

The Power of Thought

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Subject this morning: The “Power of Thought,” the “Power of Thought.”

One thing I want you to realize, that thought in itself, has no power whatsoever. But the “Power of Thought” is its ability to augment, or inhibit, I’m sorry to say, the great flow of the Cosmic Forces within us – the Great Power of God within us. Thought can augment it, or inhibit it. But the power within us is not of thought. The power is of the Conscious Presence of God. And there is no power within us like the Wisdom and the Power of God’s Omniscience within us – uninhibited.

There is plenty of power within us. There is sufficient power for all our needs. What is the trouble? We interfere with the flow of that Great Power of God. God has something to do with that. So remember, within us is sufficient force and power, the Great Love of God, for all our needs. Let us use thought, not to inhibit His flow, but to augment it. To help the flow of God’s Presence within us. We, being His children, and having been given free will, can do that. We either can work with God, being one with Him, knowing Him; or we can go against His Power, and Force within us, which we sometimes do.

So it is necessary in discussing this subject this morning, the “Power of Thought,” to realize just wherein lies the “Power of Thought” within us. Just wherein we can utilize thought to increase, and realize, more, and more the Presence of God within us, and not to inhibit it, as we sometimes do. Do not obstruct this harmonious flow of God’s Presence within you. Thought can do that. There’s no question.

You see some people, they’re restless. Their minds are restless. Their bodies are restless. Why – because they’re allowing thought to inhibit the Presence of God within them – interfere with this harmonious action. Let us not do that. Rather, let us join with God’s Power within us. Augment it. And we can do that, because we’re made in the Image of God. We have all His Power within us, if we will use it, and not interfere with it.

Now, the "Power of Thought" lies in controlled and directed thought. That's the thing to remember. Therein lies thought's power, in how you handle it to do something else. And what is that which you are going to do? You're going to feel the Presence of God within you. Allow it to operate it as it should. Be one with the Cosmic Forces within you, and not to interfere with God's Harmonious Plan. We have interfered with it through incarnations, that's why we have to study this subject, the "Power of Thought," and utilize it to once more regain what we truly are – children of God – one with His Great Power within us.

Now, the "Power of Thought" depends on whether you control and direct it, or not. Now you take the great force of electricity, which is all around us. Utilized, and controlled, and directed, you can light a city, do many, many things. It can kill a man. But alone, undirected, not utilized, it is of little value. And so it is, unless we control thought, and utilize it in the right way, it is not only of little value, but it interferes with life and the Presence of God within us.

Now, "controlled thought" means that when you control your thought with right thinking that that thought sends suggestions to the subconscious mind within you, which is amenable to the power of suggestion. Don't forget that. When you think right, when you control your thought, you send suggestions into the subconscious mind within you. And what does that subconscious mind do? That subconscious mind feeds those suggestions to your waking consciousness, which you are using right now listening to me. Sending those right suggestions to the waking mind, then you live in harmony. Then you can be a success in life.

A successful man is one who is continually sending, whether he knows it or not, to his subconscious mind, right suggestions, and the subconscious mind takes those suggestions, holds them, and feeds them to his waking consciousness. And so, suggestions of success keep coming up into his waking consciousness, and his object of life, "success," is realized. That's the way to use controlled thought power. Control it. I'll give you one illustration – one or two illustrations. You take a person with an inferiority complex. Now they're using the "Power of Thought," usually, by adding fuel to the fire; suggesting to their own subconscious mind, "I can't do anything, I'm a failure, I'm a mess." Naturally, they'll be a mess, because those suggestions keep coming up into the waking consciousness, and they get a little enthusiasm, and down they go. That's the "Power of Thought" in that sense.

I can give you one illustration in my own case. I used to be quite shy. I still am, somewhat, but – Master was shy. Don't forget that, quite shy. But I did have an

inferiority complex. And one morning, I was walking down the street, going to college, and I says to myself, "Now listen, listen, you are a child of God. You're just as good as any other person in the world. Now, from now on, you're going to claim that which is your birthright, a child of God, and get out of this inferiority complex, shyness." And I did that. And I kept suggesting to the subconscious mind. And it picked it up. Finally, it went away. Why? Because I used controlled, directed thought in the right way. Is that clear now? That's how it works.

Now uncontrolled thought works in the same way. Uncontrolled thought sends into the subconsciousness undesirable suggestions, undesirable suggestions. And those undesirable suggestions are fed to the conscious mind, and the condition increases. You take a person, as I've said, with a restless mind – restless thoughts, jittery – and those suggestions are given to his own subconscious mind. Uncontrolled thought. You see, uncontrolled thought power gives those suggestions to that person's subconscious mind and the subconscious mind – following the law of God, it can't do anything else – suggests to that person's waking consciousness: "You are restless, your mind is restless." And the body becomes just as the mind. Look at them, jumping around. Mind is restless. Their whole activity becomes unbalanced. Do you see – restless. How can they succeed let alone feeling the Presence of God within them?

And so you can see, uncontrolled thought produces undesirable results, because it suggests to that subconscious mind, which is the Presence of God within us, in an unconscious way, to carry on those undesirable suggestions, and keep feeding them to the waking consciousness. How can a person improve? They cannot. But remember, Self-Realization gives you the techniques whereby you can improve. You take the highest technique of concentration, simple Hong Sau technique, as is known by the members of Self-Realization. What does that do? It one points the mind so that you can get hold of it, and then you can control it. Then you can direct it, and give proper suggestions to the subconsciousness, and in turn those suggestions will be fed to help you. To help you live as you wanna live. Not to live as a mechanical being.

So remember, controlled thought gives you power. Uncontrolled thought, yes, gives you power in the wrong way, by causing undesirable suggestions to be lifted into your waking state of consciousness. And how can you get out of it? It's almost impossible. But there is a way, and that is to use controlled "Power of

Thought” to lift you from outward consciousness of delusion, into God’s Presence. I will come to that in a moment.

Now, as far as directed thought goes, the last, the final aspect, is fully controlled thought. And this is the key to the subject, the “Power of Thought;” fully controlled mind. Now, what happens when your mind is fully controlled? There is no mind. There, there are no thoughts. The thoughts cease, and what happens? The Power of God, as the intuition within you, flows naturally. The Power of God is intuition within you – and there’s no power like the Intuition of the Wisdom, and the Power of God’s Omniscience in you.

Now, that’s the whole key to the subject this morning. Remember that. Full control of thought within you means the sece...the secession of mental activity. Now, you won’t die. You won’t fade away into nothingness. Then you will feel God in you. But as long as the thoughts are flowing back and forth, and are not controlled, God’s Power cannot be realized. That seems a paradox, doesn’t it? To get the full benefit of the mind and thought power, is to do away with it, because it interferes. So subtle is God’s Power within us – so subtle are the Cosmic Forces within us – that it just takes a little bit to interfere with them. And the activity of the mind interferes with the normal flow of the Great Cosmic Forces within us.

So remember, complete control of your mind, as we sing that song, “When the thoughts have gone to rest, that’s the time I feel God best,” is literally true. So, if you want the full power within you, not of thought, but the Full Power of God, do away with thought. Let God’s Omniscience guide your life. Let God’s Omniscience, and Wisdom, and Power be in you and you one with that. And that’s the important point this morning. That’s the real point to remember on the “Power of Thought” – God’s Power.

Now going on just a bit; a few other things I’ve written here, which might interest you. Thought is like a vitamin. Vitamins have no food value, you know that? But they have another power; another, another attribute, which is very desirable. Vitamins are activated – activated. Think of it. They’re not food, but there are lots of vitamins sold.

I went into the health shop the other day in San Diego. On a great big shelf, two shelves, filled with vitamins. So they must be doing some good. They do do good. But without the proper food, the vitamins do you no good. Vitamins are activated. So the “Power of Thought” can be a great activator. As you take food

into your body, you take carbohydrates, and proteins, and fats, and mineral salts. You get everything just right you have a balanced diet, except you don't have the vitamins. So, if you're wise, you take the vitamins. So, you come down to the SRF Café and get the right vegetables, which have all the vitamins. Then you won't have to patronize those vitamins on the shelves. But everybody can't come down. So it's good. It's good to get the vitamins. That's fine.

What do the vitamins do? They cause the right food, which you have taken into your body – as the carbohydrates, proteins, minerals salts, and fats – they cause those to be picked up, and they cause the cells to utilize those foods, which you have taken into the body, in the right way. Now that's what an activator means – and vitamins do that.

Now mind is a great activator. Mind is a great activator to help you pick up the greatest food that you have within you. What is it? The Power of God within you – the Great Cosmic Force. And where does that come into you? Through the Medulla Center. “Thou shalt not live by bread alone...” – by carbohydrates, proteins, fats, oxygen, mineral salts; no – but by the Great Food, which is in you naturally – “By every word that proceedeth from the mouth of God.” Every vibration of God's Great Power coming in through the Medulla Center, where it is transformed, and has made your body, and sustains it, and can sustain you, and can keep you proper and right, as God wants you to be. Live by that. Live by that.

Now, the mind is the activator which enables you to live by that food of God's Presence within you. Is that clear? How? By not interfering with that flow of God's Power coming in through the Mouth of God – the Mouth of God; “Thou shalt live by every word that proceedeth from the mouth of God.” The “mouth” is the Medulla Center; the Great Cosmic Energy spread all over, like electricity, is focused through the Medulla Center. Then you can utilize it, and live as you should, as God's child. So remember, the “Power of Thought” can be utilized as an activator, just like you take the vitamins. Now, you take the vitamins regularly. Yes, I take some. As the Master says, “You'd better take some. Although you're in good shape, still you need some.” So, I take them, and I live in Encinitas, and eat the food, but still I take them. Rather be on the safe side than on the other side. That's the way. I'd rather be on God's Side though, so, I take time to use the activator of Thought Power to the best of my ability that I may utilize the Food of God, which comes in through the Medulla Center. That's the greatest thing. So, so much for the “Power of Thought” as an activator.

Remember, thought in itself has no power. Don't be a slave to anything, except the Presence of God within you. But utilize the different things within you, the different powers of mind, intellect, introspection, reason, even sensation. You can feel God when you eat, and taste things. Why not? How would you enjoy things except God's Power in you? Utilize that, even in that gross vibration of sensation. God is there, just the same as He is in your most inspirational thinking and feeling. Remember that. God is in everything. Do not discard sensation, but take God with you in sensation. Then you will surely win.

Now, going on just a little bit about using the "Power of Thought" in a little different way; one or two things before we close. As your thoughts are keyed to the limited source, or as keyed to the Infinite Source within you, so shall your life be. Remember that. As you key your thoughts to the limited source of the physical body, with its limitations, and the mind, and the intellect, so your life will be. But, if you key your thoughts to the Presence of God within you, then your life will be just as that.

The Master gave one illustration like this, speaking about the "Power of Thought" and he meant by that, when you utilize the "Power of Thought," you can then take full advantage of God's Presence within you. In your own dreamland, say you are thin. Can't you be fat? Say you are fat. Can't you be thin? Now, there's a key for those of you who're too fat. In your own dreamland, you can change yourself. If you're too thin, you can be nice and fat. And, if you're too fat, you can be thin – all right. You can do that. We're made in the Image of God. If we join, and become one with God's Presence within us, and realize the Dream He has, and is, has created, and is sustaining, just as we can be as we like in our dream, so we can be as we like when we use the Unlimited Power of God within us. Is that clear? Just remember that.

Don't think "Now God is so far off," you can't say, "Father, I'm awful fat. Make me thin." He won't listen. But get into His Presence. Then say, "Father, here I am, look at me." He knows what you need. You don't have to tell Him your too fat. He knows. But the power is let His Great Force work through you, His Great Cosmic Force. If we're fat, we might as well feel this way about it. At least, I'd rather have God laughing with me than trying to work through the body and get thin. I can't. I eat very little, now, to what I used to. I don't know why I can't get it off. So, I've said, "Father, do what you like, I'm through with it."

Now some of you fat ladies, if you'll do that, let God do as He likes, you'll find, pretty soon, it'll be going off, because that full surrender to God, His Omniscience, knows all things. Knows even the sparrow's fall; knows whether you are fat, or not. God is a wonderful, wonderful Fellow, and I do not say that with any disrespect, but with the greatest reverence. He is so human. So I like to talk to Him, feel Him in that Light, just as my greatest Friend. That's God. And that's what God should be to each and every one of us.

So going on, let me read you one thing the Master said about using the "Power of Thought," and this he means, keying it to the Unlimited Source of God within us. He says, "Such is the power of thought. Thought is the greatest power, the root cause of our existence." Because if we do not inhibit the Cosmic Force within us, we are perfectly safe, we'll be perfectly all right.

So that's what he means when he says God..."Thought is the greatest power within, the root cause of our existence..." depends on our thought. The control, which controls the physical, the financial, the moral, the spiritual, and every condition in the body, is controlled by, whether you interfere with God's Presence within you, or the Cosmic Forces, or not. And that you have to do by thought. You understand? That's wherein lies thought's power, whether it is, as I said in the beginning, augments the Presence of God, or inhibits His Great Love for us.

If God Loves us – as I'm sure we all know, as it says in the scriptures, "God is Love." Does He want us sick and sinful? No. He wants us to be as He wanted us to be. Now what's the trouble? We have interfered with the Presence of God within us; with His great Cosmic Forces, which are flowing through us. We have not been baptized regularly, daily, by following the techniques which God has sent through the Master. We have not received, and been baptized, by His Great Light. That's what we must do. And we must use the "Power of Thought" to do just that.

So in this life, so in this life, if we are concentrating on the limited source, the results will be just that. But, if we concentrate on the Great Source of all Power within us, God Himself – I know it's easy to say it – but we have the power within us to do it, to concentrate on the Unlimited Supply, the Presence of God within us. If we do that, then our lives will be rounded out, completely successful. You've seen many people who work hard, slave, and can hardly accumulate enough to buy the necessities of life. Why? Because they have put their faith, and depended on physical things – things not of God; they have not

depended on the Unlimited Supply within them, the Presence of God, and the Presence of His Great Cosmic Forces.

And so if you, any of you are finding it hard, don't give up. Just realize there's something you aren't doing right. Now it may have been in a previous life. What of it! Right now, begin to depend – key your thoughts to the Unlimited Supply of God within you as His Great Cosmic Forces and less on physical things. Turn more toward Spiritual things. So that's one of the greatest things we should learn about using the "Power of Thought." If you learn to do that, if you learn to depend more on God, you will find your life changed right off. It cannot help, so.

Now it may not change as much as your neighbors. Perhaps your neighbor's karma is better than yours. But your life, irrespective of your past karma, will change, and you will see, from that moment on, you will not be left out with God. That's the greatest thing. And, if God is with us, who can be against us? If God is with us, never mind if we have a bad karma. Never mind that. If God is with us, that's got to pass away in time. And the Presence of God within us will increase, as we depend on Him, the Unlimited Source within us. Depend on God more and more.

One or two illustrations I wanna give, and then I'm through, about the "Power of Thought." I remember, one time, the Master and I attended a, a club meeting. I think it was the Sans Souci Celebrity's Club. I don't know what it means. Never mind, we were there. And on the platform they had several people, and there was one lady. And it was asked what we thought her age was. And a consensus of opinion was that she was about 55. She was over 80. There she stood. Why, why? Because for some reason or other, the mind had not accepted age with her. The pattern in her mind was right. And as a result, the cells of her body worked in such a way to keep her tissues sustained. The different cells in our body make our tissues, make the different organs, and then their supposed to sustain. What happens if they get lazy? Just like people. They get lazy.

Now a powerful mind, a mind which is backed up by God's Power within a person, a mind which uses the Unlimited Power of God's Will, within that person, can make those cells get busy once more, and change, and sustain the tissue in the body. Old age comes because the cells have laid down. They've become lazy. But a powerful mind, one coupled with God – and by that I mean the mind which uses its Power to make the devotee's mind one with God's mind,

and the will of the devotee one with God's Will – can make those cells once more behave, and work, and sustain you as you should be sustained.

Another case that comes to my mind; the Master and I visited a lady, an actress, at her home. She played for us. We had a wonderful evening, and coming out Master said, "How old do you think she is." Oh, I think as I remember, if I put it down, or not, I think I said that she looked about 28. He says, "She's 43 or 45." Why? Because her mind had not accepted any conditions of age, because she had kept her mind keyed to the Unlimited Source of Power and Sustenance within us – the Food of God's Presence. That's why she stayed that way. I saw her later, I think, at the Master's funeral. She was over 60 then, if my calculations are right. You would never know it. So that's the power of mind. Keep the pattern in your mind right, and then that mind will not interfere with the flow of God's Presence within you.

And going on just a little bit; there's one or two things the Master pointed out, which perhaps I better just bring to you before I close. He says, "If you want to use completely, exercise the full power of thought, watch out for mental tyrants," mental tyrants. Those are the things we must watch out for. Now, mental tyrants, he speaks about a few of those. First thing is, cease to live for yourself. You see if you live for yourself, and not for others, what happens? Then you are using, without question of a doubt, the Unlimited Supply at your command – the supply of thought power, which is governed by ego consciousness. That's limited. So we must see others as children of God, one with the Great Common Father – rays of the same Eternal Father. If you do that, you will cease to live for yourself. You will expand your living into the oneness of God's Presence. And when you do that, then you will le...use His Unlimited Supply within you.

Another thing the Master put down, which I should speak about is, "Watch, watch desire." Desires, if you really wanna be thin, really wanna be thin, now, you will use that mental power to turn your attention toward that only; that Source, which, only, can help you in the end. That's the Presence of God within you. Let that be your desire. And I could go on with desires for an hour. We've had enough of desire. Have that one desire to feel God in every action you do – even trying to get thin. Why not? Should we limit God to just religious things? No. Limit God to every act in your life. Take Him in every action, because He is responsible for every action that you do. Take God with you in everything do.

Another thing, do not be mentally lazy. Master used to say, "I can forgive those who are physically lazy, but I cannot forgive those who are mentally lazy."

Why? Because, if you are physically lazy, somehow you get by, but, if you're mentally lazy, you will not have enough power within you to know God, who is sitting behind all your activities. Is that clear? You think you may get away by being mentally lazy. You're feeling good. You're health is good. So when meditation time comes you say, "Yes, but let me sleep tonight. Let me sleep. I'm all right. Everything's fine." But you will not, when the time comes, have enough power to contact God as you should, if you are mentally lazy.

Another thing the Master spoke of was this. "Do not lead a mechanical existence." Do not think, "Well, here I am with all my faults." Do not feel that way. Do not get into the rut. Get out of it, and realize, that until you get out of it, and start to change, it will become harder and harder. The longer that you delay, the harder it's gonna be to get out of that rut. Start now, no matter what you have been. Look at the illustration in the Bible about Mary, who was a great saint. Why? Because she didn't look back; she forgot her past; she turned toward God. Let us do that. Turn toward God; do not live a mechanical life.

One other things, one other thing that I have written down that the Master said is, "Do not mix with those who drag you down." Do not mix with those who drag you down. Change your company, because environment is stronger than will power. If you live with those who drag you down, you are going to key your "Power of Thought" to the unlimited, to the limited source within you – physical things – physical consciousness. Change your company. Mix with those who think of God, as they do here in Self-Realization. Mix with those. And then you'll be keying your "Power of Thought" to the Unlimited Supply of God within.

And remember, the greatest company you can mix with is what? The greatest company within you, the Unlimited Supply is what? The Presence of God within you. Mix with Him. That's the greatest company you can have. If you mix with ordinary people, you become ordinary. If you mix with financial people, successful people, you will become successful. But, if you mix with God, then you become one with Him. Becoming one with Him gives you sufficient power for all your needs.

And, finally, in closing, if you want to attain the greatest mental control, and your "Power of Thought" depends on your mental control, if you want to attain that; the greatest mental control, and thereby, thereby reach the Unlimited Source of God's Wisdom, and Power, and Omniscience; if you want to do that, live with God. Live with God. How can we live with God? God sends us the

way. God sends us the channel. God does not speak through words, but He speaks through the channel which He has sent. That's the channel of God. That's God Himself in that channel. That's Spiritual law, to follow the channel God has sent. Do not criticize the channel. Live with it. Be one with it. Then you'll be living with God.

As the Master once said, he said that his, his own Guru tried to change him, and he was quite belligerent. Naturally, anyone with a will the Master had would be belligerent, but these are his words when he says: "I found my freedom through my Guru," says the Master. "It took dynamite to change my mind, but I had the will power to listen."

Listen to the Voice of God through the channel He has sent. And remember, as you become one with the channel God has sent – this is very important, now – as you become one with the channel God has sent, you will imbibe the mentality and the freedom of the channel. If you are loyal to God, to the Master, to the channel He has sent, and to the Great Ones, to Jesus, and the Great Ones, what happens? You take on their mentality, and freedom. That's what we do not realize.

So, if you want the greatest "Power of Thought" within you, and you want the Power of God within you, mix, and merge, and be one with the channel He has sent. If you are, then you take on the mentality, and greatest of all, the freedom of the channel, because God speaks through that channel. And remember, the words in the Bible, "None can come unto me unless the Heavenly Father draweth him." You can't get to God – you may use the greatest power of mind and thought – you cannot get to God by that. You can only get to God by following the channel He has sent. Therefore, use, use the "Power of Thought" for one thing: to be loyal to the channel God has sent.

Use the "Power of Thought," not to inhibit the flow of God's Great Presence within you. Be one with God. Get, get oneness with God. Know God. Follow the channel. Follow the channel God, our Loving Father, has sent. Follow that, and then you will have all the power you need. You will have the Power of God's Wisdom and His Omniscience. That's the greatest thing.

And so the thing to remember in closing this subject, the "Power of Thought," is what? Seek God. Know God. Get God contact. Get God contact. Theory is interesting. Remember, theory is interesting, but the Touch of God is mandatory to remove all the darkness of delusion.