

INSPIRATION:

Do you believe that you love enough? Could you love more? Probably that organ of your body which you feel is not functioning naturally is thus because of some stifling of love or withholding of good feeling. Don't consider germs, air, food, etc. as the cause of your "trouble". Look within your mentality. Create a larger capacity to love. Love generously, spontaneously, joyously, freely, not half heartedly, grudgingly or occasionally. If you want to learn a little more of what real love is, just step out of doors and throw open the doors of your soul so that you can take in some of the wonders and glories of your Nature -- your life -- your God.

Get a larger perspective of the height, the depth, the bigness and the greatness of the Life in which you live and move and have your being.

Watch the glow of the sun on the leaves, the shadows on the lawn, the foliage in a breeze, the beds of flowers, consider their gorgeous coloring, their slender stems, their cool green leaves. Look off at the hills, the tinted sky, trees, the birds like uplifted thoughts soaring far above all earthly things. Take a deep breath of air fragrant with growing things -- Life -- and feel something of the bigness and the goodness of Life, the greatness of love and the vastness of Mind. Feel it all, love it all, drink it all in until a throb of unspeakable joy comes into your throat and a warm glow of love thrills every fibre of your being. Stretch out your arms and say: "God how I love Life - love it, love it, love it!" Mean it, talk it, act it, feel it. Speak kindly, do kind things, feel good, be joyous.

Now you ask, how can I change my thoughts and what ones shall I think? First take an inventory of yourself. Find out your weak qualities. Are you morbid, melancholy, depressed, pessimistic, lonely, dissatisfied, bored, fed-up, discouraged, doubtful? Do you dislike the rain, dread the sun, fear food, hate work, are you bored by people, dislike children, hate music? Do you look over the past, dig up all the unpleasant events of your past life, wail over them, want sympathy? Are you afraid of what others say or do, or don't say or don't do? Are you restless, irritable, keeping your thoughts in a turmoil and chaos? Do you worry and stew and hurry and nag and criticize? Do you love to tell others about your sickness, your hard luck, your tough breaks? Are you constantly worried over this and that, what had happened, what may happen? Do you sit most of the time thinking what a dirty deal you have had?

Look deep into your habits of thought, way down deep. Take counsel with yourself seriously and see where and what is lacking. The vital question is, do you desire to be better? Do you really want to part with your erring moods and evil thoughts and corrupt disposition, or do you want to grasp for health and happiness with one hand while the other holds fast to your pet sins?

It all rests with yourself, you. Desire to think and act right. Your pains and aches, failure, loneliness, unhappiness, is the price you pay for not letting go of these wrong feelings. If you are straining your eyes to see and your ears to hear how to give up the wrong thoughts and beliefs that are deceiving you, here is the way: Look right at those silly, haywire beliefs and feelings and say, "I am through with you! Never in all eternity shall you be a part of my thinking again. To hell with you, I am through bothering with you!" Then flood your consciousness with loving, right, true, kind, good feelings and calm reasonable thoughts. Think of yourself as you wish you be. See yourself strong, radiant, courageous, masterful, successful, ambitious, enthusiastic, interested, relaxed, secure, healthy, happy and lovable! Dwell on any good quality and your Mind will unfold that quality in you.

Think deep strong thoughts of courage, determination, power, continence, assurance, expectation of good, poise, ease. The Bible says, "Whatsoever things are perfect, whatsoever things are good, whatsoever things are healthy, loving, peaceful and prosperous, think on these things." Not once a week, but every day, every hour, every second of your conscious thinking. Keep at it until they are established in your consciousness. Think on them, talk about them, feel them, sleep with them, awake with them and then live up to them in action and deed. Then these qualities actually are you.

Expect failure and you will get it. Have a poor opinion of yourself and so will others. Know yourSELF (God). Think courage. Say, "I will succeed, I am utterly fearless, I am a success now!" Remember you experience what you think. But you have to think. Don't continue day after day with the same few thoughts. Continually enlarge the goodness in your thought. Strive for a greater sense of goodness and love. Be on the watch for harmony-producing thoughts, admire beautiful things, love the good in people instead of criticizing the wrong they show. Broaden yourself, and presently you will laugh at what once made you cry.

Your Nature is just. Giving you health, happiness, wealth and joy all for the thinking and loving of them.

If you believe you have inherited your illness and your disposition, stop the silly

idea immediately. There is only one law of heredity and that is that perfect life runs through each and every member of the whole mind family and that perfection and good is the only thing we all can inherit really.

Learn to love and understand yourself first and in this way you automatically understand and love all of Life.

(G. Rader - 1933)