

AS A MAN THINKETH

I know that what I have to say to you has surely had an immeasurable influence on the lives of many people. It is not a new idea nor does any living person have a monopoly over it. It is not particular to any class of people, nor to any religion, cult, group or community.

I am referring to a Power, a Power which, when correctly applied, will bring you a lasting, self-confident and sincere personality. It can also confer upon you peace and true happiness.

I believe that you are seeking such a path, a path that will take you to those very heights.

This Power is so comprehensive that it covers the whole of mankind and reaches out to every condition and circumstance of life. **As a person you are literally what you think, your character being the complete sum of your thoughts.**

This Power applies as equally to those actions we term spontaneous and unpremeditated as to those we call deliberate or premeditated. Every act of Man springs from hidden seeds of thought. The acts could not have appeared without the seed-thoughts in the same way that a plant or flower springs from and could not exist without its seed. So every action is a blossom of thought. Joy and suffering are its fruits. And so, mankind experiences fruits, bitter or sweet, from his own garden – the mind.

So I urge you to listen very carefully so that you may understand, absorb and retain most of what I have to say, and I hope you will benefit from it.

It is thoughts in the mind that make us what we are. It is by thought that our lives are wrecked or built. If a man's mind has evil thoughts, pain comes to him as surely as night follows day. If we can dwell in thoughts of purity, joy will follow us as surely as our shadow.

The reason is simple to understand. Man is a product of Law, Divine Law, and is not an artificial creation. Cause and effect are the fruits of this Law. The Law of Cause and Effect cannot be avoided. Its operation is undeviating and absolute, working in the hidden realm of thought as well as in the visible material world.

You have observed in your own life, perhaps, when you have met a noble and God-like person, that his or her character has not come about by favour or chance but as a natural result of **continuous effort** on that person's part to develop good thinking; that his or her character is the effect of a deep **and long-cherished association** with God-like thoughts. By the same token an animal-like character is the product of continuously holding evil or grovelling thoughts.

Man is made or unmade by himself. In the workshop of his thoughts he manufactures the weapons by which he destroys himself and, in the very same workshop, he also manufactures the building materials with which he constructs his heavenly home of joy, peace and power.

So, what I am saying is that by **sincere and persistent** application of **right** thoughts, you can climb to that Divine Perfection and meet your Creator face to face or, by the wrong choice and application of thought, you can also fall even below the level of an animal.

Between these two levels of the Divine and the animal exist all the shades and grades of character, with man himself being their maker and master.

The Masters, Sages, Saints, Prophets and Messengers, from whatever scriptures you might study, have essentially been pointing in the same direction at the very same thing, albeit describing it in different languages, in different ways, using different methods: **Know Thy Self.**

Now I am aware that earlier on I referred to a God-like character and also to references in the scriptures of Masters, Sages, Saints, Prophets and Messengers. If, from this, you have any misapprehensions, or even if you have any thought that I am trying to change your religion or your beliefs, then please throw those fears away once and for all. I am not here to preach **any** religion. If you want religion there is plenty of it available elsewhere. You do have a choice in this matter and it is your privilege to exercise that choice.

In fact, far from leading you away from your religion, I will plead with you not to give it up no matter which religion it might be. This is because the message I am bringing has nothing to do with the religion you are following nor with any other religion.

The message I am bringing is to do with an experience you can have when you discover a truth within yourself, inside you, by applying your concentration to a particular point. This experience follows immediately you have developed the power of concentration. It is an experience of joy and of Self-confidence. It is an experience which confirms your understanding of the Self, the Soul, and leads to the beautiful realisation of your relationship with your Creator, with the Power that makes it possible for you to experience pain and pleasure and to touch, smell, taste, feel, see and hear.

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