

## FORGIVENESS

By Nell Truesdell

WHEN I answered the telephone a woman said she had often seen our ad in the newspapers and that she wanted to know what the word metaphysics meant. This question usually comes from strangers to the study of Truth; and since no comprehensible definition can be given over the telephone I invite questioners to come to a Wednesday night class or a Sunday morning service, or else to call at the downtown office to talk with Mr. Truesdell.

My caller, however, did not accept any of my suggestions, but again asked: What is metaphysics? Since I knew that the question revealed her anxiety about some point in her religious practice, I deliberately asked: Why do you want to know? She said that her church accents sin and makes her feel that she is a hopeless sinner, and that she is tired of it.

I asked if she had ever knitted a sweater, and when she said that she did a lot of knitting I asked her what she did when she made a mistake. She said that she ripped it out and started over. That gave me the opportunity to tell her what we teach about "sin." Sin, I said, is a mistake. Just as you rip out an error in knitting, so you learn to correct, and turn away from, a so-called sin, or mistake. You correct such mistakes by repentance: you turn away from the temptation to make them.

Since I have not heard from the woman, I have copied Scripture references that I plan to use to answer the next questioner.

"Behold, for peace I had great bitterness; but Thou hast in love to my soul delivered it from the pit of corruption: for Thou hast cast all my sins (mistakes) behind Thy back." (Isa. 38:1) "I will forgive their iniquity, and I will remember their sin no more." (Jer. 31:3) "I will be remembered to their unrighteousness, and their sins and their iniquities will I remember no more." (Heb. 8:12) "Their sins and iniquities will I remember no more. Now where remission of these is, there is no more offering (suffering) for sin." (Heb.10:1)

All too often we take pride in our belief that we are sinners. I am not suggesting, that we overlook our mistakes or treat them lightly. On the contrary, there must be a definite resolve to repent. Repentance is a deliberate choice and will not to repeat mistakes. Then our consciousness is ready to receive remission. "Repentance is something we do for ourselves; remission is something that is done for us." (H.B. Jeffery) Once we have turned away from the desire to make or repeat mistakes, we must be willing to accept our reward: God's Forgiveness.

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For further study on the meaning of the word metaphysics, please refer to articles by Dr. Robert Applegate in the following issues of SPIRITICITY: "What is Metaphysics?" July, 1960; "Physics and Metaphysics," Oct., 1962 to Jun., 1963.

SPIRITICITY, October 1967

## CHRISTIANITY

By Alden Truesdell

LACKING formal instruction in things spiritual, when I entered into Truth, I felt that one way of finding what was contained in the Christ Teaching was to go direct to the words of the Teacher upon whose words and works the whole of Christianity is based.

It was obvious that for a seeker of things spiritual, prayer was essential. As the most authentic presentation of the saving Christ Truth was bound to be the words of Jesus Christ, so the method of prayer taught by Him must be the most effective.

We have, on this assumption, the best teaching in the words of Jesus and the best method of prayer in the model prayer He gave us, which we call the Lord's Prayer. We find too what could be called "prayer preparation," or the way to receive the most benefit from our prayer. The instruction says: "Use not vain repetitions, as the heathen do"; and advises against praying in public places to be seen of men.

The instruction is very clear: "Enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly."

The instruction says to pray in this manner:

Our Father which art in Heaven,  
Hallowed be Thy Name.  
Thy Kingdom come.  
Thy Will be done in earth, as it is in Heaven.  
Give us this day our daily bread.  
And forgive us our debts, as we forgive our debtors.  
And lead us not into temptation, but deliver us from evil.  
For Thine is the Kingdom, and the Power and the Glory, for ever.  
Amen.

This Prayer contains everything. It requires absolute sincerity. It makes us to know reciprocity - how if we forgive, we are forgiven - and how forgiveness is salvation.

Sincere prayer is all-important to Man. Each man - may through sincere prayer - search for and find his own sonship to God within himself.

Christ Truth teaches that man is a spiritual being - the image and likeness of God; that man's consciousness is the activity of God; that man's body is a body of Divine facts and forces. Although Christ Truth teaches that man is spiritual, it admits that there is first "that which is natural," then "that which is spiritual." The whole point of Christ Truth ministry is to instruct natural man in his Spiritual Origin and Nature. The instruction of Jesus describes this as being born anew: "Except a man be born again, he cannot see the Kingdom of God."

Yet the Kingdom of God is where we should abide. "Abide in Me," Jesus said. "If ye abide in Me, and My words abide in you, ye shall ask what ye will, and it shall be done unto you."

The popular doctrine is that we die to go to heaven. And this is what happens to the awakened ego: it dies unto its former notions and awakens into its Christ consciousness. As the seed dies to bring forth the flower, so does natural man, or carnal man, die to bring forth spiritual man.

As the grub "dies" to produce the butterfly, so do we all find ourselves becoming dead unto the old ways and the old man, as we are resurrected into Newness of Life in Christ.

One of the complaints we sometimes hear is that we have so little of the teaching of Jesus Christ; that is, so few of His words have been recorded. But the words and the teaching of Jesus Christ that we do have do not seem to be inadequate to those who have taken them seriously, who have endeavored to follow the Christ. On the contrary, there is more than most men care to consider.

Christianity is not a study for dilettantes, but for the dedicated, for the doers of the word. Those who practice Christ Truth find adequate, indeed unlimited, areas of wisdom, understanding, and knowledge. Almost any phase of Christ Doctrine is material for a lifetime of reflection.

The simple statement "I am the Vine, ye are the branches" is an example of the vitality contained in the least fragment of Christ's Teaching. We see how Jesus Christ -as the Vine - draws upon God for the essential qualities: Life, Strength, Protection, and Provision; and how we may in turn draw upon Him for these essentials to living. We see how we as branches may bring forth the "fruit of the Spirit": love, joy, peace, patience, goodness, meekness, faith, temperance. We see how for such branches "there is no law," but Grace and Truth from Christ Jesus our Lord.

One sincere subscriber to Christ Truth finds in the Lord's Prayer a complete creed for a completely new life. He says subscription to it will change humanity itself. This agrees with Paul's exposition: "Behold, I show you a mystery; we shall not all sleep, but we shall all be changed."

Gerald Heard in his two books The Creed of Christ and The Code of Christ says the Beatitudes set forth the type of person who will come forth out of this change and will be at home in the Kingdom of God. He shows how the "poor in spirit" automatically inherit the Kingdom; how those who mourn - for they know not what -shall be comforted; how the meek, the receptive, will receive the earth; how those who hunger and thirst after righteousness, or right relation with God, will be filled and satisfied.

He shows how the law of action and re-action works as those who are merciful receive mercy from now on and forever more; how the peacemakers will be known as sons of God; and how the pure in heart will see God, which is the goal of all men, who have been ordered from the beginning to seek the Face of the Lord forever.

SPIRITICITY, October 1967

THE CHRIST TRUTH LEAGUE

By Robert Applegate

(Continued from last month)

HOW can you tell if a teaching is true? You can tell by seeing whether it points you to God or to something less than God. Does it tell you that God will give you everything that you want? or does it tell you to "seek first the Kingdom of God" and to "take no thought" about things? This is the crucial point. It was when Jesus told the people, "the flesh is of no avail," that "many of His disciples (students) drew back and no longer went about with Him." It is at this point that students desert a teacher of Truth. And it is at this point that many teachers and preachers compromise; for to compromise a little in order to tell people what they want to hear is so easy that there is always a strong temptation to give in. But such compromise never stops with a little; it goes on until it vitiates the whole ministry.

Two hundred years ago the Quaker John Woolman wrote:

"Though the change from day to night is by a motion so gradual as scarcely to be perceived, yet when night is come we behold it very different from the day; and thus as people become wise in their own eyes, and prudent in their own sight, customs rise up from the spirit of this world, till a departure from 'the simplicity that there is in Christ,' becomes as distinguishable as light from darkness, to such who are crucified to the world."

The ministry of the Christ Truth League is vital because its ministers have never departed from that "simplicity that there is in Christ."

It is a fact of history that whenever a civilization has declined, there has arisen within it a new spiritual movement which has outlived the society that gave it birth. Arnold Toynbee has gone so far as to suggest that the spiritual movement that is thus brought into being within a declining civilization may be the reason for being of the civilization. That is, the greatest good that any civilization gives to humanity is not in itself, but is in the protection and the impetus that it gives to a spiritual advance. Christianity arose within the Greco-Roman Civilization in the decline of that civilization; it was perhaps the main reason for being of that tremendous and impressive achievement.

Our present Western Christian Civilization is in the process of decline (deny the evidence as we may), and there must arise within it a new spiritual movement that will not be just another sect, but will be so vital that it will outlive the civilization. It will not be a new religion (for there can be nothing higher than what was given by Jesus Christ), but it will be a new expression of Christianity. It will be a return to the principles and practices of the Founder of Christianity. It will be a new movement, based wholly on sincerity of practice and organized on the principle of voluntary association.

This new movement must be one of voluntary association because the act of compelling people to come to a work and to support it - by fear or by any form of pressure - stultifies the work. A minister who cannot command a voluntary following by the example of his own faith in God cannot qualify to have a part in this new movement.

Where will this new movement arise? Will it originate in the established centers of our civilization (in New York, or London, or Paris)? It has always happened that whatever is new and vital has arisen not in the centers of a civilization, but on its periphery. Jesus Christ was crucified in Jerusalem, but He came out from "Galilee of the Gentiles" - on the outskirts of the Jewish nation and of the Roman Empire. In like manner Peter and Paul were martyred in Rome; but Peter, like his Master, came from Galilee, and Paul came not from Jerusalem, or Rome, or Athens, but from the small city of Tarsus in a remote corner of the Mediterranean. Can any good thing come out of Texas? The new movement is more apt to come from there than from any of the more established centers of our culture.

By default of others to meet the qualifications, it seems that the Christ Truth League is at least the nucleus of a new movement that must appear. Since this new expression will be a return to principles lived by Jesus Christ, what better name can there be for it than "Truth"? For Jesus said: "For this I was born, and for this I have come into the world, to bear witness to the Truth. Everyone who is of the Truth hears My voice." And is it not right to call it "Christ Truth" to separate it from other expressions that claim to be truth? A "league" is defined as "an association of persons, formed to help one another." Therefore should not that voluntary association of persons dedicated to the greatest service - that of knowing the Truth of Jesus Christ - be known as the "Christ Truth League"?

The Christ Truth League is a vital and powerful ministry founded by sincerely dedicated ministers. It is a voluntary association of all those who earnestly want to know the Truth to which Jesus Christ bore witness. It is the blessing of this age; it is the hope of ages to come.

"Out of small beginnings greater things have been produced by His hand that made all things out of nothing. . . . And as one small candle may light a thousand, so the light here kindled hath shone unto many; yea, in some sort to our whole nation."

And it shall shine unto all the world.

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SPIRITICITY, October 1967

HEALING PRACTICE (The Feet)

By H. B. Jeffery

(Notes taken at a public lecture by Nell Truesdell - continued from last month)

THE FEET are quite like the hands, but they have a different office. The thumb of the foot does not adjust itself to the toes as the thumb of the hand adjusts itself to the fingers, but it has much to do with keeping the balance of the body.

The sole of the foot is the most sensitive part, and the nerves in the sole are directly connected with the cerebrum, through which we exercise our voluntary control of the body. There is a significance in this direct connection of the soles of the feet and the head. The feet, the last part of

the body, are in direct connection with the head, the first part of the body - the lowest and the highest are joined.

The feet signify the power in man to move from truth to truth, and they are linked with the love of obedience to the Divine Will and Law. Where there is love of obedience to the Divine Command, you will find strong feet. The person who reaches out and wants to know the why and wherefore - the principle of anything - usually has a long foot, but it is not heavy.

Man is saved by seeing and knowing Truth, but he is not saved until he learns to love the Good and the True. Man is not saved until there is a connection between the inner and the outer through the love of obeying Truth - a delight in doing right.

The right side of the body corresponds to the Good from which is truth; the left corresponds to the Truth from which is the exercise of good. The right hand and arm correspond to the will, and the left more to thought. With the feet it is just the opposite. We commonly use the left foot more than we do the right. In military training, one steps forward on the left foot. It is the correct thing according to Spiritual Law. When you are acting in the right manner, there is a more positive action in the left foot. When you are moving in the right direction, you turn from left to right; when you are not so sure, when you hesitate as to some line of procedure, you will find that you are apt to turn to the left.

When you are in the right - expressing the love of obedience to God - the spiritual forces of your being gyrate from left to right. If you have a sense of doubt and guilt, the spiritual forces carry you over to the left side. If you know these things, you can determine your line of action.

We have thought the feet were of minor importance, but the whole balance of the body is determined by the state of the feet. When they are out of order, there is discomfort throughout the whole body. It is well to understand the feet and their relation to consciousness. If there has been a lack of obedience to Truth, the arches may drop. If the toes are stiff, it shows the person is not consciously exercising the laws of mind and is not subjecting the whole consciousness to the Divine Will. He is exercising his own will in his own way. He lacks wisdom and discretion. The discreet person generally has good foot action.

The whole man is affected by his feet. The feet, when used in a natural way, feel the ground and receive impulses every step of the way. They indicate the right matters to consider; the right objectives for the mind to interest itself in. We get much of our understanding of life through our feet and receive impressions of which we are not always aware.

Corns, bunions, etc. result from our thinking that we are having a hard time; often they are due to our belief in disappointment - thwarted purposes. They indicate a person may be very much more in love with himself than he is with the Heavenly Will, that he likes to have his own way. So he has friction with life. In tracing corns, etc. way back we find they are the result of disobedience to Divine Law.

The person who walks in a high consciousness does not pound his heels. He moves from knowledge to knowledge. Walking corresponds to living. One "walks through life" when he is obedient and loves the Inner Law.

When man delights in the Divine Law and loves to meditate on it, his understanding is quickened, and he then comes into regeneration, where all the powers are uplifted.

#### A TREATMENT FOR HEALING

TRUTH IS Being. Because Truth is Being, my knowledge of Truth comes through my heart by living It.

I will live the fullness of my understanding today, and I will keep my heart ever open toward the Illimitable Source; for the Truth is Infinite.

I will meditate daily toward the Perfect Mind of Christ, that I may be the more often enlightened and transformed by His Healing Word, that I may declare His Presence with an Understanding Heart.

There is nothing whatsoever but the Divine Truth. The Truth is God. The Truth is Christ in me. The Truth is its own Power to heal, to save, to make whole. The Truth is All-in-all, and there is none else. The Wholeness of the Living Truth is mine now. I am free from self-bondage in the Freedom of the Comforter, the Holy Spirit of Truth, which is the Breath of the Love of God. I know that I am the loving and beloved offspring of the Heavenly Father.

I shall be careful for nothing, that I may fully rejoice in the Goodness of His Word - given to me to give again as a gift to the Light of His Mercy.

Should any darkness seem to challenge me, I shall not fear; for the Brightness of the Light Itself in me is my surety of beholding only God and His Son and His Glory.

-HBJ-

Alphabet of  
DAILY MEDITATIONS  
For Every Day of the Month

October, 1967

2. His Glory is ABOVE the earth and heaven.
3. Let everything that hath BREATH praise the Lord.
4. CLEAVE unto Him.
5. DECLARE His DOING among the people.
6. Thy words were found, and I did EAT them.
7. Great is thy FAITH.

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9. Ask, and it shall be GIVEN unto you.
10. Thou HAST been HONOURABLE.
11. Take fast hold of INSTRUCTION.
12. We are JOURNEYING unto the place of which the Lord said, I will give it you.
13. So shall I KEEP the testimony of Thy mouth.
14. The LAMB . . . IS LORD of lords.

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16. MAKE MENTION that His Name is exalted.
17. NEW things do I declare.
18. I will OPEN you the windows of Heaven.
19. PRAISE the Lord, call upon His Name.
20. The Word of God is QUICK and powerful.
21. The Glory of the Lord shall be REVEALED.

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23. SEEK the Lord and His STRENGTH.
24. I will TRUST and not be afraid.
25. UNTO the UPRIGHT there ariseth Light in the darkness.
26. Obey His VOICE.
27. The eyes of all WAIT upon Thee.
28. I will walk before the Lord

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30. YEA, I have loved Thee.
31. Where is thy ZEAL and thy strength?

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"When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret, shall reward thee openly."

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As electricity is the working power of the electrical principle,  
So Spiriticity is the working Power of the Spiritual Principle.

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