

## The Living Light Philosophy Catalog

Class Synopses for the spiritual awareness classes of *The Living Light Dialogue* Volume 10, which includes classes CL-82 through CL-101 and CQA-1 through CQA-24.

While the Consciousness Classes (CC-1 through CC-246) were given to a group of students of the Living Light Philosophy, the Church Lectures series of classes (CL-1 through CL-101) as well as the Church Questions and Answers (CQA-1 through CQA-57) were given to the congregation of the Serenity Spiritualist Church as part of its devotional services.

The spiritual awareness classes of the Living Light Philosophy were given through the mediumship of Mr. Richard P. Goodwin.

### CL-82: Faith, the Power that Frees Our Soul

“. . . the secrets of the universe are never given to the blabbermouths . . . When you speak forth into the universe what you are making an effort to accomplish, you expose your effort to all the negativity, to all of the discouragement that others have experienced in their lives . . . It is faith that brought us to the earth realm, and it is faith that will take us to the next and the next and the next . . . Man cannot experience anything in his life that he does not have faith in . . . There are many things that we know. There are few things that we apply when it comes to making a change . . . our mind is always subject to the errors of its own experiences . . . It is indeed a most unreliable source, our human mind . . . we are ever limited by what we identify with . . . God sustains whatever thought we choose to entertain . . . As long as we permit our mind to think of the obstructions in our life, we will never find the way . . . without doing, we become grounded within our own limited thought patterns and we lose the beauty, the goodness, and the joy of life itself . . . when you are not active, when you are not doing, what is your mind thinking about? . . . that which disturbs us controls us.”

### CL-83: The Lighted Path

“Our denials in life become our destinies . . . total acceptance is the will of the Divine . . . there is something greater than what our minds have already offered to us. But to experience that something greater, we must make our own effort to rise above and beyond the dictates of our human mind . . . our experiences are only in

keeping with our faith . . . If you wish your life to change, then only you can change it . . . Man lives in an illusion of self-created thought . . . We are where we are in life because of the way we have thought in life . . . For we cannot grant to another what we have not first granted unto our self . . . Success is an effect; it is an effect of effort . . . When you want to change and the change involves another, remember, don't try to change the other . . . Change you, and that that you wanted changed, it will grow or it will go . . . it is your faith that is doing the work . . . You, your attitude, your thought, and your effort is what is doing it . . . All we need to do is to choose what seeds we plant . . . Patience is the key word to experience the continuity of goodness in anyone's life."

#### CL-84: A Working Philosophy

" . . . no philosophy presented at any time can work for us unless we work with it . . . Our thought, in this earthly realm, is the most important vehicle through which our eternal being is expressing . . . It is when we think of self that we become the victims of past experience . . . a thought never dies; it only goes to sleep . . . When we know our self, then we know the world and everything that is in it . . . as long as we're in self we will desire constantly . . . To desire is the way of things. To know why we desire, why we express the divine principle in a particular way, that is what's important in life . . . without the drive of the human ego, there would not be progress, change, and evolution in this world of creation . . . All things are possible to he who believes . . . Think more often and more deeply . . . We only fear what we don't understand and we don't understand what we make no effort to understand . . . outward manifestations are revelations of inner attitudes of mind . . . Fear, we created. We can put it to sleep . . . For our world is ever as we are within . . . There's nothing outside that you really need, unless you believe that error of thought."

#### CL-85: A New Dawn

" . . . we cannot experience to the fullest anything that is new until we let that which has passed go through from our consciousness . . . When we accept that all of life is taking place within our own consciousness, that it is not dependent upon anything outside of us, then we begin to truly live. And we begin to fulfill the purpose of our soul's journey, here, on this Earth planet . . . we quickly see our problems in life are only the things that we are holding to beyond the purpose which they were born to serve . . . Youth is an attitude of mind. It is not dependent upon a physical form...When we begin to think of something beyond our limited thoughts that flood

our consciousness from day to day, then we begin to free our self from our self . . . It is your thoughts that create your attitude and it is your attitude of mind that establishes the law in your life . . . It is not possible to experience fear when you are true to yourself.”

#### CL-86: Review and Renewal

“. . . when we willingly accept the changes in our life—for indeed they are many—then we can move more harmoniously along the evolutionary path . . . something does not come out of nothing . . . Whenever we permit ourselves to encourage ourselves we begin to find that life takes on a more positive, a more joyous meaning for us . . . All our joys and all our sadness is created by a thought, an attitude of mind that we permit to exist within our own consciousness . . . Because we often cannot see the reason and the purpose of a lesson that we are in does not in any way detract from its value and its necessity for us . . . This philosophy teaches that repetition is the law through which change is made possible . . . There is no accident that brought us to earth. There is no accident that’s going to free us from earth . . . it is that that is within us that attracts its kind in the world in which we live . . . For that which disturbs our mind reveals the greatest truth: that is what controls our mind . . . ‘Can we live and live fully without the things that we think we have to have?’ . . . Negative faith, to our world, is one word, known as fear.”

#### CL-87: The Winds of Change

“Change is inevitable . . . We have a tendency to become whatever we place our attention, our thought upon . . . whatever we believeth, we and we alone becometh . . . If we truly believe that we are an inseparable part of a Divine Source, that man calls God, and that to this divine source all things are possible, then we shall experience the possibility of all things in our life. It is only our limited thinking that stands between us and the very source of our life . . . It is when we permit our mind to dictate how we will experience what we choose to experience, that is when the mental law becomes established for us . . . desire is blind . . . when we have reached that point in so-called time to be freed from the shackles of this physical world, we’ll take everything that’s in our mind with us . . . There is no dramatic change in consciousness at the moment of so-called death. There is only the experience of leaving the physical body, of being lighter and freer. . . let us grow to this heavenly state of consciousness by making some effort to bring harmony, the divine law, into

our life in its fullness . . . be not without hope, for it is, in truth, through the Law of Repetition that change is indeed made possible.”

#### CL-88: Our Ship of Destiny

“. . . what we cannot tolerate in another, we have yet to educate in our self . . . The attainment and payment balance law is in keeping with our own acceptance . . . we do not get something in life for nothing . . . So the intolerance to what you see in others reveals the intolerance to that very level that exists within you . . . The world before us is in keeping with our attitude . . . work is love made manifest . . . There is something better when you accept the possibility that there is. But there is nothing better in life, until you first accept its possibility . . . When we say the struggle is too great, remember, the priority of making the change is not yet very high on our list of priorities . . . no matter what your mind thinks about anything, there is always the possibility of change. Things get better when man accepts that they will. And things get worse when man accepts that they will . . . in the thought of I is the denial of God . . . Man is the cause and he is also the cure of his discomfort, of all his discord, of all his disease . . . We limit ourselves by our own thinking . . . Let us be a light into the world, for in so being the light, the world will be so much brighter for us.”

#### CL-89: Looking Ahead

“. . . if we will make, truly, the effort to view the opportunity, the golden opportunity that lies deep within each and every experience, we will soon find that this great negative fear, this cloud that so often obstructs our view to the beauty of life, will quickly disappear . . . the spirit has revealed there is no drastic change on leaving your physical world . . . when we change our view, we literally change the laws that we and we alone have established . . . We can see the good, if we choose to do so, no matter what the experience is . . . the cure is in, of course, the cause . . . When we fill our minds with that enthusiasm, with that spirit of life, then we experience all the goodness that it has to offer . . . luck is a loser’s excuse for a winner’s position . . . I believe that man and man alone, as an inseparable part of the Infinite Intelligence, establishes all the laws in his life . . . knowledge knows much, but wisdom knows better . . . Our greatest asset, our greatest benefit, our greatest wealth is our health, our spiritual health, which reflects in our mental health, which reflects in our physical health . . . you have the divine right of choice to believe in that that brings the goodness in your life.”

## CL-90: Our Journey Inward

“. . . that which works for us is what we make the effort to make work for us . . . it is our motive that establishes the law that we alone must follow. If our motive is pure, then the manifestation for us is right . . . by becoming aware of our true motive, we know beyond a shadow of any doubt what the outcome will be . . . it is the things that we attach our self to that cause us the greatest struggles and the greatest difficulties in life . . . So let us make a little effort to pause each day a little more often, perhaps, than we have, for in so doing we are going to find that great peace that is within us . . . In all our searching, in all our gathering, and in all our garnering, we will not find that great peace or that great freedom [outside] . . . Freedom is something that we know deep within our self is our divine, eternal birthright . . . the greatest transgression of the principle of freedom is the denial of the Law of Personal Responsibility.”

## CL-91: Reaping the Harvest

“This philosophy clearly teaches to put God into all our thoughts or to forget them . . . Man, we understand, is a law unto himself . . . Every experience in our life is absolutely necessary for our own evolution because we are a law unto our self . . . Unfortunately, we oftentimes look to others for a better way . . . We are the creators of the good in our life. We are the creators of the so-called bad in our life . . . if we choose to see the struggle, we cannot find the way of peace . . . But the false gods will not crumble and the false gods will not fall for us until we accept that all that we experience we created . . . because we did it to our self, we can do something better.”

## CL-92: Fulfillment

“This philosophy, The Living Light, clearly shows that desire is the divine expression . . . the fulfillment of everything is ever within us . . . If you will make the effort to see the good in everything, to see the good in all thought, to see the good in all experience, then you will, by seeing the good, first have risen the good within your own consciousness . . . God can only do for you what you allow this Infinite Intelligence working through you to do for you . . . whatever we can blame outside as

the cause of our problem, we do not have to face personal responsibility for it. And therefore, we have to make no changes in our attitude, no changes in our thought, no changes in our feelings . . . the moment that we stop blaming outside for what is truly going on inside, in that moment will we stop denying the demonstrable, eternal truth, which is known as personal responsibility. For when we deny truth, we deny God . . . he who judges another has first judged himself . . . We cannot grant to another what we have not first granted unto our self . . . It is when we hold to our thoughts and when we hold to things, that's when our struggle begins . . . It is only difficult to let go of the things that we choose to be difficult to let go."

#### CL-93: A New View

". . . in order to attain a new view of anything, we must release the view that we already have . . . We cannot expect, in a few moments a day of directing our thought and our attention to a new view, to completely bring about the demonstration of the change for us when our old view took so many untold thousands of hours to bring into being . . . Thought has brought us where we are and thought will take us on . . . repetition and only repetition is the law through which change is made possible . . . God will not change your life; God will only sustain what you choose . . . why do we choose the struggles of life? Why do we choose those things that we alone create? What value to what level of our mind do they have? . . . whatever your mind tells you that you need, you are lacking in giving . . . a gift is that which we free from our own universe, from our own mental thought . . . To separate truth from creation is the great personal responsibility of mankind . . . everything for us is within us . . . There's a vast difference between the mind's dictate of 'dependent upon' and accepting, a simple acceptance that you have it. When you accept that you have it, you will experience it with your whole being . . . Wisdom lives in the faculty of patience."

#### CL-94: World of Spirit

"World of Spirit is something that we are in, in this very moment . . . That which is beyond question is known as truth . . . it takes great effort of our will to bring about a balance . . . This philosophy teaches that acceptance is the divine will, that it is the will of God. Now we all have acceptance . . . When we choose to broaden our acceptance of the divine right of all, then we move into what is known as a godly state of consciousness . . . The way for you, for all of us, is always and forever dependent upon our willingness to accept the possibility of experiencing those aspirations in our own life . . . For whatever we think and whatever we do, it shall return unto us . . .

What is it that causes us to make so many judgments in our life? It's known as pride . . . the greatest lesson in spiritual awakening is the freedom from the error of judgment that we may no longer deny . . . we cannot deny until we have judged, and we cannot judge until we have separated our self with the illusion of the thought of I, until we have separated our self from the universal whole known as God or goodness.”

#### CL-95: Gratitude, The Faculty of Fulfillment

“. . . we cannot, and do not, experience what we have not yet accepted . . . man's experiencing of abundant good is ever dependent upon his receptivity to it . . . the slightest change in our thinking brings about the changes we are seeking in our experiences . . . There is no power beyond your control, unless you, in your thinking, make it so . . . nothing in life is ever so good that it cannot be better . . . If we wish more good, then we must grant, to our self, more good. And that goodness begins in our heart . . . Our health, our wealth, and our abundant good is not dependent upon anything that our mind can think of, until by our own belief, but the direction of our own faith, we make that a law for our self . . . before we can experience the fullness of that goodness, we must first accept our right to it . . . let us pause and remind our self that our divinity is a perfect harmony, that health, wealth, and happiness is, in truth, an effect of that perfect harmony or God.”

#### CL-96: Looking Ahead

“We are in truth evolving . . . like attracts like and becomes the Law of Attachment . . . For any of us to change any experience at any time, we must first accept that the experience is an effect that we and we alone, in our errors in our own thought, have set that experience into motion by our own attitude of mind . . . no matter where we go in life, we will never go away from what we have created . . . hope, without the effort to establish the laws to fulfill it, is of no value . . . whatever we place our attention upon we have a tendency to become . . . It is our denials in life that establish our destiny . . . I assure you the only obstruction to the absolute awareness of the simplicity of truth, the *only* obstruction is the judgments of our own mind based upon the experiences of our own past. There is no other limitation. There is no other obstruction. It is only our thought . . . We have the right to change that which is ours and our thought is ours . . . But first you must accept your right to your thought.”

#### CL-97: A Year of Fulfillment

“For only that which disturbs us can control us . . . energy efficiency . . . efficiency is the handmaiden of success and all of us are seeking success in something in our lives . . . It is the unity between the thought and the spoken word that permits the entrance and the flow of the divine, eternal, spiritual energy to go out through us to the universe . . . we can only grant unto another what we have first granted unto our self . . . without sadness, we cannot experience the fullness of joy . . . When we accept the reality of what we *really* are, these problems will pass into the nothingness . . . money is the effect of directed energy . . . Fear is nothing more nor less than the lack of faith in the power of God . . . a judgment, we make it. It’s very rigid. It won’t change without a lot of emotional trauma . . . A decision has the light of reason and common sense . . . If you are interested in your own survival, stop and accept with all of the fullness that is right that you know that is within you that no vehicle, be it a dollar bill or a ruble, that has had so much faith and honesty and determination and goodness poured into it is going to die from this planet, because it is not.”

#### CL-98: Ninth Anniversary Service

“. . . our adversities in life, indeed, do become our attachments . . . we do have a purpose in life to serve . . . All things indeed are possible . . . our teaching has always been never to suppress the desires in your mind, but to fulfill or to educate them . . . Repetition is the law, and the only law, through which change is made possible . . . the best time to make some effort to still the mind, which most people call meditation, is early in the morning before it comes so extremely active . . . in your thoughts of judgment in life, remember, they lead quickly to adversities and from those adversities to long-lasting attachments . . . to be successful is to be successful within . . . whatever you think within is what manifests for you without . . . If you have thoughts of goodness and joy and harmony and peace, then you will experience those realms ever in keeping with your own merit in life . . . if in the possibility of accepting that new way of thinking you say, ‘That’s fine, except’ or ‘but,’—when you make that statement, you are not able to create your own reality consciously by your own volition and experience that goodness of life . . . The only obstruction is the mental world. It is our mental world, our thoughts.”

#### CL-99: Tenth Anniversary Service



“ . . . vibration is much more important than the physical body . . . ‘A wise teacher suffers well the growth pains of his students’ . . . the gift without the giver is absolutely worthless . . . humor is the salvation of our soul . . . exposure frees our soul . . . that [that] we hold binds us . . . we all know, in honesty and truth, that the war around us is a reflection of the war within us . . . The God of truth is the God of freedom . . . what we strive to possess in life, in truth, is possessing us . . . The most important soul is the one that knows it’s not important . . . you can’t buy love . . . But you can buy and sell the delusion called possession . . . that that you have earned you are. But you’re not destined to stay at that stage of evolution . . . when something goes great: we’re the first one to leap on the bandwagon and take all the credit . . . man makes the choice of his thought, God sustains our choice . . . opportunity is ever present, never absent or away. It is ever with us, if we will still our mind . . . What makes things impossible is the judgment which we give a higher priority than God . . .”

#### CL-100: [The Spirit of Spontaneity]

“ . . . the spirit of spontaneity . . . is the willingness to respond to change without thought, without concern, without judgment . . . So the motivation to communicate with another dimension must never override the desire to awaken the soul faculty of discernment and the spiritual faculties of personal responsibility, the light of reason . . . We can only fear what we doubt, and we can only doubt what we think we do not control . . . For it is only the mind that requires proof . . . Religions for untold centuries have taught and demonstrated the benefit of fear, for fear is nothing more nor less than faith in the vehicle known as the human mind . . . we teach to suffer senses not in vain for freedom of the soul is gain. And if it is your choice not to make the conscious, moment-by-moment effort by controlling your own mind in the illusion, be of good cheer, Life herself will extract the payment from you, and you will understand it as struggle, as suffering, as discord and disease. . . Man cannot experience discord until he believes he *is* discord . . . For only through wisdom shall man become qualified to gain control over his own illusion . . .”

#### CL-101: [The Laws Governing the Continuity of Organization]

“ . . . it is our job, our effort to awaken to the very process through which we can become most receptive to an intelligent, neutral Energy that supports and sustains whatever it is we choose . . . the court of last resort . . . when we, at any moment, free our self completely from all judgment, that is when we leave the mental world and

enter the spiritual consciousness . . . a law, being a universal law, is not dependent upon anyone . . . it is our divine birthright to experience or reflect—for that’s what experience is—to reflect the goodness that we truly are . . . we *can* experience the truth we are when we take control of the human mind . . . We are always controlled by what we are dependent upon . . . Your effort and temptation to bring about a change in another person is not only foolhardy, but it is self-destructive . . . we always get what we really want . . . Promptness reveals the Law of Consideration . . . whoever tempts to break universal laws of consciousness, that are unbreakable, shall be broken by them . . . Whoever permits themselves the sanity of encouragement awakens within their own consciousness the soul faculty of courage . . . We can free our self from the basic design and nature of the human mind by not over-identifying with it and believing that it is us.”

#### CQA-1:

“. . . until we learn to control our mind and to control . . . our emotions, we cannot, in truth, be objective in reviewing past experiences. . . A judgment is a bound decision . . . For a judgment demands and dictates what the effects of its bound decision or judgment shall be. . . Anything that is form has beginning and, by the very Law of Beginning, has its own ending. . . When you experience will and are freed from judgment, then you can be assured that it is divine will and not self-will. . . When we’re interested in helping another, we are freed from the concern of helping self. . . It is true, however, that many of those who have passed to the other world before us will . . . greet us as we cross over from this blind, earthly world . . . The temptation is a process that is taking place within us. . . When we accept personal responsibility for all experiences in our life, we establish the very law by which freedom and abundant good can be experienced by us. . . all of our experiences are the light in our world revealing to us what we’re sending out. . . the more identified we are to this particular incarnation . . . the less we view of what really is. . . . We are not the thought patterns we think we are.”

#### CQA-2

“. . . we understand that man, this divine spark within him, which is formless and free, is expressing through several bodies here and now. . . As we make that awakening within our self, we open the doors to communication and, through

communication, we gain a broader understanding, for without communication, there is no understanding. . . We know deep within ourselves what is right for us. . . What is right for one does not . . . guarantee in any way that it be right for all. . . Once we have exercised that free will in anything, called choice, then . . . we must follow the choice that we have made, for we establish a law, as man is a law unto himself. . . Universal consciousness very simply means a universality in our own acceptance. . . We cannot be aware consciously in our mental world of this soul, which is our true being, until we still the mental activity. . . the only obstruction to the experiencing of abundant good, to experiencing the health, wealth, and happiness of life . . . is the false belief in lack. . . the levels of consciousness are attitudes of mind created by thought patterns. . . thought is not limited to man. . . That that is individualized, we will all agree, must have form . . . Try to understand that the true you is not what you believe in any given moment.”

### CQA-3

“It is only when we make the judgment when it is going to happen and how it is going to happen . . . that we experience what is known as sadness. . . We can never fear what we do not judge. . . When we accept whatever experience we encounter as that being our destiny or our fate, then we remove our self from the Law of Personal Responsibility . . . Deep within us . . . is the awareness that we all are a part of one infinite, eternal Divine Principle. . . this need to be wanted, this need to be liked is nothing more nor less than a distortion of the divine awareness within us that we are, in truth, a part of everything, everywhere . . . The things that disturb us in our mental world are the things that control us. . . We are all mediums and communicants to some dimension. . . think humble, yet well of our self . . . the lessons that we have here in life . . . are always in keeping with the unfoldment of our own soul . . . The soul faculty of happiness and the spirit of joy is known as a total acceptance. . . friendship, being use and not abuse, respects the rights of difference and weathers any storm. . . The intelligence in the animal . . . is identically the same intelligence that is expressing through us. . .”

### CQA-4

“This philosophy teaches that so-called evil is nothing more nor less than undeveloped good. . . Integrity considers the all of anything and everything that is within its sphere of interest . . . truth is taught through indirection, demonstration, and example. . . when we set the example by working on ourselves, one of two things

takes place with children or people: they grow in harmony with our efforts or they go. . . The vast difference between a feeling or sensing body and an emotional body is that one is controlled by the function of judgment and the other is controlled by the faculty of consideration. . . Many people are not yet ready to make the daily effort to gain some degree of control over the thoughts of their mind. . . Whenever we entertain the thought and the feeling and the emotion of desire and we permit our thoughts to judge how, when, and where the desire will be fulfilled, we immediately, in that moment, limit the divine expression. . . The step from the mental realms to spiritual realms is a step that is easily accomplished. It's known as total acceptance. . . Nothing grows over night. . . when the tools of life no longer serve the worker, then the worker begins to serve the tools. . . Creation never, ever was designed to be master. . . the secrets of the universe are never given to a blabbermouth.”

#### CQA-5

“Without the use of concentration, which is, in truth, the key to all power, there is no ability to control thought. . . Truth is not something you will find with your mind. . . The teaching is to think humble, yet well of thyself. . . It doesn't matter what you think to the infinite, divine Intelligence, for the infinite, divine Intelligence, known as God, is neutral. It will, it does, sustain any thought that you choose. . . when we accept the divine right of expression, we will be on the first step of recognizing that whatever exists in one human exists in its potential in all humans, including our self. . . Whatever you cannot tolerate in another, you establish, in that intolerance, the law that brings that very thing into your life in order that you may gain in understanding . . . a so-called bad experience can and does produce excellent results, if we will take the essence from the experience, which is the indispensable ingredient for the reeducation of our own senses . . . everything you think you need for your benefit is within you this moment and every moment. The only obstruction between us and the good that we seek is the judgments in life that we entertain in thought. . . We deny that goodness when we experience something contrary to our judgments.”

#### CQA-6

“The Living Light Philosophy teaches . . . that man, the eternal soul, passes through on an evolutionary path throughout the planets of the universe. . . The essence of peace is the Law of Responsibility. . . When man lets go, God indeed takes control. . . It is one of the basic purposes of the Living Light Philosophy and the Serenity Church to help man to help himself to clearly see the difference between

truth and creation. . . the experience . . . is only an effect. . . Eternity is only the present. . . As long as we believe in the illusion to attain what we seek we must go through certain steps, then we are bound by the illusion . . . when we lose a part of our self, there's room for greater good to come in. . . it's not a physical object that causes us the grief in life; it is a thought. . . The only reason we have those problems is because somewhere in our mind we have a judgment that blinds us to the beauty of life. . . O suffer senses not in vain, for freedom of your soul is gain. . . we have, many of us, become attached to patterns that served us when we were little children. . . We always get what we really want, sooner or later. . . the only way we're going to be free from being a victim is to accept personal responsibility.”

#### CQA-7

“God does not work to us, that God's work takes place through us. . . It is only when we make the judgment that we own, only then do we lose. . . There are no accidents in the universe. . . The thoughts that bother us are the ones we try to hold. . . that that we free, unfolds us, and that that we hold, controls us. . . It is only when our cup is emptied that it can be filled. . . It is not what we need to put into our mind to free us. It is what we already have in our mind that we must empty out to free us. . . When we declare, by our mind, that anything . . . is not possible, we deny God for us. . . our denials are our destiny. . . how you think is the way your life will be. . . whenever we depend upon our mind, we become bound by our mind. . . when we procrastinate, we reveal . . . that we are not yet able to control our mind. . . when you free yourself from dependence, you're freed from bondage. . . All you have to do . . . is to make the effort to help someone else. . . Color is vibration. . . Thought is not dependent upon substance, for substance, in truth, does not exist. It only exists in a realm of belief. . . dream a life of beauty . . .”

#### CQA-8

“. . . communication is indispensable to understanding. . . as we make greater daily effort to communicate with our self, we will grow in understanding of our motives and our feelings and our thoughts in life. . . when we alone deny that we are an inseparable part of a universal whole . . . we move from freedom into limit, into bondage . . . When we resist that law that considers all . . . we begin to suffer. . . We create. God, the neutral Infinite Intelligence, sustains. . . It is the thought of I that moves our eternal soul . . . from the universal whole of infinite good to the limit of error of the past mental experiences . . . Do we consciously, in the light of reason,

desire to continue the experiences that we have already had? . . . You must judge to experience intolerance. . . God is not a judge, but an infinite, intelligent, neutral Divine Power. . . Repetition is the law . . . through which change is made possible. . . All the good your mind seeks, your mind can bring to you. . . It is only our minds that want to know, for our spirit and our soul already know. . . the only reason our minds control us is because we became lazy. . . because we did not stay on guard, the vehicle has become the master. . . the greatest moment of your life is the moment of now.”

#### CQA-9

“ . . . the true meaning of the word work is love made manifest. . . we all have two consciences. . . judgment is a rigid rule established by our mind that has no possibility of change . . . we cannot grant unto another what we have not first granted unto our self. . . the justice we grant unto our self is the only justice we grant to another. . . ‘Your cup runneth over.’ . . Without thought, for us, it does not exist. . . The moment you entertain the thought of I . . . you deny your inseparable unity of the whole. . . Destiny is only at our command when we go beyond the denials that create it. . . the first step in making a change in a thought is to become aware of the thought that you want to change. . . Fear is absolute faith in the mental world. . . if man wants to consciously move forward in life, he must understand his own mind . . . our mind alone limits us. . . Fear is created by judgment. . . if you truly want to move ahead, you must understand fear . . . and free yourself from judgment. . . The will of God is total acceptance . . . by permitting our mind to make a judgment, we guarantee the repetition of yesteryear’s experiences in that area of our life. . . when you rely upon your mind, you must ever and forever pay the price.”

#### CQA-10

“ . . . a wise person makes some effort each day to free themselves from the bondage of creation. . . It is simply our mind that denies the existence of that that sustains it. . . The moment we accept something beyond the realm and control of our mind, in that moment do we become freed from the limits and the law of the mind, which is duality. . . there are no accidents in the universe . . . what we believe are accidents are nothing more and nothing less than a lack of understanding the cause the experience. . . That’s the most common cause of our dreams: suppressed desire. . . So when you reject a desire, you experience guilt. You are denying the principle of the Divine itself. Therefore, in that denial, you establish the law of your own destiny.”

### CQA-11

“When we permit our minds to judge what is to be or to judge what is, we immediately come under the Law of Denial. . . everything that happens to us is a demonstrable law and is caused by us. . . the lack of use is abuse . . . whatever we place our attention upon we have a tendency, by the infinite law, to become it, because energy follows attention. . . Remember, nothing and no one affects us until we alone make the choice and the decision for that to be so for us. . . harmony is health . . . harmony is balance . . . it is not easy for the human mind to accept what is beyond the human mind. . . The human mind will reject anything that it cannot control . . . if you want to stop the suffering that you experience in life, start the self-discipline and the suffering you’ll no longer experience. . . It is when man dictates how the divine expression will fulfill itself—the divine expression known as desire—that man establishes the mental laws of duality. That’s when man pays the price. That’s when man suffers. . . All that you need, you already have. All that you desire is waiting in consciousness. . . judgment is the fallen angel.”

### CQA-12

“Our denials become our destiny . . . each attachment guarantees its own adversity, and each adversity guarantees its own attachment. . . Neutrality is not a do-nothing experience in life. It is the effort to discipline and to control the fluctuating desires of our own mind. . . no one saves us but ourselves. No one can and no one may. . . learn to be with a person, place, or thing and never a part of the person, place, or thing. . . the body is an effect of the mind. . . God will sustain the choice you make. God is not a doer. God is not a giver. God is not a taker. God makes no choice. God, like truth, just is. . . If you believe the times are tough, if you believe it, for you they will be. . . We’ve never been without the key that opens the door of truth. We all have it. It’s time, of course, that we all use it.”

### CQA-13

“Decisions free us and judgments bind us. . . Decisions have total consideration with the full acceptance of the possibility of change. Judgment has limited

consideration without any acceptance of the possibility of change. . . God works through man, never to man. . . only from judgment do we make the effort to appear a certain way to a certain person or people. . . without change, evolution and growth is not possible. . . Perfect health is our right. It is not something that we should seek, for it is something we already have. . . that that bothers us in life, controls us. . . Now if a man and his wife are having problems, you must go to the one who is having the problem, to the one who is bothered. . . the one who is controlled is the victim—the victim, my friends, of their own judgments. . . How beautiful life is, if we permit our self to accept it. . . we are as good as we will allow our self to be. . . If we want to know where we are, don't bother to look in the mirror; look at the people around you that bother you, for those are the people who are controlling you. . . Today's fiction, my friends, is always tomorrow's fact."

#### CQA-14

"It is when man stills his mind that he becomes the living light in the world of God . . . eternity is the moment of which you are conscious. . . when we judge, we place our self in consciousness to that which has been. . . encouragement being a soul faculty through which the light of reason, the power that transfigures us, flows unobstructed . . . the divine, infallible Law of Duality, the positive and negative, is the very principle of creation. . . Formless and free is an awakening in our heart. . . The Living Light Philosophy teaches very clearly to still the mind. To still the mind is to rise in consciousness—because our consciousness is God—to rise in consciousness above the mind. . . Remember, my friends, we are limited only by our denials . . . judgment is a shadow upon the light of reason. . . the moment we accept that whatever happens to us is caused by us, we, in that moment, once again gain control over our destiny. . . God does not flow freely in our consciousness when we establish the laws of denial . . . Emotions are what we do with our suppressed and expressed desires in life. . . when you accept all your experiences as effects . . . when you really accept that, you will find that you are, in that moment, freed from the magnetic pull, demand, and compulsion to have what you want when you want it . . . to God within us all things are possible."

#### CQA-15

"Fear is not a conscious function. . . fear is an emotional reaction based upon the seeming unknown. . . judgment in the human mind is not possible without the foundation of past experience. . . mathematics is the principle of perfect balance. . .



We cannot understand what we have not first accepted, and we cannot first accept what we do not make an effort to understand. . . when we make the effort to control our breath, we will control our thought. And then this vehicle, designed for our soul to express through, will move where our soul inspires it to move. . . when our hindsight becomes our foresight, we will in truth gain insight. . . If we cannot or will not make the effort to control our breath, then it is of no benefit to attempt to control our thought, to control our mind. . . duty is based upon the Law of Personal Responsibility. . . gratitude is the door through which abundant good doth flow . . . Let us have no desire greater than the power that brings us truth.”

#### CQA-16

“One must learn to discern to be freed from judgment. . . Whenever we understand anything, there is no judgment. There is, however, discernment. . . It is only when we use the function of the mind that we are limited. . . Limitation is totally dependent upon mental substance. . . man is a law unto himself. . . To attempt to work on the effects of the law is a total waste of one’s energy. . . The tendency of our mind is to blame outside for the unwillingness to grow inside. . . The greatest difficulty for the human mind is to give up a thought that it cherishes. . . The moment we judge we own or possess, in that moment do we become the victim of that that we think we possess. Instead of it serving the purpose for which it has been designed, we begin to serve it. . . Our body, for the sake of our good health, does not require the hours of so-called sleep. It requires minutes of total consciousness for total rejuvenation. . . There is no freedom without discipline . . . there is no right or wrong to that which is neutral and divine.”

#### CQA-17

“The obstructions along our path in life are the things that we have identified with. . . it is indeed human to forgive, but we must remember that it is divine to forget. . . We cannot be freed from anything that we cannot first control. . . First, it must exist in a mental world to be experienced in a physical world. . . self-control, self-discipline, personal responsibility are inseparable. . . if it is discipline, does not deny. It does not deny the right of expression of the desires entertained by our mind. It simply places them under the light of reason and puts them in their proper perspective. . . God helps those who help themselves by helping others, for God works through man, never directly to man. . . the stone the builder rejects becomes the cornerstone. . . We cannot grant to another what we have not first granted unto our

self. . . We do not help people by doing things for them. We help people in the sense that we are the living demonstration to show them the way. . . We are the creators of the thoughts we think, the experiences we have. Our health, our wealth, and our happiness is dependent upon our own efforts to control our own creations. . . our abundant good is dependent upon what we have done with our thoughts.”

#### CQA-18

“Man, the eternal soul, is never alone. . . judgment has limit. . . thoughts are more than things. They are living forms created by a living substance known as mind or mental substance. . . use, not abuse, is the path to freedom. . . man is a law unto himself. . . mathematics is the key to the universe . . . man never values anything that he doesn’t make effort to attain. . . there is no way that we get something for nothing. . . Spiritualism, its science and its philosophy, has always been with us and always will be. . . If we choose the good and we make the effort to see the good in all things, then the good in all things will be ours. It is entirely up to us. . . Our life, it’s ever as we make it. . . We don’t have to live any way that we choose not to live. . . eighty-one levels of consciousness is a full-time job.”

#### CQA-19

“That with which man places his attention upon, he has a tendency to become. . . All experiences, we alone will into action, for that is a demonstrable, subtle law. . . When we are in desire, there is no limit, there is no extreme that we will not go to, to fulfill what we think in that moment we desire. . . we always get what we really want. . . when we free our self in consciousness from the mental body, creation, as we know it, does not exist. . . We can only be aware of what we identify with, and we identify with in keeping and in rapport of what has been. . . Put God into it or forget it! . . Only by working with the conscious mind can we ever expect to gain control of the so-called subconscious. . . when your mind thinks times are the toughest, that’s the time to spend and that’s the time to grow. . . I do not believe in diets because I do not believe in deprivation. Self-control, the effect of which is freedom, is what I believe in. . . Everything we need—that we think we need is always right where we are.”

## CQA-20

“That which denies its source is discordant . . . one finds the answer to all questions within the consciousness, for it is our consciousness that is God. . . It is our denials of possibilities that place us under the law of a mental world. . . man cannot identify with that that the mind does not first entertain the possibility of . . . it is not possible for the human mind to judge without the foundation of that which has passed, for that which has passed is an indispensable ingredient to forming a judgment by any mind. . . all things that happen to us are caused by us. . . The greatest gift we can ever give is the so-called gift of self, for it is the belief that is the gift. . . God is not a doer. God, the infinite, eternal, Divine Intelligence, is a sustaining power flowing through us. . . Put your attention on the good, the beautiful, and the good and the beautiful will be, from this moment, the life you live.”

## CQA-21

“Our reality is dependent upon what we are doing with our thought process. . . As we believeth—the teaching is simple—we become. . . He who sees the beauty in all things, becomes the beauty within. . . Let us be. Let us not become, for becoming is a mental world of thought. But let us be. And we cannot be until we awaken that we are. For as we seek pleasure, we guarantee pain. . . Fulfillment is a soul faculty that clearly is what it states it is. Man is filled and no longer seeks, and when he is filled and no longer seeks, he is. We think we have not because we seek to have. And by seeking to have, we cannot see what is. . . in the Law of Repetition is man’s security. . . Remember, my friends, the greatest effort is to accept the Law of Personal Responsibility. . . There is nothing beautiful about judgment, for it is not a spiritual faculty.”

## CQA-22

“We are an inseparable part of the divine laws of nature . . . When we lose sight of what we truly are, then we become, in the limits of our mind, what we think we are. . . this experience here on this particular planet is not the first, nor can it be the last of the experiences that lie before us and that are behind us. . . It is not what we must put into our mind to awaken us; it is what we must make the effort to remove from our mind to awaken us. . . all philosophies of all ages have taught, “O man, know thyself, for only then shall you know the truth. And only then shall you be free.” . . To race around the universe looking for fulfillment is nothing more and nothing less than

experiencing temporary satisfaction. And that that satisfies does not fulfill. . . Now it doesn't seem like much, but if you place your attention upon it, it becomes everything. Because when you place your attention upon a thing—that's everything that is not the thing your attention is upon—that's known in this philosophy as true concentration, the key to all power. Peace is the power. . . truth, which is freedom, which needs no defense because it is . . . That that frees us is what we are . . . Judgment is simply a form created by our mind based upon all past experiences that we can recall.”

### CQA-23

“Truth . . . is individually perceived. . . in silence there is no mental activity. . . The tree, like the animal, simply responds to what is. . . Illusion is that which is dependent upon what has been. . . heaven is not a place we're going to; it's simply a state of consciousness we are growing to. . . love all life and know the Light. . . That that we love, we consider. That that we consider, we have compassion for. That that we have compassion for, we have understanding of. . . once we know our weaknesses, we have established the Law of Possibility. The possibility of making the effort to do something about it. . . When we go to train an animal, let us begin by training our self. . . that that you are adverse to, by the Law of Adversity, becomes your attachment . . . Now fear's a devise that the human mind uses to defend and protect the judgments that it already has. . . The moment we over-identify with form, we become the victim of form. . . we must separate what we think we are from what we are. . . whatever you seek, by the law of your seeking, is also seeking you. . . So, when you seek, accept the possibility, for it is taking place—never out there! . . . There is no understanding without personal responsibility. . . Spontaneity is the Law of the Spirit . . .”

### CQA-24

“There cannot be form, there cannot be individualization without limit. . . intelligent life is not limited to the planet Earth. . . the function known as challenge stimulates the human ego. . . the question must rise, “In what way have we limited ourselves to feeling good?” . . . judgments are the shadows that stand between us and the light of reason that frees us. . . Man is a law unto himself and is creating his own destiny moment by moment. . . repetition is the law through which change is made possible. . . freedom and truth is an effect of self-control. . . freedom or bondage is not dependent upon that which is without. It is ever dependent upon that which is within.

. . We can feel good, or God, no matter where we are and no matter what we be or what we do if we awaken in our consciousness and, in so doing, take control of our thoughts. . . For if we do not grant unto our self the right of choice, there is no way possible that we can grant it to another, for man can only give what he first has. . . If we choose to see the limits within our self, then that's what our life shall be. . . Let us not be so insecure, mentally and emotionally, that we must impose upon another the restrictions, the limits, and the suffering that we have imposed upon ourselves.”

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