

## Joyful Living – Lesson Five

by George Boyer

We will now take a look at the practical side of some of the statements made by Jesus the Christ. Since we have said that he never taught anything that was not potent with truth. His teaching was not a mere philosophy of beautiful statements to be admired, but were both scientific and applicable to every circumstance. His teaching was pure science, as we know it, where applied to the art of living and whilst a detailed reason, or interpretation, was not given to the general public – the explanation as to WHY such things were was given to his immediate pupils as the scriptures indicate.

In this age many students of life's mysteries demand to know why a thing should be "this way" or "that way" and "why" a thing is so. This is good since when a teaching is properly understood it can be applied knowing the results to be obtained – and why such things occur. Most religions demand obedience to mere dogmas and doctrines which are based only on unprovable facts but there is only one truth and that is that which is true of the nature of the universe. This can be proved by living the pure and ordered life and knowing one's proper relationship to it.

We are often confronted with the statement "As ye sow, so shall ye reap" (Galatians chapter 6, verses 7-8) – even in these lessons because it is a favourite saying which is quoted hoping that it will strike fear into the hearts of the hearers. What does really lie behind it? Some say that it is the law of cause and effect – some the law of karma but we will deal with this in another light and repeat the same reasons from varying points of view because it is upon a proper understanding of "reasons" that much of this teaching is based upon. However, these "reasons" are always seen from the point of reality as we see it.

It can be proved, by investigation, that the human anatomy, and all life in form, is built up of what we call atoms. Atoms can be likened to tiny points of force or energy. The physical, or seemingly solid, world around us is not nearly so solid as it looks but is a mass of densified light energy pulsating at different frequencies – or emanating from a given source in a series of intermittent breaks. It is by means of these varying rates of frequency of light waves that we experience life in this world of form, sound, colour and touch. Our eyes respond to certain ranges of light waves, our ears another range and our touch another range and so on. We live in a world according to how the body, or vehicle, interprets it. For example, if our bodies responded to ranges of light different to what they do now, our world of experience would be entirely different also.



Thoughts and emotions are also different types of energy that are being played out from the centre of our being which represents us as the nucleus of the atom.

There is a simple exercise designed to prove that when all the senses in the body are stilled the "person" or entity within the body remains fully conscious and alert – and it is this "person" or entity which is the real you or I. We do not intend to give the exercise at this point because it requires an experienced person to be present when it is tried. However, if you are able to grasp the point you will understand what we mean.

Now this real you or I is the indestructible spark of life living and experiencing through the body, which is a mere vehicle only, as a means of contact with this plane of existence. We, as individuals, exist as conscious intelligent beings using the forces in the universe to grow and gain a harmonious control over our environment. In short, it is we who decides, in ignorance or understanding, the conditions in which we live. This means then that nothing is really "good" or "bad" – but that mode of energy being played out through ourselves according to how we have permitted it. Thus one mode gives us pleasure and another discomfort. By experience we discover what gives harmony to the body and environment and what gives chaos. In our wisdom we begin to learn how to avoid trouble for ourselves by knowing that it is we who is at the root of the trouble by not controlling our thoughts and actions.

If any of you have read any books on psychosomatics you will understand what we say and will have read of many examples of the effects of thoughts and emotions on the body. For example when a person receives a sudden disappointment or shock, if not prepared, will suffer a severe headache or complete collapse. Extreme fear will give rise to a "cold sweat". Mental stress will bring on diarrhoea. Revulsion can bring on vomiting. These are just a few to illustrate how our reactions to circumstances can affect the body.

In the cases of the more advanced diseases it is where a person has permitted a series of like reactions, or emotions, to cause stress on the important organs within the body and final breakdown occurs. This points out the importance of having a right relationship with life and using "ourselves" correctly should we desire to find peace and harmony in our circumstances. It is only by knowing the truth of life that we can begin to see that we can learn not to react to conditions in this world because we begin to see that we contain within ourselves the causes and the things in the world are only effects – and it is no use juggling about trying to eliminate effects when the cause still keeps bringing it again into being.

Thus the old story that resentment, anger, hate, jealousy and possessiveness etc. being the cause of all our troubles is pure science and not a lot of old wives tales. By the exercise of understanding, love and compassion, laughter and joy we tone



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up the cells of our bodies and health and peace ensue. This is living in true wisdom and living as true sons of god – not as miserable sinners who grope before an all-wise intelligent Father. It is ours to grow into the full stature of our godhead with all the capabilities of our divine parent. In all truth we are divine in nature so by acting dishonestly in relationship to our heritage we suffer accordingly by our own hands.

The present era is a good example of how values and circumstances change. Nature is forever changing its designs. New patterns in the human society are always being set. We should learn to adapt ourselves with the circumstances of the times and view them correctly from the standpoint of the truth of life. The scenes continually change but the principles for right living do not whatever outside pressures may do to convince you otherwise by their arguments. The choice is ours whether or not we contribute to the worldly illusions or live according to the true reality of things as they are.

The great Universal Intelligence, which is popularly called God, is really our Divine Parent. It brought us forth and we rely solely on its supply to us, its maintenance of us – and in truth nothing stems from us but that it stemmed from the source first. Recognition of this fact brings us into right relationship with it. It has been said that this Intelligence is Our Father and this is true in a human sense. Thus regarding ourselves of divine parentage it behoves us to think and act in like manner. Again, we classify ourselves as the advanced creatures on this planet – above the animals and birds – therefore let us keep our standards correct. Animal nature is right for the animals – that is their element. What is it then what we call human nature? Wars, killing, robbery, greed, sickness and possession? If we like to claim that we are made in the image and likeness of the maker and He is like all that what hope have we? We might just as well just stop the whole process of living and grovel in the dust.

It is simply sheer laziness that makes man conjure up one excuse after another to delay his responsibilities. He blames "they" and "them" and "germs" for most of his troubles – he never admits that he, himself, is at fault. Thus he lives – engulfed by his own seeming causes and remains content to exist in his little world of dreams. Many argue about life's mysteries – many speculate, but their words are like puffs of wind and their hopes like far off "pipe dreams". Life is to be lived, not argued about. While you argue you speculate merely on unproved facts and argument reveals ignorance of truth. When truth is revealed there is no argument because it can stand on its own feet to confound the intellectuals.

Jesus said "I come that you might have LIFE and that you might have it more abundantly". This is the answer to the "thou shalt nots" and the prophets of doom. The great intelligent parent established a pattern for us and will wait in patience



until it be fulfilled. This is not the life of gaining possessions and worldly honours but one of living harmoniously together in peace and pure love.

Some interesting facts:

- Under a microscope a scientist can isolate the nucleus from the complete cell. When this occurs the structure collapses and is only returned to normal when the nucleus is replaced. It is interesting to note that there are no nerves or tendrils extending into the proto-plasmic mass of the cell so this is kept in order by a form of radiation from the nucleus. Likewise, life in our solar system is kept in order by radiation from the sun – and should the sun be removed our planet would die.
- Every time we move a muscle millions of tiny atomic explosions take place.
- If a man is placed in a cell so constructed that no outside radiations could enter, he would generate enough energy to destroy his own body.
- Man radiates energy from within outwards. At source, this energy is pure and undifferentiated but takes on the various types according to the mentation of the entity (the man in the body). Uncontrolled energy then takes on the patterns according to the entity's desires, motives and actions and is directed by the will. By bringing the will under control and by selection man can bring more harmonious results into his experiences.

Attunement with the spiritual consciousness can be made by aligning one's thoughts and actions with the nature of this realm.

