eat is truly a manifestation of loving service given *to ourselves*, for without *loving* care man produces little and the body dies of starvation.

This truth has been made startlingly clear in those countries where labor is regimented to such a point that love has been submerged and the "slave" has lost all desire to live. Only work performed with love is lasting and fruitful.

How often have we said that we prefer a sandwich prepared with love to a banquet prepared as a "chore Food cooked with love feeds one's Soul as well as one's body.

Our world has become so mechanized and "classified" that the loving personal interchanges are disappearing. Parlor games have been replaced by "necking" parties and juvenile delinquency is ever on the increase for lack of loving parental guidance. Young people should be given the opportunity of playing competitive games in

sports. They need physical outlets for their bodies.* Working at something competitive and constructive is a necessary ingredient for happy, healthy bodies, and happy, healthy bodies are productive bodies.

Work and play, however, must be balanced. If either side outweighs the other and balanced action ceases, joyousness and productivity also cease and the end result is dissatisfaction. Dissatisfaction leads to trouble.

That is why we say that *character is destiny*— and we create our own destiny. “*Our own shall come to us.*”

KINDNESS

The greatest quality of a noble character is kindness. What is kindness but love in action? The more love we put into anything, the more inner joy we experience. And the more inner joy we experience, the more love and joy we extend to others. This joy — expressed in kindness — becomes a snowball and once it starts rolling, it never stops and gradually becomes a world snowball.

Either the world becomes a “snowball” of LOVE or it will disintegrate into “nothingness.”

God has given us a beautiful world to live in and everything to make life perfect but we must do our part, also, for unless we do our part by first giving to life, we cannot be regiven. Give kindness and kindness will be regiven to you. A wounded animal who is given kind attention will lay down its life for the one who saved it. If animals do this, why not extend the same kindness to your fellowman?

There are countless people in the world today who are hitting back at life because they have been hurt. One hurt after another has piled up within them and now it is exploding. *This is the deep-rooted CAUSE of most of the trouble in the world today.* Man is innately kind but, being kind, he is often abused and then goes in reverse and wants to hit back.

When men and women make the giving of love, thoughtfulness and kindness their *greatest* concern, all else will take its rightful place.

HUMILITY

Humility is love personified. How could one who knows love be other than humble, for he knows the basic longing of all souls to express greatness. This desire to express greatness is man's Soul-ego

– not his little ego which is expressed through his senses in self-aggrandizement and other selfish ways.

Humility is the mark of a truly great man. A humble man is fully aware that no matter how great his accomplishments are, he knows he could do better. Because of this, he is embarrassed when praised.

Humility grows as God-awareness unfolds. It brings a sweetness and gentleness which is irresistible in young and old alike.

A humble man is a powerful man who is respected and sought after as a leader. *Such a man's judgment comes from his Mind-knowing and not from his sensed-thinking.* That is why true humility should be the goal of all our world leaders, for the destiny of mankind is in their hands.

HONESTY

The character trait of honesty is not only essential to our personal peace and happiness but it is VITAL for world peace and security.

There can be no successful interchange in human relations, whether individual or collective, if honesty is not the fulcrum of that interchange.

Honesty is the balance wheel for any business transaction because unless there is honesty there is ultimately bound to be failure.

We are, today, witnessing so much dishonesty between nations that the people of the world feel very insecure. This insecurity is the root cause of poor business. An insecure man does not spend, for he is filled with fear for the future instead of faith.

Trust between all peoples must be restored. *To have TRUST, we must have HONESTY.*

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 47

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

GOD'S PURPOSEFUL INTENT FOR MAN and THE POWER OF MOTHER LOVE

We will endeavor to explain God's purpose in placing man on earths of Creation's starry systems and how far man has progressed to this date.

Science has tried to prove how life came into the world. In so doing, many scientists have left God entirely out of their thinking by attempting to prove that life came into the world through the congealing of mythical ooze, or a primordial substance, as a basis of life. Intelligence is presumed to come through the development of the bodies thus created, and each body is presumed to have a separate mind of its own.

It seems strange that the existence of water was not questioned as it aided in creating the substances which gave birth to humans and forests and millions of other *living* things. This is tantamount to saying there is no Creator. It certainly was not intentional for these scientists to leave God out of His Creation for most of them would be shocked if they were accused of being atheists.

In order to describe and analyze the cause of man's present condition, we must go back to the beginning of history. Even before the emergence of man from the Sahara jungle swamps – which James Henry Breasted so brilliantly describes in his "The Dawn of Conscience" – there have been killing instruments such as the stone hatchet and the spearhead which are even at this date still being unearthed. These indicate that war began in the jungle, but no one has reasoned WHY. Man began to conquer man because he resented another getting the food he was hunting for himself. From the early dawn of life, greed multiplied in him and has continued to do so up to this very day when man still preys upon man.

Greed brought misery to the Egyptians, the Hebrews and the Chinese thousands of years before the story of Adam being the first man to be born on earth came into being.

A colossal mistake was made in this Adam and Eve story which gave no import to woman because she was believed to have come from the rib of man. (If anything, this story should have been given in reverse since man is conceived, nurtured and given birth from the womb of woman.) It made woman inconsequential and a creature

designed to obey man. To make the sting still greater, man claimed that God cursed her for creating sin.

Woman was always considered more lowly as a mental mate and still is in many countries. In the days of the Pilgrims, women were subjected to strict obedience and claimed to be sinful. Remember the scarlet letter "S"? The woman— not the man who had equally "sinned" —was forced to wear this dreaded sign on her breast for the rest of her life.

The life of woman became that of a slave. Man was the master of the house then, as he still is in many Asiatic countries today. In the Orient and other Mediterranean countries, women slaved for their masters who ruled them as strictly as they would their slaves.

Everyone is familiar with the Arab who sat in front of his tent and let his many wives work for him. They tended his goats, his camels, and horses and did all the work in the fields. The wealthy Arab kept his wives in harems where they were watched over by "keepers," men who had been robbed of their manhood and were known as "eunuchs." Today there is some change which has developed gradually in countries like Arabia and Egypt. It is wonderful to see dignity restored to women by the removal of the veil and allowing

them to converse with other men. We now see women in these countries moving freely about in public parks and market places. We understand, however, that Arabian women are still not permitted to sit at the table with their men although they are the ones who prepare the meals.

This shows how far away from the goal of “equally divided pairs of opposites” our civilization still is and is a reflecting comparison between past and present ages.

We return to the days when man first made himself the greatest enemy of himself, *which he is to this very day.*

Greed was generated by the invention of money in Babylon and the usury system. With money came the desire for power, power to control other men. And increasing power brought man nearer and nearer to his degradation.

As man’s greed for money and desire for power continued to increase, heinous crimes including murder were unhesitatingly being resorted to. Holdups and killings had become so commonplace that even children killed for the mere pleasure of killing, often killing their own fathers and mothers.

In comparing past ages with the present, we will return for a moment to the early days of ancient Egypt in order to describe the great progress that took place during the Age of Character which James Henry Breasted so vividly describes in "The Dawn of Conscience." Egypt gave us our first great knowledge of the following cultural arts which were then at their highest peaks, higher than has ever since been reached in all history:

ARCHITECTURE: As demonstrated by such superb structures as the great Temple at Karnak, which took four or five centuries to construct, the Pyramids of Gizeh, and the Pyramid of Amenemhet III at Dahshur.

ASTRONOMY: As demonstrated by the Gizeh pyramid. These ancient men of thousands of years ago knew the position of the North star and the rate of speed at which it traveled per year and built a long stairway from the opening to a hole in its side through which a man of even this century could view it.

MATHEMATICS: As demonstrated by their measurements of the earth's circumference and diameter with such accuracy that it enabled them to make the first calendar. It also enabled them

to place the faces of the pyramids at such angles as to make them in accord with the orbits of the earth around the sun.

SCULPTURE: As demonstrated by such superb stone and bronze sculpture as the portrait of Amenemhet III, carved ivory plaques depicting Egyptian divinities from the Hebrew Temple at Samaria, and the black granite stone head of Ptah of Memphis.

One of the surprising facts about this cultural growth of the Egyptians is that *metal* tools were made at that early date so many, many thousands of years ago.

POETRY: As demonstrated by such superb poetry as the following which James Henry Breasted quoted in "The Dawn of Conscience" , published by Charles Scribner's Sons, New York:

The Corruption of Men

"To whom do I speak today?

Brothers are evil,

Friends of today are not of love.

To whom do I speak today?

Hearts are thievish,
Every man seizes his neighbour's goods.

To whom do I speak today?

The gentle man perishes,
The bold-faced goes everywhere.

To whom do I speak today?

He of the peaceful face is wretched,
The good is disregarded in every place.

To whom do I speak today?

When a man should arouse wrath by his evil conduct,
He stirs all men to mirth, although his iniquity is wicked.

To whom do I speak today?

Robbery is practiced,
Every man seizes his neighbour's goods.

To whom do I speak today?

The pest is faithful,

(But) the brother who comes with it becomes an enemy.

* * * * *

To whom do I speak today?

There are no righteous,

The land is left to those who do iniquity."

The capstone of all Egyptian poetry was the Psalms which were passed down through the centuries and were later accredited to King Solomon. This is the most beautiful book in the Bible. We quote again from James Henry Breasted's "The Dawn of Conscience":

Day and Man

Egyptian Psalm

"Bright is the earth when thou
risest in the horizon;
When thou shinest as Aton by day
Thou drivest away the darkness.
When thou sendest forth thy rays,
The Two Lands (Egypt) are in daily
festivity.
Men waken and stand upon their
feet
When thou hast raised them up.
Their limbs bathed, they take their
clothing,
Their arms uplifted in adoration to
thy dawning.

Bible version Psalm 104:22-23

"The sun ariseth, they get them
away,
And lay them down in their dens.
Man goeth forth unto his work
And to his labour until the evening."

Then in all the world they do their work."

Universal Creation

Egyptian Psalm

"How manifold are thy works! They are hidden before men O sole God, beside whom there is no other. Thou didst create the earth according to thy heart."

Bible version Psalm 104:24

"O lord, how manifold are thy works!
In wisdom hast thou made them all:
The earth is full of thy riches."

We cite these because that early civilization was the first to believe in and mention the ONE GOD, which no other civilization since then has until our present one (The Krishna of the Bhagavad-Gita and Jesus). The ten commandments have not been observed during the thousands of years since this Egyptian Age of Character.

In those days, if a youth offended his father, it was never because of crime but because of unrighteous thinking. If he went too far and exhausted his father's patience, his father would open the door and command the son to walk out toward the sun – which symbolized their God of Righteousness – and remain there until he regained his righteous thinking. No one would help him in any way for everyone respected the father's judgment and wishes.

Now, it may seem strange but these most righteous people were so affected by the Babylonian invention of money that they developed complex systems of power in their greed and eagerness to acquire more money. They even hastened their own degradation and destruction by selling absolution from sin for a price, a practice which has been repeated centuries later by people of this age.

Oscar Wilde describes man's degradation truthfully when he said:

"I must say to myself that I ruined myself, and that nobody great or small can be ruined save by his own hand."

At this time, also, the master and slave state began with man being the master and woman the slave, a practice which was greatly aided by the Adam and Eve story. To this day, man rules and woman serves. *Men head every institution of command throughout the world and women are made dependent upon them for their existence.*

We can truthfully say that the greatest crime that man has committed against civilization's strong growth is that of refusing to recognize woman's mentality as being equal to his, and the only time we can get our world in balance is when man realizes that there *must be* EQUAL INTERCHANGE between man and woman — and

all other created things, both mineral and vegetable, animate and inanimate.

EVEN THE SPECTRUM OF THE SUN MUST INTERCHANGE EQUALLY, EACH COLOR WITH ITS OPPOSITE SEX MATE, TO KEEP THE UNIVERSE IN BALANCE.

Science recognizes this principle. It has made a law of it which reads: *Every action and reaction is equal and opposite.* But Science is not consistent in practicing it with relation to the equality of woman.

One of our main purposes in giving this course is to give you the science of this two-way universe which is expressed in every department of Creation through the *equal male-female principle*. The world will destroy itself by its own hand unless it reverses its practices and gives women equal mental recognition with men. World balance must be accomplished in order that we may have world peace.

MAN AND WOMAN ARE THE WORLD SO IT MUST BEGIN
WITH THEM!

* * * * *

WORLD DESTINY LIES IN MOTHER LOVE

The destiny of the world today is in the hands of the women of the world. At no time in human history has the healing balm of mother love been so urgently needed.

Within the deepest depths of woman's soul is the urge to give and to protect. Her role on earth is to nourish and give of herself as Mother Earth so bounteously gives from her body to our bodies.

Man's way of life all down through the ages has submerged woman's rightful place *beside* her mate and made her role that of an "appendage" rather than that of an equal half of a perfect whole.

We have written much of this balance between man and woman in our books, especially in "GOD WILL WORK *WITH* YOU BUT NOT *FOR* YOU", "THE WORLD CRISIS" and "THE ONE-WORLD PURPOSE."

No one understood the necessity of woman's rightful recognition better than did that great illumined soul, Kahlil Gibran. In his book "THE BROKEN WINGS", which was so sensitively translated from Gibran's native Arabic by Anthony R. Ferris and published by The Citadel Press, New York, he expresses his deep understanding of woman's position in the world and of the suppression of her true

desires to fit in with the materially-sensed world mankind has created. He says in part:

“. . . woman's place in society, the imprint that the past generation had left on her character, the relationship between husband and wife, and the spiritual diseases and corruption which threatened married life . . . The poets and writers are trying to understand the reality of woman, but up to this day they have not understood the hidden secrets of her heart, because they look upon her from behind the sexual veil and see nothing but externals; they look upon her through a magnifying glass of hatefulness and find nothing except weakness and submission.”

He continues:

. . . In the heart of this rock there are two symbols depicting the essence of a woman's desires and revealing the hidden secrets of her soul, moving between love and sorrow – between affection and sacrifice, between Ishtar sitting on the throne and Mary standing by the cross. The

man buys glory and reputation, but the woman pays the price.”

Kahlil Gibran was truly a prophet for he foresaw and foretold man’s plight in the coming years. And as we are writing this, the world is indeed in chaos.

In this same book, “THE BROKEN WINGS” , he goes on to say:

. . . Human society has yielded for seventy centuries to corrupted laws until it cannot understand the meaning of the superior eternal laws. A man’s eyes have become accustomed to the dim light of candles and cannot see the sunlight. Spiritual disease is inherited from one generation to another until it has become a part of the people, who look upon it, not as a disease, but as a natural gift showered by God upon Adam. If those people found someone free from the germs of this disease, they would think of him with shame and disgrace.”

This is the tragedy of man. In time his corrupt ways have become the accepted way of life. Our world today is “sick” – there is trouble in every land. All men - everywhere - need the healing power of mother love. Greed, doubt and fear fill men’s hearts. WHY? The

cause of all these negative traits springs from a deep-rooted sense of insecurity. Only LOVE can cure the world's ills – and Mother love can and will bring BALANCE to our world if women would express their innate desires of love and protection.

Again we quote from Kahlil Gibran's book, "THE BROKEN WINGS" in which he so gloriously expresses his understanding of mother love:

" . . . The most beautiful word on the lips of mankind is the word "Mother" and the most beautiful call is the call of "my Mother." It is a word full of hope and love, a sweet and kind word coming from the depths of the heart. The mother is everything—she is our consolation in sorrow, our hope in misery, and our strength in weakness. She is the source of love, mercy, sympathy, and forgiveness. He who loses his mother loses a pure soul who blesses and guards him constantly."

"Everything in nature bespeaks the mother. The sun is the mother of earth and gives it its nourishment of heat; it never leaves the universe at night until it has put the earth to sleep to the song of the sea and the hymn of trees

and flowers. It produces them, nurses them, and weans them. The trees and flowers become kind mothers of their great fruits and seeds. And the mother, the prototype of all existence, is the eternal spirit, full of beauty and love. . . . The word 'mother' is hidden in our hearts, and it comes upon our lips in hours of sorrow and happiness as the perfume comes from the heart of the rose and mingles with clear and cloudy air."

Oh, may woman express this great love which centers her and bring to all mankind a greater sense of "belonging" to each other than it has ever known.

It is *contentment* that man needs rather than what is called "happiness." Contentment is what a child knows when cradled in its mother's arms and suckling at her breast. Contentment is what the mother

knows when she is nursing her baby at her breast. The fulfillment of life is known by the mother and father of a newborn babe when they gaze upon that precious extension of their united love. The ultimate in fulfillment can be known only, however, by the mother and father

who are spiritually, mentally and physically mated for only such balanced matehood can bring the ecstasy of complete fulfillment.

A return to a simpler way of life than we have had during the past fifty years would bring man greater inner peace and strength which he could not fail to express in his workaday life.

When we speak of women taking their rightful place in the world, we are not advocating public office. The *most* important base of operation is the home for it is from the home that all life begins. It is like a springboard to the ocean of life. If it is a good, strong, solid springboard, it will send one forth with strength and confidence.

We take the aura of the positive qualities of love, beauty, contentment, good will, courage, cooperation, thoughtfulness, and kindness or of the negative qualities of greed, hate, cruelty, crime, disunity, and fear with us when we step out into the world from our home base. *What we greet the world with the world regives to us in kind.*

There is but one place to look for solutions to personal or world problems and that one place is within ourselves or our country.

A marriage and the life which extends from the two people who made it is as good as the man and woman who contracted it. If they

both give and serve each other *equally*, it will be a perfect marriage. If one takes more than he gives, it will either dissolve in divorce or the man and woman will live as strangers to each other.

The same applies to the world of men. They must either live the Law of Love (RHYTHMIC BALANCED INTERCHANGE) or face the continual devastation of war — *and therein lies the destiny of the world.*

All mankind today is suffering from some kind of *dis-ease* either self-inflicted or as a result of other men's violation of Natural Law (RHYTHMIC BALANCED INTERCHANGE).

Women must fight to bring spiritual balance as they have never fought before. *This age of materialism and slaughter must be replaced by an age of love and character.* The mothers of the world—*which all women are*—can accomplish this. It is worth the battle and the prize is beyond price for men everywhere desire CONTENTMENT above all else.

HOW THE BATTLE CAN BE WON

1. The place to start is in one's home. Until our home is in order, we cannot extend order. The world is but a multiple of every man and woman in it. To have a happy and contented world, we must have a happy and contented home.
2. Extend love and balance from your home to your neighbor, your "neighbor" meaning every personal contact. Gradually a sense of trust and "belonging" will develop in the community and among your business and working associates, for not a soul can resist true love.
3. Communities should put every effort into giving expression to cultural pursuits as well as sports activities. This makes for cohesion of interests, and sharing in constructive things brings a beautiful feeling of comradeship which, in turn, gives personal life greater zest. These "sharing" are truly based on the beauty of life. "Beauty" is of God. Therefore these sharing are "spiritual sharing."

We constantly hear: "The family that prays together, stays together."

The community that prays together also stays together – and this

spells UNITY.

Unity of purpose in a community spreads to unity of purpose in the town – then in the country – then in the world, and with the home base built on love, it is easy to see what will happen.

The complete plan for bringing balance to a community, town, country and the world is given in our book, “THE ONE-WORLD PURPOSE.” You have undoubtedly already read this book and are spreading its message to others. With your united help, we cannot and shall not fail in our purpose of helping to bring love and balance into the world.

With the basic knowledge given in this course, you have the power to become a strong force in bringing BALANCE to our beautiful world.

Knowing and working with Love (God) is man's sole purpose on earth. Once man comprehends his purpose, “all else shall be added unto him.”

* * * * *

UNIVERSAL LAW, NATURAL SCIENCE, AND LIVING
PHILOSOPHY

By
Lao and Walter Russell

LESSON NUMBER 48

UNIVERSITY OF SCIENCE AND PHILOSOPHY
SWANNANOVA, WAYNESBORO, VIRGINIA

QUESTIONS AND ANSWERS

“All questions are answerable in Light. Thou art Light. Thou canst answer them.”

As you draw to the close of the year's course, you know that when you fully understand the principles given throughout these lessons, you will be able to answer your own questions. If you do NOT understand the principles, then you do not yet KNOW the inviolate laws which we have been endeavoring to teach you. The day WILL come, however, when you will KNOW these principles beyond question. Study and re study the lessons until you do. As so many students have stated: “This is not just a year's course of study; it is a lifetime study.”

Make it a point to start in January of each year of your life and restudy the entire course, month by month, and you will gradually find yourself unfolding in the Light of all-knowledge. Your life will grow richer throughout the years because you will be fulfilling your purpose on earth to KNOW YOURSELF.

All questions are answerable by YOU. You have all knowledge within the Light of your Self. When you KNOW this sufficiently to thoroughly believe it, you will become as a rock upon which you will lean.

What we want you to do is form the habit of thinking inwardly toward your center of Consciousness and not outwardly through your senses as mankind has been doing in the past. You, alone, can find that unbalance which is the CAUSE of any problem you might have. *Your problem is an effect which you have produced. The more you work knowingly with God by thinking inwardly toward your God-Self, the more you will keep every decision in balance.*

That is why we say you should never seek the solution to any personal, social or business problem by asking advice of anybody or even telling anybody about it. *The moment you do that, you complex your problem mightily.* No one can take over your problem as his own. No one even cares to listen to it. There is something in human nature that makes one shun from listening to other people's problems and that is the way it should be.

Try to recall when something unpleasant or unfortunate has happened to you and you had been tempted to ask advice from another. If you will analyze your action, you will probably find that

your motive was deeply colored with a desire for sympathy for yourself as well as a desire for someone else to decide upon actions which should have been *your decisions, arrived at by YOU in communion with God.*

To sympathize with yourself or to seek sympathy for yourself is founded upon self-pity, for you are making a reality out of a situation instead of conquering it yourself by your own decision and glorifying it in your own God-given Omniscience. Passing your creatorship of YOURSELF to another Self is the greatest possible factor in weakening rather than in strengthening yourself.

A leader of men does not ask to be led. When you ask to be led, you are acknowledging your weakness. A genius creator in the arts goes to God for his inspiration. An unwise one who asks another might just as well stab his creation to its heart.

Do not misunderstand us by thinking we are advising against consulting with another. Let us clarify our meaning in this respect. If something is wrong with your car, you are aware of it and decide to have it fixed. That is *your* decision. You are not a mechanic. You have not been *informed* regarding such, techniques and you have not acquired the skills nor equipment needed to fix it. Information, skills, and

techniques are not knowledge. You have what is required to fix your car – the knowledge of its condition which makes you decide *what to do about it*, and that is your decision not some friend's or neighbor's.

Likewise you must consult with doctors or tailors when you need their information, skills, or techniques to mend your broken bones or make a suit of clothes.

Such consultations we all must have, for everyone does not have all skills, all information, and all techniques. The idea which we are accentuating is that you should never be a reflection in the mirror of another. You should extend your Self to all other men as all other men extend themselves to you.

That which you decide to take on of other men s extensions is YOUR decision not theirs. You can take on Tazz or Beethoven as YOU decide or you can insulate yourself against them, but if you are a reflection in a mirror instead of being the mirror which reflects, or a sponge which absorbs instead of a rock which withstands all things alike. you are denying your inheritance from our Father-Mother and becoming that which is being created instead of being co-Creator with our Father-Mother of our mutually creating universe.*

The following question was asked by one student who has actually formed the habit of first looking within his own Consciousness. In the letter which contained his question, he says:

“. . . By continually practicing to *look inward*. I expect little by little to form the habit of living on my mountain top to such an extent that I will find my real Self and live in the constant peace which passeth all understanding.”

Here is his question:

QUESTION:

“Last week, I was meditating over a problem which remained unsolved for some time. The thought that “ I KNEW” entered my thinking and almost simultaneously the answer followed. The unexpected suddenness of the answer caused me to experience such great inspiration that I am wondering if I had a partial illumination.”

ANSWER:

Every time an answer comes that way — through the Light — you have been illumined to that extent. A full illumination is to have all-knowledge given to you through the Light all at once.

Cosmic man is unfolding a little at a time by many illuminations – and the number of that “many” every man may set for himself.

* * * * *

Over and over we say that the knowledge which we have scientifically given and which is applied as workable philosophy is sufficient unto itself for the solution of all problems. It is sufficient, also, as a basis for laying down a policy of action for today and for the future. There is no need to go to others. You have the LAW and full knowledge of God’s ways.

We treasure hearing of the wonderful results of strength when you carry your DESIRE into meditation with full knowledge that the way for fulfillment will come to you if you talk to God about it. And we are pleased because you want to know more of God’s ways, which you can only know by the direct scientific approach rather than the indirect metaphysical one.

The following questions will illustrate the change in trend toward the more scientific approach. It is quite strange how many people ask the same questions, which indicates that some subjects interest

people more than others, sometimes at the ratio of twenty to one. Those who ask about reincarnation are many. Another question that deeply concerns most people is about life and death and especially “where we go when we die.” We will answer the questions most frequently asked on these subjects.

* * * * *

QUESTION:

“If I have lived before, why do I not remember who I am or who I was in another life?”

ANSWER:

The answer begins by reminding you that your body is not you. You are a Mind-Idea—a Cosmic Identity. You have always lived. Your body is but the motion of actions expressed by either your senses or your Mind, or both. Your brain records memories upon your senses in order that the motion you need to express in the building of your body can be controlled. When your body wears out, your brain-memories wear out with it but they record those memories in the inert gases which constitute the seed. The seed repeats the essentials but does not repeat the non-essentials sufficiently well for you to remember if you ate chicken on a certain day thirty years ago unless it was connected to an event of sufficient importance to stamp it as such.

Things of importance are never forgotten, however. When you see a baby trying to hold onto its father's hands as the father lifts it, that is an atavistic memory of the period when humans had to live more or less in trees. Memories and instincts are indelibly carved upon the memory in the seed and are reproduced in reincarnation after reincarnation for millions of years. It is important that one remembers things upon which his life and growth depend, but it is of no importance whatsoever that he remembers that he was once John Jones of Boston or that the wind blew from the northwest on his wedding day of three thousand years ago. Nature has her way of recording these memories in the seed for future reincarnations. One of them is to record it in the body cells themselves as though each one had a little brain of its own. This is what is known as cell-memory. It means that each little particle of a body knows its purpose in a body.

Your body could not live and grow without that provision of Nature. This you should understand. If, for example, you want to walk, you have to order your body to act for you. Every little part of your body is continually acting and doing its work. You do not tell it to do it. If you cut your finger, you do not order

the cells of your body to heal it. They do it themselves. They are Mind- centered as you are. Cell-memory of their purpose is recorded in them and they obey orders just as your whole body obeys you.

There are a hundred functions of your body that you do not know about. There are mechanical functions that you give no thought to. They work automatically without receiving orders from you. They receive orders from themselves, however, and those orders from cell-control are memories of thousands of reincarnations which have passed one generation of memories to another, so that the insignificant gland of millions of years ago, which began to form for the purpose of creating adrenalin in your body, is now a complex chemical plant which operates without any direct orders from you. In fact, you never gave it orders since its beginning. You DESIRED it as a body-need and your desire created it. Then your body remembered it and has repeated it millions of times. Those essentials of life are what we remember from incarnation to incarnation, not that you lived in Ohio under the name of William Brown the last time you had a body.

Now, consider the cell-memory of a spider that gradually learned how to build a web in order to catch food. Each new generation of spiders is not taught how to make a web. It is a necessity of their existence so it is interwoven into the cell-memories of millions of incarnations. Each new reincarnation adds to its proficiency and that new efficiency is added to the seed for imparting into the next body as cell-memory. Of what importance to the spider's existence is the memory of what country it lived in? None, you will admit. It is of no more importance to you than it is to the spider. It is important to the beaver's existence that it know how to build a dam or to a migrating bird that it know when and why it has to fly north or south. There are fishes in the seas that have electrocuting arms protruding from their heads which they know how to use without being taught. Necessity for existence grew these mechanical appendages to the body and memory grew as the bodies grew over millions of years of adding to those memories.

There need be no greater proof of reincarnation than that, for it is inconceivable that a full-grown species of any form of life could be spontaneously created in one generation. The

evidence of millions upon millions of repetitions is very plainly present in every living thing which grows. If, therefore, you go to Nature and look into her ways with intelligence and think things through with what you see there, you will no longer think that such a complex thing as your body could be created in one attempt. In studying the anatomy of the body, you will find elementary gills in your throat for which you no longer have any use, yet there was a very long period in your body-unfolding when you lived in the water and needed them for very survival. The body gives evidence of passing through many stages in its unfolding in which the cell-memory of one age is inherited by succeeding ages. Study Nature, therefore, and reason with yourself regarding this question that you have asked.

* * * * *

QUESTION:

“Something within me tells me that reincarnation is a necessary part of the plan of Creation but the thought keeps coming to me that we live seventy or eighty years and are put into the ground, which seems to be the end. We hear people say, ‘When

you're dead, you're dead.' That confuses me. How can I adjust my thinking to get over that hurdle?"

ANSWER:

The hurdle which you must surmount is the time element only. You have not learned that cycles are all alike, but of different duration. By that we mean that a life cycle of seventy years for a man to express life and death is no different from a sound cycle of four-thousandths of a second. Each sound cycle, which lives only four-thousandths of a second, lives and dies as you do. The shortness of that cycle is balanced by the shortness of the intervals between cycles. You hear the reincarnations of sound bodies come and go so swiftly that millions of those reincarnations seem like one continuous sound. Each one of them is a cycle which has manifested life and death as you are manifesting it only once every seventy or eighty years. There are rest periods between reincarnations which balance the action periods. For that reason, you do not gain a new body in one four-thousandth of a second.

The interval is in balance with the action. Consider electric cycles which are only one-six hundred billionth of a second.

Each new one is a repetition of its preceding one. A reincarnation is merely a repetition, and repetition is the most obvious fact of Nature. You never think of electric cycles as reincarnations, however, for they are continuity in your thinking.

Let us now go to the other extreme. Think of the life-death cycle of a sun. One of its cycles may be a hundred billion years long, but it will eventually die as you die and will repeat itself in a balanced, measurable interval just as surely as the pendulum will swing the other way to balance its preceding one.

Every wave crest “dies” and is reborn again at its trough. The familiar quotation which says that “ye must be born again and yet again” is a basic principle of Nature. Creation is the eternal repetition of Idea. Each unit of Creation is a unit of One Idea.

* * * * *

QUESTION:

“Why is it that we do not know anything when we are dead? You say that our Minds are eternal and that we eternally live. I

think that if we eternally live, we should know something with our Mind even though the body is dead.”

ANSWER:

We do know *everything* when we are dead. *Mind never stops knowing. It merely stops thinking.* Mind is still. Body is in motion. Thinking is motion. So when your body ceases its motion, it ceases its thinking, but it still knows. Your confusion lies right there. *Your Question really asks why we do not sense and think when we stop sensing and thinking.*

Let us put it another way. When you go to sleep at night, you are in exactly the same condition as when your body is dead. You have stopped thinking and sensing – BUT YOU HAVE NOT STOPPED KNOWING. You know the story of Hamlet, for example. When you think that story, you are expressing that idea. When you stop expressing that idea of Hamlet, you do not cease knowing it. You know millions of things but you do not think them into action all of the time. You think them only one at a time.

All that Mind knows is eternally known. When Mind thinks, it expresses what it knows by the action of thinking. But Mind rests from its action of thinking. Mind stops thinking. *That means that Mind ceases to give body-form to thoughts.* Your body is only a moving image of an idea. If your body stops moving, by dying, the idea is still as existent as it ever was.

When you sleep every night, you demonstrate this idea. You do not expect to continue to think and sense. Your electrical body rests. It rests in your Mind-body. Why, therefore, do you expect to think things after your body is dead when you do not expect it to think things all night when it is resting? Do you not see that you are confusing *thinking* with *knowing*?

* * * * *

QUESTION:

“You have said that each person creates himself. How can that be when God is supposed to create everything?”

ANSWER:

God does create everything, but God is Mind – and so are you. Mind desires to express its desires. The result of such Mind expression is body in motion. Mind in you – which is One with God – desired to express the idea which is you. Your Mind gave it an imaged form. Each day your desire to express yourself changes you from moment to moment into the kind of person you desire to be. As you think, so you become. If you desire to bless and give love, you make yourself into that kind of person. People recognize you as that kind of person which you have made yourself into.

If you desire to cheat, steal and kill, you make yourself into that kind of person. People recognize you as that kind of person as they would recognize one tree to be an oak and another one a maple. Yes, God did create you but when you some day can say, “I and my Father are ONE,” you will more fully comprehend this answer which we have given.

* * * * *

QUESTION:

“Could you not explain further how it is that I create myself and God also creates me? I am still confused about it.”

ANSWER:

Yes, we could tell you much more but the book “GOD WILL WORK *WITH* YOU BUT NOT *FOR* YOU” was written and issued as part of our educational program for just that reason. Three hundred pages of it will answer your question so much more adequately than a few paragraphs written here could possibly tell you that we urge you to procure it, if you have not already done so, and study it carefully. You will not only fully comprehend what you ask by studying that book, but you will be inspired to attain that high goal which everyone can reach who has learned how to work knowingly with God.

You will be especially inspired to know the various stages which you must pass through in the unfolding of your mental and spiritual nature before you can attain the mental heights of the genius, then the Cosmic Conscious Illuminate and then the Christ Conscious Divine Being.

* * * * *

QUESTION:

“In speaking of desire, should we reach the stillness and ask God to declare His Will, or should we take our desire to Him? I do not feel certain whether I should ask God to make known His desires to me or whether I should take my desire to Him. I am confused over the point of God’s Will and my Will.”

ANSWER:

Take your desire to God. Ask Him to show you the way to fulfill it or to keep you from fulfilling it if it is not in line with your unfolding destiny. You are Mind – the God-Mind. You are co-Creator with God. Your desire is part of Creation – YOUR part. You are not a marionette dangling on a string. Do not differentiate between YOUR Will and GOD’S Will. They are ONE – the universal WILL – or SOUL – from which desire springs for fulfillment. Become that ONE UNIVERSAL WILL. Ask of it as being God. Ask of it as being YOU. *Place yourself where the Law works with you to the fulfillment of your desire.*

Let us give you an example. Suppose you are now far along in the fulfillment of a desire. You have opened a business and are progressing steadily. You decide that you want to borrow fifty thousand dollars to enlarge your business and you ask God to fulfill your desire. You are working with the LAW when you become a part of the Universal Will. You ask the bank to let you have those fifty thousand dollars. The bank returns your application with a polite "NO." You would be bitterly disappointed if you did not know that God IS helping your business by keeping you from making that loan. Knowing your Oneness with God, you are not disappointed. You then seek deeper understanding and within a very short time you will be shown that you would have hurt rather than helped your business if you had taken on that debt.

Your confusion as to God's Will or yours is due to your not having yet arrived at that point where your ONENESS with God is absolute. God says: *"See Me, Know Me. Be Me."* You can overcome that deficiency by getting more and more into the habit of working knowingly with God from moment to moment AS ONE, not as TWO. Meditate also with Him AS ONE, not as TWO. You will then have no further confusion

regarding whether YOUR Will or God's Will is to be done. When you are working knowingly with the Law, your desires will be fulfilled with the precision in which the rose leaf unfolds or a planet keeps to its orbit. *It is only when you cease being SENSED-BODY and become KNOWING- MIND that the true vision of your destiny lies before you like an illumined path. You can follow that LIGHT and never stumble when you ARE THAT LIGHT.*

* * * * *

QUESTION:

“The God Mind being omnipotent and omnipresent, would not the thinking which springs from that Mind be of the same quality – hence not illusion? By ‘illusion,’ do you mean not permanent and changing? Is there no objective universe? Would not the visible universe be as real as the Mind which created it?”

ANSWER:

The *thoughts* of Mind are not Mind. Think of your own thoughts. You might write a play of imaginative thoughts and

ideas. They would be ever changing but you would not be. They might include a murder and a murderer without your becoming one. And the play you write has only the reality which your imagination has given it. And if you do not write the play but only think it, there is nothing tangible to become objective for another one to see. He could see YOU who thought it, but he could not see the thoughts. *Thoughts of a person are not the person.* Thoughts become objective when they are given form. *The only form that can be given is the form of the motion which records the thoughts.* The recording apparatus which gives form to those thoughts is an electric instrument which God uses to record His thoughts. Its name is *wave-field*. Its product is motion. *The resultant forms of that motion are illusions – mirages – unrealities which simulate what they are not.* We hope this will clarify your confusion.

* * * * *

QUESTION:

“Say one lives to seventy years, then (dies) takes seventy years of rest. Does one automatically begin the work period or do

one's desires have something to do with it? How do we get a physical body again? Do we fasten on to an unborn child? "

ANSWER:

All effects of polarization are both cyclic and periodic. You have a daily cycle of living and a nightly cycle of dying. They balance. That is polarization for the work of a day, followed by depolarization, which requires rest, for a night. You awaken with a re-polarized body for another day of living.

You also have a life cycle of polarization and depolarization. When your body dies at the end of a cycle, it lies down to re-polarize for another life. *You always have a body – the kind of body you are making. You may discard it for another but that other was regenerated from the pattern YOU made for it. YOU exist eternally. YOU think eternally. YOU are constantly recording YOUR thinking in light-waves of matter which constitute YOUR body. You do not record your thoughts in another person's body. You could not do this.* Desire has much to do with the periodicity of your returning. Just as a fireman must be awakened to attend to world's needs if the necessity arises, so can world-desire affect your periodicity and call you back before your period of

rest is normally over to help satisfy world needs. *You are a part of world-desire and world-destiny as well as of your own personal one. As universal Mind, you are subject to the call of universal Mind.*

* * * * *

QUESTION:

“The Bible speaks of the Father, the Son and the Holy Ghost or Holy Spirit. Would that be the MOTHER part of the Father-Mother God you speak of?”

ANSWER:

Early mystics who were well-illuminated knew of God’s creative process of dividing the undivided. Jesus fully knew it. His teachings and Buddha’s, and others, as well as the illuminated mystic who wrote “The Bhagavad- Gita,” fully indicate that they had this knowledge. You must realize, however, that they could not impart their knowledge to their barbarian and pagan peoples who were not ready to receive it.

Jesus, and all other mystics, knew what love meant and tried to impart that knowledge to mankind that still belonged to the

brute period. The pagan world was no more able to comprehend the meaning of The Divine Trinity than it was able to comprehend the love principle of giving for regiving.

The human race had not progressed sufficiently far to even comprehend the love principle – and still is unable to comprehend it except for the cosmic few who are far advanced in their unfolding and beyond the masses who to this day are ignorant, selfish barbarians because their desire for taking is still dominant in them.

And so it was that the teachings of the mystics about The Divine Trinity of the undivided ONE and the divided TWO of Creation became a meaningless and unexplainable metaphysical abstraction because of the garbled beliefs and misunderstandings of past ages of ignorant, superstitious, miracle-loving primates.

One barbarian misinterpretation of it stated that if an offender against God appeased God's anger against him by sufficient bloodshed or other sacrificial rites, God would descend as The Holy Ghost in the body of a dove which would sit upon the

shoulder of the penitent one. Such beliefs persisted during and long after the time of Jesus.

You cannot in any way compare these abstract misconceptions with the scientific fact of what God really meant by teaching His creative principle to His illumined messengers. Nor can you fit the words of pagan conceptions into words of dynamic meaning for this age of greater comprehension of the relation of God to matter and motion.

* * * * *

QUESTION:

“God said: ‘This is My only begotten Son, in whom I am well pleased.’ I believe I realize the correct answer but I would appreciate your explanation

ANSWER:

The same answer, in general, applies to this as to your other question which we answered above. Lack of ability of primitive peoples to comprehend caused words to be used in making that statement which fitted within the structure of their

misconceptions. These misconceptions still exist, for miracle-loving believers in supernatural phenomena still exist among us.

The scientific meaning of the statement you quote is that Jesus was the only fully illumined Son of His Father-Mother up to His day, Jesus fully knew that fact Himself, for God prepared Him as His Messenger to His age to plant the first seeds of love for their gradual unfolding in human Consciousness.

Many centuries have passed and the seeds have only now begun to unfold in a small percentage of the great masses of humans. You must realize that Jesus gave His Message of love to men of the brute stage of man. Bloodshed and cruelty were the pleasures of His day. Kindliness and mercy were but words to a people — even their children — whose measure of pleasure in the arena was the measure of cruelty and bloodshed served to them for their amusement.

The seed has been extremely slow to unfold, for man had been brute for so many aeons upon aeons that cruelty had become his nature.

* * * * *

QUESTION:

“In GOD WILL WORK *WITH* YOU BUT NOT *FOR* YOU, you say there is no such thing in Nature as evil, sin or shame, that Nature is never unbalanced, and that every insect, bird and beast is instinctively controlled and watched over. How, then, do you explain the condition of animals destroying their kind for food? “

ANSWER:

Animals do not destroy each other for food. They but interchange their bodies with each other for the perpetuation of bodies – including their own. They still exist as eternal Idea. They cannot be destroyed. All bodies interchange with other bodies perpetually. The present body of the zebra interchanges with the lion to perpetuate the idea of the lion. The body of the lion then interchanges with earth to perpetuate the idea of the zebra. The zebra thus acquires a new body to give to the lion. God gives grass to the zebra. He gives the zebra to the lion and the lion to the grass. Thus it is that He gives to all creation that

which each part needs to fulfill His cycles of giving and regiving.

Bear this fact in mind, that the zebra cannot help giving its body to the lion even if it dies a natural death and is buried. Neither can you prevent giving your body back to the cow, the sheep or the apple tree which, likewise, give their bodies to you to manifest the idea of you.

You must realize that Idea is eternal and cannot be destroyed, but bodies which manifest Idea constantly come and go to interchange *WITH each other FOR each other*. When God created bodies of animals, He created other bodies to interchange with them, and He “watched over them” by giving them instinct to find those other bodies. And He, likewise, gave those other bodies’ instinct as to what animals will prey upon them in order that they should find balance for their continuance.

All of Creation is always in balance. If the rabbits in a forest unbalance the other growths of a forest, foxes will increase to insure balance by lessening the number of rabbits. And so it is

with the increasing of birds where unbalance of insect life appears.

Nature creates bodies only to manifest the ONE WHOLE BODY of Nature, for all Nature is but ONE BODY of interchanging parts just as your body is ONE BODY of interchanging parts. Nature constantly interchanges bodies to keep the Whole Body of Nature in balance. Your body manifests the Idea of you by “destroying” countless bodies every moment in order that they do not “destroy” your body. These microbe bodies were created to return your body to the earth at the time of its refolding. While your body is vital enough for you to digest – or “destroy” – them, it will do so but countless other millions are waiting to eventually fulfill their purpose in obedience to Natural Law.

You must realize that a perpetual chemical transformation is forever taking place in Nature in order that bodies may be created to manifest Idea. You could not have a body otherwise – nor could the tree, the meadow grass or the grape on the vine.

God's plan of procedure in this respect is, briefly, the division of all bodies into three qualities which we know of as the mineral, vegetable and animal kingdoms.

The mineral kingdom comes first. God creates minerals by creating suns to act as crucibles for melting them. They are then set out to cool in the forms of hot planets, such as Mercury, which is all mineral and still so hot that copper would melt on its surface, then Venus which has cooled sufficiently for water to appear and allow the extension of vegetable life from the mineral.

Then, long ages later, the vegetable and mineral kingdoms interchange with the help of water, and animal life extends from that in as slow a beginning as vegetable life appeared.

As all three kingdoms interchange with each other, their mutual interchanging form bodies containing all three in sufficient balance to perpetuate the ideas which gradually become manifested through such interchange of giving for regiving.

Every manifestation of such interchange is a manifestation of the love principle which Nature – or man – can violate if it chooses but at its peril. If the heavens give insufficient rain, the earth regives insufficiently of vapors for regiving. Deserts do not give clouds to heavens, but forests and rivers do.

Likewise, if man upsets the balance of productivity in oceans by wholesale nettings, or of soil erosion by wrong planting methods, or of bird life by taking more than his needs, he suffers from his over takings until Nature restores the balance he has upset.

Perhaps you might get a better idea of the workings of Nature if you will think of all interchange of every nature as GOOD.

Man learns by his hard experiences that when he takes more than he gives, he, himself, suffers for the unbalances he has caused, but that suffering leads to the correction of his unbalancing by hard labor and deprivation. These ills of man's making are GOOD because they *lead* to GOOD.

It is as GOOD that the lion has its zebra as that the bird has its worm. Without that interchange, there would be no grass for

the cow and no milk for your children.

Without that balanced interchange of mineral, vegetable and animal kingdoms, this planet would become a stony, metallic, barren desert floating in the skies. There would no longer be the sounds of singing birds, nor worms for them, nor grass for the cow, nor children to need milk.

God's Creation is all GOOD. No part of it is bad, or wrong, or evil. How can it be? How can we think of it as otherwise as GOOD, for all of it, in its entirety, is the expression of God's love.

* * * * *

QUESTION:

"Please define LOVE."

ANSWER:

Love is the ecstasy of peace and rest in the balanced LIGHT of all-knowing which is God. The EXPRESSION of love is in balanced giving and regiving to manifest love materially.

It must be known that *love is not its expression* and much confusion arises because of that mistaken idea. Such confusion has persisted for centuries in all thinking. Motion, for example, is an expression of energy, but it is not energy as popularly presumed.

Likewise, bodies are not the life which they manifest. The universe manifests its Creator but the universe is not the Creator, nor is the poem the poet, nor the picture the painter.

To KNOW love, you must know the Light of love. To express love, you must BE love, iust as you must be the poet if you would express poetry.

The greatest confusion in regard to love is the very much mistaken idea that it is a physical thing which is possessed or can be possessed, or that love is its physical expression in material bodies through sex interchange.

* * * * *

A recent communication contains such sentences as these:

QUESTION:

“The will to peace is being released by our love-powered prayers” and “Accept for the Cabinet and Congress God’s guiding wisdom and release through Him the unfailing power of your love to destroy our enemies by filling them with the spirit of brotherhood.”

“This raises the whole question of what some call ‘intercessory prayer’. We have all read in *GOD WILL WORK WITH YOU BUT NOT FOR YOU* that we should not sit and ask, acting not, for unless we reach out for our desire it shall not walk our way unaided by our strong arms. This means that no one can ‘intercede* with God in favor of another. Each one must go to God himself.

“My hope is that you will expand on the possibility, if any, of *DIRECT EFFECT* without the medium of the ordinary senses. When you say that ‘desire within the Soul will always command the whole universe to fulfill the desire,’ can this include a *DIRECT EFFECT* in behalf of our ‘enemies’ apart from such efforts to work with God as movements for personal or national reconciliations? Is such a *DIRECT EFFECT* made

possible through 'strongly seeing the Oneness of ALL so that our lives become a divine extension of that One?*

“ I have deeply valued your lessons and all that you say about love as giving and regiving which is an inviolate law, and I absolutely agree that we, ourselves, should work out in action our desire – but please help us on the validity of *DIRECT INFLUENCE* in what is usually called ‘intercessory prayer.’”

ANSWER:

It is amazing how little ordinary human reasoning is applied to that subject of *direct effort, direct influence, and direct effect of intercessory prayer*. What you are really asking is this: Do you believe that by getting enough people to join in “love-powered prayer” God will fill the enemies, which have been made through unfair dealings with them, with the spirit of brotherhood toward all so that we may continue to keep what we have taken from them by force and hurt them as much as we want to without ourselves being hurt?

In other words, there can be no “ love-powered prayers” to God by any nation on earth today that asks for protection from,

or conversion of, enemies for they are based upon selfish motives. Those who do this are seeking to evade the consequences of their own actions by asking God for a harvest of peace and love from whirlwind sowing.

Let us consider this. Why do we have enemies that hurt us, steal from us and kill us? The answer is that we are enemies of other people in whom we have bred hate and fear by hurting them, stealing from them, and killing them.

The whole world is the enemy of the whole world, for love has not yet entered it. The whole world is divided against itself because the whole world has tried to build its own wealth and power by robbing its neighbor.

The survival-by-might idea is an inheritance from the jungle. The world is in a transitory stage of its unfolding. We are still primates and barbarians who still use pagan methods of taking what we want by force. Every man fears his neighbor, else he would not lock his doors nor police his streets. Every nation fears every other nation, else it would not spend countless billions for armaments.

This has been so since the dawn of Consciousness in man. Early history is full of intercessory prayer to God from one greedy enemy who wishes to smite the other or to evade being smitten. Early tribes and nations have asked God to take sides with them against other men and nations. Wars are always started with prayers to ask God to help them win by killing.

The early history of man is saturated with cruelty. Tribes killed prisoners by the thousands – men, women and children – and condemned countless thousands to slavery.

You, who have asked this question, undoubtedly feel that the world is now “civilized,” that the days of conquest and killings have passed and that part of the world is good and the other part bad. The bad half is what you mean when you say – “destroying our enemies by filling them with the spirit of brotherhood.”

Let us consider that point of view. We, the American nation, pose as being a righteous nation with no desire for aggression against any other nation. In taking that stand, we do not realize that we have been an enemy of mankind for centuries of

cruelty and aggression for the purpose of building our empire. We have fought 117 wars, killed the inhabitants for the lands we wanted, attained more lands by killings and sharp practices, and abducted hundreds of thousands of black men from Africa with untold cruelty to enslave them for our selfish purposes.

Do not say: "But that was yesterday and our forefathers did it not us." We are extensions of our forefathers and we are reaping the harvest which they sowed. We cannot enjoy its stolen fruits without paying heavily for it.

The price we are paying is in the blood of ten for every one we have killed. By becoming enemies, we have made enemies. We are hundreds of billions in debt because of the few billions we stole. We are criminals in respect to God's law, feigning righteousness. We pretend that we are being persecuted by enemies, forgetful of our persecution of man as his enemy.

God's law will not allow any man or nation to reap harvests of the luscious fruits of peace and good will who sows the seeds of hate and ill will. We have acquired our freedom by depriving other men of their

freedom, and now we wonder why other men wish to deprive us of our hard fought for freedom. We call them our enemies and ask God in "love-powered prayers" to set aside His laws in favor of us as one enemy of man against another enemy of man.

So much for this country. Let us consider England. The history of the building of the British Empire is red with blood and black with infamy. England conquered one nation after another for her own personal gain. While sending missionaries to the "heathen" half of the world to Christianize them, it exploited them for gain. There is no blacker page in history than the attempted degradation of China by the forced sale of opium which resulted in two opium wars, tremendous bloodshed and the confiscation of lands as the price England exacted from China to make her pay for trying to save herself from the English terror.

England grew rich and powerful, but not happy. She had created too many enemies to feel secure or happy. *No one can gain happiness by taking happiness from another.* Like America and the rest of the world, she lived by the sword and is dying by the sword. For centuries, England could never tell which of the

enemies she created would strike next, and every such war drained her best blood. English people are weakened by such a drain and her empire is disintegrating. And so is our “empire.” This enemy-creating world is a world of hatred and fear. The history of one “empire” is like another. Spain, Germany, France, Holland, Belgium, Italy and Dutch East Indies conquests – Belgian Congo atrocities – are modern replicas of the scourging of medieval and ancient pillagers who went to wars of killings asking God’s help and returned to ask His blessings upon their conquests and to thank Him for their victories over their enemies.

And so our answer is that so long as we are building the kind of world that we have been – and still are building – we cannot ask God to set aside His laws and intercede in our favor as against another who also wishes to set aside God’s laws himself.

All of us, together, have built our world, not just one bad half as against a good half. All of us, together, have created our Hitlers, our Mussolinis and our Stalins. Our class wars such as the privileged and underprivileged, gentry and serf, capital

and labor, and rich and poor have bred fascism, nazism and communism.

Freedom is disintegrating through the infiltration of communism, culture is lowering, moral fibre in citizenry is decaying, and we are losing our best blood in war after war and are not producing great men as leaders, or great geniuses in the arts and sciences, or great statesmen for our fast corrupting governments. The great European nations of a generation ago are now weak and our own country is the last hope for a renaissance.

We have lived by the sword and the decadence of world-death by the sword is evident everywhere. Disunity is multiplying as decadence in weakened nations multiplies.

The whole world is facing another dark age. It is on the very verge of it.

The only thing which will prevent the world from plunging into that abyss is for mankind to stop being the enemy of man and be his friend. Stop taking and begin giving. Stop fearing man and begin loving him. Start manifesting God's nature, not beast's nature.

When nations of God-fearing men become nations of God-loving men who practice God's ways, the world will be saved from world-suicide and not until then.

That is why God sent His Message of The Divine Iliad to man at this time. *That is why He sent new knowledge to teach men His ways.* That is why He gave to mankind His One Law for the Cosmic Age now in its dawning – the Law of Rhythmic Balanced Interchange in all transactions of men as in Nature.

Man has not been ready for this new knowledge until now. *In his unfolding, he had to progress from the primate age of self-interest to the spiritual age of mutual interest in the brotherhood of man.*

Through new comprehension of this light-wave universe, man is now ready to comprehend and know God. Man's own suffering has led him to that edge of his abyss from where he must turn back and seek the Light.

When the day comes that man has really faced the Light instead of the dark, *he will then pray to His Father for his own worthiness to live in the Light* and to manifest the Light, and not that other men should be worthy, as your question suggests.

You can now readily understand that a world condition which is the result of millions of years of slow unfolding cannot possibly be brought to its final goal by what you call "direct effect" resulting from the desire of your Soul or even the world Soul. In God's unfolding universe, all idea is expressed in time cycles and you can no more "press a button" to complete a cycle of man's unfolding than you can "press a button" to bring an oak tree into full growth overnight.

* * * * *

However, do not misinterpret this answer on prayer to mean that we do not think that sincere groups who meet in prayer for the purpose of launching good thoughts out into the ether are not doing a very great service to human progress and, especially, to themselves.

This is a thought-wave universe. Thoughts have thought-bodies and can be reflected in the thoughts of other people by what is known as telepathy – which is really thought-radar.

When you do this, however, it is YOUR love-thought which extends from you to your fellow man. Your love-thought is inspired by your own God-awareness and desire for godliness to be expressed in all

men. It is, therefore, *your* desire and *your* expression of love that you are extending from your own Soul to the Souls of other men, and those thoughts will be reflected in those who are ready for them and will reflect back into your own Soul to influence your own thought and actions.

Remember, however, that your thought and desire for the unity of man is not a prayer from you to God, asking Him to use His powers for remedying the defects of other men. Intercessory prayer infers that you are asking God to intercede between you and other men who are causing you unhappiness, whereas God's law exists and works for you and for all other men whether you request it or not and whether it causes you unhappiness or not.

In other words, when you love your neighbor as yourself and send such thoughts out into the world, you are fulfilling God's command. You are, yourself, obeying God's law. You are not asking God to do it for you. You are extending your desire to other men to unify all men. In the meantime, God awaits man's slow unfolding and says to man:

"I am a patient God. All men will come to Me in due time, but theirs is the agony of awaiting."

(From The Divine Iliad)

* * * * *

QUESTION:

"I have long desired Cosmic Consciousness. Can you tell me how I can acquire this?"

ANSWER:

Cosmic Consciousness is not "acquired" in the general sense of the word. It comes with a Soul's unfolding in the Light of all-knowledge. It comes when one least expects it to happen and those who experience it have often never even heard of Cosmic Consciousness as such. A deep desire to know and *live* the Law of Love would certainly bring one close to this desire but even this way of life gives no assurance of fulfillment of Cosmic Consciousness. Certainly such a state is *earned* and it may take many incarnations to earn its fulfillment. Our best advice for

attaining this glorious state is to live every moment of your life in strict adherence to Natural Law which, as you have learned through these lessons, is the Law of Balance – or RHYTHMIC BALANCED INTERCHANGE. All that you GIVE to life must be REGIVEN to you ultimately, and this is what we mean by living Natural Law. Do not compromise in your daily actions, for compromise means delay in your Soul-unfolding. Remember, also, that flashes of Cosmic Consciousness come to you after periods of DECENTRATION. As you learn to work *with* God, you will know an ever greater power of expression. You will learn the difference between Cosmic flashes and sensed-desires because what you KNOW – and this comes from your Mind – you are SURE of. What comes from the SENSES, you are uncertain of.

Cosmic Consciousness is the goal of all deep seekers but, first, one must be worthy of this great experience. Therefore, let every action and thought be of and with God and some day this divine experience will be yours.

* * * * *

Before we leave this subject , we want to call your attention to something which happens to cosmic thinkers (those who think from their Consciousness rather than sense from their brains) which may confuse you if you do not understand it. The following question prompted us to explain it now for many really inspired thinkers are very much confused by it and misinterpret it to their injury rather than to their glorification.

QUESTION:

“Ever since studying “THE DIVINE ILIAD” and “GOD WILL WORK WITH YOU BUT NOT FOR YOU,” I have had strange mental happenings such as I never knew before. Suddenly something I never knew before comes like a flash and when I am compelled to write it down, I am surprised for I never knew such things before. I write them down with that wonderful feeling which must be the ecstasy you speak of. I am wondering if some ‘voice’ is trying to speak through me. Please explain it. Is that what is meant by being ‘occult’? My writings are not ‘automatic’ for I know what I am writing.”

ANSWER:

No, there is nothing “occult” about it, nor is there any other voice than your own – which is God’s – trying to speak through you. *What is happening is that you are beginning to think from the divine Source of your Self – which is from your Consciousness. Knowledge comes to you in timeless flashes when you think inwardly toward the Light of Consciousness rather than outwardly toward the senses. Inspiration comes that way – and great inspiration is always accompanied by the ecstasy of the God-nature.*

The geniuses in all of the arts know that ecstasy and seek it constantly in order to interpret God’s rhythms as they resound from the silence of our cosmic heartbeat.

What you are doing by your meditation over God’s words is unfolding your own genius. All geniuses are cosmic thinkers. As this new thinking increases in its intensity, you will find that quality which is known as intuition increasing in its intensity. Intuition is a cosmic quality which is unfolding in the human race. It is one step of spiritual unfolding beyond our present stage. It is one way in which God speaks to man. It is a timeless

and wordless communication of the universal Mind to the universal Mind in the unfolding of Creation.

You are a part of the unfolding of Creation. Your destiny is an integral part of that unfolding. *Intuition is Mind unfolding desire of Mind. Just as inspiration is a Mind-awareness of idea, so is intuition a Mind-awareness of one's plan of action concerning the destiny of that idea.*

How often we have felt intuition telling us what to do or what not to do. It is as though God holds up His hand and says "Do this" or "Do not do that." Instinct is the earliest stage of God's communication with animal life, just as vibration is His way of communication with lesser forms.

Do not be surprised, therefore, when your inner thinking toward the Light causes the Light to respond to your desire to be guided by the Light of inner knowing.

* * * * *

QUESTION:

“When we decentrate, should we ‘visualize’ our desire mentally or should we visualize it before or after decentrating?”

ANSWER:

First, charge your whole being with your desire. Concentrate upon it as intensely as you can – then relax and forget it. The very reaction to concentrated desire is decentration. You may have hardly time to realize that you have decentrated. Many people have had conceptions unfolded to them from the stillness of their Consciousness almost as soon as they expressed the desire. In a timeless flash, the concept appeared in a Mind-imagined thought-body to which they afterward gave a material body over a period of years.

* * * * *

QUESTION:

“Why does it seem so extremely difficult to decentrate in the early mornings before rising which is not the case later in the day? “

ANSWER:

We are afraid you have confused the activity of your senses with the thinking which extends from your Consciousness. In the early mornings before rising, one's brain is sluggish – sleepy – not yet electrically active. Electric awareness is stilled with lack of desire for creative expression. Until you have extended your desire from your Consciousness, it is at rest, for it is not your Consciousness which decentrates but your thinking.

We have another question which we will answer next in which you will get a greater understanding as to “what to do about it.”

* * * * *

QUESTION:

“I still am not clear as to decentration. If decentration is the opposite of concentration, I cannot see how it could be the zero of stillness for if concentration is the positive sex mate of decentration, the latter must belong to electricity and not to the magnetic Light of zero stillness. Please explain.”

ANSWER:

Yes, decentration does belong to electricity, but it is the *unwinding* of that which *has been wound up* to concentrate. If you unwind enough from a wound-up concentrated state to lose your tensions, you will have then *decentrated* to zero from a concentrative condition. Decentration and concentration are not sex mates. They are opposite potentials of energy. A male or female can concentrate or decentrate just as they could be active or lazy – or warm or cold.

To apply that to thinking and Cosmic Consciousness, first stop thinking – then withdraw your electric extensions into your centering Consciousness. That causes a partial or complete forgetfulness of body according to the intensity of your ability to sever the electric extensions which divide you from your Consciousness.

The genius partially severs body sensation from spiritual Consciousness. The fully illumined Cosmic Conscious mystic *completely* severs sensation from Consciousness.

The more you meditate within the zero of your own Consciousness, the more you will become enabled to sever sensation from

Consciousness. On the other hand, you can overdo this by thus neglecting to intensify your thinking. That is the mistake many of the Buddhists make. While trying to seek “Nirvana” in Cosmic Consciousness, they lose it by depolarizing their power of thought – which also depolarizes their bodies. Cessation of purposefulness depolarizes both body and Mind, for thinking is polarization of Mind and action is polarization of body.

QUESTION:

“If during either concentration or decentration one feels an extreme ecstatic state through the entire body is this actually the ecstatic state mentioned in your lessons or is it merely emotion?”

ANSWER:

Cosmic ecstasy is a Mind condition, not a body one. It is the Mind nature of God and the God in you. You cannot feel it “through your entire body” as you say. In fact, your body cannot feel it at all.

You mistake the exhilaration and joyfulness of the harmonious, rhythmic vibrations of vitality, good health, and peace of Mind

as coming from the body. When one is skating, dancing or climbing mountains, one feels that bodily exhilaration which you refer to, but it is mental. When one is meditating or walking quietly in the forests where one continually steps in and out of his body, there is a constant alternation of that vital bodily feeling of intense joyousness which just as suddenly disappears and gives place to the stillness of mental ecstasy.

A good example is in the sound vibrations of the body which a harp string creates to manifest the idea which lies within its silence. Let us say that the idea is "D" in the octave. That idea of "D" is in the silent stillness of the motionless string. When you pluck the string, you give that idea a body – a sound-body of wave-vibrations.

Those vibrations are felt by the senses of other bodies – but when the body disappears into the silence from which it sprang, the sound still exists as idea in the silent, vibration less string. You can no longer hear or see its body but you can KNOW it – and you can hear it in your thoughts as a thought-body. You can thus continue that mental exhilaration when the body has ceased to dance or skate.

* * * * *

QUESTION:

“Could you give me some appropriate suggestions as to a choice of music for meditation purposes?”

ANSWER:

Different people respond to different melodies. We like Beethoven’s MOONLIGHT SONATA and his VIOLIN CONCERTO IN D and there are many wonderful musical arrangements which are conducive to meditation. Also, all tonal music which lacks distinct melody, like Grieg’s HOLLBERG SUITE, is good for meditation since you do not find yourself listening to the melody but rather drift into meditation. Meditation, itself, is a very personal matter since people respond in many diverse ways to attain a state of oneness with the universe, which is the goal to be reached to “tap the secrets of the universe.” The great secret is to become unaware of body-sensing and beautiful music can certainly aid many to experience a perfect state for meditation.

* * * * *

QUESTION:

(From a young student in college.)

“I want to find that spark of genius. I wonder if you would be kind enough to send some information.”

ANSWER:

Regarding that spark of genius, just remember that the genius is one who always thinks from within and never spares himself in the expression of what he knows in plain hard work. The genius is satisfied with nothing less than perfection. It is always that one “inch” beyond mediocrity that makes the genius. Our advice to you is to spend every moment working hard and never be satisfied with anything less than a masterpiece in whatever medium you are working.

* * * * *

QUESTION:

“How can I improve my memory?”

ANSWER:

You have poor memory because you lack the power of concentration. This is the fault of most human beings and that is why they accomplish so little. The only way to improve your memory is to concentrate on the thing you are doing, while you are doing it, to the exclusion of everything else. Whatever you want to remember, think of that thing only to the point of registering it in your Consciousness. Sometimes it helps to associate a name, object, or information with a particular scene. This gives you a picture memory and some people can remember much better by picture memory than trying to remember separate items.

Naturally, the best memory comes from KNOWING your subject, for then there is no need to remember and repeat – you know. This is what we teach our students and why we wrote our year's Home Study Course.

When you learn to concentrate on the thing at hand, you can do far more than the average human being for then you tap the source of your inner power. To truly concentrate, you must go within. We have taught you to DECENTRATE in this course of study and it is after decentration that you can truly

CONCENTRATE, which really means that you have reached the zero of stillness and are then thinking through concentration. In the zero of stillness, all of your questions are answerable in the Light of Cosmic Consciousness.

To know this is man's eternal goal.

* * * * *

QUESTION:

“Will you tell me if using two hands in massage for healing will cause a voidance or should only one hand at a time be used? Please explain.”

ANSWER:

No, it will not. Working with both hands multiplies your power immeasurably over working with one hand. The only way you could void your power is in not working with either hand, for your power is in your decision not in the action. You extend your power by the action of manifesting your KNOWING through action.

Your decision comes from your knowledge. That concept which you have arrived at mentally is the REALITY which you extend to your patient but that REALITY will do him no good unless you do extend it through action – not through the inaction of wishful thinking.

It is through polarity of body that we manifest our action by extending our balanced polarity to others whose polarity is unbalanced. Balanced interchange balances unbalanced polarity.

The human body is vertically polarized by an equator which divides it into positive, opposite halves. One lobe of your brain is on one-half. How much thinking could you do with one lobe? Likewise, one arm is one-half. How much can you do when one arm cannot interchange with the other?

Think of the rhythmic action of interchange in the swinging of your arms when you walk. If you tie one arm behind you when you walk, you would vastly divide the benefit to your body by lessening your ability to balance it. By using one arm for your massage, you are virtually binding the other.

This makes it more difficult for you to restore balance to your patient by extending yours to him.

Balanced interchange is helpful but rhythmic balanced interchange is infinitely more helpful. Rhythmic expression will soothe and induce sleep, which is evidence of a restoration of balance, while un-rhythmic movement would have the opposite effect.

* * * * *

QUESTION:

“I have a son who worries me very much. I fear he will be a failure in life for he refused to go back to college the second year and will not go into my business with me as I had hoped he would. I just cannot keep him in the office ten minutes. He seems to either dislike business or is very stupid about it. He is forever wasting his time hanging around air fields and making drawings of planes. He knows every make of plane and every part of a plane, besides knowing all of its personnel. Please tell me what can I do about it?”

ANSWER:

If you are a wise father, you will give him all the encouragement in the world in allowing him freedom to live his own life as he chooses instead of demanding that he live it as you choose. What you tell me leads me to believe that he is tremendously interested in flight engineering and in nothing else. A man can achieve greatness only in the thing he is most interested in. He would either make a failure of your business

if you obliged him to inherit it, or make his life a failure even though he succeeded in building it to high altitudes.

We know a man who made fifty million dollars because he was unavoidably drawn into his father's growing business, yet he was unhappy because his life was one long frustration. He had other desires and loathed business, yet forced himself to become master of it. He said he would gladly give his entire fortune if he could have lived as he chose — even though that meant living in an attic room.

The greatest men we have ever known revolted at the thought of going to college and many of them were considered to be failures because of their low marks. Thomas Edison was one of these.

We knew a man who tried to force his son to follow the sea and navigate great ships as he did. The son threw himself into the sea. We know another one who insisted that his son become a dentist. The son ran away. We know of many such cases. We trust you will let your boy have the opportunity of becoming a master mind in the profession of his own choosing.

* * * * *

QUESTION:

“I find it difficult to keep up a sustained state of ecstasy. Why is this?”

ANSWER:

As long as you are really inspired and working knowingly with God, that state of ecstasy will last for hours or even days if the measure of your inspiration is great enough to demand a long time in fulfilling.

A musician who is writing a long symphony or a sculptor working on some inspired time-consuming conception can remain much longer in that state, because of his work, than one who is not creating something.

Very often some very little thing, such as a call to the telephone, will end the possibility of continuing that ecstasy for a long time. In such cases, it is advisable to take up other little human occupations for a while. Then, before you realize it, the ecstasy will return. It may be that a return to the work itself

will quickly lift you up into the high heavens again by the very contemplation of it.

Always remember that the *human you* will constantly assert itself, for you are obliged to attend to the many calls of your body and your senses which cannot all be automatically performed.

The more you make it a habit of your Mind, however, and also make it a way of thinking, the more easily you can slip in and out of it without even thought or effort.

When you have arrived at that stage where you continually slip in and out of it with no thought or effort whatsoever, then you will be able to sustain it when it is with you.

* * * * *

Many of the questions that we receive are very similar. When this happens, we select one which is typical and answer that one to cover all

It pleases us very much when we receive letters telling us to ignore questions asked because the writers have found the answer within

themselves. *That is just what these lessons are striving to accomplish, for when you actually accept the fact that all knowledge exists universally – which means within YOU – you will not only “know what to do” about any problem which confronts you but you will find an indescribable happiness in your moment- to-moment communion with God as you habitually turn to Him by thinking within your Consciousness.*

When you thus find the kingdom of heaven, you will also find that all things else shall be added unto you.

We repeat again that there is but ONE PURPOSE for man and that one purpose is to manifest our Creator on earth. To do this, we must be co- Creator *with* our Creator. However, we cannot become such co-Creators until we know and put His ways and processes into practice.

The world is our stage and every man plays his role in the great Cosmic drama. Each player is of vital and equal importance in the whole Play of Creation. Life, itself, is our great teacher. Through trial and error, we learn what to do and what not to do. That is why the seemingly hard experiences teach us more than the happy, easy ones. When we learn to face ourselves and analyze our weak points, then we begin to make real progress.

Perfection – or peace on earth – will come when all men “play” their parts perfectly for the BALANCE will be accomplished. Therefore, BALANCE should be the goal and keynote of every endeavor.

Philosophers from the beginning of recorded history have tried to teach man this one Law of Balance. The greatest Teacher gave the keynote to peace on earth when He said:

“Love Ye One Another.”

Those four simple little words contain the answer of the ages to man’s eternal quest for the purpose of life.

Man has made life so complex that he loses sight of WHY he is here. Certainly it is not for the three meals a day, a car to ride in and a bed to sleep in as most unthinking people believe. No, the great purpose is to KNOW God and manifest Him on earth. What a glorious world this will be when man really understands the Creator’s inviolate laws and lives knowingly to manifest His purpose on earth! Every interchange will then be harmonious because men will know that the only lasting happiness they can have comes from the giving of themselves to their fellow man – who, in truth, is but a reflection of themselves.

As you comprehend the science of man and his universe, you will know that your every action is reflected even to the farthestmost star. Your every thought reaches every man on earth as you, in turn; pick up every other man's thoughts.

We started these lessons with MEDITATION for this is the most vital thing to understand in order that you may become receptive to your Soul-promptings – which are the source and channel to all real knowledge.

* * * * *

Here is another typical question which has been asked of us numerous times:

QUESTION:

“You sometimes speak of men who are unfolding cosmically as having extrasensory perception. That interests me greatly for often when I feel tremendously inspired and forgetful of my body, I seem to feel and know things that I do not ordinarily know.

“The research into extrasensory perception carried on at Duke University interests me very much because many of the things

done there experimentally, which they cannot explain, happen to me constantly and I cannot explain them. One strange thing happens very often to me. When my wife has been away overlong and I wonder where she is and get worried about her absence, she will invariably call me on the telephone and tell me where she is and why she was delayed. But, stranger still, I will suddenly feel compelled to go to the door a minute or two before she arrives home. I feel sure that she is there and it is most always true that she actually does arrive within a minute.

“I wish you would explain this scientifically for I have no explanation for it whatsoever. The statement you made about one’s sense perception increasing as his knowledge increases, and as mankind becomes more cosmic, leads me to believe that you both know more about this phenomenon than you care to tell us or believe that we can comprehend. I know that many others of your students will appreciate deeper knowledge upon this subject.”

ANSWER:

Outer sensory perception means that one has an awareness of motion and its effects. Inner sensory perception means that you

have an awareness of the *CAUSE* of *EFFECTS* of motion. Motion indicates its presence by means of vibrating waves. There is no other way for one to become aware of motion than by one's ability to sense wave-vibrations – which really means to *feel* wave-vibrations. You *feel* wave-vibrations by seeing them with your eyes, hearing them with your ears, smelling them with your nose, tasting them with your tongue or touching them with your body. All of these “five senses” are but one – the sense of feeling motion of some kind, somewhere.

Now we get to the basis of sensing – for motion is all that one senses and when motion begins in any kind of wave-vibration, that motion can be sensed by some people more than others, by some animals more than others, and by some animals more than humans. Humans, for example, cannot hear the sounds' of insects which are loud sounds to some birds. Humans cannot smell as animals do. Their “sense-perception” of hearing and smelling is not anywhere near as keen as that of a dog.

Wave-vibrations range from a trillionth (or more) of a centimeter in wave length, or billions per second in time, to

hundreds of feet or miles in length for one wave. The accompanying diagram will illustrate this principle. See Figure 73. The little white slit in this whole range of sense-perception shows how small one's sense-perception of seeing is. It is marked "A." That small slit marks the range of wave vibrations which the eye can see, a small color range on either side of incandescent white light. *When that range of sense-perception by the means of sight ends, down in the ultra violet on the blue side, your body can feel what your eyes cannot see. It will become violently tanned by violet rays which are beyond your range of sight. Also the photo negative can see more than you can.*

Faster than the ultraviolet are X-rays which can see through your body, and you can increase your range of sense-perception by multiplying your visible range electrically and photographically so that you can see your own skeleton. By this means, you enlarge your range of sense-perception mechanically. Beyond X-rays are gamma and cosmic rays which are thousands of times faster vibrations than X-rays. Naturally they are far beyond man's range of sense-perception, for life would be intolerable if the range were so great.

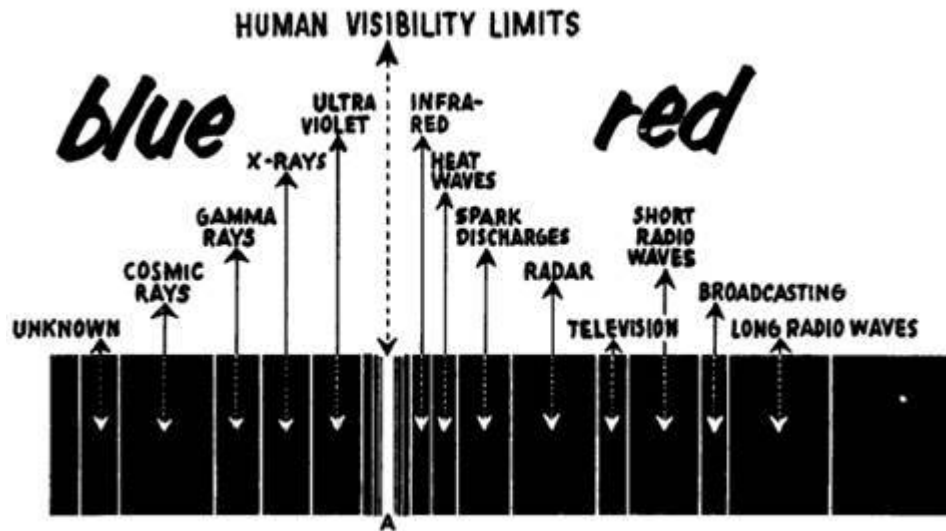


FIG. 73 This diagram illustrates the restricted limits of human visibility.

Between the tremendous blue and red expanses of the wave octave is that narrow little range which limits man. When man's limit is reached on the red side, he can multiply his power to perceive wave-vibrations by an instrument called the bolometer. By means of it, he can measure infra-red variations which the eye cannot possibly see. To the eye those rays are black, yet the bat can actually see them as light and so can many other animals. The bat, for example, is not really seeing light, but is sensing motion.

The Eastman Company produced a negative so sensitive to infrared rays that when forty or fifty people were photographed in a room so dark that one could not see his own hand, the photograph looked like any other photograph taken in the light. Every face was as fully

recognizable and the shadows cast by the light source were as sharp and clear as those produced in the upper range of sunlight sources. Again we say, the explanation is not in greater power of vision but greater sensitivity to the motion of short waves of high frequency or vice versa.

Farther, still, beyond the infra-red, there are the long radar waves which the bat, above referred to, can sense with its body as it flies and thus can miss hitting objects in the dark which are beyond the range of its sight-sensing. Man has been able to increase his sense range, mechanically, by multiplying the potential of these radio waves so that they can be detected by an electrical condenser. The machine which shortens these waves into man's range of hearing is an extension of his body and makes it possible for a ship to sense what is ahead in the dark, or fog, or under it, the way the bat does with his actual body. Beyond this radar range are other longer broadcasting and radio waves which, also, are very far beyond man's range of perception.

What are these long radio waves? They are the sounds of your voice, for one example, which spread out through the universe in ever lengthening waves at the speed of light until they pass beyond the

range of man's perception a hundred feet or so away from that sound of your voice.

Man has been enabled to condense those long waves which no man can hear into short ones which he can hear. By shortening them to the lengths and frequencies which come from you as sound waves, other people all over the globe can hear what you say as clearly as though they were in the same room with you. That is what condensing means. *It is also what polarizing means.* "Dying" sounds are being resurrected as "living" sounds. That is another mechanical way of extending the sense-perception of humans. It may be possible some day to re-polarize wave-records of voices heard in the long past. The principle is the same but electrical knowledge is still in its beginnings.

Give thought to this with us for a moment. We all very thoughtlessly feel that our spoken words die soon after we have spoken them. *We do not realize that the words, as well as the thoughts which caused them, are eternally recorded in the zero universe. These records live eternally through all the universe.* Man has been enabled to condense them while they are closely circling the earth. When, however, they reach too far out in their spiral journey away from the earth, it may be that

man can never mechanically rewind those long spirals into short enough ones for us to hear or see.

It IS possible, however, for Cosmic Conscious humans to spiritually see, hear and feel waves which electrical machines could never condense. The whole human race is gradually increasing its inner, or spiritual, sense-range into far reaches of the Cosmos. The growth of God-awareness in man is the measure of his increasing inner sensory perception. Cosmic knowledge is the fulcrum which reaches out into its thought-wave extensions to interpret the rhythms and the meaning of those thought-waves with which space is so filled.

As your Cosmic-awareness increases, your range of inner vision or inner sensory perception, proportionately increases. Your increasing God-awareness extends your inner sense-perception into invisible thought-waves by intensive decentration. By meditative decentration you bring these infinitely long thought-waves into the greater frequencies of short waves by intensive concentration. This enables you to vision your concept as an imagined-body and then translate that imagined-body into a material body. The power and the process are the same whether you give it a material body or leave it unfinished as a mental image, a mental "dream," as many geniuses

do. It then exists for them only, for they have not translated it into *visible* bodies. If you do give your vision a material body, you pass it on to the culture of the future which aids others to find that kingdom of heaven which all are seeking. If you do not do so, you have at least found more Light on your own path which cannot but help to illumine others to the extent in which you have LIVED it, thus uplifting others to the extent that they can see the Light of your example extended to themselves.

If you would know the great glory of extending your inner sense-perception into the invisible – into the silences and the universal stillness of God’s Light – go deeply into communion with God as much and as often as you can.

This will answer your question concerning the work of the Duke University, which is endeavoring to extend the range of outer sensory perception, and the work of our University, which is engaged in extending the range of inner- sensory perception. Outer sensory extension leads to physical transcendences but inner sensory perception leads to God-awareness in us. The two must not be confused. Both are necessary for the unfoldment of the human race. We feel, however, that human progress cannot reach the desired

heights of supremacy without man knowing God and his own divinity. It is not enough that his outer- senses be developed even if they could be developed into the clairvoyant, clairaudient or telepathic stages which have been reached by some men of earth, notably Edgar Cayce. A million of such rare, highly developed sensory men are not the equal in value of one Beethoven, one Shakespeare or one Laotze.

In meditation with God, you may explore the vast reaches of the thought-wave universe, which these mystics have reached, where Creation into the bodies of things begins. Go, therefore, and walk and talk with God.

“See Him. Know Him. Be Him.

Be thou the fulcrum of thine own power.”

The fulcrum of power is KNOWLEDGE of Mind. Its extension into waves of motion is the THINKING of Mind.

One hour spent with God in the depths of His forests could give you more of wealth than a thousand shelves of books or mountains of gold. One hour spent alone with God could unfold you more toward the higher innersensory strata of Mind-power intended for man than whole libraries of books could give to you in centuries. We say to

you, therefore, that when you can continuously walk and talk with God and work as ONE with Him, you can then know His masterfulness manifested in your works, and your Mind will be One with His in the ecstasy of His rhythmic thinking.

* * * * *

Swannanoa, Waynesboro, Virginia

Our treasured friends and students:

We have been close to you now for one whole year. We hope that the year has been one of the richest and most satisfying of your life. No earthly possessions can make you feel as rich and contented as spiritual knowledge, for earthly possessions give transitory joy while spiritual knowledge gives eternal joy.

Life has many facets. In order to control our lives, we must become aware of the CAUSE of all things. Throughout these lessons, we have endeavored to give you the basic knowledge of God's ways and processes so that you may become completely aware of the God-Light which centers you and thus *know* your ONENESS with our Creator and with *all* of His Creation. Until men attain this understanding, they will continue to create situations which lead to personal tragedies for themselves and to wars between nations.

Love is all there is. To understand the meaning of love is man's eternal lesson.

The human race has reached the stage where love put into practice is the only hope for human survival. That is why you must now extend what you have learned to others through your way of life – in your home and in your social and business contacts.

Just as a tree obtains its strength from its invisible roots, so does man obtain his strength from his invisible spiritual Self. There can never be progress in the visible universe without the power of the invisible Self. That is why all through these lessons we have endeavored to teach you WHO YOU ARE and WHAT YOU ARE and to aid you in unfolding *your* desire to fulfill YOUR PURPOSE ON EARTH .

Our desire and purpose is to impart to you the knowledge God has bestowed upon us to give to mankind at this crucial period of his unfolding so that peace and happiness can become a permanent way of life for all men. Man has reached that stage in his unfolding when he must scientifically know the HOW and WHY of life itself. That is why the new knowledge in this course of study is beyond price.

We shall continue to serve the dedicated purpose of our lives as long as we live. Some day – perhaps some far distant day – man will comprehend this Divine Message from God. We pray that we may live to see it accepted in all its fullness. Should we not, however, we

know in our deepest depths that the day will come when man-in-the-mass WILL understand God's great Message.

There will be times when you may feel that you have even lost contact with God because many experiences come that try man's Soul. God's greatest messengers have known such moments. At the hour of Christ's crucifixion He, too, felt that as He cried: "My God, my God, why hast thou forsaken me?"

No man ahead of his day has had an easy road and crucifixion has been the lot of many Cosmic Messengers. Laotzu slipped away from the world of man when he could no longer stand the "crowd's" indifference. That is how *you* will sometimes feel—as we, too, have sometimes felt, for we have never spared ourselves. It takes great courage and fortitude to continue to give God's Message in the face of indifference of the "crowds." However, the desire to slip away is only fleeting for with the dawn of a new day, inspiration is born. So often this comes to us in the form of letters from students — beautiful, beautiful letters recounting their rich experiences as a result of applying our teachings. It always seems as though God has especially sent such messages at these crucial times to renew our strength.

It is not easy to keep strong when one sees such destruction taking place in the world of man as we have seen these past years. When you know that all this could change if man would only awaken to the CAUSE of his "sickness," it is hard not to feel frustration because of man's blindness. Do as we do when you feel that man is completely blind; go *within* yourself, and commune with God. *This is the one and only "place" where a renewal of strength can be found. Only in the sensed-world of man are you a voice crying in the wilderness. In God-awareness, there is an ever-flowing source of courage and idea for action.*

Doctor Russell wrote the following poem to me on the occasion of our wedding anniversary on July 29, 1962. Somehow we felt you would treasure it for you are a student and a very close friend, as all students are. Had you not been one in thought with us, you would not have desired our teachings.

"I dearly love our beautiful green Blue Ridge Mount
And every precious living thing which grows upon it,
And on its very top where we, together, live without
count

I will with my beloved Lao work until we eternally live within it.”

“And until that last far day closes its mighty doors upon us

We will together manifest God to those who seek us

For knowledge and power to save man from extermination

By his own hand, in order that he may save God-made Creation.”

From the moment God made our two paths one, we have worked every moment together with love. This is the love you feel, as you have so often written us, through every word of our writings. With this eternal link we know you, too, will experience the wordless and never-ending ecstasy of eternal and divine love.

Please do not let our “closeness” cease now that you have completed the course. Your letters have been, and always will be, our greatest daily source of inspiration. Remember, we are friends who truly care

what happens to you, and in each man's life there come moments when he needs the strength which comes from the heart of one who cares and understands.

With our ever abiding love, I am,

Lao Russell

P.S. This final unit is based upon Lao Russell's knowledge of the Science of Love and she wrote every word of it. All of the other units we shared equally in the writing. I also feel this unit should be printed in a separate book for it gives an understanding of what LOVE truly is and the world is in such dire need of this today.

Walter Russell

* * * * *