

The
Constance Peters
BEDSIDE BOOK

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THE CONSTANCE PETERS

BEDSIDE BOOK

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THIS IS A 2023
REVISED EDITION

In Memory
of
Constance Peters

“Preserving her Legacy”

**THE
CONSTANCE PETERS
BEDSIDE BOOK**

Compiled from her Writings and Talks



1922-1977

Contents

Forward	Page 32	Love and Compassion
Page 1 Introduction	Page 35	Overcoming Fear
Page 4 Awareness	Page 37	Past, Present and Future
Page 5 Balanced Living	Page 39	Peace
Page 7 Criticism & Encouragement	Page 40	Positivity
Page 8 Death & Eternity	Page 43	Prayer and Meditation
Page 10 Enthusiasm	Page 46	Prayer for Others
Page 11 Faith	Page 48	Pride and Humility
Page 13 Forgiveness	Page 49	Progress
Page 16 Freedom	Page 53	Protection
Page 17 Guidance	Page 55	Relationships
Page 20 Guilt	Page 57	Religion
Page 21 Happiness	Page 60	Self Pity
Page 22 Healing and Wholeness	Page 61	Service
Page 25 Hope	Page 63	Silence
Page 27 Life	Page 65	Thanksgiving
Page 30 Light	Page 67	Unity with God
		Afterword

Foreword

by Harvey Norton Nephew

This Foreword is written as a form of ‘confession’. Aunt Connie or just Con, as she was known by the family, was always an enigma when we were growing up. She was always dressed in gentlemen’s tailored Harris Tweed woollen suits with pleated skirts and always sported a traditional man’s hairstyle with the parting on the left. Her shoes were finest leather traditional lace up brogues.

Along with many young people in our late teens and early twenties in the 1950’s and most likely today, I viewed Auntie Connie as a very odd person with very strange ways.

The younger members of the family were confused by her appearance and this led us to just knowing her without ever ‘getting’ to know her.

She was ‘labelled’ by us behind her back, sometimes rudely I remember. We never spent long in her company and probably never really listened to her as she made us feel uncomfortable when she talked about things we did not understand.

I have taken the opportunity to write this foreword because I found myself in the summer of 2022 researching Constance Peters, my mother’s sister, for a project I was developing which is designed to ‘preserve’ the Legacies of those who have nothing written about them, just a Plaque or Gravestone which tells nothing about their life or achievements - just names and dates.

I was asked by the family “Why don’t you put Connie on this site?” Immediately it became clear to me, to my great

shame, that Aunt Connie was much much more than just a Name or Date.

As you will read in the book, she was the most devout Christian who spent her whole life in the service of God. It is my hope that by making this book available to everyone, I, and all those in the past who were ignorant of her wonderful work, Constance's Legacy will be restored to its rightful place as a Divine Healer, officially recognised by the Church of England. She was a truly remarkable lady.

The words in this book, can now live on and continue to help those who are often searching for spiritual guidance and alter many perceptions of people's Faith as it has done for my wife, Jane and myself.

INTRODUCTION

Constance Peters was born in Brighton on January 12th, 1909, the third of five children, whose father was in business in the town and whose mother worked in the cause of the equality of women.

Constance was educated at the Brighton and Hove High School, followed by five years in France and a secretarial course on her return to England.

In 1935 she began her training in the Ministry of Divine Healing, first as Secretary to the Rev. John Maillard and later as his Personal Assistant, during which time she discovered her own gift of healing. From beginning to end she always emphasised that she was "used as a channel for Divine Power to flow to individuals and out to the world". She took no personal credit for the wonderful return to health and wholeness of literally thousands of people during her thirty-five years' work as "an instrument of the All Highest".

In 1941 she founded the Science of Life Fellowship and was authorised by the Bishop of Chichester, the late Dr. G. K. Bell, to continue the pioneering work of bringing the full teaching of Jesus the Healer to modern man. She travelled, lectured, conducted Healing Services, visited, and prayed unceasingly until the last day of her earthly life, February 20th, 1971.

In 1965 her dream of a London home for the Fellowship was realised and a Quiet Room established for daily intercessions for the world and for individuals, work which was of first importance in her life. The house at 413 Upper Richmond Road, facing Barnes Common, became a haven for peace, healing and teaching. But the increasing noise of aircraft overhead, to

and from Heathrow, began to defeat the original purpose, and Constance was guided to arrange for the transfer of the headquarters to the West of England. Through prayer and meditation she was led to a house in Sidmouth, Devon, and had started negotiations the day before she died in her sleep.

Such was the loyalty and gratitude of Fellowship members, that it was agreed the work must go on. In due course the Trustees found a smaller, but eminently suitable house, and on July 1st, 1971, The Rowans, Convent Road, Sidmouth, became the new home of the Fellowship, with a Quiet Room, Library, Guest Room on a self-catering basis for members, and a lovely garden. Here the quarterly magazine continues to be edited and distributed to many parts of the world, daily intercessions are held, and regular meetings are taken by members or guest speakers.

Constance was planning an autobiography and had begun to write it. This is now (in 1973) in process of being incorporated in a biography by her friends.

In the meantime, Norah Fell, her Secretary and friend . of many years' standing, has compiled the essence of Constance's teaching in this book. Over the years nearly two hundred of her talks were tape-recorded and typed out by Norah; many have appeared in the Fellowship magazine, some are still unpublished. She has selected from all these talks and from Constance's "Handbook for Living" and quoted considerably from "Strenuous Liberty", which appeared in 1959 and regrettably is now out of print. The words speak for themselves. They are transcribed in the simple colloquial language of Constance's talks, which came straight from her heart.

They have been tested and proved true, for Constance always taught from her own experience of people. She remained ever close to her Master, Jesus the Christ, and devoted her life to explaining how the Gospel teaching and healing is for today and every day. May this labour of love bring inspiration, hope and comfort to all its readers.

Sylvia Button

AWARENESS

We need to awaken to an awareness of the enormous power of Divine Life that animates our whole being. When we allow that power to be in command, there is nothing in life or in ourselves that cannot be utterly overcome.

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Spiritual thought is the conditioning of every aspect of human consciousness to the Divine, and fills us with that compassion which is vital to all our contacts with one another. It also sharpens our understanding and develops our instinct towards others. so that we see them, not as they present themselves to us, but as they are in their true inner being. How vital it is that we should be in the full power of spiritual thought and communion in order to fulfil our obligations to all those we meet.

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Each precious moment is filled with opportunity, and if we go about with our eyes shut we may miss all the lovely and the beautiful. We might just as well be dead.

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Because we live in a world that is not healed, we need to be constantly on our guard and in a state of awareness. The more we seek to live in the Light, the more we shall be challenged, and the more easily we may be taken off guard and act in a way we never thought we were still capable of. We must claim immediately the almighty power of protection to cleanse our minds, purify our hearts and restore us again to balance, sanity and peace of mind.

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BALANCED LIVING

The more harmony there is in our own lives, and the more God-directed they are, the more useful we shall be as channels of peace to the world. We share a common humanity and divinity. We all have the divine spark in us, but it is so often submerged because it has been thought, erroneously, that we have to be “religious” in order to recognise the fact that we are divine as well as human

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Many of our illnesses are caused by our getting things out of proportion. We take ourselves too seriously and the knowledge of truth too lightly. I am sure that laughter is the best medicine-far better than all the pills and injections which we dare to put into this beautiful structure, the temple of the Spirit.

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I am increasingly convinced that if we get our minds into good, positive working order and control, we shall keep in perfect health. The adjustment is in our own hands, and that is something we do not like to admit.

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It is not wise to work all the time in helping other people and not to see the other side of life at all; we could get so immersed in dealing only with troubles that we should forget humour, fun, happiness, laughter and all that brings recreation. It is important to lead a balanced life.

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We are all too busy; too much action and too little meditation. A happy combination of both would make us balanced, happy, healthy, sane people.

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If we want safeguarding, it lies in the disciplining of our thinking into everything positive, and sharing with one another on that same level. We can all be knocked off balance sometimes by the unexpected, and a good way of regaining our stance is to remove all thought from ourselves and our particular form of suffering, and concentrate all our love on as many people as we know, who have need to be drawn into the presence of God.

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The ingredients of a sane and well-balanced life are positive thinking, emotional adjustment, humour, goodwill and tolerance, with sincerity.

CRITICISM AND ENCOURAGEMENT

We find fault much too often, and that is not a loving attitude. It is far more difficult to look for what is good in people and to determine to go on searching until we find it.

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How much we need encouragement! Criticism has its place, but it should be loving criticism from those who sincerely desire to help us. We must be on our guard lest the criticism springs from jealousy, envy, bitterness or hate.

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We value the good opinion of others, their love and appreciation, but I wonder if the spur to our going forward is not the criticisms we receive? Are we grateful enough for them? If we are honest we shall admit that there is a great deal of truth in them.

The fundamentals of healing are the spirit of forgiveness, love, tolerance and goodwill towards one another; freedom to express our ideas in happy disagreement or agreement, not criticising each other except to our faces - and we should be able to take that with humour.

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It is implicit in the teachings of Jesus that we must find our own way into the Kingdom of God. But we can encourage one another by our support, prayers, love, and by our faith in them, because, as we believe in people we bring out the best in them. If they find it is expected

of them they will rise to it, and probably astonish themselves that they have progressed much further than they realised.

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To all those whom we meet let us give all the encouragement we can. Whenever we find cause for praise let us give it fully. There is so much adverse criticism, and we can add to it all too easily.

DEATH AND ETERNITY

What we are now we are in eternity. As we live, so we die, and so we then continue to live. It is of the utmost importance how we are living every minute; we must live it to the full, to the utmost capacity of expression in our whole being. If the spirit is really alive and active in us, then life has meaning and value.

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It is important to be healed not only for the purposes of this life, but to move into the next phase ready to go forward. If we take into that phase all the marks of our lethargy, they must be worked out after we pass from the body.

There is nothing to prevent anyone entering into completeness of life, but our minds are too much fixed on the here and now; we should be more concerned about living our lives as participants in the immortality of God, to be caught up in that which is eternal.

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Eternity is a condition, and we must start building that condition now, not only for this life but that we may evolve into the state of consciousness that it is the purpose of God for us all to attain. We are members of the Kingdom which is not bounded by time or space.

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I do not think it is a wise policy to seek direct communication with anyone on the other side of life. In meditation, being conscious of the power of love, I've realised that we are drawn into a vast communion of souls. The veil between the living and the so-called dead is so thin that, though we are all living on different levels of life, they are as one in the power of Life itself, which is God.

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The happiest way to depart this life is to go out like a light - that is, if we have been living in communion with God. Many who are trained in positive thinking have long since given up the idea that they must "die of" something, and have often gone in their sleep.

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There is never any last word in truth, any more than there is an end or a beginning in creation, for both are one.

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Is death the end of opportunity? There is work for people the other side of the veil if they are willing to do it. None of us will perhaps ever know in our hour of need or danger how much we are supported by those who are active in the Kingdom of Light.

ENTHUSIASM

What is the difference between a person who believes in Divine Power, who accepts the teachings of our Master to be the one way of life that is worth living, and another who thinks these things do not matter? I like to say that it gives me a zest for living; that is the very essence of Christianity, which does not mean just living unto ourselves, but living for the whole world. How can we have this zest? By knowing that as we hand over our lives we simply do not mind what happens. All the treasured things of the past we are willing to throw overboard; we are free. Life is the most glorious adventure into the realms of truth, into the glory that is God. Our lives can be changed, not always in their outward conditions, but in consciousness, so that everything comes to life.

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We need to be careful about being over-zealous. Our zeal can carry us forward on waves of enthusiasm and we can get very tired, and must watch for that. We must learn to say “no” as well as “yes”, and we need to claim protection, because sick people, either In body, mind or soul, are themselves drained of energy, and so unconsciously they take on the energy of others. We need to know we are working in the strength of God and in the compassion of the Master.

We need more enthusiasm. There are too many apathetic Christians sitting on the fence, all tied up in unimportant matters such as forms of worship. If we could only come together in the true Spirit of God, we would realise that

our differences do not really exist at all, but that we all live in the power of the living Spirit that is God. Enthusiasm is so necessary; to work for the Kingdom of God, for the peace of the world, a selfless desire to help other people, to bless everyone we meet, wherever we are.

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Why is it that some people grow old prematurely? I think they give up too soon; they lose their enthusiasm for life and their interest in contemporary affairs. If you want to grow old quickly, start living in the past and you will age very rapidly indeed.

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We must cultivate and maintain interest in life as it is now, always ready and eager for anything new and untried. It is in the maintenance of our enthusiasm for this most glorious gift of life that we remain young in spirit, in strength and wholeness of body and mind, and we can be maintained in God’s blessed gift of health.

FAITH

Three main ingredients for successful living to the glory of God : confidence in God, confidence in man, and confidence in ourselves.

Sometimes people say, “If only I had more faith.” My answer is, “Pray for more love. Have more love in your heart for other people, a real warmth going out from you

because you desire blessing for all mankind. Then you need not worry about your faith because you will know God, and by knowing Him you believe in Him.” Faith is not something you can pick up because you want it. We must have more love for others to allow the perfect work of God to be done in us, to be ready to follow wherever He may lead, to learn very humbly any lesson that we have to learn here and now.

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There is a vast difference between faith and wishful thinking. Faith that things will come to pass as we desire is nothing but selfish wishful thinking. To commit all and everyone into the higher wisdom of God is faith indeed; to allow that higher Mind to work out in blessedness, in that which is wisest for all concerned.

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The more time we spend in thinking about ourselves and our problems, the greater our perplexity. We have to think through them and learn to resolve our conflicts; to lift them into the presence of God and *leave them there*. A serene mind is evidence of growing spiritual maturity. It is the outcome of all our practice in precept, our trust in Divine Principle. Trust in God is essential; we have to behave “as if” all that we believe is really true. Serenity of mind is complete trust In God and the absence of fear.

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When we literally and absolutely trust in Divine Power It is not just a matter of having no anxious thoughts; they are simply not there in our consciousness at all. *They do not exist*. So we are free to find joy in faith, not hard work and praying like mad and getting in a state, wearing ourselves out with earnest praying instead of just allowing ourselves to rest in this wondrous power, allowing it to direct us, to feed and clothe us, to bless us and keep us in wholeness. It is a wonderful way to live; there is no life to touch it.

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We must learn to stand alone in God, in the security of His presence and the infallibility of His word. That is strength; that is to know how to live without fear, to know how to take whatever may come to us. We can learn to take it just as the disciples learnt in the end that the Master had to leave them, to enable them to stand on their own feet and to be so greatly used of God. Perhaps we feel that relaxation Is more on a material and physical plane than in a spiritual sphere, but that is not true. The whole essence of relaxation Is in our *faith in God*. As we trust, so we do not worry, and If we do not worry we do not suffer from tension. It is as simple as that, but we know that the practice of it is anything but simple.

FORGIVENESS

When Jesus said, “Thy sins be forgiven thee”, what he meant was, “Turn your back on the past and be thankful for all you have learned. Realise that you are a creation of

God, that you have infinite power within you which can triumph, so that you can take up your bed and walk.”

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Forgiveness, when accepted in thankfulness and praise, means a new opportunity to redeem one’s life, by living in the present in positive affirmation of faith and building up a renewed state of consciousness; and the past is swallowed up in the glory of life that we realise is our inheritance - the life that is God in us, which is lived unto all eternity.

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Emotions that set up tension are anger, fear and resentment. Therefore Jesus stressed the importance of forgiveness, which is getting into a condition of harmony even with those who have done us great harm. This is one of our toughest assignments, but life without tension is only possible in the spirit of forgiveness; not only of harm done to us, but of all we have done. This is the hardest of all, to learn to forgive ourselves.

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There is no greater demonstration than to be understanding and forgiving, and this is one of the hardest things in the world to do, for it is the highest form of love. It is not of the intellect or the mind, but of the heart.

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To accept forgiveness to ourselves is to be free from shame and guilt.

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The greatest blessing Jesus ever gave in his dealings with people was that of forgiveness - a blotting out of yesterday in the joy of today. That spirit of forgiveness should be in us all.

There is a time factor, in that we cannot force the issue; when there has been deep hurt and suffering, especially to our pride, we must allow a lot of water to run under the bridges. In the meantime let us behave as we intend to become. That is not pretence; it is the acceptance of blessing before it has become completely established. As with healing, we must accept and give thanks long before there is any evidence in the body that anything has happened.

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By learning to forgive, the heart is warmed to others’ needs.

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How can we learn to forgive? This is something greater than ourselves. In our own limited abilities we are unable to build up a loving, forgiving spirit in our hearts; only in the greater love of the All-highest can we possibly achieve this objective.

Then it can be done if we really want it wholeheartedly; but we sometimes feel so justified in our resentment and bitterness that we are very reluctant to let these feelings go. But are we so innocent? Let us be honest; is it all on one side? And perhaps these experiences were vital to the development of our character; until we had been through

these deep waters we could not really become evolved human beings.

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FREEDOM

Freedom lies in our willingness to lose all personal belongings, family and friends. Only In that willingness can we know serenity, for where there is possessiveness there is fear.

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The great freedom in our own Christian faith of this day is this: that we are at last knowing that there is no personal deity to order us and our lives, to mete out the blessing or punishment which we deserve. The working out of our lives is under our own jurisdiction.

We choose in freedom of will either to be in the leading of the Spirit, living in the power of Divine Mind, or that we shall be outside the orbit of Divine Love, and suffer the consequences.

That which we choose we make our own, and by so doing we are released into a form of life which brings infinite rewards - peace of mind, gaiety of heart, joy of living. the ability to glory in all the beauty and marvel of life Itself in every manifestation in creation.

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Any kind of disease or illness is a form of bondage. We are bound in our physical being by this condition. But this is only the outward manifestation of the fact that we are prisoners within, and we need release from that

Imprisonment in our inward being and consciousness.

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We all have to work out our salvation and to work through our own particular worries, fears and doubts, if life is going to have any meaning. And we can all achieve successful living in personal overcoming and adjustment if this is the desire of our hearts.

Life can be so sweet, and we can savour it deeply and rejoice in it. It is possible to be free in the freedom of the Spirit. We can learn to live in the eternal now, in confidence, trust and ease, and in this way we never become a prey to disease or unease.

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The over-anxious should seek to emerge from the persecution of fear and to rise in greatness, which is our spiritual heritage. This form of wholeness means living under the domination of spiritual power. It is not a dictatorship, but complete freedom; yet we would not want to break loose from the bonds that hold us in oneness with the Divine; for these are bonds of love.

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Nothing can eventually defeat the purpose of God in our lives so long as we keep in tune. Thereby we are blessed beyond measure, and live in the freedom of the Spirit.

GUIDANCE

How can we distinguish between guidance and wishful

thinking? Guidance comes when we completely submit our personal desires into the Divine presence, remaining entirely impartial. That is not easy, but it *is* possible, and does bring us into a feeling of relaxation, and freedom from tension and fear. It means that we are not being pig-headed over issues regarding ourselves or other people.

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One of the difficulties of guidance and the maintenance of inner peace is that, when the guidance comes, it may not mean instant action. We have to wait in patience, which is one of the most severe tests of our faith that can be given to us.

The answer to the cry, "Why has this happened to me?" is often that we have acted too soon. We must have a set purpose, but it must be a committed purpose, with self out of the way. If we bring in our purely selfish desires, there cannot be the direct leading

Nothing unfolds, nothing works out because we have tried to force the issue against our better judgment, which is the judgment of God and the leading of the Spirit.

If the moment is right, then all the wisdom, light, power, and every imaginable unasked blessing is simply poured down upon our heads.

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How can we be certain that our actions are God guided? There is only an inner knowing which has nothing to do with our mortal selves, our feelings and desires. It is something greater than ourselves, vaster and beyond human explanation. This inner knowing gives us confidence in our living. and beyond that confidence we

come into the greatest essential of all, which is peace. There is no guidance until there is peace.

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The timing of God in the leading of the Spirit is breathtaking. There is a right moment, and we have to be prepared to be patient and wait until that moment is ripe. Otherwise we shall get ourselves into trouble and unhappiness, and then have to start all over again.

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It takes courage to discover and then act upon the leading of the Spirit. It is easier to play for safety and security; but how many frustrated lives are the result of such escapism!

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When we are guided by the Spirit of God we are often alone in our decision. The voice of the world can be very strong, and tries to break in on the great wisdom of God, as the Master himself knew. We have to abide in the wisdom that has been given us.

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Where the Spirit leads, the Spirit upholds.

GUILT

Conscience is a very over-rated concept; usually it is not our conscience at all, but simply the reaction in our minds to all the things we were taught as children -the “oughts” and “you must do this and that”. And so we have a sense of guilt, even In our adult life, when we are not conforming to the old patterns. We need to do away with these false standards of the past, which so often consist in doing many things because people think we ought to do them, instead of getting down to the art of *being*.

Much of the time we feel guilty simply because we are not fulfilling our duty *as others see it*. We need to be clear in our minds regarding commitments In all personal relationships. All acts of loving kindness should spring spontaneously into being rather than be forced upon us by the opinions of others. No one should order the life of another; in freedom of will we should be allowed to make our choice and have the strength to face the criticism of others.

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If there is one word in the English language that I would love to delete, it is that word “ought”.

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Remorse is a wasted form of energy. We need to direct the energy of life into channels that will be of service to God and man, and we can achieve this by directing our thoughts to others rather than ourselves. We are too wrapped up in ourselves and our own circle which we

consider of immense interest to other people. Usually it is nothing of the kind; we are of interest to *others* only when we are achieving something in life, *not* when we are negative and depressed.

HAPPINESS

True happiness is peace of mind, and we gain that by learning to discipline our thoughts, emotions and actions, conditioning our lives to the principles given to us by our Master, learning to live by them and thereby coming into freedom and peace.

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Nothing this world could give us can possibly compare with the happiness which comes with the knowledge that in God we truly live. In this infinite and glorious Spirit of God we do not fear today and have no reason to fear tomorrow. Whatever challenge it holds, we are not left without support. All power and wisdom is with us, to lead us through into great blessing every step of the way. We come to know the meaning of the words, “In His service is perfect freedom”.

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The cultivation of cheerfulness is a vital necessity. The more cheerful we are, the greater blessing we are to others, and the happier we shall be ourselves.

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The will of the Father, as we know from our Master, is that life should be enjoyed and rejoiced in, and lived in all fullness and every form of fulfilment. In spite of all the unhappy conditions in the world and the kind of life some people have to live, I still contend that the ultimate will of the Father is that our lives should be happy. But that can only happen when God is greater to us than our fears. It is for each one of us to allow that to happen; no one can do it for us, though we can encourage and hearten one another.

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When we are in the presence of God It is always springtime.

HEALING AND WHOLENESS

The underlying purpose of healing is not simply to free a life from the fetters of mental or physical Unwholeness; it is to liberate that life from the unreal self into the reality of the true self.

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In the Healing Ministry there is no room for hypocrisy because there must be results. We cannot pretend to be healed as we can pretend we are saved; we have to show it by demonstration.

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Let us not minimise the power of forgiveness; it is the underlying factor in every need and form of healing. We must *allow* it to happen in us, instead of which we fight and rebel and resist. Is our hurt pride more valuable than our restored health?

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The process of Divine Healing is not on the surface. If we want surface healing we can take pills and drugs and have operations, which will not touch our inmost being but tide us over temporarily. But if we are not willing to learn about ourselves and discover the reasons for having reached the condition in which we find ourselves, that condition can recur.

Healing is the beginning of the road to wholeness, and wholeness means living in a state of consciousness in God, and trying to carry out in our living and thinking the way of life so clearly shown to us in the Gospels.

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Should we pray for the sick with the specific intention that they should recover in body? We cannot dictate to the Infinite Power and say, "This has got to happen". We must commit these lives into the Divine Presence and allow any purpose that is in Divine Mind to unfold in blessedness. Why we should think the only blessing is to go on living in the body I do not know.

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We must not entertain the idea that any particular “healer” is better than others. There is only *one* healer - God; only one power, as God meets in unity with the life of the Spirit in each one, and liberates, renews, and restores, and all things work together for good.

We must not entertain the idea that any particular “healer” is better than others. There is only one healer-God; only one power, as God meets in unity with the life of the Spirit in each one, and liberates, renews, and restores, and all things work together for good.

There are many aspects of ourselves that even we do not understand. It therefore essential that when we come into the presence of God for His healing help we should have a very open heart and mind, willing to see, to know, to find out, to resolve these problems and conflicts which are the foundation of our present condition that is not of wholeness.

This takes some facing. It is not easy for those unaccustomed to these ideas to realise that the cause, or as well as the remedy, is in ourselves. The cause, or causes are not always easy to find, but if we are determined to know, then the power the Spirit will enlighten us completely.

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A calm mind is the basis of all healing and wholeness; it is not only the final issue, but the preparation for healing, and it safeguards us also when we have received this wonderful blessing. We are kept in a light so glorious that our whole being is illuminated and no darkness can touch or disturb us.

HOPE

Hope can be either positive or negative. The tone of voice in which people say, “I hope so”, implies that they do not hope at all. The definition of hope is confidence, trust, reliance, assurance, expectation of good, encouragement to take heart, and security. Very positive from beginning to end!

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Hope means looking forward in the unquenchable belief that everything will work out in the end. Hope is steadfastness of purpose, never losing sight of the goal, pressing onwards, only looking back in thanksgiving, remembering the lessons we have learned; still learning by our follies and mistakes, being obedient and faithful. Then we shall attain to greater blessing than we could ever have believed possible.

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Everyone has the opportunity of coming into the most wonderful blessing of wholeness. Have the courage, the desire and the will to persevere. Never give up hope.

JOY

Religion is gaiety and joyousness - the new religion casting out all the old gloom and emphasis on sin. “Neither do I condemn thee. Go in peace, your faith has healed you.” Jesus said to everyone: “Blessings upon you; stop living such a stupid kind of life. Live a new

one, for the past is taken away from you, over and done with.”

Why then do we hug our guilt to ourselves? We can cease to pour coals of fire upon our own heads, cease from the emphasis on self (which is what it amounts to); we can look out upon the world and its people and find so much to gladden our hearts.

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The spirit of joy transcends all sorrow, suffering and pain. It is the highest spiritual attribute, the crown of experience. We can know it in the midst of trouble, when we can see no end to the tunnel through which we are passing, no pinpoint of light to bring us hope or guide us as we travel. It can be to us greater than hope, greater than faith.

The power in this radiant spirit of joy is so mighty that it overcomes those aspects in our life that hurt us and seemingly give us no peace. This renewal and uplifting of spiritual power in the inward heart does the work when we allow it to operate.

Whatever service we render in the name of God, let it be a joy. The attitude of “ought” and “duty” takes all the happiness out of our fellowship with God and our service to one another. If we do anything from a sense of duty we shall suffer for it, and it would be better to leave it alone. The sense of joy must flow out - the joy which comes with giving, with letting go and letting God, of throwing ourselves into the service of God and man with an open, happy and singing heart.

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Let us have a joyful sense of all our many blessings.

LIFE

The purpose of life is for the expression of Divine Life in every creative capacity; for a fulfilling, and use of all the gifts and talents that God has given, and all that is highest in man.

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Success or failure of living is in the success or failure in control of our thought life. By continued efforts we can establish a habit of right thinking which brings happiness and harmony and also sets us free. There is no freedom like it in the whole world.

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It is an honour and a great privilege to be alive. But our life does not belong to us; it is loaned to us for a purpose.

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If we do not enjoy our life, then it should be changed, or we need to accept it and become changed people in unaltered conditions.

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The hallmark of anyone who believes in God is cheerfulness, consideration, compassion and kindness. If we can combine these with honesty, it can only be helpful

and bring blessing to all whom we meet.

‘To live in the world we need wisdom, shrewdness and sharp perception. To be holy is not to be a fool, but to be wise in the wisdom of the All-Highest, and to allow the God-sent gift of intuition to develop within us until we become more keenly alive to the needs of others and draw close to them in under-standing.

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We need to look outward more than we do. If we look within, then let us see the image of God within instead of all the thoughts that are so dark, depressing and unhappy and which so often dominate our minds. Turning the mind to look outward is of the utmost importance; to be observant of the world and its people and all forms of creation.

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The aspect of the Divine in us, if given free rein and opportunity, can be used limitlessly In bringing blessing to mankind. Surely the realisation of our immortal selves, that we are greater than we know, could be a means of bringing the Kingdom of Heaven to this world. By this communion, more and more deeply realised, we could not allow our lives to be used for anything other than a good purpose. It would mean the end of all wars, persecution and cruelty.

We often misjudge ourselves, sometimes on a very negative basis. We may not have plumbed the depths of our abilities, but have instead run away from the use of our talents and from the development of our character as it was intended to become.

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Our task is to do the very best with our life; work while it is day; learn and experience as much as we can from life, from one another and from books, and especially in our communion with God in meditation and silence.

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We can come to understand some of the seeming mysteries that have for too long been hidden and bring them into the light of knowledge and acceptance; and do away with all the superstition and fears that have been attached to religion and especially to Christianity, that there may be a rebirth of the law of Love.

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To live abstemiously is not to live at all. Each moment should be vibrant with full enjoyment in Divine power. Turning the other cheek is still sound advice; we rush into things sometimes with far too great speed. The great art of living is to know when to act and when to do nothing.

We need to give ourselves more opportunity of being quiet and restored. We overwork our bodies and minds- not in creative activity, not by study and contemplation and the use of our talents, but by letting them dwell on all sorts of negative aspects of things, worrying and being anxious and troubled; and there is nothing so fatiguing. Every part of us is having a tremendous job of work to get on with its normal activity because we are putting the brake on all the time.

The more we are filled with Light, the more our minds are allowed to dwell on the things that are creative and uplifting, the more we set ourselves free into the right kind of living.

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Life is indestructible, and we, as part of God, are indestructible and invincible, if only we could recognise our true value.

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LIGHT

Light is what we need - the interpenetrating Light of the Spirit to our whole consciousness. But we blunder on in the darkness, and are so busy with all we have to do that we do not allow the Light of the Spirit to enter into us in all fullness and bring us the revelation that we need. Are the thoughts of our minds a reflection of that Light? If they were, what extremely happy people we should be! The darkness of our thoughts and the upsurge of bitter and unhappy emotions within us can cast us into great darkness. And if that darkness continues unrelieved we can become very sick indeed, particularly in mind.

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The basis of prayer is to know that when we go into

communion with God, we are in the Light, that there is no darkness in or around us at all - nothing but Light, Love, Peace and Power.

When we are caught up in this (not of ourselves, for we are still ordinary human beings) we are invincible, and God can use us to any purpose, for any people, at any time, anywhere.

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How can we be at peace with ourselves? We have so many conflicts, and not only related to our own individual lives. We are continually being caught up in the troubles and sorrows of others; and that is where we need to know that we are in the protection of Light, because if we get drawn down into the darkness, gloom and despair of others we cannot be used to lift them, out into the Light.

We need to be continually in filled with Light and renewed with power, because we cannot be of any help to others if we let our sympathy for them draw us down where they are.

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We are bombarded with bad news and we cannot take on all of it in a practical way. That is impossible; but we can take on all the responsibility through prayer, for then we hand over the needs into Wisdom greater than our own, into Love that encompasses and meets every need, in the Power of God which is supreme.

Then we must stop thinking and agonising over all the sufferings and leave matters in the wondrous Light of the Spirit, which is able to interpenetrate all conditions

and needs, into the very heart of man. It is beyond our understanding how the Spirit can work; but it does and in this we must trust, and rest our souls quietly in the Divine Presence.

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LOVE AND COMPASSION

Separateness only comes about when we fail to live in the laws that Jesus gave us; and the basic law is that of Love. The very essence of love is In the word, charity, and that word, like love, has been misused. believe the true meaning of charity is loving servlc1 and giving without let or hindrance, almost without thought. And as we give, so we receive.

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A great many of us have never discovered our true essential being at all. We are strangers, living at enmity with ourselves and not in love and friendship Jesus said, "Love your neighbour as yourself." That means love yourself as you love others, and many of us hate ourselves because we do not come up to standard; we are not what we would like to be. Yet we can become so through development into our true personality.

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In loving we need to develop tolerance, and greater than that, understanding; for without understanding we cannot be said to love.

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There is great need for compassion in a dispassionate way. If we become emotionally involved with people in their needs we shall be bogged down with them. We need to be outside them and yet aware of them; in that awareness we can help them, and that compassion flowing through us is the highest and most creative form of love.

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How much do we allow ourselves to flow out to other people and to be used for the outpouring of the Spirit of God into the hearts of men? We are so obsessed with ourselves and our own lives, thoughts, sufferings and difficulties that we do not allow ourselves to be warmed in the fire of divine compassion. But when we do, it is that warmth which changes everything.

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On the deeper level of meditation we discover the true meaning of the word love, which is far greater than any human experience on the emotional level. It is an outgoing warmth of compassion to the whole of creation, which in its depth has nothing to do with the affections or human emotions.

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Where there is love there is no separation; in spiritual oneness we are outside time and place, and there is only continuity, which is eternal life

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Unless we are learning the great art of loving, we can bar the way to our guidance and knowledge by the spirit of rebellion, hatred and unlovingness in us. We cannot hope to come into the absolute of communion in the Divine unless we are allowing ourselves to grow in lovingness. In this spirit there is forgiveness, tolerance, understanding, and generosity of heart and mind. All these pave the way for us to enter into communion where God speaks to us in love and directs our ways in peace until we come into fulfilment.

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Passive non-resistance is not a show of weakness, but a sign of strength in allowing ourselves to love when mortal man would sooner hate. The way of love is the highest and the hardest, for when we take it we are misjudged and misunderstood. But we are at one with the Father's purpose and in accordance with our Master's teaching.

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Unless we are willing to suffer in the name of love we have not begun to understand the meaning of love. By suffering I mean being truly concerned, to the depth of our being, because another person is in need, and our soul has only one desire, to be used (as far as that person will allow us) to help him to get on to another level of living.

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In no circumstances whatsoever are we allowed to be "justifiably angry". It is contrary to the law of love. We must bring understanding, tolerance, gentleness and patience to every person and every situation.

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There is only one sin - that of being unloving.

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Every kind thought is another feather in an angel's wing.

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The fundamental cause of all disease is lack of love, both in giving and receiving. It is love that heals, blesses, restores and comforts.

OVERCOMING FEAR

All our nervous tension is summed up in one word fear, and the fundamental cause of this is often quite hidden, tucked away in our subconscious mind.

Fear makes us live our lives in doubt, anxiety and worry, and we set up great pressure upon our nervous system. These fears have no power in themselves, but only the power with which we endue them. We build up their magnitude in our own minds.

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Many people get in a panic over minor mishaps. We must

know and claim the reality of all the promises we know, and believe them; then go out and act as if they were true. Many times In our lives we need to work on that principle. The conscious mind still refuses to accept the realities of God and tries to convince us of the negative aspect of our troubles. We have to make our stand and keep on repeating our affirmations. Then we gradually come to know that they *are* true and that the power of God *is* limitless in what it can accomplish in our lives.

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Worry and fear are often due to lack of confidence. Confidence in God, in others and in ourselves is vital if we are to realise the purpose for which we are here. When any form of fear torments us we have only to oppose it by bringing it into contact with the supreme power of God, and there must be a working through to the other side; for the power of good always has dominance if we allow it.

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Many of our fears are not of this life; we have brought them with us and therefore cannot understand them except we learn that they do not belong to now but to the past. That can give great liberation.

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Why do we worry? Have we not been led in the past? Have not our dear ones been blessed beyond measure in answer to prayer? Does worry alter anything? It only increases the darkness. If we worry about someone we

love, we are not lifting them into the light of God's presence, but allowing them to remain in the wrong vibration; whereas by prayer we lift them into a higher one. Then things begin to happen.

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There is no fear when Love is in command.

PAST, PRESENT AND FUTURE

We believe in Divine order in the universe; so it is with the lives of men. There is a plan and purpose for each life born of God, but realised only in the freedom of will which is God-given.

Incarnation is necessary for the soul to develop its latent powers into conscious qualities and capabilities; we work out our own evolution unto perfection by our own individual efforts. But how many of us can do this in one short span on earth, and fit ourselves for life in a sphere of consciousness no longer earthbound by a physical body?

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Each child, however young or old in soul, has the Spirit of God in him. The soul, where character is formed, as it travels through eternity, creates and clothes itself with a physical body in accordance with its state of development; and this body reflects the soul-life in human form.

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There is much in our lives that we seek to cover up and forget, but the subconscious, that storehouse of memory, does not allow us to do so. We need to hand it all over to God before it can completely leave us. Then we are healed of our yesterdays, and have a new beginning in today to live a happier life tomorrow.

Of the past, if it is going to serve us at all, we need only remember the lessons we have learned so that we are wiser in the now. We can remember that we reacted in the past according to the degree of our understanding and the level of our experience. We need not blame ourselves, or other people for their relationship with us, for they too were then living according to their light at that time.

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That which is intended must come to pass if we are in communion with the Director of our lives; nothing can alter that unalterable purpose once we are in touch.

Nothing can stem the flow of God's power when He has a purpose to be achieved. For that reason we can believe that that power is perfectly able to restore us in every aspect of our being, so that the ultimate purpose of God shall be fulfilled, and not frustrated in the life that He has given, for the completing of the whole pattern in the world.

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If we seek to know the truth and live in it, we must realise the folly of letting the past dominate the present. To break free from it is true freedom, but it takes a great deal of work to cleanse the subconscious by filling it with everything positive in the present.

PEACE

Peace is not a nebulous condition, but the essence of harmony. It is the most stabilising, strengthening, wonderful condition, the pearl of great price which we should be willing to give up anything to attain; not personal or material possessions, but the foolish habits of thought of a lifetime, with willingness to take on, at whatever cost, the full impact of the teachings of Jesus.

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Serenity of mind and heart is complete trust in God and the absence of fear.

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The quality of a quiet mind is that the whole of our being is working in a harmonious unity. There is no disturbance in the cells of the body because the mind is quiescent and peaceful. Yet it is not static; this is not a case of retiring from, or avoiding, all challenges and difficulties. We face them with the calmness that is with us to enable us to overcome.

The cultivation of peace is the answer to all our anxiety. This is not accomplished by sheer effort of will, but rather by allowing the condition to be established in inner consciousness. When the mind is in peace, the heart is at rest, and the mind can be trained to think on a positive level to achieve this.

POSITIVITY

The basis of positivity is the belief that in Divine Mind the will is for health, not illness; for success, not failure; for life to be lived in the blessing of forgiveness, to find freedom from guilt, to be released from the past with all its sense of failure and inadequacy.

Relying on this power of life to be with us at all times in strength and upholding, we shall be strong in the midst of all situations, and when people turn to us for help we shall always be inspired to give a positive answer.

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In the positive approach to life we are not only led into the way of freedom, peace of mind and joy of heart, but we find that we are really *alive*, with a sense of well-being and happiness, of oneness with all life, of communion with every aspect of creation. We may be alone, but we are never lonely. We belong. We are a part of creation, and we are creative in our life and prayer.

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The practice of affirmation leads us into a positive way of life. This is not a case of auto-suggestion, but of affirming spiritual truth in the midst of a situation which appears to have reality in all that is negative. Affirmations are important. We do need to affirm constantly during our thinking day that the power of God is limitless, working through to victory. No condition is impossible to remedy. *All* is there -guidance, the leading of the Spirit and the power to uphold, strengthen and

bless, heal and protect, working ceaselessly within us.

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We can only be positive on the level of good. When our thoughts turn to darkness, depression or doubt, we immediately become negative and contribute to the unhappiness and distress in the world. To react on the positive level and go into action for the needs of all men is a vital part of our work as intercessors, as believers in prayer and in the teachings of Jesus as a way of life.

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The more we use our minds the better they will serve us, and the more alive we shall be. Our task is to eliminate the bad and fill our minds with good. We hoard our thoughts as we hoard possessions. If we are cluttering up our conscious and subconscious mind and memory with a load of rubbish, there is no room for new thoughts to come in and take their place where they are so needed.

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People need reassurance. The greater the need, the blacker the darkness, the deeper the sorrow, the graver the problem, the more we must be positive and absolutely *certain* of the power of God to remedy every situation, to heal every condition, to meet every need. We cannot make ourselves believe these things, and we cannot say them convincingly unless we do believe them. When waves of doubt assail us, we must go apart for a time of real concentration and meditation on everything affirmative and positive. Then we emerge strengthened

and reassured in the knowledge that the power of God will do the work when we are humbly willing to be used. And this brings to life a spirit of Joy and happiness that nothing else can give.

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It is a very wise practice to discipline ourselves, when we are alone, not to think about ourselves lest we are tempted to a destructive use of the creative imagination. It will run riot in imaginings of darkness, distress and fear, for which we shall pay the price in all manner of symptoms of mind and body. We should discipline our thought life into dwelling on the good the beautiful and the true.

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It is for us to decide whether we live our lives darkened by clouds of anxiety, unhappiness, remorse and self-pity, and all other crippling emotions, or whether we decide to set the course in all positivity, that we may be blessed and greatly used.

Every day we might use the prayer, "Cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit". If we allow the cleansing to happen and give God the opportunity to fill us with His strength and power and inspiration, there is nothing that cannot be attempted and done. Above all, it keeps us steady, balanced, sane and happy of heart.

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Let us go forward with our minds filled with every

positive and loving thought; in the power of love and compassion and deep, solid inward conviction of the power of God to do all things for us and in us, to the glory of His name.

PRAYER AND MEDITATION

Prayer is the greatest antidote to fear, sorrow, weariness or despair. For not by thinking only, nor by talking, reading or study, can we overcome those deep, almost relentless feelings which seem to possess our souls at times. And the greatest blessing that prayer can bring to any human heart is an underlying sense of peace and of victory

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The essence of prayer is the union of the divine self within us and the All-divine. Until we reach that point in prayer we have not started to arrive; but when we do, we come into such communion that gradually we are much calmer and full of hope, our faith increases and we grow in spiritual stature. In fact, the whole of our being is dominated by that which is highest within us.

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Every problem has a solution, and when we say God does not answer prayer, it simply means that God is not doing exactly what we want Him to do. The prayer *will* be answered, the leading will be given, not as we are expecting it but in the greater wisdom of God. And there will unfold to us blessing upon blessing if we are

obedient, ready and willing to follow in the leading of the Spirit.

I thank God from the bottom of my heart for many prayers that were not answered as I wanted them to be, not only for myself but for other people.

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All our asking in prayer should be for spiritual gifts alone. There is no need to ask for the physical or material needs of this life, for they are all incorporated in the spiritual gifts. If we have these, the rest will be taken care of. Our whole consciousness must be lifted up to another level of asking, for our seeking is really for God and the things which are eternal.

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In our meditation, while we receive to our own lives healing and strength, new heart and peace of mind, let us also be renewed for service - joyous service. We are enabled to do so by forces greater than ourselves, by the living Power of the Spirit itself.

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A very big part of meditation is to bring Light into the world and into the lives of men; for the cleansing of the thoughts of our hearts; to bring the remedy of forgiveness and to cast out all those evil thoughts, desires and past remembrances, which can literally cripple, disable and bring disease to our lives.

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We need not feel abject in our communion, for we have a divinity within us which is perfectly able to be in direct contact with the All-divine. The lesser aspect of ourselves, our human nature, frailty and imperfection, is not the basis of our spiritual communion.

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When we come to the heart of prayer, which is silence, we really know that we belong spiritually in the All-divine; then our whole being is overcome by a sense of the power of love, and if any thoughts come to our minds concerning the world or people, we can no longer hold any bitterness or hatred in our hearts. They are utterly submerged by Love, and this is a form of spiritual cleansing which is the basis of healing.

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The basis of all prayer is thanksgiving, substituting that for the emphasis on sin and sinners, on begging and beseeching, on all the negative aspects of so-called prayer. We give thanks for all that we already have, for all that is ours because we are creations of Divine Mind.

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The Almighty Power is vast and awe-inspiring, but it is also warm, blessed and loving, and when we are overpowered by it we find we become greater than anything we could imagine ourselves to be; for the true Life that is God is allowed to take charge of us. But this is only possible when we keep the communicating lines

open and are continually in touch with the Source of life, with the Power that enables us to live the kind of life that Jesus taught is possible for every man.

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Father, we thank Thee in the name of Jesus our Master, for Thy never failing love. for the power and strength and deep inward calm that sustains us in and through all things. We thank Thee that Thou dost use us as channels and instruments of Thy love and power. As we offer ourselves with love into Thy Presence, we know the full power of Thy healing blessing Is flowing into all the lives we bring to Thee and flowing out to heal the world.

PRAYER FOR OTHERS

We can give the greatest service to mankind through prayer. Through this means we do bring the Light of God and the blessing of Immortal Power into the lives of others, to fit them for service, to restore them in wholeness, to give them confidence and strength and inward happiness.

It is an honour and privilege to pray for the human race and the destiny of mankind, that all men may come into the Light and illumination, which alone can bring the understanding that we all need.

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We are channels and instruments of God, and it is no use waiting until we feel perfect enough to be used. *Anyone* can be used if there is willingness, desire for service,

a love for our fellows, a desire in the heart for nothing but blessing in the lives of others. That is not personal, but impersonal love, the love that we call God in action, taking hold of us and using us.

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If we cannot do something very practical, then let us pray and spend more time in positive thought for the needs of the world, to bring into action those powers which are ready to assist mankind. There are not enough channels for that power to flow through and bless the world. This is something we can all do.

In our prayers for others, ourselves and the world we are so keen to get on with God's work for Him that we do not let Him get on with it Himself. If we would only learn to be silent, still our tongues and unstop our ears, we might achieve something like wisdom, and we should be making a valuable and creative contribution to the brotherhood of man.

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There is no need for repetition in seeking definite help. Once we have placed the person or the need into Divine Power, the work of blessing has begun. From then onwards it is a matter of thanksgiving and for us to be in tune on the positive level so that we are truly instruments being used in the service of prayer.

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How can we pray for others, which is our great service, if we are holding anything against anyone in our heart?

We are blocking the channel of our usefulness; love cannot pour through us if we are harbouring bitterness and resentment, anger, fear and all the other negative emotions.

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When we pray for anyone, every thought of them must be loving. If we cannot love them we should not pray for them.

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Let us pray for the youth of the world and all young lives who will take on its responsibilities in the future, so that whilst we are still here we can be the means of encouragement, blessing and hope to them, that they may find us always positive and believing. By prayer for expectant mothers, too, we can help to equip unborn souls to come in wholeness and to grow into healthy and spiritually-minded human beings, to serve mankind and find fulfilment in living.

PRIDE AND HUMILITY

When we feel resentment or bitterness in our hurt pride, “Stop and count ten” is a very good bit of advice, but it would be more profitable if we stopped and counted ten in the presence of our Heavenly Father.

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Seeking to justify ourselves Is the most subtle means of

withdrawing ourselves from the Light, because nothing can be more self-deluding than self justification,

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Humility does not mean being a doormat on which everyone can wipe their boots. It is understanding of others, thoughtfulness for them, seeing things from their point of view, willingness to be of service to humanity, Above all, which is very difficult, to admit when we are in the wrong, frankly and freely, with a good laugh about it and not making a big Issue of the cause.

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True humility is acceptance that the wisdom of God knows best.

PROGRESS

There is no end, while we have life and breath, to the progress we can make; but sometimes we cry halt because we do not accept our potential.

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We have to make up our minds to accept life willingly in all it deals out to us; all the sorrow and hurts, bitterness and disappointments. By the grace of God and in the power of the Spirit we shall rise above each one as it occurs. This is true spiritual growth, and the formation of character.

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We over-estimate the power of evil and underestimate the power of God. We must remain more steadfast in believing.

Our responsibility is to continue in prayer and positiveness, to grow in spiritual stature and never to let ourselves be overcome and downcast by all the evil and suffering and difficulties in the world; but to know the remedy is there, if only God has enough channels that He can use for His power to flow out and fill these lives as we know it is His will to do.

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Sometimes we are deeply distressed and unhappy about ourselves and our failures, which are magnified out of all proportion. They are not important in the vast scale of things, if our hearts are set in the right direction.

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What do we expect from God, in our lives and those for whom we pray? Far too little. We must expect and *know* that anything and everything can happen in transformed lives.

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We need to feed our subconscious minds on God, on nourishing spiritual food. If we hold on to outworn ideas that are giving no service, let us clear them away. Throw wide open the doors so that the good fresh wind of the

Spirit can blow in-the breath of God.

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Perseverance is perhaps the highest form of service we can render to God and man; quiet, persistent endeavour, knowing that through the difficult times of life there is light at the end of the tunnel, and we do all come out into it eventually. Surely life has taught us that, if we are persevering, keeping in close communion with the Love that never fails, there is an unfoldment.

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Let us not make our God too small, but realise His infinite power more fully and deeply. He is so much with us and in the world, and great and wonderful things are happening in the unseen. There are angels that come and minister to us as they came to Jesus in his need. If we reject opportunities for learning we shall be static and die. For life is movement and activity, and if we are afraid to move we shall have to learn those lessons at some future time under far more difficult conditions.

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The power of God is ever with us in all wonder, might and glory. He will give us grace and strength and open the way, and as we persevere and hold steadfastly to all the promises that are there for us in the New Testament, there is no limit to all the blessings that can come to us and make life the crown of glory that it is the will of the Father for us to have.

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These battles are hard to win; but one of the best ways of dealing with self-pity is to develop a sense of humour. If we can see the humorous side to every situation in life, and especially ourselves, we have gone a long way in the levelling-out process and find our life is lived on a much more even keel.

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When we stand for Truth we have within us something rocklike which, although it does not make us hard and lacking in compassion, gives us an inner strength that enables us to stand in moments of great difficulty, temptation and trial; then when we come to another challenge in life we find we have built within us a power of strength which enables us to keep calm and hopeful.

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Each experience of seeming failure is a means of learning fresh truths about ourselves, new light being thrown upon the working of our minds. And we never fall back as far as we were at the beginning of our pilgrimage into the Light.

If we resolve to deal with the present transient depression, we recover lost ground rapidly and are once more progressing into the Light; for if we have ever known union with God it is not possible ever to lose that contact.

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Perhaps the most important lesson of all is to learn that,

if need be, we could stand alone; just with God, with everything stripped from us - family, friends, possessions. And when we are willing to surrender all, every kind of blessing is poured down upon us in abundance.

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PROTECTION

Protection is always with us when we go about our Father's business. Whatever we have to undertake, if we go to it willingly and happily, blessing and protection will follow us. The angels will guard and guide us and those who are associated with us.

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If we always lived in protection and prevention, how much happier and fulfilled we should be; how much stronger to stand up to all the adversities, challenges and difficulties of life!

We need contact with the All-Highest, to be ever open and in a state of awareness, knowing we belong in this Power and are reacting to it constantly, though unconsciously. Wherever we go we take the Power and Light with us, so that we cannot fail to be channels of blessing to all whom we meet.

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It is asked, "How can you give compassion and not become spiritually depleted?" The secret is constantly

to be replenished to return to the Source of our good, to allow ourselves time to be renewed, and to see that we are wearing our cloak of protection – that invisible cloak which we wrap round ourselves and button up firmly, so that the adverse vibrations of those we are seeking help do not penetrate.

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It is not enough simply to claim protection as our divine right; we need to condition our lives so that we live in this aura of protection where no harm can touch us. We need not go about in a state of fear, but rather one of confidence.

We can train ourselves to start the day with thanksgiving that we are alive, and that we shall be able to follow through with perfect confidence the work and responsibilities that await us, knowing that we live in Divine Spirit.

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We have to be so armoured in the light of the Spirit, so strengthened, so calm in our confidence in the power of God, that we are not only protected from the condition of others, but we stand in the midst as a strong tower of strength to them. Then they can, through the inwardness of ourselves on the level of the higher self, receive great blessing and healing power.

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RELATIONSHIPS

We must learn first to live in harmony with ourselves. Have we an absolute balance, emotionally, ethereally, mentally, and tempered by the Spirit? Jesus demonstrated absolute control, perfect discipline line, with detachment but with a heart of love. There was in him nothing of self but only of giving; and although he suffered at the hands of evil men because he knew how far the soul of man had yet to travel, perhaps he was the happiest of men because he had no self-torment, and most of our sufferings spring from that.

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Harmonious relationships are very difficult to achieve, and I believe there is only one way, and it may sound cold and unfeeling but is worth remembering. It is a question of being detached, and by that I mean selfless; putting yourself out of the picture, so that you may see people away from the influence of your own personality; see them as individuals, and perhaps get to know them better because they are not so close.

In seeking to be used of God as a channel to help others, there is a bond of friendship wherein is absolute freedom and fellowship, and that is the basis of the happiest relationships in the world.

What are the ingredients of happy personal relationships? Honesty and sincerity; a lack of pretence to be other than our real selves; more outspokenness, always on the level Of love. We need to take into consideration, and into prayer, the viewpoint of the other person.

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If we are to be a help to other people we must never condemn, but try to understand with compassion the many influences and complexities that have brought them to their present condition.

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What a blessing it is when we find in one another the spirit of affectionate goodwill. I believe it is the thing most lacking in the field of religion today. It is that which Jesus shared with his disciples, and it is that which heals in relationships and brings balm of blessing and comfort and a sense of security when we need it most.

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When we cease being demanding of other people we can really know unity of heart and mind one with another. It is one of the most difficult lessons to learn; but as we come into this world alone, so we shall leave it and so long as we are here the more we learn to stand in strength, unafraid in God, the happier we shall be.

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Possessiveness is a very subtle thing; we may be quite unaware that we are possessive because we love so much. But the greatest blessing that our love could give we withhold, and that is *freedom* in our relationship. We are often too demanding, and we ask of those we love that which they are unable to give.

Surely the greatest wisdom is to learn to accept people as they are, to love them for their weaknesses as for their virtues.

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People will usually do and be just as much as we expect of them. If we expect little, that is what we shall get from them; if we expect much, the heights they will rise to may astonish us.

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We must not mind what other people think or say. That is very difficult, but if we know we are acting wisely and for the ultimate good of all, then we can pursue our way. We often do our best job of work when we think we have done our worst. We have been used in a situation, and we should then forget all about it . no post-mortems!

RELIGION

To those who say the Bible is out of date and the teachings of the Master no longer apply, my answer is, since when have you stopped trying them out? If we really practise them sincerely and honestly and with perseverance, we cannot help but see that their practical application does meet every possible need.

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The great need is for religion to be more than moral principle, for us to know the presence of God as an

abiding reality in our lives. Then everything else falls into place.

What carries most weight is not what we say or do, but what we *are*; the real test is in the lives we live day by day.

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The whole point of religion is not so much what happens to me in my soul as what happens *through* me to the whole human race and consciousness. That aspect will help us out of our introspective state and we shall become more extrovert and live our lives in a more balanced, happy, joyous and healthy way.

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Is our religion an assurance of absolute security to us, of real blessedness? Do we feel that marvellous sense of safety because we are in the Life and presence of God? If that is the case, then of what are we afraid?

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In the field of religion there is far too much emphasis on sin and not nearly enough on the goodness of God and all the blessings, all the wonderful opportunities, all the health, power, wisdom, light and glory that can come to every one of us and transform our whole being.

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Love is the basis of every religion; without the practice of love it is not only a waste of time but blatant hypocrisy,

for we are speaking words without believing or meaning them in our hearts.

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It is very interesting to search after knowledge and to study different forms of belief and faith and to learn about other religions, and we do need this affinity of oneness with all mankind in search of truth; but first we must be firmly rooted and grounded in our own belief, with such absolute certainty within ourselves that nothing can move us from the fundamentals that we have accepted and made a very part of our whole life.

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To me the focal point of belief in God is that whatever way we believe in Him, we make it entirely our own; that we never accept any preconceived ideas because they have been there a long time.

We must be ready to discard today that which we believed in yesterday; to be prepared for new revelations whenever they may come. How do we receive them? By being fearless in the name of Truth, always on the alert for new light and illumination, new concepts of Truth, and to embrace every opportunity of putting them into practice in whatever capacity we are led to go forward.

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I am increasingly convinced that there is still a misconception of Christianity in the world. Even among professed believers it has not been sufficiently emphasized that Jesus came to show us *a way of life* -

how it can be lived, and how in the midst of it there is a Power that enables us to come through all things, upheld, strengthened, guided, protected and healed.

SELF-PITY

Self-pity is the arch enemy. It destroys our faith and confidence in ourselves; it can come between us and our faith in God, and can be a barrier between us and other people. It is of all feelings the one we most despise in ourselves. Yet how difficult It is to deal with this emotion which comes to us all.

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We can be envious of people with achievements, success, happiness or wealth. Yet would we be in their shoes? Would we take on their responsibilities if we knew the full extent of all they entail? The outward seems enviable, but what do we know of another's life in heart, mind and feelings?

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Do we enjoy life, or do we plough our way through, muddling along from day to day? What puts a spanner in the works for most of us when things go wrong? Self-pity. It jams up everything. When we are feeling sorry for ourselves against people, and then we begin to feel envious and jealous. We do need to watch out for these negative emotions.

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The greatest antidote to self-pity is a thankful heart which becomes more deeply aware of many blessings. So much in life is taken for granted that we need to learn to use the opportunities afforded us which make for happiness. There is often a seeking after material comforts and possessions; but it is only in our search for divine truth that there can be inspiration for greater revelation which brings a real reward. People who learn to give freely in love, in every form of service, are those who live life without all the distress which is caused by self-pity.

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Self-pity is a weapon that is used indiscriminately, and particularly by sick people, to win the sympathy of others. And it is a weapon which, like a boomerang, comes back on those who use it and hits them hard. It is a devastating emotion. So let us get some of the weapons of love to use against it, and win the victory for God. But it will not be won in any weak or vacillating way. There is need for strength and the use of willpower, determination and perseverance, fortitude, and above all, humility. Perhaps that is the toughest of all -to come into the presence of God and to be truly sorry, without any self-pity or self-justification.

SERVICE

How much do we expect from God? We can expect everything, but there is one condition. How much are we

prepared to give? It all depends on that.

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We need to give in order to be receptive, and if the heart gives there is no shadow of doubt about the receiving, from each other and from God. As we offer ourselves freely and without reservation in His service, if there is need for healing we shall be healed; if we need guidance we shall be given the light of wisdom; if we need strength to carry on where we are we can know that it will be poured into us, pressed down and running over.

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People with many troubles do well to go out and help someone else.

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Only our behaviour will have any influence whatsoever. We can speak until our mouths dry up, but if our words are not motivated by love, prompted by experience and understanding in spiritual knowledge, we had much better keep silent.

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One of God's greatest gifts that needs more cultivation than almost any other is a sense of humour. If we can get all the dear people who are so bogged down, troubled, disordered in mind and body, first to smile and then to laugh, we are on the way to victory.

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There are many aspects of life that can seek to destroy our serenity if we allow them, not only of ourselves but the world in which we live; but we can say to them, "What contribution am I making by being disturbed by the disharmony in the world? I am only adding to the darkness and am not bringing any light. But I can get adjusted in God and live my life in quietness because I trust Him through all things." Then you are being used as a channel to bring His power into the world.

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SILENCE

In this world today, how much we need those words, "Slow me down, Lord".

I wonder whether we realise how much fear is at the back of all our hurry-that we dare not stop to think, and because we refuse to think on the things that trouble us, we believe we have dealt with them. And all we have done is to shut them away from our conscious mind, only to bury them deep in the subconscious. When we learn the way of silent communion all these things are uncovered.

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How do we learn the art of silent prayer? As we learn most things-by the practice of that art; by making time every day to enter into that silence, however hard it is. As we learn to know the blessedness of silent

communion, it becomes more necessary to us than food and drink - the sustenance and support, power and life, comfort, radiance and light that are ours, simply by being still and knowing God. But it does require discipline, control and practice.

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If we could remember to be still ten times a day it would make all the difference to our health and everything to do with our life. In the past we looked upon discipline and control as dreary and repressive, but in these is the means of liberation. The control of our emotions allows the true Spirit of Life to be dominant in our existence.

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You can feel then that every part of you is released, comfortable, at ease, whole, happy; you are ruled and led by the Spirit of the living God. And when your life is lived like that it is wholeness, happiness, fulfilment and success, to the glory of the Father.

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If our worship is in words only, it is empty and meaningless. Words can lift the spirit and bring us to the moment when we realise the blessedness of union in God; but we attain our full communion, our worship in spirit, without words, without any active consciousness of ordinary mind, but a sense of *being*.

THANKSGIVING

If we start each day in a spirit of thankfulness and with a loving attitude towards people and life, we go out in light, calmness and confidence.

Therefore we shall attract only that which is good, and all the people who are caught up in our orbit will also participate in the protection in which we are living. How much blessing do we allow to flow from us to the “ships that pass in the night”?

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We are allowed to look back only in thankfulness.

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Let us be thankful for the miracle of our being in God; and for a living and loving faith in His presence where we are safe for ever, healed of every fear, weakness and frustration; for the Spirit which gives life to all creation; for the privilege of prayer, when we enter into timelessness and are in the eternal Now, one with that which changes not, knowing our true life in God, in the stilling of all that is mortal.

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Let us bless God for His mighty power, for the revelation of His will in Jesus the Christ, His will to bless, forgive, lead and heal. For the safeguarding of our lives and the assurance of loving protection as we live in the light of the Spirit. For the love that never fails and the light that illumines our understanding, let us bless the name of God.

The Father's will is life and blessing, restoration and fulfilment, that life may no longer be a burden, a task, a duty, but a beautiful, joyous and radiant one that we are grateful and happy to live to the glory of His name.

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Thanksgiving is not a form of gratitude or merely saying thank you. It is a spiritual ecstasy and very much a part of life. We need to cultivate it as we do our gardens, with care and love, blessing the flowers that grow in them.

In our prayers for others we should always give thanks. If you hear of a disaster or accident, lift those concerned into the presence of God, and say, "Thank you, Father." By so doing we affirm our belief. If we do not say thank you, how much do we believe that our prayer is answered?

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We need to cultivate and persevere in the spirit of praise, worship and thankfulness, which will emanate from us naturally because we have fostered it. Let us take this spirit of praise and thankfulness into our times of silence that in the words of the old prayer "Not only with our lips but in our lives" we give glory and praise to the lord and giver of life
Let the warmth of our thanksgiving flow out in blessing to God's world. In thankfulness is the power of love renewed within us; in thankfulness we accept His

forgiveness; in thankfulness we step out into life to live in praise to His name.

Let us be still and with thanksgiving and praise to God, lift our hearts to bless His name in the glory of this life, which is from everlasting to everlasting. Our life is in God and the life of God is in us, and all things work together for good to those who love Him.

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Unto our God, goodness inexhaustible, Love unchanging,
Whom to love is to be loved and blest beyond measure.
be praise and thanksgiving for evermore.

UNITY WITH GOD

How can we be conveyors of light and blessing to people if we do not know oneness with the Father? If we seek to do these things in our own power, we shall fail and become extremely irritable because we are tried beyond our strength. We need to be renewed by our life's Source and Giver, to be receptive of that power not only from without but from within.

There are many forms of worship, and their differences are no concern of ours; all that matters is that it must be sincere and from the heart, and spring from unity with God.

Through the ages all the great mystics have shown the same way, that we must enter into the silence in mystical union with the Father. Some of us may say, "I do not feel that I am led to follow in the mystical way of communion with God." Let us not be mistaken; any form of prayer

is mystical union with God. If that is not so, there is no prayer.

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The greatest glory of Divine Truth is the knowledge that wherever we are - whether we descend into hell or take the wings of the morning-"Thou art there". In darkness or in light, or in that rather murky intermediate state in which we seem to remain for long periods, God is in the midst.

All right forms of discipline stem from our union in the Divine, which controls our desires so that we do not have to enforce rules and regulations by the exercise of will power; a dangerous practice leading to feelings of frustration and eventually illness.

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It is as happy people that we can know God. It is our unhappiness and distress that separate us from that unity, and in that unhappiness there is always hatred in one form or another. That is a strong word, but a true one. Our hatred is not always of others, out can be of ourselves.

Far too often we despise what God has made. We are His handiwork and our lives belong to Him, only loaned to us to live to His glory. Our life is not separate from God, but hid in Him if we recognise that fact.

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In His presence we have our only security, in His love we have our strength to use our God-given talents .1...d gifts in His service and for the peace of the world.

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The word "Spirit" most truly conveys the infinity of God because it is known and yet not seen, realised and apprehended, yet not understood by the mind. It --an inward perception of reality, which we can know in the depth of inward quietness, coming back refreshed, strengthened and encouraged.

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Wisdom is hidden and mysterious. There is much that we shall never fully understand, for wisdom is the mind of God, and our understanding is according to our limitations. Wisdom and holiness go together, for only in the presence of God can we find wisdom.

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As we learn what it is to be at one with God, as Jesus knew it, we have the realisation of eternal life; we know oneness with the Spirit that can never die, that is from the beginning to the endlessness of time. We are in and of that Spirit.

The eternal wisdom of the eternal God can be transmitted to us through communion, and there can be an overruling of the materialistic logic of the conscious and subconscious minds in the higher wisdom of revelation in Divine Spirit.

As we apply that revelation in daily living, we see our problems being resolved as they could not be resolved on the level of mere human logic, because there is so much we cannot understand in ourselves, unless it is revealed to us in the higher wisdom of God.

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Afterword
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I read this book in one sitting, as perhaps you have done. I would now like to go back and read one paragraph – or even one sentence – each day. Constance Peters’ writing is full of deep insights and clearly rooted in prayer, but I imagine that, during her lifetime, it was not only the younger members of her family who failed to realise what a wealth of spiritual wisdom she carried within her. Her nephew, Harvey, has done a huge service to Constance herself and to all who were ignorant or dismissive of her, by making these reflections available to a new and wider audience. I am sure you will have found words to ponder and treasure in this volume and I hope that Harvey’s commitment to preserve the legacies of those who have gone before us will inspire us to value and cherish relatives, friends and strangers whilst they are still with us.

To obtain a free printed copy of this book please

send a request by email to:

harveyn@bbmax.co.uk

The Constance Peters 'Bedside Book' is also available

as a downloadable PDF

at both of these web-sites:

www.harveynortonbespokewebdesigner.co.uk

or

www.yourmemorialonline.co.uk

(go to the Memorial Wall page and scroll down

to Constance Peters)
