

AS A MAN THINKETH

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Edited and revised for the 21st Century reader.

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Mind is the Master power that moulds and makes,
And Man is Mind, and evermore he takes
The tool of Thought, and, shaping what he wills,
Brings him a thousand joys, a thousand ills:--
He thinks in secret, and it comes to pass:
Environment is but his looking-glass.

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FOREWORD

This short book is the result of my meditations and experiences and is not meant to be a complete work on the power of one's thoughts. The purpose is to stimulate you, the reader, to discover that you decide who and what you are by your thinking.

Each of our thoughts determines how we are inside. Our thoughts control our physical and emotional health, as well as what we experience in the world. We can change our outer world of pain and ignorance for a world of joy and understanding.

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AS A MAN THINKETH

THOUGHT AND CHARACTER

THE saying, “As a man thinketh in his heart so is he,” means that one’s thoughts completely control who one is and also control all experiences and circumstances. One’s total life, then, is the sum total of one’s thoughts.

Just as a plant grows from a seed, and must have the seed from which to grow, so every act of man grows from the hidden seeds of thought, and could not appear without those thoughts. This applies equally to those acts simple and not planned as well as to those which are deliberately planned.

Action is the result of thought, and joy or suffering are both brought about by a person’s thoughts turned into action. So, you plant seeds by your thought, and they grow into joy or sorrow in your life.

Our mind’s thoughts make us. If we have evil thoughts, then pain will come to us.

If we hold pure thoughts, joy will always follow us, just like our shadows.

Universal laws cause man’s growth, and cause and effect is one such universal law. Cause and effect are seen both in the physical world outside ourselves and in the invisible world of our thought. A noble and moral individual is not one by chance but rather is so by the continued holding of correct thought. The immoral and un-Godlike individual is such by continued holding of incorrect thought.

We make or unmake ourselves; we have an armory of thought and,

by this thought, we can forge weapons which destroy us; we can also create a heavenly existence of joy, peace and strength by choosing the correct use of thought. We can achieve perfection with thoughts that are like God's; but by the abuse of thought and the holding of incorrect thought, we can become lower than the lowest of animals. There are, in between complete correctness and complete incorrectness of thought, all stages of character, depending on the proportions of correct and incorrect thought.

Of all the wisdom of the modern age, none is more important than this: each of us is the master of our own thoughts, and these thoughts mold our entire worlds, both within and without.

Humans are beings of Power, Intelligence, and Love, and are the masters of their own thoughts. Because of this, we hold the key to every situation and have within us the ability to make ourselves whatever we will.

We are always the masters, even in our worst and weakest states; but in our weak and degrading states, we are foolish masters who do not run our "households" correctly. When we begin to think about our bad conditions and to search for the cause of all of these, finding the Universal Law, we then become wise masters of our circumstances, and begin to direct our thoughts, and thus our energy and actions, with intelligence. We then fashion our thoughts in the correct way, knowing that laws of thought control our lives. This is accomplished by analyzing our thoughts and experiencing the results of our thoughts in our lives.

Gold and diamonds are found only by searching and mining, and we must mine deep within our souls, to find out the truth that we are the makers of our characters, the molders of our lives, and the builders of our destinies. We can prove this to ourselves, if we will watch, control and change our thoughts, looking at the effects of these thoughts upon us, upon others, and upon our lives and circumstances. In this way, we can see the cause and effect of our

thinking and eventually gain Understanding, Wisdom, and Power. If we do this diligently, the absolute law that “He that seeketh findeth; and to him that knocketh it shall be opened” will work for us. By patience, practice and careful analysis, each of us can enter the Door of the Temple of Knowledge.

EFFECT OF THOUGHT ON CIRCUMSTANCES

Our minds are like a garden. We can cultivate our minds like a beautiful garden or we can allow them to grow wild like an untended garden. We can cultivate our gardens carefully, with only good seeds (thoughts), or we can allow wild seeds (thoughts) to grow uselessly. Each type of seed will produce its own kind.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers, vegetables, and fruits he desires, so we tend the gardens of our minds, weeding out all the wrong, useless, and impure thoughts, and cultivating instead the perfection which we can achieve by right, useful, and pure thoughts. By doing this, we will discover that we are the master-gardeners of our souls, the directors of our lives. We will demonstrate that the laws of thought are true, that thoughts shape our characters, our circumstances and our destinies.

Thought and character are one and the same. Our characters can only reflect in our environments and circumstances, because the outer conditions of a person's life will always be related to the inner state. Circumstances that we experience are intimately connected with the thoughts we hold, and those thoughts will control our development.

All of us are who we are because of the law of our being; the thoughts which we have built into our characters have brought us where we are today; there is no "chance" or "luck" involved, because the law is always true. Those of us who feel "out of sync" with our "worlds" and those of us who feel contented with our "worlds," are where we are because of our thoughts.

Man is always progressing and evolving, and we are here on this earth in order to grow. As we learn spiritual lessons from our experiences, we are moved on to the next experience, in order to

learn more.

We are victims of outside circumstances as long as we believe that the outside world controls us. When we realize that we have creative power within us, that we may take charge of the hidden soil and seeds (thoughts), changing them and making them correct, we then become the masters of ourselves.

When we practice self-control and correct our thoughts, we will begin to notice that our circumstances change for the good as well. The more we continue to practice correction of thought, the more our circumstances change and the better our characters become.

The soul always attracts whatever is held within it. If it loves, it attracts what it loves; if it fears, it attracts what it fears. What a soul attracts are the circumstances of the individual's life.

Every thought is a seed planted in one's mind. The thought grows and attracts into one's life just what the thought is. Good thoughts bring good actions and circumstances; bad thoughts bring bad circumstances and actions.

Whichever thoughts we choose to control us, those are the thoughts that will control our lives, both our actions and that which happens to us.

We do not become poor or imprisoned by chance but by holding thoughts of poverty and immoral or illegal activity. Thoughts of crime will cause one to attract opportunities for crime and then to take the opportunity to commit crime. Likewise, thoughts that are moral and good will attract good events. Thus, each individual, as the master of his or her thought, creates the conditions and environments in which he or she exists.

We do not attract into our lives that which we want but, instead, that which we are. We may desire wealth and success but if our

thoughts are not upon these things, we shall not achieve them. Our wishes and prayers are only granted when they are in harmony with our thoughts.

If a person does not like his or her life circumstances, the tendency is to fight against them on the outside, while still holding the same thoughts of fear, anger or hatred. By holding the same old negative thoughts, we continue to attract the same circumstances we fight against.

People are anxious to change their bad circumstances but are unwilling to change themselves from within. They are thus bound to stay in the same circumstances, whether they are earthly, such as lack of wealth, or spiritual, such as lack of joy and peace.

A man might be very poor. He desires wealth, but his thoughts are of anger for his condition and dislike of his boss. These thoughts cause him to shirk his duties, and to give only a partial day's labor for a day's pay. He does not understand that his thoughts and resulting actions prevent him from even improving his conditions.

A woman is very wealthy and yet suffers a disease, for which she is willing to spend as much money as possible to heal her disease. If she does not change her thought and her actions regarding this disease, however, she will not become disease-free.

An employer may make himself rich by cheating his employees, failing to pay all of his taxes, and using unfair tactics against his competitors. When he finds himself bankrupt, he blames external circumstance rather than his own thoughts and actions which have actually caused his financial ruin.

These three examples simply show that we are the makers of our circumstances. While we aim for good things, we are continually blocking the arrival of these things by holding thoughts that are not in harmony with the good we desire.

Life circumstances are complicated; inner thoughts are complicated. It is impossible, then, to judge a person's complete inner being by his or her outer circumstances. Thus, a wealthy person may hold certain correct thoughts and acquire such wealth; a poor person may remain poor but have other circumstances that are positive because of certain correct thought. It is not wise to assume that because one part of a person's life is good that all thought is correct; likewise, it is unwise to assume that certain poor circumstances are the result of total incorrect thought. We all harbor some good thought and some negative thought, and we therefore experience a mix of circumstances.

We are often taught to believe that we suffer because we are good; but as we work to rid ourselves of all negative thought, we will begin to see that our suffering also begins to diminish. The Great Law, which can only give good for good and evil for evil, is permanent and unchanging. Once we realize this, we can look back and see that our lives and all of our past experiences have been based upon this Law.

Good thoughts and actions can never bring bad results; bad thoughts and actions can never bring good results. It is the same as saying that only corn can come from corn. We understand this Law in nature, but we fail to understand it in our minds and in our morals. Because we fail to understand it, we fail to cooperate with the Law.

If we are suffering, it is because we are holding wrong thoughts. We are out of harmony with the Law. If we are suffering, then we must change our thoughts, getting rid of all thinking that is not correct. Once this is accomplished, there is no more suffering.

The circumstances of suffering are caused by our lack of being in sync with the Law of Thought. We become miserable even though we may have material wealth. We become blessed when we are in sync with the Law, even though we may lack material wealth. The

wealth will come as our thought about it becomes correct.

Poverty and self-centeredness are two extremes of a wretched life. When our inner thoughts are correct, however, we experience health, happiness, and prosperity, because the inner and the outer are in harmony.

Reaching true maturity means to stop whining and complaining about one's circumstances and to begin to search for the hidden causes of life's circumstances. As we learn the truth, we stop blaming others and fighting against life's circumstances. Instead, we begin to use circumstances to tell us what changes of thought need to occur.

The universe is controlled by natural law, not chaos, and justice is the substance of life. In spiritual things, good is the single force. As we get ourselves in tune with good, then our world becomes right. As we change our thoughts toward things and people, things and people change toward us.

This truth can be proved by experiment. Change thought, and you will be amazed at the rapid change that occurs in your life. While we may think that our thoughts are secret, they are not, for they crystallize within us and cause us to act in accordance with that thought. The acts then become habits, and the habits cause external conditions. Immoral thoughts solidify into habits of excessive drink and sex, creating poverty and disease; impure thoughts of any kind will result in lack of forcefulness and confusion, causing misfortune; thoughts of fear, doubt and indecision bring weak and unclear focus and will cause failure, poverty and dependence upon others; lazy thoughts solidify into lack of cleanliness and dishonesty, which in turn bring about an unpleasant environment and a sense of worthlessness; if we hold thoughts of hate and condemn others, we will develop habits of violence, causing injury to ourselves and others; selfish thoughts cause us to seek only our own gain, ignoring and perhaps abusing

others. Beautiful thoughts of all kinds create just the opposite. Pure thought causes self-control and moderation and bring us peace. Thoughts of courage and independence bring about success, prosperity and freedom; energetic thoughts give us order; cleanliness and love of productive work; gentle, loving and kind thoughts result in unselfishness, prosperity and spiritual riches.

Developing habits of thought, whether good or bad, will always produce results based upon that thought. We cannot choose our circumstances directly, but we can choose our thought, and so indirectly create our circumstances.

Let us all stop our sinful thoughts, and the world will begin to work with us, ready to help us. Let us all discard our weak and unhealthy thoughts, and our fate shall change. The world will become a kaleidoscope of glorious colors, presenting only good.

“So you will be what you will to be;
Let failure find its false content
In that poor word, ‘environment,’
But spirit scorns it, and is free.

“It masters time, it conquers space;
It cowers that boastful trickster, Chance,
And bids the tyrant Circumstance
Uncrown, and fill a servant’s place.

“The human Will, that force unseen,
The offspring of a deathless Soul
Can hew a way to any goal,
Though walls of granite intervene

“Be not impatient in delays
But wait as one who understands;
When spirit rises and commands
The gods are ready to obey.”

EFFECT OF THOUGHT ON HEALTH AND THE BODY

The body obeys the mind. It moves as the mind tells it to, and it responds to the mind's inner thoughts with health or sickness. Ugly thought will bring disease and decay; beautiful thought will bring youth and beauty.

Disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Thoughts of fear will bring ultimate death to the body. The people who live in fear of disease are the people who get it. Anxiety quickly demoralizes the whole body, and lays it open to disease; while impure thought will soon shatter the nervous system.

Strong, pure, and happy thoughts build up the body in strength and beauty. The body is a delicate instrument that can be shaped by the thoughts of the mind it houses, and habits of thought will produce their own effects, good or bad, upon it.

Men will continue to have impure and poisoned blood, so long as they propagate unclean thoughts. Out of a clean heart come a clean life and a clean body. Out of a corrupt mind proceed a corrupt life and a corrupt body. Thought is the fountain of action, life, and manifestation; make the fountain pure, and all will be pure.

Change of diet will not help a man who will not change his thoughts. When a man makes his thoughts pure, he no longer desires unhealthy food.

Clean thoughts make clean habits. The so-called saint who does not wash his body is not a saint. He who has strengthened and purified his thoughts does not need to consider the dangerous germ.

If you want to protect your body, guard your mind. If you want to renew your body, beautify your mind. Thoughts of hate, envy, disappointment, or sadness, rob the body of its health and beauty. A sour face does not come by change; it is made by sour thoughts. Wrinkles come from the thoughts of foolishness, passion, and pride.

I know a woman of ninety-six who has the bright, innocent face of a girl. I know a man well under middle age whose face is drawn into deep wrinkles. The one is the result of a sweet and sunny disposition; the other is the outcome of passions and discontent.

As you cannot have a sweet and wholesome home unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or peaceful face can only result from thoughts of joy and goodwill and peace.

On the faces of the aged there are wrinkles made by sympathy, others by strong and pure thought, and others are carved by passion: who cannot tell them apart? With those who have lived morally, age is calm, peaceful, and softly mellowed, like the setting sun. I have recently seen a philosopher on his deathbed. He was not old except in years. He died as sweetly and peacefully as he had lived.

There is not medicine like cheerful thought for getting rid of the ills of the body; there is no comforter to compare with goodwill for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill will, suspicions, and jealousy is to be confined in a self-made prison. But to think well of all, to be cheerful with all, to patiently learn to find the good in all – such unselfish thoughts are the very doors of heaven; and to dwell day by day in thoughts of peace toward every creature will bring peace to the hold of such thought.

THOUGHT AND PURPOSE

Thought must be linked to some goal or purpose, for without purpose, a thought is simply floating around. Such floating without a goal can lead to disaster.

Those who have no important goal in life will give in to small worries, fear, troubles, and self-pity. Such thoughts cause weakness and always lead to failure, unhappiness, and loss.

Each of us should set a strong goal, keep it in our hearts and determine to achieve it. This goal should be the most important part of our thinking. The goal may be a spiritual one, such as honesty, or it may be a material one, such as a career, but the key must be to keep it foremost in our thoughts. If we remain focused on our central goal, then we shall not give in to wandering thought which distracts us, and we then develop self-control and true concentration. Even if we should fail to achieve our goal, the strength of character developed will eventually bring us success and future triumph.

If one is not prepared to set a fixed life goal, then he or she must focus on completing whatever tasks given, no matter how lowly they may seem to be. In this way, one practices the habits of focus, energy and commitment, which can be used later to accomplish one's life purpose.

Even those who are presently weak shall, by giving effort and practice even to lowly tasks, will experience personal development and shall become strong, patient, and diligent.

Just as a physically weak person becomes strong through physical exercise, so too shall a person who has weak thoughts make them strong through the exercise of right thinking.

When we begin to think with a purpose or a goal held strongly, we enter the ranks of the strong ones, who see failure as a path to success; who make outer circumstances their teacher and who think strongly in order to master those circumstances.

Once a purpose or goal is set, we must mentally design a plan to achieve it, keeping our thought only at that achievement. Doubts and fears must be thrown out, for they are thoughts that will break the straight line toward achievement. Doubt and fear have never accomplished anything and lead always to failure, overcoming all good, strong, and purposeful thought.

The will to do something comes from the thought and belief that we can do it. Thoughts of doubt and fear are enemies to us all and will trip our every step.

When we conquer doubt and fear, we conquer failure. Any difficulty is then met and overcome easily. The seeds of purposeful strong thought bloom and blossom, never falling to the ground too early to grow.

Thought and purpose together become creative force, and one who knows this is ready to become strong and successful, using mental powers to achieve all good.

THE THOUGHT FACTOR IN ACHIEVEMENT

Everything we achieve or fail to achieve is the direct result of our own thought; we are each responsible for ourselves, for this maintains the equilibrium of the universe. Our thoughts and the conditions of our lives are our own making, not the making of others. Both our suffering and our happiness reside within us. As we think, so we are; as we continue to think, so we remain in the same place.

It is impossible for the strong to assist the weak, unless the weak are willing to be helped and are willing to change their thought and attitude. The weak themselves must change their conditions.

It is said that slavery is the result of the few powerful in control of the many unpowerful, and we must therefore hate the powerful. Slaves allow themselves to be controlled, however, so we must blame the slave themselves. Both the powerful and the slave are ignorant of the Universal Law. When both realize the other's godliness, then both shall cooperate and work for the good of themselves and one another.

When one conquers weakness and discards all selfish thought, he/she belongs neither to the powerful or the slave. He or she is free.

A man can only rise and achieve by lifting his thoughts. He can only remain weak and miserable by refusing to change his thoughts.

Before we can achieve anything, even in the material world, we must raise our thoughts above the animal level of selfishness. This does not mean to say that we must give up all thought of personal achievement, but, rather, that thought which is of the lower levels, that thought which causes us not to be able to plan and think

clearly, and that thought which indulges immoral or criminal focus, must be eliminated. Unless we begin to take control of our thoughts, we will not be able to control our circumstances, to act independently, and to stand alone. We are limited only by the thoughts we choose.

Progress and achievement do not occur without sacrifice, and this includes the sacrifice of lowly and animalistic thoughts. The higher we lift our thought, the more successful and long-lasting will be our achievements.

The universe does not look favorably upon the greedy, the dishonest, or the mean, although it may appear to do so in the short term. In the long term, the universe helps the honest and the good. All teachers throughout time have declared this to be so, and we can prove this by continuing to lift our thoughts higher and thus become better people within.

Intellectual achievements are the result of thought focused on a search for knowledge, beauty and truth and followed by effort and unselfishness.

Spiritual achievements are a result of lofty and moral dreams. The person who holds good and holy thoughts and who lives unselfishly and morally, will reach great heights of influence and blessedness, and shall become wise and respected.

Achievement, both intellectual and spiritual, is the reward for effort and correct thought. By self-control, focus, determination, and morality, one rises to great heights; by corruption, confusion, immorality, and laziness, a man descends into a destructive existence.

We may rise to high success in the world, and even hold lofty spiritual thought, but can then fall into weakness and misery by allowing prideful, selfish and immoral thought to take possession

again.

Victories and success gained by correct thought can only be maintained by constant watchfulness, such watchfulness necessary to avoid falling back into old thought habits and thus back into failure.

All achievement, be they in business, intellectual development or in spirit, are the result of focused thought and are governed by only one Law.

He who accomplishes little sacrifices little; he who achieves much must sacrifice a great deal.

VISIONS AND IDEALS

Dreamers are the saviors of the world. Just as the material world is maintained by the spiritual, so the common people, in all of their sins and troubles, are continuously reminded of beauty and truth by the dreamers among them. Humanity cannot forget its dreamers, for they remind us of how we all could be.

Composer, sculptor, painter, poet, prophet and wiseman – these are the dreamers, the makers of the after world, the builders of heaven. The world is beautiful because they have lived; without them, the common workers would die spiritually.

One who holds a beautiful vision, a lofty ideal in his heart, will one day realize it. Columbus held a vision of another world, and he discovered it; Copernicus held a vision of worlds beyond ours, and he revealed them. Buddha held to the belief in a spiritual world of perfect beauty and peace, and he entered into it.

Cherish your vision; hold fast to your ideals; and praise the music that stirs in your heart, the beauty that forms in your mind, and the loveliness of your pure thoughts. Out of these will grow wonderful conditions. And if you remain true to these things, your own beautiful world shall be built.

To desire is to obtain; to dream is to achieve. Your purest dreams and desires shall come to you, for it is the Law. “Ask and receive.”

Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you will some day be; your ideal self and circumstances are what will come true.

The great achievement of anyone is that which was first dreamed. The oak tree lies in the acorn; the bird waits in the egg; and in the

highest dream of a soul, an angel waits. Dreams are the seeds of future realities.

Your circumstances may be unpleasant, but they shall not long last if you but form an ideal (goal) and strive to reach it. You cannot grow within and stand still without. Here is a young person hard pressed by poverty and labor; confined long hours in an unhealthy workshop; unschooled, and lacking all the skills to improve his condition. But he dreams of better things; he thinks of intelligence, of improvement, of comfortable conditions. He thinks about, and mentally builds up, an ideal condition of life.

The vision of liberty and a larger scope of experience take possession of him; unrest urges him to action, and he uses all of his spare time and resources, no matter how small they may be, to developing his underlying powers and resources. Very soon, his mind has become so changed that the workshop can no longer hold him. It has become incompatible with his thought, and it falls out of his life as a shirt is cast aside, and, with the growth of opportunities, which now fit the scope of his new thinking, he leaves it forever. Years later, we see this youth as a full-grown man. We find him a master of certain forces of the mind, which he uses with great influence and great power. In his hands he holds great responsibilities; he speaks and acts and lives are changed; men and women listen to his words and change their characters; and he assists others in their destinies. He has realized the Vision of his youth. He has become one with his goal.

And you, too, youthful reader, will realize the Vision (not just a wish) of your heart, be it lowly or lofty, or a mixture of both, for you will always move toward that which you secretly love the most. Into your hands will be placed the exact results of your own thoughts; you will receive that which you think, no more, no less.

Whatever your present circumstance may be, you will fall, remain, or rise with your thoughts, your Vision, your goal. You will

become as small as your controlling desire or as great as your dominant goal. In the beautiful words of Stanton Kirkham Davis, “You may be keeping accounts, and presently you shall walk out of the door that for so long has seemed to you the barrier of your ideals, and shall find yourself before an audience – the pen still behind your ear, the ink stains on your fingers and then and there shall pour out the torrent of your inspiration (dream). You may be driving sheep, and you shall wander to the city-bucolic and open-mouthed; shall wander under the intrepid guidance of the spirit into the studio of the master, and after a time he shall say, ‘I have nothing more to teach you.’ And now you have become the master, who did so recently dream of great things while driving sheep. You shall lay down the saw and the plane to take upon yourself the regeneration of the world.”

The thoughtless, the ignorant, and the lazy, seeing only the apparent effects of things and not the things themselves, talk of luck, of fortune, and chance. Seeing a man grow rich, they say, “How lucky he is!” Observing another become intellectual, they exclaim, “How highly favored he is!” And noting the saintly character and wide influence of another, they remark, “How fate helps him at every turn!” They do not see the trials and failures and struggles which these men have voluntarily encountered in order to gain their experience; have no knowledge of the sacrifices they have made, of the tremendous effort they have put forth, of the faith they have held, that they might overcome the apparently insurmountable, and realize the Vision of their heart. They do not know the darkness and the heartaches; they only see the light and joy, and call it “luck.” They do not see the long and difficult journey, but only see the pleasant goal, and call it “good fortune,” do not understand the process, but only see the result, and call it “chance.”

In all human activity, there are efforts and there are results, and the strength of the effort is the measure of the result. Chance is not real. Gifts, powers, and material, intellectual, and spiritual

possessions are the fruits of effort; they are thoughts completed, objects accomplished, and vision realized.

The Vision that you glorify in your mind, the goal that you hold first in your heart – this you will build your life by; this you will become.

SERENITY

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence shows maturity and a more than simple understanding of the laws and operations of thought.

We become calm in proportion to how much we understand that we are beings of thought. We then also understand others in terms of their thoughts. The more understanding we develop, the more we are able to see the cause-effect relationship of thought and external conditions. We then stop all worry, grief, and anger and remain calm.

The calm person, having learned how to control his thoughts and actions, adapts to others; and they, in turn, see this person's strength and feel that they can learn from and rely upon him or her. The more peaceful one becomes, the greater his/her success, influence, and power for good. Even the ordinary merchant will find his business wealth increase as he develops greater self-control and composure, because people will always prefer to deal with a man who projects calm steadiness.

The strong, calm person is always loved and revered, like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. "Who does not love a tranquil (peaceful) heart, a sweet-tempered balanced life?" To this heart, it does not matter whether it rains or shines, or what change come, for it is always sweet, serene, and calm. That exquisite poise of character, which we call serenity, is the last lesson of culture, the fruit of the soul. It is as precious as wisdom, more to be desired than gold, even the finest gold. How unimportant mere money seeking looks in comparison with a serene life – a life that stays in the ocean of Truth, beneath the waves, beyond the reach of storms, in the Eternal Calm.

How many people do you know that destroy themselves with explosive tempers, making all others want to avoid them, making others angry and hostile toward them. People ruin their lives and destroy their happiness by lack of self-control. How few people we meet in life who are well-balanced, who have the wonderful results of being mature and wise!

Yes, humanity tosses up and down with uncontrolled passion, is stormy with grief, and is blown about by anxiety and doubt. Only the wise person, the one whose thoughts are controlled and purified, makes the winds and the storms of the soul turn into calm.

Storm-tossed souls, wherever you are, under whatever condition you may live, know this: in the ocean of life, the isles of Blessedness are smiling, and the sunny shore of your good awaits your coming. Keep your hand firmly upon the steering wheel of thought. Deep within your soul lies the commanding Master; He does but sleep; wake Him. Self-control is strength; Right Thought is mastery;

Calmness is power. Say to you heart, "Peace, be still!"