



CHRIST AND CHRISTMAS

BY

ERNEST HOLMES

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CHRIST AND CHRISTMAS by Ernest Holmes, December 1929 SOM Article

Christ the perfect man is developed within us through the realization and revelation of the self to the self. God in us is Christ and Christ in us constitutes our true Sonship to the Parent Mind which is God. Every man is a potential Christ, an as yet undeveloped divinity. From the least to the greatest the same life runs through all threading itself in the patterns of our individualities. He is "over all, in all and through all."

This over-brooding presence, this inner sense of a greater reality bears witness to itself through our highest acts and in our deepest emotions. Who is there who has not at times felt this inner presence? It is impossible to escape our true nature. The voice of Truth is insistent. The urge to unfold is constant. In the long run each will fully express his divinity.

We stand in the shadow of a mighty Presence while love forever points the way to heaven. Mingled with the voice of humanity is the word of God, for Truth is a synonym for God and whoever speaks the truth speaks the word of God. Science reveals eternal principles, mathematics, immutable laws and illumined minds reveal the Eternal Spirit. Behind all is a unity, through all is a diversity, saturating all is a divinity.

The Christ which Jesus revealed is already incarnated in our own nature and this hidden center seeks to find circumference through our lives. The intellect must give its consent and the mind must unify with the Spirit. The outlet for Truth must be true.

Christmas is for remembrance. The love manifest through our gifts to each other typifies the offering of Life, the givingness of Spirit to Its creation. The hands of the Eternal are outstretched through our hands and the heart of the Infinite beats in the human breast. But the giver must give of himself for, "The gift without the giver is bare." It is not enough to give money to a great cause. Only those understand giving who give of themselves withholding nothing.

It is not then in lavish gifts that we find true giving but in the sweet simplicity of remembrance, in the kindly thought, the tolerant mind and the gentle act. Love alone can give love, sympathy alone can sympathize and only goodness can really do or be good. The one who gives for reward does not give at all, he seeks to bargain, to trade for spiritual gifts and hence he senses a loss in his own giving and finds no completion through the act. But he who gives half his meat to the hungry, feels justified and is warmed by a real sense of comradeship. He has established an actual unity between himself and another offspring of creation.

Great causes succeed when there is a giving of humanity to humanity. With the check must come the one who wrote it, his interest, his enthusiasm, his love. The check must be a symbol of his desire to impart of himself then shall it multiply its benefits and do good. Charity is cold but love is warm. When heart speaks to heart a divine conversation has taken place, a heavenly discourse.

Each of us has something to give. Let each see that he gives of his best. If we are bringing our gifts to the altar of love nothing less than the best will be acceptable, nothing less than all is enough. This giving will never deplete us nor can it drain the storehouse of the Infinite.

MEDITATION

The joy of the Christmas Spirit is eternally mine. The comfort of the Christ Idea finds an abiding place in my consciousness.

THE CHRIST WITHIN

My Life is hid with Christ in God.

The Inner Man is the image and likeness of the Spirit of God.

I let that Inner Man come forth into expression in my life.

He will guide my feet into all Truth and Wisdom.

The Christ within me is free from all worry and cannot be hindered by any opposing force.

My Christ within me now is perfect.

My Christ is within me.

II. THE UNASSAILABLE TRUTH AND THE IRRESISTIBLE WORD

Whatever the nature of Truth is, we may be sure Truth is the last analysis of any principle. The truth about electricity for example, is that there is an electric energy which surrounds us which energy we may draw upon if we first comply with its nature and law. The truth of electricity works through our application of its principle according to its own law. We did not make this law, we cannot change it. We can only use it.

Electricity is but one of the infinite number of lesser principles which we find in the universe. An energy more subtle than electricity will no doubt some day be discovered, meanwhile we shall do well to make use of what we know and understand. Eternal unfoldment and evolution seems to be the law of our being. But what is it that unfolds? Is it the principle or the personality? The question is a superfluous one for we all know that principles do not evolve while persons do. Our evolution consists in the constant acquirement of knowledge leading to a more profound understanding of life and principles but our understanding of principles does not create them. Principles are immutable, changeless and eternal.

It should not seem strange that human endeavor should have discovered the principle of electric energy. It does not seem strange, although it does appear marvelous. It should not seem strange that the principle of mental and spiritual energy should have been discovered through the human mind. All the discoveries that have been made in the race experience and given to man, all the benefits accruing from these discoveries have come through this channel.

When electricity was first discovered it seemed miraculous and to many the energy of mind seems to work a miracle. We are too bound with superstition. When the thunder broke our ancestors thought that the gods were angry or quarreling with each other while the rainbow appeared to them to be the smile of God. We are no longer as crudely superstitious as they but we are more subtly so. An answered prayer is looked upon with awe as well as reverence and many still think that God holds evil in store for the unbelieving.

Why should we look upon the manifestations of mind with superstition unless it is that we do not fully understand them? The ideas brought out dimly in these lessons will some day be more clearly taught in our schools. The age of superstition will have passed and the dawn of exact knowledge has come into the field of the study of mind. Today the knowledge is more accurate than many believe. Today, a science of mind is being worked out which is built upon a proven and demonstrable principle. Just what do we know about this principle? We know that it is and something of the way in which it works. But we do not know all about it. We know a little but the little proves the more and the more will come only as we first make use of the little.

We know that we are surrounded by a law which works upon our word, thought or belief. We know that this is the principle through which faith and prayer operate. We know that faith and true prayer are actual energies working through an intelligent principle. We know this because we have proved it sufficiently to be

sure of the law involved. The only way we can know any principle is from what it does and how it responds to our approach to it. There is nothing strange or weird about the principle of mind and spirit. The discovery of mind was made when man first began to think. The discovery of spirit was made when man first realized that he was not alone in the universe. From these two great discoveries the science of mind and spirit has been gradually evolving. There is no secret about this. Everyone knows that he has a mind and nearly everyone believes that he is surrounded by Spirit. Like all truths, when understood, this truth is simple and may be approached directly. Truth is not something divulged to the elect by a jealous deity, nor is it given to a chosen few by direct revelation from a capricious God. Truth is a universal presence waiting to be understood and made use of.

Let us resolutely brush aside all superstitions and discredit any attempt by whomsoever made to cover that which will not be concealed. We have a mind and we are surrounded by Mind, this is simple enough. We think and thought is an energy. Anyone can understand this. Conscious thought is an energy definitely directed. There is nothing occult about this, a child could understand it. It does not have to be thundered from Sinai, nor scrapped from the esoteric teachings of any antiquity. Intelligent thought is an intelligent energy. What makes it so? No one knows. It is so.

But there is more to it than this. Because thought is an energy this energy must flow from thought and the more spiritual the thought the finer the energy. But what is spiritual thought? That kind of thought which believes that Good is the Ultimate and Absolute Power of the Universe.

MEDITATION

The Truth within me is unassailable and the Power of the Word is irresistible.

I can even now feel that my Word has gone forth with Power and Reality and that it will accomplish that purpose for which it was created.

Limitless is its Power and wonderful are its works.

It can be nothing less than the Almighty working in and through me.

It will let this Word of the Spirit go forth from my mouth and heal and bless the world.

It shall be as a strong tower unto all who call upon it.

The Truth is Complete and Perfect and is within me now.

My Word is Complete and perfect, now.

III. INNER POWER

Power is forever hidden from our view. We see not life but that which lives, not energy but that which is energized, not the doer but that which he does not the creator but creation. No man has seen God at any time. No man has seen man (the real man) at any time. Who ever saw the power that whirls worlds through space or grasped, in his hand, the energy that balances a spinning top?

We are forever dealing with forces the only evidence of which is the use that we make of them and we do not think it strange. Why then do we think it strange that there should be power within man himself? Is it not man himself, the invisible agent, who covers external powers? What if he should discover a power within, more subtle and equally as potent as any of the external powers which he has harnessed and caused to do his will. Such a power he has discovered but it can not be analyzed. It must be accepted. This is why we are told that we must live by faith.

This inner power comes not with the blast of trumpets nor the glare of lights. It has been truly said that the pen is more mighty than the sword. Yet the sword has laid low its countless hosts, destroyed nations and set despots in power. But after the sword has been corroded by rust and bent in shame, the words of truth have lived and conquered and destroyed all enemies. The nearer we approach the truth the more power we have. Why? Because this is the way of truth. What is power? Our consciousness of the Allness of Good, our perception that God is supreme. Where do we perceive this? Within our own minds and hearts.

How much good and how much power can a man perceive? As much as he can believe in and really understand. No man has ever, as yet, plumbed the depths of his own mind and no man ever will, for here is a deep which cannot be fathomed, a height which cannot be scaled, a breadth which cannot be scanned. No wonder Shakespeare said, "To thine own self be true." The self is a hidden reservoir, a stream whose source rises in the Infinite and appears to flow out into another infinite and as there cannot be two infinities the source and the flow must be one into one.

Our life's source is the Infinite. The flow through us equals our receptivity to this source. We did not place this power within us and in the long run we cannot misplace it. Browning speaks of this as a spark which a man may desecrate but which he can never quite lose and Shakespeare speaks of it as that "divinity which shapes our ends" while the gentle and beautiful Jesus speaks of it as the Kingdom of Heaven within.

There are certain things which we must accept and one of these is that we all have an inner power. But let not the boastful brag nor the braggart boast, the source is the Infinite and our inner life is forever wedded to its Lord. The still small voice proclaims itself only through conscious unity, and this unity comes alone from the good use made of it. Power is silent and deep, calm and undisturbed. Tennyson says that when the outer tempest roars, this inner life has power to walk the waters like our Lord.

Now since this inner power is our unity with Good we approach it only in good, never in willing evil. Since this inner life is one of unity we do not approach it while we have a sense of separateness. And since God is really the life of man, man has real power only in such degree as he first recognizes his unity with God. We must not strike the rock in our own name if we expect to see running waters gush forth for the refreshment of the weary and the thirsty. The draught from the hidden source must not be dammed by the confusion of the outer personality.

Real power can be used only for good with a good intent. It refuses the approach of the profane. Spiritual power knows no evil and wishes none. This will explain why we do not have more of it. Sills tells us that none of the singers ever yet has wholly lived his minstrelsy. Only in goodness do we enter the temple and find that the holy of holies is in our own hearts.

Who can say what a man might be able to do if he were really in league with the Spirit of Truth, really in touch with his true self? The reward which we have reason to believe in, is certainly worth the effort, which effort is a peaceful approach to Reality. And there could be nothing peculiar in the process. Simplicity forever accompanies true greatness and directness is the shortest line between two points. One point is the human the other the Divine. There is nothing between except what we put there. We are too apt to approach Reality by indirection and thus become confused by the shadows of our own misunderstandings.

Who would find the inner light must first realize that the candle of the Lord burns from a wick, buried in the oil of faith and lighted from eternity by a divine hand. Again let the approach be simple and direct. All the statements ever penned by the hand of man will avail nothing if Reality be lacking. A statement is not the way, it is simply a pointer, a guidepost. No man's prayers are as good as yours. No man's shadow reaches as far for you as that cast by yourself. Loose the self and let the wise follow their own wisdom but see to it that you follow the direct path of your own soul straight to the center of your own life which is God.

MEDITATION

The Power within me is God and It must bless and help and heal all who come near it.

Silently the work goes on and silently all are being helped by this Inner Power which is operating through me.

I will give thanks that my Power within is silently blessing and helping everyone to whom my thought reaches. The Life within me blesses all mankind.

IV. IDEAS ARE DIVINE REALITIES

Thoughts are things. This sounds familiar enough; we have all read it a thousand times. But if this is true why can we not think and through thinking get what we want? A very wise man once said that we do not get what we ask for because we ask amiss. All this seems very confusing when we realize that the same man said that we should receive anything asked for if we asked believing. It must be that some ideas are more potent than others that some thoughts have more power than other thoughts and this is the case.

All thought is some power but the real power of mind comes only from true thoughts. We can think that two and two are five and this thought has some power for it confuses us, causes us to make mistakes but it does not have the same power that the thought that two and two make four has, for two and two really do make four. So this thought is the truth and from this truth the correct answer will come. There is true thought and false thought. True thought has real power for it produces the correct answer. False thought has some power for it produces confusion. When we place a false thought beside a true one, when we know the true thought and understand the false one then it is we find the false has no power over the true thought. Thus it is that we are told to know the truth if we are to be made free.

Thoughts are things. Yes, true thoughts are true things, false thoughts are false things. If we think the truth then shall we get what we want? Yes, provided what we wish for is the truth. No, if what we wish for is not the truth. We can never get five from two plus two although we might believe that we can get it.

But how are we to know what to ask for? How are we to know the false from the true? The answer is more simple than it may appear. Goodness is the truth and so are beauty and strength and life and love and abundance and loyalty. Even the apparently selfish desires of our hearts are true if they do not contradict the fundamental truth of the universe which is unity and goodness and purity.

Our difficulty is not great provided we keep a few fundamentals in view. We have divine right to all that makes for the happy life. Abundance must be the heritage of our divine natures. Life must come from life and peace and happiness cannot contradict Reality. We shall not ask amiss while we ask for these things. Therefore, if we ask believing according to the law of our being we must receive.

What we wish for and need is peace, power, happiness, harmony and plenty and a greater degree of livingness together with love and beauty. Possessing these we should be in heaven and we ought to be in heaven. That is, we should be in harmony with life. There is no power in the universe which wishes to withhold good from us, therefore we have no enemies. Let us forever wipe this idea off the slate. God is Eternal Goodness. Hence, no evil can befall us either here or hereafter. Life cannot produce death, consequently we cannot die even though we pass through the experience miscalled death.

But what is there left to ask for? Nothing except that we shall make use of that

which already is and is for us. That each shall individualize his gifts through his own nature and this individuation constitutes that activity which personifies through each of us the eternal mind of the Universe, this play of Life upon Itself and the desire to express which is working through all of us. There can be no life without living, no creator without a creation. And there can be no satisfied man without an adequate expression. There is nothing wrong about desire provided desire is in harmony with Truth. A man who has no desires is asleep and needs to be awakened.

What then if we should desire some special thing that we might enjoy it for a season. Can there be anything wrong with this? Certainly not if this desire harms none and helps to express us. If then, we desire some special thing why should we not ask for and receive it? But how do we ask? By knowing in our minds that, that for which we ask we now have. This creates the image of our desire and makes a definite outline around which the energies of mind may intelligently play and to which there may be attracted the conditions necessary for the fulfillment of the desire. And according to our belief and receptivity will it be done.

Is this a dangerous teaching? Will it cause people to feel that they should reap where they have not sown or that every man stands or falls according to the light which he himself casts? We cannot live by proxy or attain by pretense. We are dealing with real laws and actual forces when we deal with mental and spiritual laws and they cannot be fooled. From our own endeavor will come our own regard, only we shall know that we are dealing with a law which is amply able to provide the tools and which is intelligent enough to guide us aright. With this in mind we shall do our work gladly and cheerfully and with much less effort for we are no longer struggling against life but flowing along with it. We are going with the current and not against it.

We should feel equal to any occasion and be overcome by none. We should enter any and all true endeavors with a zest for the game and get a real kick out of living.

MEDITATION

The Divine Plan for me is perfect. I am held in the Mind of God as a Complete and Perfect Expression of Life and Truth.

No power can hinder nor mar this Inner Image of Reality, for It is God-given and God-kept. God gave and God will keep.

DAILY MEDITATIONS

SUNDAY, DECEMBER 1

I believe in myself.

We are too prone to hero-worship. Thus do we neglect the God within ourselves. Why should we admire our neighbor's garden more than our own? The great names of history regarded their own thought as important. Why should we belittle and slight a presentation of Life merely because it is called by our own name? The Life I revere in another is one with my own. The wisdom I worship in the sages would speak into my ear if I would but listen. This Spring of the Eternal Waters which is myself must be kept sweet and clear by a bubbling activity. All the resources of Nature are native in me.

MONDAY, DECEMBER 2

I attract to me that which is like myself.

That which the mind dwells upon makes itself manifest. Thus do our conditions, our friends, our books, bespeak our inmost thought. We pity ourselves because the inmates of our household are at strife, they but mirror back to us our own lack of internal peace. We see ourselves reflected wherever we look. "Beauty is in the eye of the beholder," and the peace, power and plenty we wish to experience must first be let in on the ground floor in the bottom of our own hearts.

TUESDAY, DECEMBER 3

The Law of the Spirit is Goodness.

We cannot at the last escape from Good for that which we are pleased to call good is the nature of the universe. A contemplation of this truth relegates to an obscure place our petty problems and fears. The great, surging sea of Life will bear us on its bosom try as we may to snag ourselves. Through suffering or through wisdom we shall learn to yield to the current; its trend and our desires are in the same direction. This is the lesson we have to learn in this life or the next or the one beyond that.

WEDNESDAY, DECEMBER 4

God fires my heart with His Presence.

The god our superstition erected must die. The idol we worshipped in ignorance must be laid low. "Thou shalt have no other gods before me," the consciousness of thy own divinity. "When we have broken our god of tradition and ceased from our god of rhetoric then may God fire the heart with his presence." Because their thought was outside instead of in, Adam and Eve were driven out of Eden. We

shall never enter into Paradise until we look within for it.

THURSDAY, DECEMBER 5

I constrain the utmost sincerity.

I deal fairly and squarely and I attract to me those who deal in the same way. A cheating thought attracts cheaters. The fear of fraud is never defrauded of its just reward. If, instead of searching for an honest man Diogenes had stayed at home recognizing only honesty in himself, honest men would no doubt have flocked to him. Let us see this clearly, looking squarely in the face the Law of Cause and Effect and the scales will automatically fall from our eyes"

FRIDAY, DECEMBER 6

I dwell in the hour that now is.

As long as we continue to "drag about with us the monstrous corpse or the past," we shall continue to be unhappy. Gloomy thoughts today manufacture gloom for tomorrow. Today is the time to turn over a new leaf. We let slip the remedy that dwells in today when we look with regret toward the Past and with fear toward the Future. All things start with the Present. It is the only point in Time that is ever with us. Eternity is but a lengthened today.

SATURDAY, DECEMBER 7

I have found my center in God.

"I am" is the natural correlative of "I have." "The tone of seeking is one and the tone of having is another." We shall be only seekers until we have found our center in God and this can be accomplished only as we realize that God is centered in us. The top of the tree may yield to the wind so its root is firmly planted. Being and not pretense is the soul's sincere desire. We shall never know satisfaction until we recognize it in ourselves. The top of the tree may yield to the wind so its root be firmly planted. Being and not pretense is the soul's sincere desire. We shall never know satisfaction until we recognize it in ourselves.

SUNDAY, DECEMBER 8

Nothing affects me but my own belief.

Good and bad are not things in themselves but ways in which the mind translates experiences. Our ideas of good and bad arise largely from comparison and from inherited beliefs. An experience is good when compared with one that is not so good and vice versa. If we allow ourselves to react emotionally to that which we

call bad we shall manufacture more of the same. This is equally true of that which we call good. It is our reaction that counts and not the experience itself. Spinoza says "I saw that all things I feared and which feared me, had nothing good or bad in them save as the mind was affected by them."

MONDAY, DECEMBER 9

I unify with all creation.

I have a point in common with all people. Let me find it so shall harmony result. World peace will not be won by offensive warfare. "If you meet a hostile partisan never recognize the dividing lines but meet on what common ground remains. If only that the sun shines and the rain rains for both the area will widen very fast and e'er you know it the boundary mountains on which the eye had fastened have melted into air."

TUESDAY, DECEMBER 10

All powers are resident in me.

Man is not one-sided by nature but may become so through habit. Being a self-conscious center of God-life man has inherent within himself all capabilities, the only difference is degree. We would not be able to recognize genius in another if there were not somewhat of the same in ourselves. Like recognizes like and with time and attention we may develop in ourselves those qualities and talents we admire in others.

WEDNESDAY, DECEMBER 11

Revelations of Truth are made to me and through me.

The last word has not been spoken and that soul who is receptive to Truth will receive revelations of it. We err when we seek Truth, for recognition is the word that unveils to us the fact that Truth is where and what we are. It is the annunciation of the Divine Presence indwelling our own souls. Relinquish then resist not but to thyself retire and thou shalt find thy feeble beam is fed with heavenly fire.

THURSDAY, DECEMBER 12

My belief is pictured in my experience.

My belief is pictured in my experience this is the law of mind. Others discovered the law, let us profit by their discovery. We can no longer say when misfortune confronts us "It is God's will." God is not a creator of misfortune but the principle

of Life, Love, Wisdom and Peace "not a God of the dead but of the living, for unto Him all are alive." That spirit within us which will not consent to be represented by misfortune is God forever urging us on to use the creative power of thought in such way that our experiences shall be the out-picturings of our desires for Life, Love, Wisdom and Peace.

FRIDAY, DECEMBER 13

I see the reflection of my ideas.

We are told that "man is made in the image and likeness of God." Man is God's idea of Himself individualized and from this fresh starting point God continues to create in the same way. That is the reason we see our ideas reflected in our conditions. Jesus said, "Do not uproot the tares," in other words do not contend with an undesirable condition. Let another idea occupy the mind and this in turn will be reflected in your affairs.

SATURDAY, DECEMBER 14

I am immersed in the substance of God.

Philosophy and Science agree that there is a primal substance, a universal stuff out of which all things are made. This raw material is the correlative of the Universal Spirit of Life and like it fills all space. Einstein says "There is no empty space for all space is alive." We are literally immersed in the Substance of God and there is just as much of it around any one of us as there is around the richest man in the world. Knowing this should aid us in developing a consciousness of Abundance and that which is held in consciousness comes out in manifestation.

SUNDAY, DECEMBER 15

The One Life is expressed in me.

Whatever the "demonstration" is to be, let it start with the idea of Oneness. There is just the One Life expressing Itself for the joy of self-expression and all creation is the manifestation thereof. Since man is a self-conscious center of this One Life, man must be self-expressed in order to be happy. Self-expression is the Way and happiness the goal. It is impossible to be entirely well or happy if the self is unexpressed, for self-expression is the method of the Universal Life and must needs be the method of that same Life when acting from the standpoint of Man. Let wisdom sanction your desire and then give yourself to it one hundred percent, so shall the Universal and the Individual Self be expressed.

MONDAY, DECEMBER 16

My eyes are the instruments of God's Perfect Vision.

Vision is a Divine attribute and is as perfect and eternal as God Himself. Let us "see" the truth of this and the eyes will automatically respond becoming fit instruments for that which is already perfect. The physical eye is a sensitive organ, easily affected by thought. The thought of sorrow brings tears to the eyes and the thought of joy causes the eyes to dance. When the thought of the perfection of Vision completely fills the mind the eyes will quickly respond.

TUESDAY, DECEMBER 17

I have faith in the power of my own thought.

It is difficult to have much faith in something we have never tried. At first we have to rely on the statement that "there is something that does unto us according to our belief," it is a sort of "blind faith," a hope that the theory is true. When we have consciously and consistently entertained a certain mode of thought and have found that conditions are correspondingly changed our hope advances to belief through repeated success the belief becomes absolute faith and in time we are able to say with St. Paul, "I know whom I have believed."

WEDNESDAY, DECEMBER 18

My mind is receptive to the creative action of the Spirit of Life.

Living is a joy if we are receptive to the creative action of the Spirit of Life. Life is always unfolding itself in a never-ending creative series and will bear us on to the complete fulfillment of our desires if we will abide by the rules and get into the spirit of the game. Every player in a game is an important part of it and if we are to play the game of Life successfully we must realize that we are important that Life would be unexpressed without the individual players; team-work is necessary and fair play. This attitude toward Life enables us to become receptive to the creative action of the Spirit and before long we shall find ourselves numbered among the winners.

THURSDAY, DECEMBER 19

I am in tune with Life.

When one is in tune the harmony carries one along with it. It is only when we are "off key" that the result is discordant. Realize that your desire for health, wealth and happiness is the "keynote" of the Universe and you will no longer think of yourself as doing a solo part but will sense the harmonizing support of a "choir invisible." "Whatever appeals to you most at any particular time and place is that mode of the universal Living Spirit with which you are at that moment most in

touch. Realizing this you draw out from the Universe streams of vital energy which make the very act of living a joy and which radiate from you vibrations that can turn aside all injurious suggestions."

FRIDAY, DECEMBER 20

My mind is a center of divine of operations.

"My mind is a center of divine operation. The divine operation is always for expansion and fuller expression and this means the production of something beyond what has gone before something entirely new not included in past experience though proceeding out of it by an orderly sequence of growth. Therefore since the divine cannot change its inherent nature it must operate in the same manner in me consequently, in my own special world, of which I am the center, it will move forward to produce new conditions always in advance of any that have gone before." -Troward.

SATURDAY, DECEMBER 21

I am breathing in Life and Power.

"The breath of Life" is a familiar phrase let us think of Life as limitless, free and ever-present as the air we breathe. The very air we take into our lungs is the substance of God, charged with the vitalizing power of Divine energy. The pattern for the lungs is perfect and the repairing substance ever-present making it possible for us to breathe in Life and Power.

SUNDAY, DECEMBER 22

I am the Christ within me.

For ages the world has confused the names of Jesus and Christ. Jesus of Nazareth recognized the Christ as the reality of His being and because of this Christ-consciousness was able to multiply the loaves and fishes, heal the sick and raise the dead. He called Himself "the Way-shower," and said "Be ye also perfect even as your Father in Heaven is perfect." In every living soul is the Christ-possibility, the possibility of the recognition of the at-one-ment of the individual with the Universal Spirit of Life. When this awakening comes "the Christ has been born anew."

MONDAY, DECEMBER 23

The Kingdom of Heaven is at hand.

"And Jesus went about preaching the Kingdom of Heaven is at hand," and was

mistaken to mean that the world was about to come to an end. The Kingdom of Heaven is ever at hand for those who have eyes to see. Heaven is not a locality but a consciousness of Peace. The Peace of God passeth all understanding because it is not discerned by the intellect but felt by the heart. And for that one who here and now feels his at-one-ment with Eternal Life the Kingdom of Heaven is at hand.

TUESDAY, DECEMBER 24

I bear witness to the Light.

Out of the darkness of ignorance Man comes at last into the Light of Knowledge, knowledge of the nature of his own being. We are indeed "become as gods having eaten of the tree of the knowledge of good and evil," for we have learned that "there is nothing either good or bad but thinking makes it so." And so we come, bearing witness to the Light of the Truth which makes us free, "it is done unto us according to our belief."

CHRISTMAS DAY

Peace on earth and good will to men.

"Thy will be done on earth as it is in Heaven." Heaven is harmony and harmony is many tones in unison. One note is not harmony and one alone would not be Heaven. The One manifest in the many and the many recognizing the One in all this was the teaching of Him whose birth we celebrate today. As we harmonize with all mankind the Great Chord of the angel anthem peals forth its message of "Peace on earth and good will to men."

THURSDAY, DECEMBER 26

I grow in grace and in favor with God and man.

It is not enough that the Christ-consciousness shall be born within us, it must be nurtured, trained and developed. As we consistently recognize the Divinity of our lives and utilize the God-power for the manifestation of God-qualities we shall "grow in grace and in favor with God and man."

FRIDAY, DECEMBER 27

Ideas are magnets.

The outside is always like the inside and ideas retained in mind act as magnets drawing to them substance for their manifestation. "Idea" comes from a word meaning "to see" and that which the mental eye sees as a pattern is reproduced on the physical plane. Plato associated with the word "idea" the meaning of self-

activity. Certain it is that the retention of an idea seems to endow it with the power of attraction. Since we know this, wise are we if our ideas are in harmony with the good we desire to experience.

SATURDAY, DECEMBER 28

I live in my mental abode.

We all admire clean, beautiful, well-arranged homes, let us be consciously aware that the material home is but the out-picturing of our mental abode. A good way to "demonstrate" a house to our liking would be to first set our mental abode in order and ornament it with beautiful thoughts.

SUNDAY, DECEMBER 29

I am a specialized expression of the Universal Life.

There is a reciprocal action between God and man. There is a give and take motion throughout the Universe. This is illustrated in our bodies by the heart pumping out blood and receiving it again, the inhaling and exhaling of breath, etc. The Universal Life has poured itself into the individual and when the individual responds there is established a give and take action that permits the Universal greater expression and the individual becomes correspondingly more God-like and Cosmic-minded. Responsiveness is an indication of intelligence.

MONDAY, DECEMBER 30

Fear is a poison, and Love is its cure.

"Love casts out fear, for fear hath torment." Love is the self-expression of the One and fear is the monster born of the mistaken belief in two creative powers one opposed to the other. We fear a power which would defraud us of the good we desire. There is no such power but our fear of one makes it appear as though there were because the one creative medium "does unto us according to our belief." "The Life in me is inseverably connected with all the life that exists and it is entirely devoted to my personal advancement.

TUESDAY, DECEMBER 31

My Life is Eternal.

The life of man is the Life of God and is therefore "birthless and deathless and changeless." We walk through the years as through rooms in "our Father's house." Years measure experience but touch not the immortal soul. My Life is Eternal.

Daily Readings from THE SCIENCE OF MIND, Textbook of the Institute of Religious Science and School of Philosophy

CHRISTMAS

"Jesus as a Savior" Page 313

"Careful Preparation" Page 309

"Freedom from Burden" Page 209

As the Star of Bethlehem of old, led the Wise Men to the manger where the young child lay so down through the ages glows the beam of Reason and Intuition until it stops at last over each receptive heart with the glad message, "This is my Beloved Son."

On the day that there dawns upon the consciousness of any man the realization that he is an Eternal Being, one with the Universe and all men that "the Highest God and the Innermost God is One God" on that day the Cosmic Christ is born anew, again the Word is made flesh and dwells among us.

THE MEANING OF CHRIST

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Meditation

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II THE UNASSAILABLE TRUTH AND THE IRRESISTIBLE WORD

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IV IDEAS ARE DIVINE REALITIES

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