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What is Peace

Before I can have anything in life I must be able to define it. Often I duplicate my efforts with others because I am unable to determine what it is that I desire in my life by its name. The ability to name and claim anything is vitally important to a harmonious life and peaceful living.

I know the admonition which says I must love my neighbor as I love myself. I have seen the way I have loved other people with power and dominion and this is not what I want for myself. Hence peace for me is not control of others.

I know that when I am so perfectly peaceful I can walk into a room that is filled with turmoil and by my very presence bring peace into that circumstance. This is amazing and delightful, it is something which I would like to do always. It is something very special and wonderful—at first glance! However as I look at myself I am perfect peace within myself. I sought not to manipulate or control the group I entered in my way. I was PEACE and so every person in MY WORLD was also instantly at peace.

This brings me to a very valid point.

When I am peace what does MY PEACE do to others in my world? Are others changed? Are conditions changed? Is there anything being done to another by my presence so that their unsavory attitudes and actions must cease in my presence? Do I cause everyone in my world to do something to experience the peace that I am? Do I need to **have** others in my world on whom to operate to create a peaceful environment, a peaceful atmosphere, a peaceful world for me?

Naturally the answer to all of these questions is: **NO!**

I had thought it was yes. In my background and in my experience in life I have seen so often that peace would only come when outward manipulation took place.

Just what took place when I entered the room for it instantly to become peaceful?

When the judge enters the courtroom the clerk announces his presence and DEMANDS that everyone rise and RESPECT the office and the officer. This is an enforced respect, an enforced peace which does not reflect actual peace. This is a purchased peace that lasts only as long as an overpowering authority is on hand to inflict it.

When the movie begins everyone quiets down and is peaceful because they **want to hear** and **see** the movie. This is a cooperative peace.

When a brand new puppy dog comes into the family all of the family members gather around this little **peacemaker** and coo and cuddle the fluffy ball of fur and are totally loving. This is a symbolic peace. By its very presence the puppy excites peace and elicits a response from the entire family.

I say I am peace in my consciousness as everything is in order. I say this when my desk is clear, when my house is in order, when my bills are paid, when my family is happy and there are no great dilemmas facing me.

Always I had a tendency to say that peace is outside of me and thereby I am controlled by circumstances outside of me, by people, places and things outside of me. So long as I do this I am controlled by outside forces.

So long as I find peace only through outside activities or through outside controlling forces I am the pawn of others and of the world in which I live rather than being the master of the world in which I live and of being master, most of all, of myself.

For me to experience peace in my life I must know what it is—what it is for me.

I have talked with many wonderfully illumined people in the world who have taught me their talents.

One said I must meditate to find peace. But in that meditation I must be careful not to go too deeply or I might get lost. I questioned, how could I get lost inside of myself? The answer was that I could get lost in the infinite cosmos because I had not taken their course of training in how to direct my flights into my divine reality. I went to my home and immediately went into my divine reality. There I asked myself if there could ever be a problem of getting lost. Naturally I could not get lost **in myself**.

My divine reality, which always answers me truly, said: **There is only one mind in the universe. That mind knows all things. That mind is everywhere. Everything is in that one mind and that one mind is in everything. There is only ONE. Since there is only ONE how could anything, any person or any place ever be “lost”** —a logical impossibility—but the game of possibilities is a game I often like to play just to stop myself from making the inward journey to my center of absolute peace.

Why do I listen to others who complicate truth, who make the eternity domain so mysterious, who are always telling me it is only when I study under them that I will find my true self? I listened because I wanted to believe that someone could “give” me eternal peace. I wanted to believe that

it can be as a pill that is taken and instantly I have no longer any problems. But when it comes to the final point of any way, teaching or philosophy the teachers tell me I must do it myself and alone!

I can know my future right now. However when I know my future I say it is going to happen anyway so then I do not do what is necessary **in the now** to bring about my future. Since I THINK my future is **going** to happen I see no need to be busy to bring it about. Changing the present also changes the future that or which I knew was going to take place. However it is **not** going to take place when I do not do in the now that which it takes to demonstrate the future in the then which is also in the now.

All time is right now and all place is right here.

Right now is when I **do** anything for the past, present or the future. Hence my present is vitally important. What I do now affects all of my universe. I am totally in control over whatever has happened in the past or what will happen in the future of my experiences. So I choose to live in peaceful and harmonious existence in my life activities. To do that I take special care that I put the right causes in motion for myself so the right effects will take place.

This means that first I am peace within myself and then my world. Both are a reflection of myself. Each reflect back to me the peace which I am. Regardless what I have done in the past, it is no longer a cause acted upon, a new cause is placed in motion for myself. No matter what I had done in the past it is now invalid in my present life. For now I am master of every circumstance, as I always was, and I put the cause in motion for the effect I desire: PEACE!

Once again I am peace as I always was but forgot it for a time.

Whenever I walk into a roomful of people my peace I take with me and am always at peace. Regardless what is happening in the room perfect peace dwells in me and in all that I am involved in. I can walk down the street and only moments before conflict was present, but by MY PRESENCE peace dwells and all conflict ceases WHILE I AM PRESENT.

I do not MAKE things happen. I am peace. In my presence is only peace, is only harmony, is only love, is only right action and goodness. I am the allness of all. Not because I WANT to be but because I AM!

PEACE IS MY AWARENESS OF WHO I AM AND BEING THAT WHICH I AM UNDER ALL CIRCUMSTANCES. PEACE IS BEING THE TOTAL ONENESS WHICH I AM REGARDLESS OF THE OUTER WORLD'S DEMONSTRATION.

HOW CAN I HAVE PEACE

I can have peace by being that which I am.

My world can only be the one perfect reflection of what I am. It does not matter where I go or what I choose to do. I am always the perfect picture and my world is the perfect reflection of that picture I am.

So, if my world reflects back to me something other than peace, I KNOW I am not living the peace that I am truly within myself.

To have the perfect reflection requires that I go within myself. There I unearth the peace that dwells within me. There is the perfection which I am. As I do this, only then will the world reflect back to me the peace that I am or whatever it is that I desire for myself.

I define what it is that I think peace is. I determine what it means to me to be peaceful. I can only have peace when I know what peace is for me.

In the past, when I did not really want peace in my life, I defined peace as the absence of conflict, as the cessation of fights, arguments, wars and unhappiness. Because I had this “negative” definition in my heart, I had those things taking place in my world for which to have them cease I had peace.

This was certainly a rather foolish and irreducible state for me to work from, however this is just what I have done much of my life. I have worked on problems and wondered why I continued to have more problems. I have worked on the troubled conditions of my world and wondered why they have only continued under different guises, nonetheless they have continued to take place.

A rose by any other name is yet a rose. Problems by any other name are yet problems. Conflict and troubles in my world by any other name are conflicts still.

It is important that I change the direction of my thinking to enjoy peace in my world. As I concentrate all of my energies on peace and its experience, only that comes forth. As I desire and enjoy peace with all of my heart it is the reflection of my life.

WHAT IS THIS—AM I REPEATING OLD CONCEPTS THAT STILL DO NOT WORK? AH SO, EVEN IN MY NEWNESS I AM LIVING IN THE OLD STANDARD OF THOUGHT.

There are no energies to be concentrated. There is no thought to be desired to be experienced. There is no desire to be held above all others. There is only the ISNESS!

It is not my want that brings peace.

IT IS MY BEINGNESS THAT DEMONSTRATES PEACE IN MY LIFE!

When I am peace, then my life is peace.

What does it mean to be peace?

To be peace means that I live in the conscious awareness that first of all I am absolutely perfect. I am absolutely at one with myself. That I am absolutely in harmony with all of my thoughts. That the thoughts that I think are instantly the reflection of the purity of my consciousness. I do not make something happen, it happens because I AM! It is that pure outpicturing of what is going on within me.

This is quite different from wanting or needing something in my experience.

This is being something in my experience, it is living that which I am in my experience.

I have whatever it is I define in my life.

In the past I have defined conflict and problems and these I have had in abundance.

Today I define peace and have it abundantly.

Peace is liking myself. For when I like myself I am fully content with what I am. I enjoy being with me and doing the things that contribute to a peaceful existence. To like myself means that I enjoy my own company.

To like my own company means that I enjoy being with me. I like the thought that I think. I think loving thoughts about me and my consciousness. I thoroughly enjoy being in my brain. My brain is filled with joyful ideas, with happy concepts about me, my body and my experiences. My brain is programed for happiness and then it is naturally peace.

I am master of my own consciousness. My thoughts are the thoughts of a master mind. Each thought is the progression of my own awareness of myself and each is uplifting and true.

EXERCISE:

Peace takes place in my consciousness and in my world as I determine the thoughts that operate in my brain as I decide where my attention is placed.

I do not experience peace by thinking about what I do not want to take place in my world—I experience only what I think about and I choose to

think and dream the dreams and thoughts of peace, harmony, love and right action in my every experience.

I speak these ideas daily upon awakening in the morning. I speak these thoughts during my midday meal. I speak these thought before going to sleep at night—daily!

I like me.

I like every thought that I think.

My brain is the home of loving thoughts. It always dwells upon concepts which are beneficial to me and to the desires of my heart. Every beautiful thing that takes place in my body, my life and my affairs, first is a thought in my brain. My brain is filled with great concepts about me and they are revealed instantly.

My life is filled with happiness.

My family, friends and associates are the greatest people, always friendly and cooperative.

I live in the most fantastic ideal body in the world. My body is absolutely perfect. Every organ, action and function of my body is beautiful and operates at maximum capacity providing me with a marvelous vehicle in which to live.

I live in a thought world. I visualize in my thoughts my perfect relationships with everyone I choose to create in my world and each is absolutely spectacular.

I think my thought for whatever condition I am in my world and it is done first in my thought, first in my mental visualization, first in my inner self—and then it is expressed in my reflective environment, the total creation of my consciousness.

I am peace within me and my world is peace about me.

As I say these statements of truth about myself and my world daily for 30 days and I program within my consciousness the habit pattern of peace. The peace that is not of this world, but the peace that comes from the center

of my being and then is reflected back to me from my world—my world, the mirror of my brain.

Only that which is within my brain can come about in my world for my brain is the originator of all things that I have in my universe. Nothing can come back to me that was not first a thought in my consciousness. At times I say to myself that “I never thought a thought that brought about THAT!” yet nothing can take place in my world that was not first a thought in my brain, that was not first a concept or idea in my consciousness. NOTHING! There are no exceptions. Everything was first in my thinking before it ever came into a reality in my life and affairs. Once I accept and know this I will be happier and more creative in my thoughts. It is a wonderful realization as I come to know this because all of the mystery of life is taken from conditions and I know that all is the creation of my brain, my thought, myself!

WHERE DOES PEACE BEGIN

Peace begins at the center of my being.

If there is no peace within me it will not be expressed in the world about me. If there is no peace within me it will not be demonstrated in my body. If there is no peace within me it will not be expressed in my consciousness and my awareness of myself. Unless I AM PEACE I will not experience peace in any area of my life.

Presently I have chosen to live in an objective world.

This objective world is but an illusion of my brain.

This objective world totally mirrors back to me what I judge whether my thinking is right or wrong, good or bad, beneficial or non beneficial for my body, my affairs or my experiences. It just is!

Peace begins within me, within my thinking. So it is very necessary for me to determine what kind of peace I will have in my world.

The peace that demonstrates itself as music and life in my life comes first from the center of my thought system. As I open every sensitivity of my body, my being, I will behold in the outer environment about me the music that dwells within my thought system. As an artist I behold beauty in all I see, regardless how commonplace. As a musician I behold a symphony in the song of the birds, in the melody of the wind through the trees, the grass, the flowers or between houses. As a mother I hear music in the sigh of my sleeping child or the footstep of my husband coming into my presence. As a father I burst with unspeakable pride and happiness, with an inner symphonic awareness as my child reports their happy times, reports their

successes in games and school, as the family dog lies contentedly at MY feet. All are the music of my soul. All are the harmony of my life. All are my peace manifest. Yet all first began in my brain, the brain of the beholder. All first took place in the thought system of the individual self—myself!

Peace begins within me alone.

If I choose to read about the world of others, about their conflicts, about their wars, about their illnesses, about their intent to inflict harm upon themselves and others, **this to is my world.**

Whatever world I read about, whatever world I hear about, whatever world I accept in my CONSCIOUSNESS, this is my world. This is the world in which I live, This is the world of my thought and of my life. This is the world of my thought concern. This is the creation of my thinking. For if I did not think about it, it would not be in MY WORLD. If I did not place my thought power upon any condition in the world it would not be in my experience. I am totally master of my thought realm. I am the one who gives permission for any thought to enter my consciousness, to enter my brain. No thought can come into my brain unless I give it acceptance. Every thought must have my decision to think it before it can be thought in my brain.

My world is my illusion.

My world is my appearance.

My world is the expression of what I think about myself.

I am the only one who can think through my brain.

I have said that *race consciousness*—the thoughts that have been thought by mankind for centuries, or perhaps just for an instant—are the thoughts that control my world and are the blanket of thinking under which I must live. I have told myself for so long that there is a condition that shapes my end and there is nothing that I can do about it.

This is true when I give it power in my thought.

There is a DIVINITY that shapes my end that is eternal. It is not the appearance or condition that controls me unless I give it the power to control MY THINKING ABOUT IT.

Why would I ever want to do this? I do this only because I have programed my thinking to believe that what others say and what is going on in the world of others is important to me. And, this is utterly false for my experience, unless I so desire it.

I exist. I exist in thought. I exist in my thought. I am master of my thought. I am master of my existence. I am the absolute master of where I choose to live, what I choose to think, whom I choose to associate with, why I choose to do whatever I choose to do in my life, where I choose to do it, and how I choose to do whatever it is I choose to do.

Since peace begins within me, I live from my center.

I live from the center of my own consciousness and from that center create outwardly whatever it is I AM within. What it is that I think about. What it is that I believe about myself. What it is that I desire to experience in my world.

HOW DO I HAVE PEACE WITHIN MYSELF

I determine that I AM PEACE!

I begin with my body. As my body is at rest I can go within and enjoy my inner reality. A body in turmoil will upset the inner reservoir of peace because it makes demands upon the inner self, the brain and its activities, and will thence not allow the proper functioning of the brain to do its marvelous work of creating the illusionary world about me in the manner of my real choice.

EXERCICE:

I breath deeply and exhale each breath slowly but purposefully. I do this until I feel such an inner elation that my body is alive with vitality and yet at the same time totally relaxed.

I breath deeply for two full minutes. Each breath is one of inner awareness of my physical being. As I do this the physical body no longer makes demands upon me of being tired, of being unhappy or of being there at all. It is fully content within itself. I am then not aware of the presence of my physical body.

As my physical body is content I am able to forget it. It is as though my physical body were not there. I am off in an experience of otherness, I am not *out of my body*, but I am not aware of my body. It functions perfectly harmoniously and does not make requests of the brain.

Now I visualize my brain as a computer. It is awaiting my programing of it. Since I am incapable of not thinking, I choose to determine what it is that I think about.

I visualize my computer brain open and receptive to my every thought. I visualize my inner thinking apparatus as open to accept whatever it is that I program into it. This center is likened to a clean slate, a clear vehicle, a blank sheet of paper upon which I determine what is to be written, what is to be drawn, what is to be expressed. I alone am the master of what goes into my computer. I alone am the source of what input is to go into my thinking system.

My brain is absolutely receptive to what I choose to put into it. All former thoughts are filed away. All former conditioning is stored away. All ideas that would say to me that I must do something in a specific way are no longer active.

All is awaiting new programing. All is receptive to whatever it is that I will put into it now. It is like being ready for Christmas. Until that lovely evening when I open the packages I can only imagine what is within each gift. I can only dream hopefully of what might be there. It is not that I really do not know already—the reality can only come forth after I open the present for me, every thought within me I KNOW!

It is at this point that I determine what I choose to “find” in each present for me. What have I told Santa Claus that I wanted for Christmas. What is it that I have chosen to have given to me. What is it that I have programed from the eternal computer of all.

This pre-programing is what is so very vital. This is what I am doing now. I am pre-programing my computer so that when I open the presents I will find within each one that which I have chosen to experience. It is something that I have made the decision that I want to experience. It is something which I have desired in my consciousness. It is something which I have determined is desirable for me to have and enjoy in my life.

So it is that this phase of my planning for my brain, my planning for my thinking of what it is that I desire for myself is so very important. It can only take place when I make the decision of what it is that I LET into my thinking, that I will LET into my brain certain conditions, certain thinking, certain concepts, all of which are to my satisfaction. All of which are my choice for myself. All of which are that which satisfy me. All of which are things that when they result in effects in my life are absolutely beneficial to me and to my life and affairs. I take this opportunity as being infinitely essential to achieve whatever it is that I desire for myself. This is the personal programing that brings the effects in my life for which I alone have placed the causes or the initial programing.

I visualize programs of inner calm.

I visualize within my consciousness, within my thinking and within my brain the feeling of quietness. I know that in quietness there is power. The power that exists in this condition of my thinking has infinite force to accomplish whatsoever it is that I desire for myself.

This inner calm bespeaks of an awareness that I bring forth in my life that same inner calm. It is reflected out in my physical world from my inner awareness of who I am. As I do this the power of this inner calm takes control of all objective expressions and my attitude about each of these outward manifestations is under my control. I do not have to make it happen, it happens because it is its nature for it to happen under the condition of calm.

As these outward symbols are graphic and utilizing inward symbols are equally graphic for the brain. The brain operates totally upon symbols. The brain functions on electrical impulses. My thought is an electrical generator giving to my brain conditioning which I have first determined is what I want to manifest in my thinking system. The brain is only designed to accept what is put into it. The brain makes no judgments. It accepts everything. It is only a receiver of concepts. Then it acts upon these concepts and produces illusions or appearances in the world of illusions and I *believe* that what I see is real. Yet all is only the creation of the brain on the “screen” of my eyes which report back to me that they see what I have projected forth **upon** the five senses.

The senses are purely physical and respond to purely physical stimuli. The physical stimuli are images which first have been projected forth by the brain.

Some might say that whether I want to believe it or not, the real world is and others experience “it” whether I want to pretend it is not there or accept that it IS THERE!

This is just the point I am making now to myself. The real world is the world that I accept. The real world is the world that I have created as a reflection of what I believe or think in my brain. No other “world” for me is real. For I am not conscious of any world other than the world of my brain: the world of my consciousness, the world of my senses. And when I choose not to “see” or “feel” or “know” it, for me it does not exist. Only that exists which I choose to be aware of in my consciousness, in my thinking, in my brain.

I visualize my brain as functioning normally. I visualize my brain as bringing forth in my world exactly that which I have seen in my inner self. Whatever is the vision in my inner self, this is the expression in the world in which I live. There is no variance from this. **For with what eyes I see, so I am.** I can only see what I am. The world about me is an absolute replica of

my innermost thought. It is the pure reflection of what is going on in my brain. It is the outpicturing of my thought about myself. Nothing more! Nothing less!

If I inform my brain that it is not functioning normally then for me it is not functioning normally. It is its purpose and its only purpose to function normally. It will not so function when I program it not to. Regardless what condition it may be experiencing, physiological, psychological, or any other conceptualization I can think for it—it is the brains purpose to function normally. It is its design to do this and it will always do this even if an abnormality were to exist within it for an illusionary time.

The brain is only a tool. The brain is only a vehicle for the expression of my ideas about myself. It will express whatever it is that I think for it. If I think that it is perfect, even though it has a physical abnormality, it will be perfect. It will cause whatever functions seemed to be damaged by other areas of the brain, to be perfect. The brain is not only tied to expressing itself as I have learned it does. It will jump portions to fulfill its purpose and function, regardless whether it must work harmoniously with an area of the brain where it was not designed to function that purpose. For the brain too is but an illusion, it is through the brain as the expression of itself outwardly in me. I am its master, it is not my master. I am its controller, it is not the controlling influence of me merely because it has a condition brought about by me in this world within which I live. Today I can plant new in my thought that the brain is absolutely whole and perfect. So it will be according to my thought about it. It can only express whatever is my thought about it. It is the reflection of whatever it is that I believe about myself and what I believe about myself and what I believe about the brain I have created for myself.

Today I give my brain a new direction.

The new direction I give to my brain is that it is my tool, my toy, my plaything, my computer and it makes my moves upon the game board of life, upon which I am playing my game of life.

So often I have watched others playing computer games in the computer game centers. Usually they are games of war, of conflict, of chance and skill. However the computer is so well matched for itself that it always does the right thing and “lets” the player win sometimes so that he will continue pumping his coins into it and will continue playing the game.

My brain, a computer, designed to play the game of *this life* successfully and abundantly, does not let us win, it always wins. For whatever programing I put into it, it brings forth a faithful reproduction of that thought, of that program.

Carefully I program in peace. Carefully I program in only choice thoughts that I desire to have expressed in return. I am the master programmer. I am the master thinker. I am the master creator and I create the illusions of my world according to my desire to have them express in my life and in my affairs.

It is such a joy to be this master that I am, careful to select wisely and well the new direction of my brain.

Old Illusions No Longer In Control

My brain has had old illusions which have controlled it for years. Now I have decided that I will not longer be controlled in my experiences and in my life by the old illusions, but I will create new illusions in my life which will be harmonious to the new me.

I am peaceful. I am peace loving. I am peace creating. I am peace making. I am PEACE!

Any illusion in my world which is contradictory to this reality of my peaceful self is now forgotten. It can never be lost, for it is always in my storage system in my brain. However it is no longer given any attention.

My brain works on the concept that that upon which it thinks is its current programming. Simple as that!

So I decide that that upon which I base my thinking is the reality of my life. That upon which I give my attention is that which I decide shall be expressed in my life. That for which I am directing my intelligent thought is that which is important to me and that which I have as an illusion in my life.

Illusions are not bad. An illusion is that which is capable of having a reversible perspective.

Just what is a reversible perspective. This is the possibility of being thought of in another way, in the exact opposite manner. An illusion of war can be thought of in the exact opposite manner, peace. The illusion of unhappiness can be thought of in the exact opposite manner, happiness. It is a principle that can be executed and can be enjoyed by everyone who chooses to live from the basis of reality.

The reality of peace is an eternal concept. It is love manifest at its highest degree. It is the awareness of the internal reality of all which no judgementalness. It is the total experience of joy fulfilling itself as oneness with all. It requires nothing of the universe—IT IS!

When I say old illusions are no longer in control of me I am saying that I have put new illusions in motion for me.

These new illusions are ones which I purposefully have put into motion. They are put into motion by my thought alone and nothing more. It is not that I practice saying these things and MAKE them come true, but rather it is an inner knowingness which impresses upon my beingness that it is so from the universal standard. It is.

So long as I continue believing, thinking, and living the old illusions, they have MY PERMISSION to continue in my life.

Once I put the new illusions of peace and joy into motion I my world, these come forth valiantly and positively. It is simplicity itself.

Old illusions are a thing of the past. They are outmoded and no longer useful. Insofar as this is true, I seek out the new illusion that will be beneficial to me and to my purpose in life. I make the choice and I live in this awareness. It is the choice that will outpicture itself in my life and affairs continually from this moment forth. I merely think my new thought an my new illusion or “reality” demonstrates itself in my experiences. All of life is an illusion, it changes from moment to moment. I choose to have the illusions beneficial to me, happy to me, satisfying to me and to do this means that I choose the road of peace and contentment.

My body temple is the vehicle in which I express myself here on this Earthy life. It is perfectly formed, perfectly created and perfectly maintained. It is a peaceful unit.

When I am at peace with myself in my thinking my body is expressing wholeness, purity and magnificence. When I am at peace in my inner self, my outer self is whole and perfect. It is a perfect reflection of what is going on in my inner thinking, in my inner realm, in my brain.

There is nothing mysterious about how my brain works. It is a purely physiological instrument. It is designed most formidably inspiring awe and wonder, respect, and having qualities that discourage change in its beingness, discourage change from its original creative cause and purpose.

The brain has many compartments. It has many divisions. It operates the physical body in a most competent and efficient manner. Always achieving its perfect purpose when it is not interfered with.

However the brain can be informed that it is not doing that which is correct and it will recondition itself, it will reformat itself to a new program of organization and plan to accomplish a new goal which has been placed into it. Even if that goal is for self destruction. The brain is designed to carry out that for which it is programmed—regardless! It makes no decision upon its own behest, it is always that which is programmed into it by the thinker thinking its thoughts about itself and what it expects the brain to perform following its new programming.

The body is designed to be a peaceful instrument.

The body is designed to function harmoniously.

The body functions harmoniously and peacefully when it has the program in it that causes it to do so. This program is the one to which the brain responds. The brain can only know what it is to do from information given it by the thinker thinking its thoughts through the brain. So long as the brain thinks the body in which it function is absolutely perfect, the body is absolutely perfect. When the brain is informed that the body is not peaceful with itself, when the brain is informed that the body is not functioning within the parameters upon which it was first organized, the brain must have “new programing” which tells the body to operate from a new parameter. It is not the choice of the body. It is the choice made by the brain as it is programed with new information by the thinker. It is the thinker who puts the programing into the brain which then affects the body. So long as the brain is continually programed to recognize and to realize that it is perfect, it is whole, it is peaceful, it is functioning in harmony with itself and its service area, then only that for which it was designed comes forth.

However, when my brain is not peaceful with itself and it hears form me, the thinker, thoughts that limit its action and function, then the action and function are limited. It is not that it is its purpose to do so, rather it is the programing that causes the change to take place. It is this action that brings about the new effect upon the body temple.

The Brain Is The Creator Of All Illusions

Through visualization I create all of the illusions in my world. To experience a peaceful existence in my world requires of me that I master the art of illusion.

A master magician creates his art by illusion. He makes me think that what he does is real whereas it is merely an appearance, an illusion. It is temporary. It is for me real so long as I believe it is real.

This is the reality of everything in my life. It is real so long as I believe that it is real. The moment I cease to believe in the illusion, the moment I believe something else, the illusion ceases to have validity for me. The illusion then ceases to have interest for me. I call it fake. I call it not real. I call it false in every sense of the word.

This is so for everything in my life. So long as I give it a power from within myself, so long as I think it is so, for me it is so. Even if no one else can see it, for me I live as though it were so. And behold, for me it is so. I

may not have the cooperation of others in my belief, but I have the cooperation of my beingness which is confident that what I believe IS SO.

Factually, all is temporary. All is only for the moment. For the next moment a new illusion makes its appearance. Just as the age of a child brings changes in his being. One moment he expresses certain illusions natural to his age and the next moment he is expressing other illusions. These are constantly changing conditions. I am not surprised at them. I do not feel they are strange. I am not amazed at the changes in appearances of the evolutionary process of growth and life yet I am amazed when I call it all illusion.

Peace comes into my world by my creation of the illusion of peace. The archetype of peace is a reality that never changes. The WAY in which peace is expressed is a constantly changing experience or illusion. I accept this as perfectly normal in some areas and not in others. It is just a matter of adjusting my understanding of myself and my world. Once I do this I will be able to live harmoniously in the world of illusions and experience whatever it is that is most important for me in any area of my world.

HOW DO I HAVE PEACE WITH MYSELF

I determine that all is peace. I consider that I am the one who decides what I will dwell upon in my thought. Every thought that I think results in a happy circumstance—if not, then it is up to me to think a happy thought. Thoughts that bring peace are thoughts that are harmonious with my own indwelling nature. Thought that are constructive. Thoughts that are uplifting. Thoughts that are supportive of my goal for myself in life. Thinking these thoughts result in peace for me.

One of the most destructive conditions to peace in my life is to think that something that exists or a condition that presently is active in my life is **unchangeable**.

I experience peace with myself when I recognize that as master of my life and experiences I can make a change any moment that I desire of any cause that has been put into motion for me by me. Even if this cause has been put into motion by another person, it is ME who accepts this cause as a condition in my world.

I have peace with myself the moment I decide that I am peace. The moment that I decide that the only thing that is important in my world is peace.

Then every thought that I have is turned toward peaceful endeavors. No matter what appearances are, as I set a new cause in motion for peace

within myself it comes about. Until I have a peaceful attitude about myself I will always be in conflict with others. Until I like myself and enjoy my personal company I will always be at war with others over every little thing in my experience.

Wherever there is anything in my personal life that is inharmonious, right now I take a new look at it.

I was born with talents different from others. I can do anything! Absolutely anything! However there are certain things that “interest” me more than others. There are certain abilities I seem to come by naturally, easily, that are fulfilled for me. While some other things are less interesting and I seem to have less skill for them.

Finding my peculiar gift or talent is a beneficial thing for me. I am not in conflict with myself when I work harmoniously with my special abilities. When I seek to work in areas where I have not an interest or evident talent I am not functioning in peace with my divine reality. While it is true I can do anything, there are some things that are more fun for me than others. I am most at peace with my nature when I work with those areas I am most harmonious with.

It is valuable for me to find those areas where I am best suited by personality, temperament and interest. As I do this I live a peaceful life. I am peace with myself. I have certain desires in “this life” that I have chosen to fulfill and my natural talents and interests lead me to the area I have chosen in this life to fulfill for myself. As I find these areas I am at one with myself, peace.

There is a great difference between work and pleasure.

That which is a pleasure I could do all of the time. That which is work requires extra effort on my part to participate in it from day to day, month to month, year to year. However, that which I love, even though some activities I may find laborious, that which I love is easy even though it is my “work”.

I enjoy “working” around the clock on my projects. I forget all about time. I forget all about eating or sleeping. I forget all about heat or cold. I forget all about everything as I engage myself in my favorite project. It seems as though time stands still. I am so peacefully engaged in what I am doing that nothing else matters. This is my natural “work” this is my real “calling” and I am so very harmonious with what I am doing that that is all that matters to me.

When I force myself to do things that are not natural to me I am not peace with myself. I am living in a constant state of rebellion. I find one thousand things to do before I do that job at hand. I wash the windows, clear my desk, clean the floor, polish the fixtures, sort and file papers—just

anything at all so that I may not begin the onerous work task. I am fighting myself. I am not peace with myself. As I do this my body feels heat and cold, I have great thirst or feel hungry. I procrastinate. Whenever I procrastinate I know I am not doing that which is peacefulfilling in my nature.

I may as well not begin.

There is nothing in this life that is important for me to do that is not peacefulfilling. Interestingly enough when I do things that are not “me” the successful outcome of the project is always in jeopardy.

Many tests are given for aptitude and talent. These tests are based on what psychologists say are indicative of various abilities within an individual. These can be helpful, but the greatest aptitude test that I can take is to go within myself and listen to my inner self tell me what it is that would make me happy and fulfilled.

As I go within myself I find that my inner self is only too eager to “talk” with me. We do not get together often enough. As I talk with my inner self its answers flood forth into my brain. Things I had subliminally thought from time to time, never realizing that anything that I choose to do, I had the skill, the talent and the interest to do, I did it!

This does not mean looking at other people and seeing what fun they are having and thinking it would be fun to do that too. Rather it is looking at the perfect film playing in my heart and watching it carefully. Seeing this film, over and over again opens the doorway for direction, information and interest. Each comes flooding forth each time I set my course thing myself. Also—wonderfully—the technique for accomplishing this floods forth.

Each time I have followed my inner leading I have been flooded with peace and tranquility. I know it was my right place, my right thing, my right world. Nothing else mattered.

My family and friends have not always approved of what I chose to do for myself. They often chide me that it would not be a money making family supporting activity. However, it was always then that I enjoyed my activity the most and my family were most bountifully taken care of and the great admiration from my community was more peacefulfilling that I had ever experienced before that time.

I have peace within myself each time I listen to the still quiet voice within me, which is not so still nor so quiet. It is just plain exciting and demanding of the very best that lies within me. The peace that came forth from doing what pleased me was exceedingly pleasing. Most pleasing of all was that I was content. I was fulfilled. I was happy. I was at peace with myself and everyone in my world. There was nothing more that had to be

added to my life to make me feel great. I was fulfilled beyond measure and it was a great and most blessed experience.

How I Have Peace With My Family

Most conflicts come from family relationships where I expect the family to act as I want them to. Most of the unhappiness I experience in my family relationships are when I set physical rules for conduct and operation and certain members do not want to participate in my “game”.

All of this “playing” around ends when I decide to live from the divine center within me. When I choose to live from the center of peace within my heart all conflict ceases in my family and in my world.

After a great deal of meditation and introspection I have found a key which has been very helpful to me. I give 100 percent of myself to my family. I just love them with my total being. I do all of the things for them that please me. I give my family of my presence. I give my family of my talents. I give my family of my sincere interest in what they are doing. I give my family of my tenderness and concern over the little things that are so very important and vital to me. I give my family MY HAPPY SELF all of the time. I choose to provide my family with my very best self, to do this all of the time requires that I find joy in them because I find joy in myself. IT PLEASES ME!

My family are totally pleased with me. My relationship to me family is always harmonious. My experiences from my family are always harmonious. Whenever any member does not want to enjoy the peace, the harmony, the love that I am they seem to disappear from my world for a time until they can once again accept and enjoy the fantastic joyful person I am.

I expect nothing of my family.

I give 100 percent of myself to my family.

I am happy in what I get in return—myself!

The dividends from the investment of my total being in my family pays off in hundreds of ways. Ways that are not required. Ways that are not sought after. Ways that are not prompted. Ways that are not stimulated or “purchased” by my love for them, but freely given, totally unsolicited from them.

When I give my all and expect nothing in return I am total peace with myself. When I give 100 percent and give yet still more, the flow from the source indwelling me is neverending. It continues day after day, week after

week, and month after month, until the months flow into years and the years flow into a peaceful harmonious joyfilled lifetime.

My family is not interested in buying my love. There is no need, it is always freely given. The family does not need to vie for my attention or my interest, it is always there and it is there in overflowing measure. The family does not have to wonder whether they are doing right or wrong, there is no right and wrong. I do not love them “if” they are good and give of my caringness and total peace to them only if they are my interpretation of sharing and quiet—I just give all of the time and I enjoy perfect peace because I am perfect peace and both the source and the gift, I am both the gift and the giver. I am the allness and there can be nothing added to that.

If I were to judge what I give and catalogue what I have given, keeping records to make sure that I get back in like measure, I would spend all of my time in bookkeeping.

However, because I love my family unconditionally I am free from assessing value to my givingness. It is just freely given. I give because it is fun to give. I give of myself 100 percent because that is all I have to give. But, because I give totally of myself the gift is always new, the gift is more and more, always there to be given.

The peace that I know with my family is boundless.

They continually surprise me with the ingenious ways they have of accepting my presents to them of my love, my peace, my caring, my sharing, my interest in them, my joy in their successes and their projects throughout their full stages of development.

I give freely. They do not have to accept my gift for me to enjoy giving the gift. I am not buying their acceptance. I am not interested whether they like the gift or not, I am not interested in whether it pleases them and makes them happier. I give because that is all that I know how to do. I give out of my nature, not out of my want.

I live as a mater with my family. I want nothing, I need nothing – but as a master I thoroughly enjoy everything.

HOW I HAVE PEACE WITH MY NEIGHBORS

I live the admonition: *Love your neighbor like you love yourself.*

I totally love myself. I am peaceful with myself. I am unconditionally accepting and loving of myself. I expect nothing from myself except to enjoy life. I give everything that I have to myself freely whether I “deserve” it or not. I do what pleases me in my life. I thoroughly enjoy my own

company. I revel in the beauty of life. I create about me friends who are the reflection of myself. I like me.

With this same self appreciation and acceptance I look at my neighbors and appreciate and accept them.

I am in absolute peace with my neighbors.

My neighbors look at me and think what a wonderful person this is. My neighbors look at me and see the fullness of their own pure self. My neighbors love to be with me because I love to be with me. My neighbors are harmonious with me because I am harmonious with me. Everyone in my world is excitingly in love with me—because I am in love with me. I do not make my neighbors that way. I just love me.

The more that I love me, the more that I care about me. The more that I find me exciting and interesting, the more my neighbors feel exactly the same way. My neighbors are a pure reflection of what I believe about myself.

I am perfect peace with my neighbors because I am perfect peace with myself.

HOW I AM PEACEFUL WITH MY BUSINESS

No matter what business I may operate or be involved in I am in perfect peace in my business activities. I love me. I love everyone in my business. I love every one of my associates. I love every person with whom I am active every day. I am excited about life and living, I am excited about what I do every day. I am thoroughly thrilled with everything that I do and everyone that I do it with.

How do I do this?

I see my business activities always from the peaceful side of my nature. I am absolutely honest in every business relationship. I give this regardless of what I hear of others or see others doing with others—I live from this side of my nature. It is the only side of my beingness I know. I am at perfect peace in my business life.

I sincerely love every person with whom I am involved in my business activities. I treat them with the great love and respect that I give to myself. I have such an excitement for life that every person in my world is given a large measure of this excitement and what I am bubbles over into their lives I give them from the purity of my nature and see them as absolutely pure, sincere, honest and beautiful too. What a grand combination we make.

Every contract I draw I know that it is the finest that I can accomplish. I give 100 percent of myself to constructing this agreement and it is totally giving of myself. I treat everyone and everything with the same purity of purpose that I treat myself. I expect nothing. I give all.

HOW I AM AT PEACE WITH MY WORLD

As I create myself, my family, my neighbors, my business so I create my world. I am a good creator. I create all as loving unconditionally, nonjudgmental, everlasting, pure. My world is a perfect reflection of how well I have created it. My world ONLY reflects back to me who I am for it is a reflection of me and ONLY OF ME AND WHAT I THINK OF MYSELF.

Before I go to bed at night I think such thoughts as:

How can I be a more loving friend to my family!

How can I give more of myself to my family and friends.

How can I visualize my business activities more abundantly successful and rewarding for everyone with whom I am associated.

Is there anyone or anything in my world that I can love more; is there anything that I can do better to make life a little richer for another in my world; is there someone who I could love more who would be surprised and thrilled by it that I may have missed this day!

As I ask these questions I find that there are dozens of opportunities for me to expand my givingness, my creativeness where I had not yet done it. The field of spreading myself, of spreading my peace throughout my world is infinite. I have only begun to give my love to my creation. I have only begun to share myself with those in my world. The way is wide open before me to give unlimitedly of my infinite self and I have only begun to express it.

I AM PEACE

The peace I give to you is not the peace the world gives but the peace that passes all understanding, the peace that is boundless and judgmentalless.

The peace that is so fully unconditional that it is as though love had spread her wings and enfolded all of the universe for the very first time and there was warmth, a joy, a happiness, a solitude that only knows itself and is itself in all.

I love so deeply and so fully that though there are those who might misuse me, they are totally unable to do so because they are so wrapped in my peace the desire to do that which is not harmonious with “their” nature is now impossible and all they can do is be their perfect divine self.

Wherever I go I am a light unto the pathway of all.

It is not that others need “my” light, it is that I love myself so completely that I can not turn down the amplitude of my own illumination. I therefore see every being from the bright awareness which I am. I see all as seeing themselves as beautiful lights in their world shining forth the way to peace, purity and wholeness right now.

So great a peace am I that I see every being in my world as absolutely fulfilled right now. There is nothing that needs to be added to fulfill their universe. There is nothing lacking in their nature. There is nothing yet to be manifest. They are all in all—even as I am all in all. I am pure peace and I see all of the world as pure peace. So it is that I give 100 percent of the peace that I am and my flow of peace is irresistible and eternal.

THE WHITE BLANKET OF LOVE—PEACE TO THE WORLD

Throughout the world is the white blanket of love and light that I lay out as a carpet, a covering, a blanket of purity and goodness. For this is what I am.

Peace is now everywhere present on Earth.

The peace that is over all has come from my heart. The only peace on Earth is the peace that I shine out from my heart. I look at the world through the warmth of my own inner light of peace. As I give out this peace, so peace is manifest in my world, in my home, in my life. The only peace that is has come from me. I am the alpha and the omega of all. I am the peace that lights all the world from itself.

In my heart I show the light of peace. It now shines brightly and fulfillingly. Every nook and cranny of my consciousness is flooded with the pure white light of peace. I always start with myself. First I see my own temple, my body, as surrounded and enfolded in the peace which I am. As I do this I feel a warmth and goodness that expresses itself in new and beautiful, an eternal awareness and illumination of myself. It is indescribable. It is as though I wanted to describe the purest of pure white

lights. Words are a limited vehicle to speak of immortal values, immaterial realities.

As I surround and enfold myself with this pure light I am absolutely at peace. I feel I am cosmic in my relationship with my universe. I am no longer a finite being, but a cosmic consciousness, one with all and yet individualistic. It is absolutely necessary for me to live in the white blanket of love myself first, then to be it in my life with others

Next I care for my home with the white light of love.

I walk throughout my home and bless every inch of it with the white light of unconditional love. I look at the walls, ceiling and floors. Each is blessed with light and love. I look at the doorways and see each enfolded in this magnificence.

Every carpet, window hanging, picture on the wall, every stick of furniture and nick-nack is loved and surrounded with the white light of purity and goodness. All of the dishes, the silverware, the plants, the books and the equipment—each is blessed to its divine purpose and program.

From the basement to the attic, every form is covered. Every room, every cubby hole, all places of storage, all of the entire house is surrounded by this pure light.

The furnace, the hot water heater, the garage, the cars, the bicycles, the back yard, the garden, the swimming pool, the equipment and clothing, the shoes, the toys—everything is included in this blessing.

Whatever is my home—I bless all! Whether it be many acres or a small plot of land, each is blessed. Each is seen in the pure white light of love. Each serves its purpose and does so competently and efficiently. There is nothing left uncovered by this white light of love. As this is done I notice a sense of warmth and goodness about my home for the first time since I first moved into it—garage, house, sheds, autos, boats, recreation wagons—the feeling grows in me of this noble program of blessing with the white light of love it works beautifully.

EXERCISE:

Today I start with myself and I follow the procedure listed above and bless myself completely. I mentally look at every organ, action and function of my body and bless each. I see my entire body and the parts individually, surrounded by the purity of the white light of unconditional love.

I surround and enfold my body temple with the white light of unconditional love every morning for 30 days.

Daily I bless my home, my property, my belongings. I surround each with the pure white light of love and watch each come into a new life of service for me that I had never noticed before. I make sure that I cover everything of my home and its surroundings and all that is included in it.

I surround and enfold my home, my property, my belongings with the unconditional light of love now.

Today I bless my business, my work place, my activities with the pure white light of unconditional love. I now surround all in this reality of purity and perfection. All is the vital expression of purity and peace. So great a love has never been known in my world before as I let loose this infinite power and presence.

I surround and enfold my business, my work place, my activities with the light of unconditional love.

Today I surround everyone in my world, my family, my friends, my business associates—everyone in my world with the light of unconditional love.