

Stimuli Art

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and architect of StimuliArt.com



Celebrating the art of life!

SHAPE YOUR LIFE ■

Your Thoughts Can Change Your Life

CHAPTER 5: One with All Life

I had just been given my first .22 rifle, and I reacted with the pleasure of any twelve year old boy when he has power placed in his hands. Although I was carefully instructed in its safety and use, I still wanted to shoot at everything in sight. Fence posts and tin cans were peppered unmercifully, but the squirrels and hawks, my two legitimate prey, were always able to evade my marksmanship. One day while walking through a ploughed field, I saw a slight movement. I took aim, fired and ran toward my target. I had drawn my first blood! A tiny field sparrow lay very still, with a single drop of blood marking the place where the bullet had entered its body.

I was crushed by what I had done. It seemed so senseless. The little bird which had been so gaily alive was now dead. I cried as I cradled it in my hand and pressed my cheek against its stiffening body. Slowly I trudged home, placed my prized rifle in the closet, and never touched it again. My days as a hunter were over. I simply could not kill.

It is this feeling of oneness with all life which has motivated one of the most remarkable men of our time, Albert Schweitzer. His basic philosophy, "reverence for life," expresses the universal language of love. Even though I did not know it, I was feeling love as I held the dead sparrow.

The fourth step on our Ladder of Accomplishment is *unification*, and deals with the mental and emotional attitudes of oneness, integration, strength, and power. These all come from love. First we learned how to relax, then how to adopt an expectant attitude, and in the last chapter we developed the capacity to recognize God. Now in the present chapter we shall learn how to unify with this Power – become one with it. This



In this section, a publication from yesteryear is highlighted because it offers useful ideas for shaping and improving your lifestyle.

Today, you have an opportunity to enjoy "Your Thoughts Can Change Your Life" by Donald Curtis.

Although this book was published in 1961, you can appreciate how this information still relevant today.

One with All Life

process of identifying with the One Source is love.

Early in my training as a minister and spiritual practitioner, one of my teachers said to me: "Remember, the people who come to you are short on two things—love and understanding. Give them those and they will be healed." And it is true. Everyone is looking for something to end his feeling of separation and bring him back into his "Father's house." Love provides the concept of unity and wholeness which is the basis of any sound, sane and balanced approach to life. Without love we perish; with love we live joyously and abundantly.

There is the well-known story of the doctor's prescription tacked to the foot of the hospital nursery crib: "This baby to be loved every two hours." Or the touching story of this nine year old in an orphanage who was observed slipping away one afternoon and going to a large oak tree near the grounds. Following her, one of the attendants found this note in childish scrawl hidden in the trunk: "Whoever finds this, I love you." We are unified with the Source of all being by learning how to give and to receive love.

Recently a veterinarian asked me to come with him while he went to one of his cages. He took a small, woolly puppy and held it against his cheek for two or three minutes without a word. Then he said, "We almost lost that one. I couldn't find anything wrong with her, so I'm just loving her regularly and she is coming along fine."

Could it be that the world is dying from lack of love? Could it be that we hold the key to personal and world ills within our own hearts, and all we need to do is learn to love? It is my belief that this is true. This book is written for the purpose of

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showing us how to develop twelve basic constructive mental and emotional attitudes which add up to love for life. This overall concept includes love of self, love of others, love of work, love of God – *unification*.

There are no shortcuts to achieving a sense of unification. But there many ways to assist our upward progress. The twelve steps themselves explain and demonstrate some of these ways.

Actually, unification is primarily a matter of growth. The soul within us grows and evolves throughout eternity. We live forever through many lives, inhabiting many bodies, and eventually traversing the entire spectrum of experience on every level. We are one with the greater of life on every level – spiritually, mentally, and physically. Our souls are one with Spirit, our minds are one with the Infinite Intelligence, and our bodies are formed from the Universal Substance. Thus, we see how important it is to constantly work toward this goal of unification. Our twelve steps are the way we travel to attain integration and completion.

We have all had the experience of exhilaration which comes from a deep inner feeling of joy and power. The higher states of consciousness come sometimes when we least expect them, but their effect upon us can be profound if we listen and learn. Remember that everything happens for a reason, and whatever comes our way, we should ask, “What is the lesson here? What is this trying to teach me?”

I remember one such high moment of inspiration when I was a boy working on my father’s farm near Spokane, Washington, many years ago. It lasted for less than half a hour, but the breakthrough into a freer and more

From the book jacket:

“Specific techniques for mastering the amazing powers of the mind and emotions...with 12 guides to daily living showing you how to gain self-control, success, and happiness.”

About the Author

“**Donald Curtis** is Director of Science of Mind Church of Religious Science in Los Angeles, California, where he succeeded Dr. Frederick Bailes. Formerly a professional actor and teacher, Dr. Curtis has an increasingly large following in metaphysical circles today.”

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comprehensive awareness was so intense that it has had a profound effect upon my life for over thirty years.

The spaciousness and loneliness of the rolling hills of a large wheat ranch give one plenty of space and time in which to dream.

Standing high on a hill one day, my mind seemed to encompass everything. It was as if the world were in me instead of being in the world. I felt myself one with the clouds, the sky, and the limitless expanse of blue. I was more alive than I had ever been in my life, and I caught some magnificent glimpses of who and what I really was. I felt that there was nothing I couldn't be — nothing I couldn't do. It was as if I were being carried to the heights and allowed to see the whole picture, where before I was limited to only a small part. I was free and powerful; I was a man!

Even today, the whole experience often comes back to me, and I am recharged with the thrill and the energy of that brief experience so long ago. Many times in moments of stress I have recalled the moment, and the pressures have been washed away.

We should all have such experiences frequently — and we will learn to truly understand and use our inner capacities. We can live constantly in this elevated consciousness when we learn that the inner life is the reality — the cause; while the outer experiences are the projection — the effect.

One of the main lessons in this book is that this high state of consciousness — inner balance, harmony, and authority is our normal state. Anything less than that is subnormal. Yet, at the same time, we must realize that this ideal has not

From the book jacket:

- ARE YOU PROJECTING RIGHT NOW?
- DO PEOPLE HAVE CONFIDENCE IN YOU?
- ARE YOU SURE OF YOURSELF?
- DO YOU EXPRESS AUTHORITY?
- ARE YOU REGISTERING THE IMPRESSION YOU WANT TO GIVE?
- ARE YOU CLICKING IN LIFE, OR ARE YOU MISSING THE BOAT?

“If you answer ‘No’ to any of the above questions this book is for YOU”

One with All Life

yet been achieved. This book develops a technique for traveling from where we are to where we want to be, up the twelve steps of the Ladder of Achievement, to the true realization of our potential on every level.

I have tried to show you how this technique has worked in my own life and the lives of others; and I will continue to do so in the chapters to come. I want you to believe that there is no limit to your capacity for achievement. Jesus said, "He that believeth in me, the works that I do shall he do also; and greater works than these shall he do."

Nowhere in his entire teaching does Jesus tell us anything that we *cannot* do. He simply asks, "Do you believe?" and then affirms, "According to your faith be it done unto you." He didn't ask the people what church they went to, or if they had sinned lately, or who their father was, or if they had bathed recently. He simply said, "According to your faith be it done unto you," teaching that something happened to bring our desires, hopes, dreams, and thoughts into manifestation if we believed in ourselves. He taught further that to believe in oneself is to believe in God and that when we are unified with God, all things are possible. As we have said, this process of unification is called love. With it all things are possible; without it, nothing is possible because, "God is love," and "Love is the fulfilling of the Law."

Now this is not a book about religion in its ordinary sense. A man's religion is the way he lives, and this book is about a way of life which I have found rewarding and fulfilling. I have no authority for its validity except to show you how it has worked in my life and in the lives of the many whom it has been my privilege to teach.

From the book jacket:

"If you feel that you are being cheated of the happiness, success, and peace of mind that is your God-given right, read the inspiring and helpful message in this book. It gives you positive guidance, the techniques and the results which show positive proof that *Your Thoughts Can Change Your Life.*"

One with All Life

I have thousands of letters in my files with reports of everything from instantaneous healings of so-called incurable diseases, to the accumulation of enough money to buy braces for little Susie's teeth. Each of these people, in his own way, has discovered how to unify himself with the Source of all power. And each has been able to do this through a process of personal discipline and practice.

That is the whole point: *It works*. That is actually all I know about it. When I have let it, it has worked in my life from the very beginning. It will do the same for you – if *you* let it.

The whole business of life becomes clear and simple when we take time to understand some of these elementary principles. All we have to do is know a few things, believe in them, live by them, and sustain them by staying on the affirmative side of life by a simple process which Paul referred to when he said, "Pray without ceasing." For this book is really about prayer.

Our twelve steps on the Ladder of Accomplishment deal with the essential attitudes of continuous prayer. Everything we think or feel is our prayer. What we think and feel determines our experience. So our prayers are always answered – completely. "As a man thinketh in his heart, so is he." The affirmative prayer formed by our twelve steps makes it possible for us to determine our experience by conditioning our subconscious mind with constructive thoughts and feelings. The twelve basic attitudes of this book, one of which we develop in each chapter, form the perfect prayer – the prayer that gets results.

To pray effectively in this way, let us gather our "disciples" – the twelve steps of this book –

From the book jacket:

"You are about to set out on one of greatest explorations of a lifetime. You are about to take a voyage into the NEW you... find a glittering new future... begin to use all the latent talents and abilities that God stored up in the treasury of your mind."

"Here is truly a great adventure into the vast and powerful potentials of your inner self, where you learn how to master the techniques of self-emptying and God-filling relaxation... how to rebuild your body... how to allow your mind to focus on new thoughts and ideas... experience a newfound freedom beyond anything you ever dreamed possible!"

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around us, thereby becoming a whole person, unified in spirit, mind and body. You can do it. I know you can. When I first started teaching, some of my friends and former associates were surprised, to say the least. One even exclaimed, "My God, if Curtis can become a minister, anyone can."

The point is, you can do anything you want to do if you can develop the consciousness of that thing. My friend was seeing the outer change without realizing that there had first been an inner change. And, of course, this inner change is the basis of any outer change.

I believe, along with other spiritual mind teachers, that it is possible for man to assist his spiritual unfolding – his inner change – by consciously cooperating with the spiritual power that lies within him. Whatever I can tell you about that process in this book is my contribution toward this end. My deepest prayer is that it may do for you what it has done for me.

Let's be very clear about one thing, however. It is not a short cut. It is a tool for you to use so that you can live more effectively. It assists the process of growth by integrating you as an individual and by unifying the various aspects of your being. The entire series of twelve steps form a complete prayer when taken in sequence from beginning to end; also, each step is a prayer in itself. And remember, prayer is the process of unifying the individual with the Source of his being. Now, the twelve guides of this book form the basis for the practical modern religious philosophy which I teach. Make them your own and let your inner personal religion become the most important thing in your life. Above all, don't be afraid to get your life on a constructive spiritual basis just because you have been separated from God for a

From the book jacket:

"Dr. Curtis shows you the simple techniques for handling yourself and developing your mental powers. He gives you a 5-point expectancy goal-guide; 4 ways to accomplish your objective in life; 4 ways to achieve complete relaxation. Here too, he explains the 7 aspects of the spirit, what they are, and how they affect your life... how the 'raying-out' process can benefit you... how to recognize the flow of love between yourself and the Infinite Intelligence. Each chapter also contains a Daily Guide."

"You will read the amazing true stories of those whose lives were completely changed by the discovery of this wonder-working inner power."

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long time. Don't condemn yourself because you have made mistakes and have done foolish things in the past.

I often tell my audiences, "If there is any wrong that I haven't done at least once, I don't know what it is, so let's start from there. This teaching is for everybody, no matter what you have done, no matter what your habits are, no matter what a mess you have made of things. So don't hold back just because you have done things to make you ashamed of yourself. Let's find out why you did those things, and when we change the reason, you will stop doing them. It's up to you. You can change if you want to and if you'll be honest with yourself. So let's get started. What do you say?"

In my own life, after the many years of struggling for things – riches, recognition, security – all without avail – I have found peace in simply knowing about the principles discussed in these chapters. And by actually applying them I probably have accumulated more satisfaction than those things I struggled to get would have brought me. The point is, there is something more to this business of living than just getting and having. We can all have the greater part if we want it. It is up to us. "Seek ye first the Kingdom of God, and His righteousness; and all these things shall be added unto you."

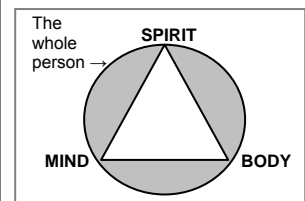
The process of unification is greatly assisted by an understanding of what we are – basically *spirit, mind, and body*. This relationship is clearly shown by this diagram:

From the book jacket:

"How the use of this power became the key to success in the author's own life, and how he has devoted himself ever since to showing other how to bring this saving power into their lives."

"Of special interest, too, are fascinating, behind-the-scenes stories of Hollywood actors and stage stars who have conquered the pressures and tensions of public life through the magic of mind power."

"Begin your journey, now. Fill your life with new excitement, joy, and contentment. You can do it with the help of the 12 mental attitudes outlined in this book. You can begin right now to realize that *Your Thoughts Can Change Your Life*."



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We can only be a whole person when we clearly recognize this basic unity. Spirit is the God-part within us. The Mind is our capacity to use it, and Body is what results from this use. The circle in the diagram represents the wholeness which results when we unify ourselves with the components of our makeup. The circle is the symbol of inner unity – the kingdom which Jesus talks about. When we condition our minds by developing the twelve basic mental attitudes, this comes about automatically.

Now, this unity is broken when we have an intense desire for something and become frustrated when we do not have it. Intense outer effort to attain our objective postpones its demonstration. Unless we first do our inner spiritual and mental work – unless we first accept our objective in inner consciousness – we will never attain it. Many times in life, our burning desire and intense struggle to attain our objective often separates us from that objective because we are constantly affirming that we do not have it. Our process leads us to the conviction that all things are incipient within us and will be demonstrated in our experience according to our recognition and our acceptance.

This conviction is perhaps the single most important step in finding happiness and peace of mind. An inner sense of unity with all life will bring it about. After this is attained, we will be much less concerned about praying for what we want. We will be much more interested in what we *need* for our *fulfillment* as a complete person. Our twelve steps actually form this circle of completion.

Right now we are building a consciousness of unity with all life. We express all of life at the point where we are. God, the Infinite

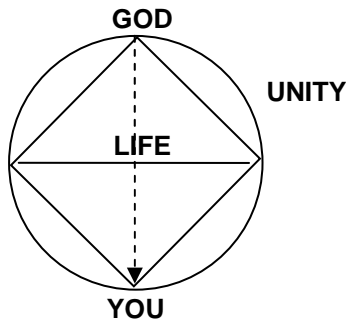
Suggestions for Personal Use:

1. Study each step as explained in the following chapters and meditate upon it as part of a ground plan for your life.
2. Start right here—right now—applying these 12 steps to your life in general.
3. Apply the 12 steps to any particular condition, problem, or situation that may confront you.
4. Go through the steps whenever you are faced with any problem or situation to which you want to bring your fullest power and ability.
5. Start the day by going through this sequence of steps as soon as possible upon arising. Repeat it before retiring.

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Intelligence and energy, is pouring into us. Let us open up our consciousness to the influx of abundant life. Jesus said, "I am come that they might have life, and that they might have it more abundantly." Try to see yourself in relationship to God and to life in this basic diagram:



Since God-power is pouring into us through Life, it is up to us to live fully and abundantly, to be a whole person, and to live up to our full potential.

It is up to you. Let's do it right now.

DAILY GUIDE TO UNIFICATION

I am one with all life. All separation is dissolved as I realize that "I and my Father are one." I am one with nature. The elements of earth, air, fire, and water are unified within me. I am a fluid part of God's total universe. I am one with all that is — one with all that has ever been or will ever be. Time and space blend into the one as I see and become one with the total picture.

I use my sense of unity and power to become a better person. I dissolve anything unlike the nature of God from my consciousness. I am a whole person. I am a complete being. This is my constant frame of reference. I do not depart from it for one second. I know who I am and where I am going. I am attuned to the full meaning of life. I have a job to do on myself and I do it.

Thoughts...

"...it is up to us to live fully and abundantly, to be a whole person, and to live up to our full potential."

"I use my sense of unity and power to become a better person."

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There is no place in my life for the trivial or the second rate. My life is a living prayer. I contemplate the facts of life from the highest point of view. I am a good person and I am constantly becoming better. I am sustained by noble ideal and purpose. I constantly strive to do the best possible job of being myself. I know that I am a son of God and it "doth not yet appear what I shall be."

I give thanks for the abundance which is mine. I am heir to the total riches of the kingdom. I give thanks for life. I give thanks for myself. I give thanks for other people. I give thanks for the opportunity to live, to learn, and to grow. I give thanks for the joy and the enthusiasm which activates my every thought, word and deed. I give thanks for the love which unifies, sustains and gives meaning to all things. I give thanks for the truth which makes me free. And so it is.

Thoughts...

"There is no place in my life for the trivial or the second rate."

"I give thanks for the opportunity to live, to learn, and to grow."

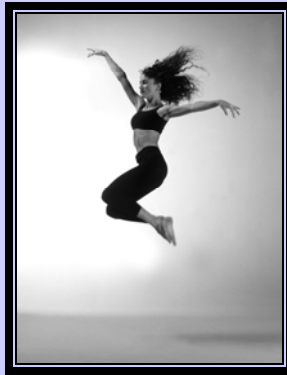
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