

## The Living Light Philosophy Catalog

Class Synopses for the Consciousness Classes of *The Living Light Dialogue* Volume 6, which includes classes CC-140 through CC-186.

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

### CC-140

Explanation of why one fascinates and procrastinates; the battle between the created mind and the eternal spirit; knowing what one must do in life; healing through the power of peace; spiritual healing and one's receptivity to it; freeing oneself from judgment by accepting the small things in life as well as the great; how God's healing power works through the human temple of God; going beyond duality within your own consciousness to look at life, the dream; the deception of identity and individuality; uniting oneself in consciousness to become the whole, the oneness, the truth that frees; life, the principle and essence of the Light itself; the Law of Change, the Law of Evolution; becoming receptive to the vibratory wave of peace to hear the symphony of the spheres; how we establish an opposition to that which we seek; why the Law of Opposition is stronger than the Law of Seeking; whatever you seek, place peace first, place God in front of your desire.

### CC-141

Discussion on the wheel of experience created by the thought of I; the value and importance of peace; accepting personal responsibility for all of our experiences, and finding the good therein; how the Law of Repetition brings about the necessary changes in our life; how to fulfill the purpose of life; what blinds us from the cosmic consciousness; what causes us to fear, and how to overcome it; how all life serves a good and useful purpose, even the flea; discussion on the principle of marriage; response to a question on competition; aspiration and determination.

### CC-142

Standing at the crossroads of consciousness; discussion on our journey in time; awakening in consciousness to the other bodies that we are inhabiting; becoming more alert to the power of our thought; how to live a life more joyous, more happy, and more peaceful than you have yet known; accepting the beauty and the clarity, the infallibility and the perfect balance of Divine Law; the delusion of the thought of I; the Law of Personal Responsibility; man, the creator of mental worlds of consciousness; how the thoughts of men affect the weather of the planets and all of life; becoming an instrument through which a perfect balance, a perfect harmony flows unobstructed through you into the universe, and thereby moves you into the Divine flow of God; why patience is painful to the mind; explanation of cancer, how it occurs, and how to bring about a healing balm; discussion of the obstructions to one's desires in life, their cause, and how to remove them; bringing the positive and negative, the power and the force, into perfect balance so that God and you become a majority.

#### CC-143

Discussion on how to free oneself from repetitive experiences caused by unbeneficial thought patterns; how certain thought patterns dissipate the Divine energy and stand as obstructions to the fullness of one's life; establishing new laws through the power of peace; the Law of Continuity; friction, experiences, and our reality; friction and the Law of Duality; freeing oneself from the Law of Friction to evolve to higher realms of consciousness; how the mind views everything in dual aspect; how every gain is a loss, and every loss is a gain; dethroning the false gods of creation; recognizing that one is healed through the heart, never the head; using the Law of Continuity to rise to the paradise that is your true home; the parallel laws of life vs. the vertical laws of life.

#### CC-144

Discussion on the Rulers of Judgment; the image of judgment; becoming aware of a thought bombarding one's consciousness; choosing the horizontal path or the vertical path of life; time, the greatest illusion known to man; the power of eternity that is in the moment of one's awareness; the false gods of man, the rulers of the mental realms; concentration, the key to all power; man is a Law unto himself, and that Law is used or it is abused; the gift of life; spiritual awakening, the effect of mental control; "Put God in it or forget it," the means by which all things are made possible; the reason why man refuses to give his thoughts to God; separating truth

from creation; living in the universality which in truth we are; accepting the wisdom of the Intelligence that sustains all life, in order to be freed from the control of the false gods of creation; the rise and fall of thought forms; the purpose of man's incarnation; how to educate one's thought forms; man's personal duty and responsibility to educate the vehicles through which his soul is expressing; God's Law of Perfect Balance; the heart, the home of your soul; going beyond "good and evil" to the sublime peace and joy of true living.

#### CC-145

Unfulfilled desires, man's most common ailment; discussion on the balance that brings peace over the Divine expression known as desire; how desire becomes a creative force; how to educate the human senses in order to bring balance to our lives; learning the wisdom of patience; how to awaken unity within us; discovering how we limit acceptance; fear, insecurity, and the search for security; how we develop fear; the Law of Solicitation; awakening the soul faculty of reason; faith, poise, and humility; duty, gratitude, and tolerance; how to know whether or not your faith is directed to the Light; educating the human ego through acceptance; changing our destiny; the effect of the payment of pride; response to a question on humbleness and humility; explanation of the saying, "Fear is the fulfillment of desire;" how the functions protect through denial; self, the cause of man's great pain and suffering; becoming aware of the force of thought and the form of thought; promise, the effect of Divine Law; reaching the end of our search to find our beginning.

#### CC-146

Discussion on service and survival; how Intelligent Energy becomes the creative force; becoming the strength of our eternal being; accepting the possibility of something greater; the effect of flooding the consciousness with the power of peace; viewing life's passing panorama with objective reason; presence, the Law of Solicitation; life, the stream of consciousness that sustains ever-changing form; response to a question on what happens to the soul in the process of cryogenics; the meaning of universal consciousness; relating our desire to the Divine Intelligence that it may be fulfilled; imagination vs. fascination; freedom through giving; forgetting the thought of I.

#### CC-147

The teacher continues on with the discussion of thought forms and how they are created; directing the thought on the upward path, through the power of peace, to freedom; Divine equality vs. judgment and duality; directing thought on the upward path or the horizontal path, our choice; how to awaken to the truth of eternal existence and consciousness; fear, the mind's control of the eternal you; patience, the wisdom of the Divine; destiny (our denials) at our command; the Law of Evolution, constant change; freedom from reliance upon form by broadening our acceptance; educating the human ego; discussion about the Garden of Eden; the benefit and meaning of *selfless service*; awakening through your heart.

#### CC-148

Energy and thought, and our choice to direct it; explanation of what happens when thought is sent upward on the vertical path or when it is sent on the horizontal path of creation; the power of peace vs. the call of creation; the Law of Self-Preservation; an idea, the effect of inspiration; the importance of nurturing an idea; the Law of Identity; the struggle between identity and universality; broadening our horizons to encompass the allness and goodness of the Divine; the totality of acceptance; the value of spending more time encouraging ourselves; how to remove fear from our being; taking charge over all creation; tracing the causes of disease to a pattern of mind that has transgressed the Law of Harmony; instantaneous healing through the light of reason; peace, the epitome of harmony; opening the doors of heaven through acceptance, the Divine will; the plane of purification; response to a question about muscular tension; distinguishing between interest and fascination; the difference between being the observer or the observed; the spiritual significance of the eyes; viewing life through your heart; awareness vs. deception; taking a new perspective about life and what it truly is.

#### CC-149

Personal messages from the spirit to individual class students.

## CC-150

The expanding consciousness, the Law of Evolution; the creative principle, the Law of Identity; how resistance creates our problems; the Law of Ignore; working our way to freedom; standing on the demarcation line between principle and personality, faith and fear; becoming aware of the world as it truly is; the Law of Total Acceptance; how to broaden and truly expand your consciousness; how lack of resistance brings freedom; understanding how denial and resistance are born from the same principle; what the Divine principle of nonresistance implies; the work of the angels of Light and the angels of the lesser light.

## CC-151

Identity and the Law of Evolution; how the affirmation, "I accept," helps to separate truth from creation; the value of acceptance; fear, the great ruler of the human mind; what causes the experience of fear; accepting the responsibility of being a creator; choosing wisely what you shall create; the nine bodies through which we in truth express; how everything is an effect of directed energy; force, the power of the mind; what takes place in the human mind whenever you challenge anything or anyone; accepting the goodness of life; remembering that you and God are a majority; lifting our soul through the faculty of encouragement; finding our heaven while yet on earth.

## CC-152

Beginning a new semester, an explanation is given to the new students about the philosophy and how the class unfolds; how movement during the class is detrimental to the student as well as to the channel; discussion on the eighty-one levels of consciousness; thought, a vehicle through which God moves in a plane of consciousness; the process of thought, the creative principle for which we bear a great responsibility; understanding the value and benefit of simple and sincere prayer; moving through awareness to objectivity through detachment and on to universal consciousness and freedom; allowing ourselves to let go graciously and freely so that we may graciously and freely receive; the path of evolution, its beauty, light, and spirit of joy; melting away the barriers of identity through the efforts of peace; using the forms of creation as vehicles through which man may express as an instrument

of the light for the refinement of the forms; how we contaminate the purpose of our evolution; auric pollution, its cause and effect; work, the manifestation of the Divine Intelligence called love; forgiveness, the true blessing that brings us the freedom we are seeking; giving or loaning; going home in consciousness to be healed; total acceptance, the will of God; total consideration, the love of God, Divine love; God's will is the evolution of all his children; expanding the soul faculty of humility; how to experience the fullness, abundance, and goodness of perfect health, perfect wealth, and perfect happiness.

### CC-153

Discussion on the concept of holistic health; why healing is only necessary for the body and mind, not the soul, which is uncontaminated; the mental body, the true cause or lack of rapport between soul and the fullness of the soul's expression; correcting the errors and patterns of mental substance which builds discord or disease; why the process of awakening is necessary for the vehicles and not the true being; correcting the impression that all great religious figures and prophets are men; response to a question which asks whether the women's liberation movement is a step forward or a step backward spiritually for women and for society; the two causes of dreams; becoming aware that there is a body for each level of consciousness; the necessity of having the vehicle of our spiritual body sufficiently formed that we may see, hear, know, and feel spiritually; the Law of Constant Change; principle vs. personality; the true meaning of understanding; finding the principle upon which all creation rests; the Law of Recommendation; how to best prepare oneself for a peaceful night's sleep; the lessons of the planet Earth which offer to us the great truth of where we have directed our faith; what happens when we desire the effect, and no longer desire the awakening of the cause within our consciousness; seeking the good in each experience, for in each experience God is there; reeducating the mind to accept what we already know; understanding the Divine flow of expression; what it means to be in charge of all creation; belief and identification; the effect of believing in the fullness of life; the Law of Identity; bowing the pride to accept the right of peace, abundance, goodness, health, wealth, and happiness; the imbalance between scientific advancement and spiritual awakening on our planet; destruction and pollution of the planet; what is meant by a sterling character; motive vs. temptation.

### CC-154

The Law of Life, expression and experience; the unfoldment of the soul through forms; the Law of Change; how our obstructions are being removed through the evolutionary process of refinement; bringing the faculties and functions into balance; perfect balance, the awakening of the faculty of reason; discussion on the experiences taking place in other realms of consciousness in our daily activities; the laws of creation, the responsibility of the mental realms; awakening to spiritual levels of consciousness by a conscious effort of directing energy through the soul faculties; the way to bring oneself easily and quickly into balance; becoming aware of our true purpose in life; the battle between truth and creation; the Law of Building and the Law of Constant Change; learning to accept, without reservation, our right to the fullness of life; see what takes place in the moment that you declare, "I accept;" uniting in consciousness through the power of peace; how we establish the Law of Sadness and guarantee the experience thereof; response to a question about the importance of work; discussion on the subject of naiveté; tranquility, serenity, peace; response to a question about prayer; how we can give a desire back to God; desire, the Divine expression; God, the epitome of total acceptance; becoming an instrument of the Divine.

#### CC-155

A journey to the realms of idea; how an idea is made manifest; returning to the Allness, the unity of all of life; individuality, the effect of the principle known as idea; expanding our acceptances and the Divine right of all of life; standing firm on principle through the soul faculty of courage; the importance of a moment to pause in consciousness; how our thoughts affect the universe; learning the wisdom of patience; looking for the good, the essence of God, in all of life's experiences; the transmutation process of mental substance; how to place the thoughts we entertain before the light of reason; the throne of judgment, the effect of the thought of I; the thought of I, the maker of the laws of our mental universe; fear, the weapon that controls us; freedom from fear by faith in the eternal light called God; the benefits of the soul faculty of patience; the Law of Patience; separating truth from creation in the moment we pause; the opportunity to grow and expand our consciousness; the beauty of change; the fountain of youth; harmonious thought, the way to health and youthfulness; how to find the cause of all our experiences; the faculty of gratitude, through which God's love flows unceasingly; gaining Divine will by giving up self-will; the fantasy realm; pride, sex, and the soul faculty of humility; finding peace through harmony, balance and reason; overcoming attachment.

## CC-156

The Law of Application, its use and misuse; accepting the possibility of something better; why positive thought does not work for everyone; uniting positive thought with the soul faculty of reason; how to recognize opportunity when it knocks; the path of possibility; the paths of joy, abundance, goodness, and peace; the benefit of thinking humble yet well of ourselves; change, the joy of life; learning the greatest of all lessons, to be with a thing and not a part of it; the realms of beauty available to all; becoming the captain of our destiny; the three steps of creation; believing in our right to the fullness and goodness of life; work, the manifestation of love.

## CC-157

Repetition, the Law of Change and the Law of Form; moving beyond the realms of duality; finding freedom in the moment we pause to experience the joy that is truly life; the path of nonresistance, the path of peace; becoming the captain of our ship of destiny and not the ship itself; the power of peace; identification and belief; the Law of Refining Evolution; consciously choosing to identify with the fullness and abundant good in life; insects as ancient symbols, what they represent and their spiritual meaning; response to a question about serving on a jury to judge another soul; flooding the mental realms with the power of peace; moving beyond time and space and limitation; cosmic consciousness, the true inner awakening; the Law of Repetition and Identity.

## CC-158

Viewing the form of the spoken word; concentration, the key to all power; learning to choose wisely our spoken words; looking to the contradiction that takes place within our own mind to learn why we are unsuccessful; reason, the key to success; how we can best express the Divine neutrality that flows through us; how to demonstrate the Divine will of total acceptance; the necessity of learning to separate our eternal being from the many created forms, attitudes, and levels of consciousness; making the daily effort to find our way through the realms of dual creation; peace, the power of change; self, ego, and mind; the Law of Evolution of Form; the function of hunger and the soul faculty of patience; what happens when we identify with self; selfless service, the true and only path to spiritual illumination; response to a question on what takes place when someone requests spiritual healing; the constant process of movement by form vs. the light of perfect stillness; the great void; tolerance



and friendship, logic and reason; conceit vs. acceptance; the necessity of educating the human ego; explanation of the expansion and contraction principle; personal responsibility for all of the forms we have created; the Law of Self-Preservation; educating the forms with the soul faculties of compassion, reason, and love.

#### CC-159

The difference between knowledge and application; freedom from the throne of judgment; pride and judgment vs. freedom of the soul; response to a question on cloning; the reason why organ transplants in the human body are often rejected; the difference between understanding and wisdom; how to deal with financial problems on a spiritual level of consciousness; accepting a greater authority in our lives; asking for guidance in the light of reason; tolerance, the first step in acceptance; God, the impartial sustainer of all; negativity, judgment, and pride; self, a suffering entity unwilling to change; the importance of forgiveness in unfolding tolerance; the underlying cause of anxiety; the illusion of time and money pressure; acceptance, the will of God; rejection, retaliation, revenge; the cause of frustration; “And so physician, heal thyself and ye shall be the demonstration of the healer of God,” explanation of how things that seem contradictory are often the same in principle; freedom here and hereafter; the spirit of spontaneity; evolving our acceptance of truth; truth, the spirit of life itself; explanation of what is meant by the “Holy Ghost” in many religions; procreation; how an actor in a play can set laws into motion that affect his personal life; music and color, the language of the soul; living the fullness of your life by being in the Divine infinite moment of neutrality.

#### CC-160

Identity and the Law of Responsibility; locating the control center for the vehicle of thought; controlling one’s thoughts by control of the breath; the thought of I, the Law of Identity; the Law of Return; peace, the power of God; awakening to the intelligent beings in the universe; the future of the earth’s religions; the Divine right to change our identification; freedom to move in the realms of peace, harmony, and abundant good; growth and expansion through movement; willingly accepting the new; taking control of identity that there may be a flexibility in one’s life to enjoy life; health, wealth, and happiness, and inseparable triune soul faculty; application, a soul faculty through which the Divine being moves; application means total expression of the being; success and the soul faculty of tolerance; the freedom of forgiveness; duty

gratitude, and tolerance, a triune soul faculty; accepting the broader horizons that are before us this moment; becoming aware of what we identify with.

#### CC-161

Discussion on the thought of the lack of money; how we deny the abundance which is waiting to manifest in our lives; how we establish the Law of Denial; acceptance, the will of God; how to free oneself from mental experiences; the heart, the vehicle through which the soul expresses; life, the effect of directed energy; standing at the crossroads on the planet of faith; learning to recognize the masters of our soul; the eternal moment; facing the masters of the sense world; making the choice that all people must make, to choose the path of light or to stay in the shadows of the night; the three masters that stand between us and the eternal light; communicating on levels of consciousness to which we are receptive; how to communicate with levels of peace and harmony, reason and common sense; the thought of I and the house of self; friction and the creative principle; what happens when we direct our faith to the mental world; experiencing peace, the power of God, in neutrality; fear and friction; controlling the mind; the Law of Evolution; accepting the right of the thought; the necessity of controlling all vehicles of expression through which our soul is moving.

#### CC-162

The Divine Law of Acceptance; how we are controlled by that which we reject; how to gain control over our experiences; improving oneself by forgetting oneself; the Law of Creation; how to rise our consciousness and lift up our soul to realms of peace and harmony, and experience the goodness and fullness of life; how to free ourselves from judgment; how our spirit guides and teachers work with us; response to a question about why people are persecuted; need and the thought of self; using the tools of life wisely; the process by which a sense function becomes a soul faculty; courage and how faith bolsters it; God's promise, the fullness of life; the moment of now, a moving stream of consciousness; fascination, the demonstration of the Law of Greed; learning to pause and experience all of life.

#### CC-163

In concluding the semester, the teacher discusses how we came to be; the illusion of time as it relates to experience; the purpose of being; awakening to the reality and the totality of life herself; form and the Law of Resistance; balancing loss and gain; division, the Law of Form; presence, the Law of Solicitation; soul mates and guardian angels; how to rise above limitation; viewing circumstances as an effect of laws that we have established; accepting the illusion of time and space; the payment of denial; our power to apply a better way in our lives; expression, the nature of the Light; boredom vs. enthusiasm; repetition, the law through which change is made possible; how we deny our divinity and build the walls of obstruction; accepting the abundant goodness of life; experiencing the will of God.

#### CC-164

Beginning a new semester; the Law that quality, not quantity, and unity, not dissension, is in truth the key and the path to success; applying The Living Light Philosophy from the levels of reason and consideration to find our success in life; accidents and experiences; making a change within our consciousness that we may direct intelligent energy to our present desires; the freedom of forgiveness; the great value of acceptance, freedom from judgment and the path of denial; desire, the expression of God, the Infinite Intelligence; the Law of Directed Energy; the allegory of the Garden of Eden; knowledge and the Law of Duality; how we establish the path of denial; life: movement, motion, and expression; patience, the path of freedom; how to make changes in our lives; the incomparable realms of spiritual light, peace, and beauty; acceptance, the will of God and the freedom of the soul; fear, the force of the mental world; how to free ourselves from fear; identifying through total acceptance with the infinite light; the value of flooding our consciousness with the will of God; how to experience the joy that is our infinite divine birthright; the blessing of return in keeping with the original motivation; the path of pain and pleasure; joy vs. pleasure; reason vs. pain; the value of exposure to the light of reason.

#### CC-165

Discussion on the planes of consciousness known as discouragement; understanding the true cause of discouragement; patience, the open door with a light of reason that never goes out; the wisdom of patience; how the mind controls the true being; how the power of faith, directed in a positive way, can move all obstructions; how fear creates with directed energy; the benefit of staying free from self; becoming a part of the Divine Intelligence through disassociation; the Law of Fear; the Law of

Separation; applying the Law of Disassociation; accepting the possibility in our heart; the forty functions of the form and the forty faculties of the soul; self-preservation and the natural force of creation, fear; the function of humiliation and the faculty of humility; joy, the expression of harmony in all levels of consciousness; response to a student's question: A man in desire; the cause of weight problems; knowing your real motive; the solar conscious; mathematics, the key of the universe; how to communicate with other forms of life.

#### CC-166

Personal messages to the students' questions about their earthly journey.

#### CC-167

Applying the laws and reaping the harvest; experience and effects; how to bring about a change in our life; beginnings and endings in a mental world; direction and redirection; consciously choosing our beginnings and endings; how to bring about balance between the functions and the faculties; opening our heart to the great wonders of life; becoming aware of the echoes of the mind; experiencing what God can do through the power of faith; life's response to the broadcast of our mind; all experience, a return of a level of consciousness; fear, the effect of judgment; becoming once again a unit of the whole; moving from universal consciousness to limited consciousness by the Law of Identity; how we maintain the illusion of individuality; casting the light of reason over the Law of Identity; how the human mind truly works in relation to need.

#### CC-168

Bringing about the necessary changes in our life that we are seeking; the spirit of unity; the Law of Evolution and the cycle of repetition; facing our true purpose; the cause of the great imbalance with the nature spirits, and the detrimental effect out into the universes; the importance of stemming the tide of discord and bringing about a greater harmony on earth; facing our universal responsibility.

## CC-169

The process of awakening; the Law of Irritation and Change; the principle of evolution; the Law of Destiny, the effect of our own denials; our true destiny, the fullness of life; imagination, the gateway to heaven; the effect of directed energy; facing the Law of Personal Responsibility; freeing oneself by acceptance; identification and acceptance; descending from universal consciousness to limited consciousness; following the path of neutrality; the importance of daily moments of silence to keep on a path of reason and balance; the path of nonresistance and an ancient teaching; separating truth from creation to find the way; experiencing a much happier life by considering more than the limited self.

## CC-170

Cherishing our beginnings; uniting levels of consciousness for the purpose of accomplishing good in our lives; the Law of Beginnings; sharing vs. controlling; the prompting of motivation; attachment vs. the freedom of true understanding; freeing oneself from the level of control; why we attach to things and people; the purpose for life expression, to serve; becoming aware of what we are serving; the necessity of flooding the consciousness with peace, the power of God; the purpose of the soul; the Law of Choice; reclaiming our divine birthright, our right of choice; the force of the spoken word and the power of silence; how we establish the Law of Debt; the right of choice, a moving, Divine principle.

## CC-171

Finding the good in our experiences; viewing the stepping-stones to the attainments we desire; using adversity to serve a good purpose; standing firm in facing the duality of creation; giving up the mental judge that stands between you and your heart's desire for fulfillment in life; the impartiality of change; desire and suppression; the importance of the faculty of care; separating the levels of mind from our eternal soul; the infallibility of the divine scales of balance; why we have so much fear; declaring our right to life's goodness; moving on in consciousness to have a much better life.

## CC-172

How we attain universal consciousness; becoming the strength of a united whole through acceptance; the importance of directing our energy to the attainment and not the way of its accomplishment; how we build obstructions to that which we wish to attain; impurities in our motive, the obstruction in consciousness to our desires; experiencing through the Law of Identity; working within, the Law of Building Without; the crumbs of life, the essence upon which the loaves of life are built; the Law of Supply which flows through the open door of gratitude; what happens when we don't demonstrate gratitude for the crumbs of life; transgressing the Law of Supply; the effort of constant prayer, a demonstration of the Law of Gratitude; how to become a clearer channel of the Divine Power.

## CC-173

How events relate to inner attitudes of mind; demonstrating the philosophy that there is good in all experience; explanation by the teacher of the laws set into motion that caused adverse publicity to Serenity Association; doing our part through prayers for peace; unification through persecution and prosecution; learning how to take control of our mind; understanding that the thing we fear befalls us; discussion on the function of money, ego, and sex.

## CC-174

Questions directed by the teacher to the students regarding their efforts in application of the philosophy that they are studying, and the resulting benefits; how the soul faculty of gratitude attracts like vibrations in the universe; the importance of becoming aware of our thoughts, and to make the effort to control a thought that doesn't bring a feeling of goodness into our life; the benefit of daily prayer; life, the effect of the release of energy on one of the many levels of consciousness; accepting the divine right of the levels to exist, while identifying with something greater; applying the divine Law of Acceptance the divine right of identification; being strengthened by the Law of Continuity through unity in our own consciousness; the divine Law of Choice; remembering the good in our life; how we create a continuous wheel of experiences we do not appreciate; attracting helpers from the other side of life equal to our soul's aspiration; directing divine energy to the faculty of reason to

bring about a perfect balance; demonstrating wisdom and patience; moving toward the divine neutrality, the home of our soul; peace, the power of God; demonstrating the Law of Disassociation.

#### CC-175

Accepting the wonderful opportunity, through prayer and meditation, to rise above the realms of fear and demonstrate our faith; understanding that for every attainment in life there is a payment; finding the good in all experience; what fear can create, and our responsibility for the creations; relating the outward manifestations in our lives to the inner attitudes that we entertain; how temper can serve a good purpose; our own ability to change our experiences; the benefit of prayer; effective prayer through changes in consciousness; our mental body and the Law of Identification; how we build our spiritual body, and how it depends upon our own efforts; making sincere effort to do the work our soul has come to earth to do; making our job the beauty of life; moving a judgment to remove the obstruction in our path.

#### CC-176

Beginning a new semester, students are instructed how to find their personal message for that day in *The Living Light* book, and how to apply the philosophy to find the cause of their experiences; personal responsibility, the basis of the philosophy of the Living Light; the teacher shares his understanding on the biblical story of Adam and Eve; the Law of Identity; the realms of illusion; forgiving the illusion known as the thought of I; birth and death of thought forms; peace, the power of all the universes; casting the light of reason upon the shadows of our mind to live a more abundant life; judgment and denial; how to free oneself from judgment; total consideration, understanding, wisdom, and discernment; standing firmly on the rock of principle; the importance of rhythm and movement in our lives, and how to bring it into our world; forgiveness, freedom, and forgetting.

#### CC-177

The descent from peace and freedom to the duality of creation; becoming aware that we are not the vehicles we are using; separating truth from creation to return to the realms of peace and harmony; freedom, the effect of self-control; the meaning of freedom; justification, the defense of a judgment made by the human mind; finding the cause of discord and disease; perfect health, our duty and responsibility to the vehicle our soul is using; peace, the power of God, and how it brings balance and harmony into our lives; accepting that we are part of one united whole, inseparable from the Divine Intelligence; the importance of the faculty of objectivity; understanding that each person attracted into our universe is not there by accident; broadening our horizons about life, and expanding our faculty of tolerance; how complaining establishes the Law of Greed; the faculty of gratitude, and how it relates to abundance, or supply; broadening our awareness of who we truly are.

#### CC-178

The fullness of life and the success of living; how to put the power of the Divine Intelligence into your life through the spoken word; becoming aware of impartial universal laws, and using them wisely for your greater good; demonstrating the Law of Unity to experience success; our true purpose in life, to flow with the natural laws that govern the universes; awakening to who you are and what you are through visualization; broadening your horizon to free yourself from the bondage of the Law of Identification; refining the laws of creation; acceptance, the Divine will; pausing in the moment and experiencing the fullness of life; facing the light of reason and humbly accepting the infallible Law of Personal Responsibility; why we experience regret and guilt; divine love vs. conjugal love; love, the cohesive element that holds all things together; learning to live the new that is yet to come; the importance of visualization and imagination; becoming aware of the image, the form, that is related to the word we speak; explanation of the difference between the word “hear” and the word “listen;” taking the necessary measures to bring the fullness, the goodness, and the successful joy of living into our lives.

#### CC-179

Why exposure frees the soul; fear, the mind’s control over the eternal soul, and how it works; how our priorities are controlled by our judgments; learning to understand the mind so that we are in a position to control it; “but” and “because” and how these words relate to fear; tracing our experiences in life back to the throne of judgment; the importance of accepting ourselves; how to free ourselves from the



destiny of denial; accepting responsibility for all experience in our life to a make change for the better; repetition, the Law of Change; why the human mind retaliates; programming the mind to see the goodness in all; the importance of flooding our mind with positive thoughts; how we establish our Law of Destiny; filling our lives with the goodness that we are truly seeking through the faculties of tolerance and understanding; the reason why we make such effort to please the people we are attached to.

#### CC-180

The Law of Payment and Attainment; the connection between the spirit world, the nervous system and the Law of Vibration and Harmony; the principle of spiritual healing; fascination and the function of frustration; rising to a level of peace through the power of concentration; the Law of Attraction, as it relates to the spiritual healer; how to experience the fullness, the abundance, and the goodness of life; the Law of Habit; making choices in the light of reason; fulfillment through the Law of Effort and the Law of Continuity; passing through the gates of victory with a positive attitude of mind; the Law of Life; facing the tests of life that lie on our spiritual path; living in the three worlds which are in truth our home; the importance of establishing a law with a full awakening of our spirit, mind, and body; reuniting with the source of life; wisdom, the faculty of the soul that opens the doors of reason and understanding, and transfigures our whole life; using creation as the tool for which it was designed; separating truth from creation; serving the true purpose of our soul's incarnation; the importance of remembering that energy follows attention, be it positive or negative.

#### CC-181

History of the planet Earth and the inhabitants upon it; birth of the planet; the Law of Return, the Law of Evolution, the Law of Expansion and Contraction, and how they relate to the planets; the colonization of the Earth planet in eons past; the benefit of constructive and positive attitudes of mind; gaining the wisdom of patience to view the results of beneficial attitudes of mind, and how they affect the world; how we limit our view of life; facing the responsibility and the reason for our journey on earth joyously, in the spirit of true gratitude; man, the instrument through which the Law of Vibration is established; man, the instrument through which the Law of Harmony may flow on Earth; the cause of our struggle and battle against the tides of eternity; demonstrating that we are still the master and captain of our ship of destiny;

revealing our own maturity by making changes graciously; letting the divine Law of Peace take control of our being; how the throne of judgment stands between us and our destiny; the power to change the laws we have established; gaining wisdom from the pain of patience; how our life is ever in keeping with our view, and our view is ever in keeping with our attitude of mind; discussion on cloning of the human species; how we lose control of our life through overidentification; separating truth from creation; the Law of Balance; pausing to identify with the gain, rather than what we judge we are losing; how we deny the experience of evolution; the difference between giving and loaning, and how it relates to the gift of self; recognizing that through our evolution we have been given the intelligence to use the powerful, peaceful energy that ever waits to serve; experiencing the greatness of the power that sustains us; expressing the willingness to accept a better way.

#### CC-182

Becoming aware, through objectivity, of the war within us; the importance of becoming more consciously aware of what we are identifying with; learning why experiences continue to repeat themselves in our lives; the necessity of bringing the mental world of functions and faculties into balance so that we may experience higher levels of consciousness; how to make the philosophy of the Living Light work for you; the potent forces of money, ego, and sex; flooding our consciousness with positive and constructive affirmations to enable us to have positive experiences in life; understanding the Law of Giving; the difference between a gift and a loan; how to free ourselves from worry about money and other problems; why some people quit before the victory; why many minds feed on negativity and disaster rather than peace, harmony, and joy; recognizing the stepping-stones in life; the purpose of evolution, the refinement of all form; why rules, regulations, and laws of the land are established; the good that gets accomplished when there is consideration being expressed; how uncontrolled desire leads us to slip off the rock of principle; understanding that we are given in life exactly what we can bear and not one iota more; the importance of making more effort to work on our mind more often that we may enjoy more good in life; how to recognize what degree of control the “money” level has over us; how to work on the “money” level of consciousness and get freed from it; getting free from the control of the judgment that all the goodness in life is dependent upon the green paper that is created by man; changing our experiences by changing our attitude.

#### CC-183

Discussion on priorities and how they influence our commitments; the necessity of gaining control of our mind, to be successful in our endeavors; the Law of Giving and what it means; the importance of sticking to our commitments; conflicting desires and the realm of justification; recognizing that God does not grant to one and deny another; how to open the door of opportunity in our lives; learning how we closed the door of opportunity in the first place; the Law of Attention; the Law of Payment and Attainment as it relates to spiritual matters; how we keep searching for that which is already within us; the Law of Personal Responsibility; how exposure frees the soul; recognizing that our judgments keep us from what we want in life; making the effort to accept that we already have what we're searching for; understanding the Law of Temptation; promptness, the true mark of one's character; how establishing a "close-to-the-wire" principle in one area of our life can interfere with the fulfillment of our desires; the necessity of clear communication; communication and the soul faculty of care; total consideration and the love of God; the importance of taking the time to encourage ourselves; prayer, the soul's aspiration to the Oversoul; how man gets free from insatiable need; false pride and the delusion of superiority; gratitude for the goodness that is within us.

#### CC-184

The benefit of removing from our consciousness the thought of I; how man establishes the Law of Identity, the destiny of denial; what is lost when the Law of Denial is expressed; the importance of constantly standing guardian at the portal of one's thoughts; freedom through the lack of fear; acceptance, the will of God; gaining opportunity by giving up judgmental patterns of mind; educating the human mind with the faculty of reason; what the abundant good in life is dependent upon; adjusting our priorities in life; using our functions as they were designed to be used, for balance and good in our life; response to a question about biofeedback; discussion on nature spirits of the elements, their work, and the effect our thoughts have upon them; Divine Love, the great healing balm; remembering that we alone choose the thought, that God sustains it, beneficial or otherwise, the choice is ever up to us; choosing the path of peace, the light of reason, and the choice to experience something greater and better in our lives.

#### CC-185

Application and the principle of personal responsibility; the meaning of personal responsibility; denying the truth by blaming outside for what is going on in our own

mind; becoming aware that we are the victims and slaves of the bondage of our prejudice; the meaning of prejudice; how we establish the Law of Denial in our lives, which becomes our destiny; accepting the Law of Personal Responsibility; how the Law of Abuse returns to the sender; the meaning of the phrase “Divine right”; thoughts, thought patterns, and attitudes of mind; the Law of Attachment; quality, not quantity—the foundation upon which Serenity Church was built; remembering the wisdom of patience as we apply the beneficial laws we have learned; how to know which attitudes we must change; the meaning of the word “discipline”; allowing the faculties of the soul to open by disciplining our mind; freeing ourselves from worry, illness, and discord by remaining in the moment of now; the responsibility we have to speak up when someone is blaming outside for their problems.

CC-186

Encouragement, the lifeline to lift our soul to realms of light and reason; courage and the control of the human mind; how the mind, in keeping with the Law of Duality, expresses doubt and fear in order to support itself; expressing courage and controlling the mind through a state of concentration; the meaning of concentration; how to direct our life through the mental realms in a more peaceful and harmonious way; reaching the spiritual realms of essence; essence, the spirit of whatever we choose to direct our consciousness to; the meaning of “keep thine eye single”; the difference between an apology and forgiveness; expanding the soul faculty of care to get understanding; the foundation stone of understanding—the underlying principle of all of the faculties and functions; how to effectively help someone in a negative vibration; explanation of “kindness”; letting go graciously so that we may receive graciously; moving through the great beauty of evolution with dignity and the spirit of joy; freeing ourselves from the bondage of the mental realm to enter the door of wisdom, which leads to the chambers of our own heart; how to experience the eternal moment of truth; lifting the veil of the illusion of time.

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