

# ONE DAY AT A TIME

## BELIEVE AND YOU WILL ACHIEVE

THOUGHT IS ENERGY AND ENERGY IS POWER, AND IT IS BECAUSE ALL THE RELIGIONS, SCIENCES AND PHILOSOPHIES WITH WHICH THE WORLD HAS HERETOFORE BEEN FAMILIAR HAVE BEEN BASED UPON THE MANIFESTATION OF THIS ENERGY INSTEAD OF THE ENERGY ITSELF, THAT THE WORLD HAS BEEN LIMITED TO EFFECTS, WHILE CAUSES HAVE BEEN IGNORED OR MISUNDERSTOOD. FOR THIS REASON WE HAVE **GOD** AND THE DEVIL IN RELIGION, POSITIVE AND NEGATIVE IN SCIENCE, AND GOOD AND BAD IN PHILOSOPHY.

LIFE IS EXPRESSIVE AND IT IS OUR BUSINESS TO EXPRESS OURSELVES HARMONIOUSLY AND CONSTRUCTIVELY. SORROW, MISERY, UNHAPPINESS, DISEASE AND POVERTY ARE NOT NECESSITIES AND WE ARE CONSTANTLY ELIMINATING THEM. THIS PROCESS OF ELIMINATING CONSISTS IN RISING ABOVE AND BEYOND LIMITATION OF ANY KIND. HE WHO HAS STRENGTHENED AND PURIFIED HIS THOUGHT NEED NOT CONCERN HIMSELF ABOUT MICROBES, & HE WHO HAS COME INTO AN UNDERSTANDING OF THE LAW OF ABUNDANCE WILL GO AT ONCE TO THE SOURCE OF SUPPLY. IT IS THUS THAT FATE, FORTUNE, AND DESTINY WILL BE CONTROLLED AS READILY AS A CAPTAIN CONTROLS HIS SHIP, OR AN ENGINEER HIS TRAIN.

THE "I" OF YOU IS NOT THE PHYSICAL BODY; THAT IS SIMPLY AN INSTRUMENT WHICH THE "I" USES TO CARRY OUT ITS PURPOSES; THE "I" CANNOT BE THE MIND, FOR THE MIND IS SIMPLY ANOTHER INSTRUMENT WHICH THE "I" USES WITH WHICH TO THINK, REASON, AND PLAN. THE "I" MUST BE SOMETHING WHICH CONTROLS AND DIRECTS BOTH THE BODY AND THE MIND; SOMETHING WHICH DETERMINES WHAT THEY SHALL DO AND HOW THEY SHALL ACT. **WHEN YOU COME INTO A REALIZATION OF THE TRUE NATURE OF THIS "I", YOU WILL ENJOY A SENSE OF POWER WHICH YOU HAVE NEVER BEFORE KNOWN.**

YOUR PERSONALITY IS MADE UP OF COUNTLESS INDIVIDUAL CHARACTERISTICS, PECULIARITIES, HABITS, AND TRAITS OF CHARACTER; THESE ARE THE RESULT OF YOUR FORMER METHOD OF THINKING, BUT THEY HAVE NOTHING TO DO WITH THE REAL "I".

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