



# **ABOVE LIFE'S TURMOIL**

**JAMES ALLEN**

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BY  
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**Above Life's Turmoil by James Allen.**

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Then there is another side to this seed sowing. The farmer must scatter all his seed upon the land, and then leave it to the elements. Were he to covetously hoard his seed, he would lose both it and his produce, for his seed would perish. It perishes when he sows it, but in perishing it brings forth a great abundance. So in life, we get by giving; we grow rich by scattering. The man who says he is in possession of knowledge which he cannot give out because the world is incapable of receiving it, either does not possess such knowledge, or, if he does, will soon be deprived of it - if he is not already so deprived. To hoard is to lose; to exclusively retain is to be dispossessed.

Even the man who would increase his material wealth must be willing to part with (invest) what little capital he has, and then wait for the increase. So long as he retains his hold on his precious money, he will not only remain poor, but will be growing poorer everyday. He will, after all, lose the thing he loves, and will lose it without increase. But if he wisely lets it go; if, like the farmer, he scatters his seeds of gold, then he can faithfully wait for, and reasonably expect, the increase.

Men are asking God to give them peace and purity, and righteousness and blessedness, but are not obtaining these things; and why not? Because they are not practising them, not sowing them. I once heard a preacher pray very earnestly for forgiveness, and shortly afterwards, in the course of his sermon, he called upon his congregation to "show no mercy to the enemies of the church." Such self-delusion is pitiful, and men have yet to learn that the way to obtain peace and blessedness is to scatter peaceful and blessed thoughts, words, and deeds.

Men believe that they can sow the seeds of strife, impurity, and unbrotherliness, and then gather in a rich harvest of peace, purity and concord by merely asking for it. What more pathetic sight than to see an irritable and quarrelsome man praying for peace. Men reap that which they sow, and any man can reap all blessedness now and at once, if he will put aside selfishness, and sow broadcast the seeds of kindness, gentleness, and love.

If a man is troubled, perplexed, sorrowful, or unhappy, let him ask:

"What mental seeds have I been sowing?"

"What seeds am I sowing?"

“What have I done for others?”

“What is my attitude towards others?”

“What seeds of trouble and sorrow and unhappiness have I sown that I should thus reap these bitter weeds?”

Let him seek within and find, and having found, let him abandon all the seeds of self, and sow, henceforth, only the seeds of Truth.

Let him learn of the farmer the simple truths of wisdom.

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## 12. THE REIGN OF LAW

The little party gods have had their day. The arbitrary gods, creatures of human caprice and ignorance, are falling into disrepute. Men have quarrelled over and defended them until they have grown weary of the strife, and now, everywhere, they are relinquishing and breaking up these helpless idols of their long worship.

The god of revenge, hatred and jealousy, who gloats over the downfall of his enemies; the partial god who gratifies all our narrow and selfish desires; the god who saves only the creatures of his particular special creed; the god of exclusiveness and favouritism; such were the gods (miscalled by us God) of our soul's infancy, gods base and foolish as ourselves, the fabrications of our selfish self. And we relinquished our petty gods with bitter tears and misgivings, and broke our idols with bleeding hands. But in so doing we did not lose sight of God; nay we drew nearer to the great, silent Heart of Love. Destroying the idols of self, we began to comprehend somewhat of the Power which cannot be destroyed, and entered into a wider knowledge of the God of Love, of Peace, of Joy; the God in whom revenge and partiality cannot exist; the God of Light, from whose presence the darkness of fear and doubt and selfishness cannot choose but flee.

We have reached one of those epochs in the world's progress which witnesses the passing of the false gods; the gods of human selfishness and human illusion. The new-old revelation of one universal impersonal Truth has again dawned upon the world, and its searching light has carried consternation to the perishable gods who take shelter under the shadow of self.

Men have lost faith in a god who can be cajoled, who rules arbitrarily and capriciously, subverting the whole order of things to gratify the wishes of his worshippers, and are turning, with a new light in their eyes and a new joy in their hearts, to the God of Law.

And to Him they turn, not for personal happiness and gratification, but for knowledge, for understanding, for wisdom, for liberation from the bondage of self. And thus turning, they do not seek in vain, nor are they

sent away empty and discomfited. They find within themselves the reign of Law, that every thought, every impulse, every act and word brings about a result in exact accordance with its own nature; that thoughts of love bring about beautiful and blissful conditions, that hateful thoughts bring about distorted and painful conditions, that thoughts and acts good and evil are weighed in the faultless balance of the Supreme Law, and receive their equal measure of blessedness on the one hand, and misery on the other. And thus finding they enter a new Path, the Path of Obedience to the Law. Entering that Path they no longer accuse, no longer doubt, no longer fret and despond, for they know that God is right, the universal laws are right, the cosmos is right, and that they themselves are wrong, if wrong there is, and that their salvation depends upon themselves, upon their own efforts, upon their personal acceptance of that which is good and deliberate rejection of that which is evil. No longer merely hearers, they become doers of the Word, and they acquire knowledge, they receive understanding, they grow in wisdom, and they enter into the glorious life of liberation from the bondage of self.

“The Law of the Lord is perfect, enlightening the eyes.” Imperfection lies in man’s ignorance, in man’s blind folly. Perfection, which is knowledge of the Perfect Law, is ready for all who earnestly seek it; it belongs to the order of things; it is yours and mine now if we will only put self-seeking on one side, and adopt the life of self-obliteration.

The knowledge of Truth, with its unspeakable joy, its calmness and quiet strength, is not for those who persist in clinging to their “rights,” defending their “interests,” and fighting for their “opinions”; whose works are imbued with the personal “I,” and who build upon the shifting sands of selfishness and egotism. It is for those who renounce these causes of strife, these sources of pain and sorrow; and they are, indeed, Children of Truth, disciples of the Master, worshippers of the most High.

The Children of Truth are in the world today; they are thinking, acting, writing, speaking; yea, even prophets are amongst us, and their influence is pervading the whole earth. An undercurrent of holy joy is gathering force in the world, so that men and women are moved with new aspirations and hopes, and even those who neither see nor hear, feel within themselves strange yearnings after a better and fuller life.

The Law reigns, and it reigns in men's hearts and lives; and they have come to understand the reign of Law who have sought out the Tabernacle of the true God by the fair pathway of unselfishness.

God does not alter for man, for this would mean that the perfect must become imperfect; man must alter for God, and this implies that the imperfect must become perfect. The Law cannot be broken for man, otherwise confusion would ensue; man must obey the Law; this is in accordance with harmony, order, justice.

There is no more painful bondage than to be at the mercy of one's inclinations; no greater liberty than utmost obedience to the Law of Being.

And the Law is that the heart shall be purified, the mind regenerated, and the whole being brought in subjection to Love till self is dead and Love is all in all, for the reign of Law is the reign of Love. And Love waits for all, rejecting none.

Love may be claimed and entered into now, for it is the heritage of all.

Ah, beautiful Truth! To know that now man may accept his divine heritage, and enter the Kingdom of Heaven!

Oh, pitiful error! To know that man rejects it because of love of self!

Obedience to the Law means the destruction of sin and self, and the realisation of unclouded joy and undying peace.

Clinging to one's selfish inclinations means the drawing about one's soul clouds of pain and sorrow which darken the light of Truth; the shutting out of oneself from all real blessedness; for "whatsoever a man sows that shall he also reap."

Verily the Law reigneth, and reigneth for ever, and Justice and Love are its eternal ministers.

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## 13. THE SUPREME JUSTICE

The material universe is maintained and preserved by the equilibrium of its forces.

The moral universe is sustained and protected by the perfect balance of its equivalents.

As in the physical world Nature abhors a vacuum, so in the spiritual world disharmony is annulled.

Underlying the disturbances and destructions of Nature, and behind the mutability of its forms, there abides the eternal and perfect mathematical symmetry; and at the heart of life, behind all its pain, uncertainty, and unrest, there abide the eternal harmony, the unbroken peace, and inviolable Justice.

Is there, then, no injustice in the universe? There is injustice, and there is not. It depends upon the kind of life and the state of consciousness from which a man looks out upon the world and judges. The man who lives in his passions sees injustice everywhere; the man who has overcome his passions, sees the operations of Justice in every department of human life. Injustice is the confused, feverish dream of passion, real enough to those who are dreaming it; Justice is the permanent reality in life, gloriously visible to those who have wakened out of the painful nightmare of self.

The Divine Order cannot be perceived until passion and self are transcended; the Faultless Justice cannot be apprehended until all sense of injury and wrong is consumed in the pure flames of all-embracing Love.

The man who thinks, "I have been slighted, I have been injured, I have been insulted, I have been treated unjustly," cannot know what Justice is; blinded by self, he cannot perceive the pure Principles of Truth, and brooding upon his wrongs, he lives in continual misery.

In the region of passion there is a ceaseless conflict of forces causing suffering to all who are involved in them. There is action and reaction,

deed and consequence, cause and effect; and within and above all is the Divine Justice regulating the play of forces with the utmost mathematical accuracy, balancing cause and effect with the finest precision. But this Justice is not perceived - cannot be perceived - by those who are engaged in the conflict; before this can be done, the fierce warfare of passion must be left behind.

The world of passion is the abode of schisms, quarrellings, wars, law-suits, accusations, condemnations, impurities, weaknesses, follies, hatreds, revenges, and resentments. How can a man perceive Justice or understand Truth who is even partly involved in the fierce play of its blinding elements? As well expect a man caught in the flames of a burning building to sit down and reason out the cause of the fire.

In this realm of passion, men see injustice in the actions of others because, seeing only immediate appearances, they regard every act as standing by itself, undetached from cause and consequence. Having no knowledge of cause and effect in the moral sphere, men do not see the exacting and balancing process which is momentarily proceeding, nor do they ever regard their own actions as unjust, but only the actions of others. A boy beats a defenceless animal, then a man beats the defenceless boy for his cruelty, then a stronger man attacks the man for his cruelty to the boy. Each believes the other to be unjust and cruel, and himself to be just and humane; and doubtless most of all would the boy justify his conduct toward the animal as altogether necessary. Thus does ignorance keep alive hatred and strife; thus do men blindly inflict suffering upon themselves, living in passion and resentment, and not finding the true way in life. Hatred is met with hatred, passion with passion, strife with strife. The man who kills is himself killed; the thief who lives by depriving others is himself deprived; the beast that preys on others is hunted and killed; the accuser is accused, the condemner is condemned, the denouncer is persecuted.

*“By this the slayer’s knife doth stab himself,  
The unjust judge has lost his own defender,  
The false tongue dooms its lie, the creeping thief  
And spoiler rob to render.  
Such is the Law.”*

Passion, also has its active and passive sides. Fool and fraud, oppressor and slave, aggressor and retaliator, the charlatan and the superstitious, complement each other, and come together by the operation of the Law of Justice. Men unconsciously cooperate in the mutual production of affliction; "the blind lead the blind, and both fall together into the ditch." Pain, grief, sorrow, and misery are the fruits of which passion is the flower.

Where the passion-bound soul sees only injustice, the good man, he who has conquered passion, sees cause and effect, sees the Supreme Justice. It is impossible for such a man to regard himself as treated unjustly, because he has ceased to see injustice. He knows that no one can injure or cheat him, having ceased to injure or cheat himself. However passionately or ignorantly men may act towards him, it cannot possibly cause him any pain, for he knows that whatever comes to him (it may be abuse and persecution) can only come as the effect of what he himself has formerly sent out. He therefore regards all things as good, rejoices in all things, loves his enemies and blesses them that curse him, regarding them as the blind but beneficent instruments by which he is enabled to pay his moral debts to the Great Law.

The good man, having put away all resentment, retaliation, self-seeking, and egotism, has arrived at a state of equilibrium, and has thereby become identified with the Eternal and Universal Equilibrium. Having lifted himself above the blind forces of passion, he understands those forces, contemplates them with a calm penetrating insight, like the solitary dweller upon a mountain who looks down upon the conflict of the storms beneath his feet. For him, injustice has ceased, and he sees ignorance and suffering on the one hand and enlightenment and bliss on the other. He sees that not only do the fool and the slave need his sympathy, but that the fraud and the oppressor are equally in need of it, and so his compassion is extended towards all.

The Supreme Justice and the Supreme Love are one. Cause and effect cannot be avoided; consequences cannot be escaped.

While a man is given to hatred, resentment, anger and condemnation, he is subject to injustice as the dreamer to his dream, and cannot do otherwise than see injustice; but he who has overcome those fiery and

binding elements, knows that unerring Justice presides over all, that in reality there is no such thing as injustice in the whole of the universe.

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## 14. THE USE OF REASON

We have heard it said that reason is a blind guide, and that it draws men away from Truth rather than leads them to it. If this were true, it were better to remain, or to become, unreasonable, and to persuade others so to do. We have found, however, that the diligent cultivation of the divine faculty of reason brings about calmness and mental poise, and enables one to meet cheerfully the problems and difficulties of life.

It is true there is a higher light than reason; even that of the Spirit of Truth itself, but without the aid of reason, Truth cannot be apprehended. They who refuse to trim the lamp of reason will never, whilst they so refuse, perceive the light of Truth, for the light of reason is a reflection of that Light.

Reason is a purely abstract quality, and comes midway between the animal and divine consciousness in man, and leads, if rightly employed, from the darkness of one to the Light of the other. It is true that reason may be enlisted in the service of the lower, self-seeking nature, but this is only a result of its partial and imperfect exercise. A fuller development of reason leads away from the selfish nature, and ultimately allies the soul with the highest, the divine.

That spiritual Percival who, searching for the Holy Grail of the Perfect Life, is again and again

*“left alone,  
And wearying in a land of sand and thorns,”*

is not so stranded because he has followed reason, but because he is still clinging to, and is reluctant to leave, some remnants of his lower nature. He who will use the light of reason as a torch to search for Truth will not be left at last in comfortless darkness.

“Come, now, and let us reason together, saith the Lord; though your sins be as scarlet, they shall be as white as snow.”

Many men and women pass through untold sufferings, and at last die in their sins, because they *refuse to reason*; because they cling to those

dark delusions which even a faint glimmer of the light of reason would dispel; and all must use their reason freely, fully, and faithfully, who would exchange the scarlet robe of sin and suffering for the white garment of blamelessness and peace.

It is because we have proved and know these truths that we exhort men to

*“tread the middle road, whose course  
Bright reason traces, and soft quiet  
smooths,”*

for reason leads away from passion and selfishness into the quiet ways of sweet persuasion and gentle forgiveness, and he will never be led astray, nor will he follow blind guides, who faithfully adheres to the Apostolic injunction, “Prove all things, and hold fast that which is good.” They, therefore, who despise the light of reason, despise the Light of Truth.

Large numbers of people are possessed of the strange delusion that reason is somehow intimately connected with the denial of the existence of God. This is probably due to the fact that those who try to prove that there is no God usually profess to take their stand upon reason, while those who try to prove the reverse generally profess to take their stand on faith. Such argumentative combatants, however, are frequently governed more by prejudice than either reason or faith, their object being not to find Truth, but to defend and confirm a preconceived opinion.

Reason is concerned, not with ephemeral opinions, but with the established truth of things, and he who is possessed of the faculty of reason in its purity and excellence can never be enslaved by prejudice, and will put from him all preconceived opinions as worthless. He will neither attempt to prove nor disprove, but after balancing extremes and bringing together all apparent contradictions, he will carefully and dispassionately weigh and consider them, and so arrive at Truth.

Reason is, in reality, associated with all that is pure and gentle, moderate and just. It is said of a violent man that he is “unreasonable,” of a kind and considerate man that he is “reasonable,” and of an insane man that he has “lost his reason.” Thus it is seen that the word is used, even to a great extent unconsciously, though none the less truly, in a very

comprehensive sense, and though reason is not actually love and thoughtfulness and gentleness and sanity, it leads to and is intimately connected with these divine qualities, and cannot, except for purposes of analysis, be dissociated from them.

Reason represents all that is high and noble in man. It distinguishes him from the brute which blindly follows its animal inclinations, and just in the degree that man disobeys the voice of reason and follows his inclinations does he become brutish. As Milton says:

*“Reason in man obscured, or not obeyed,  
Immediately inordinate desires  
And upstart passions catch the government  
From reason, and to servitude reduce  
Man till then free.”*

The following definition of “reason” from Nuttall’s Dictionary will give some idea of the comprehensiveness of the word:

*The cause, ground, principle, or motive of anything said or done; efficient cause; final cause; the faculty of intelligence in man; especially the faculty by which we arrive at necessary truth.*

It will thus be seen that “reason” is a term, the breadth of which is almost sufficient to embrace even Truth itself, and Archbishop Trench tells us in his celebrated work *‘On the Study of Words’* that the terms Reason and Word “are indeed so essentially one and the same that the Greek language has one word for them both,” so that the Word of God is the Reason of God; and one of the renderings of Lao-tze’s “Tao” is Reason, so that in the Chinese translation of our New Testament, St. John’s Gospel runs; “In the beginning was the Tao.”

To the undeveloped and uncharitable mind all words have narrow applications, but as a man enlarges his sympathies and broadens his intelligence, words become filled with rich meanings and assume comprehensive proportions. Let us therefore cease from foolish quarrellings about words, and, like reasonable beings, search for principles and practise those things which make for unity and peace.

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## 15. SELF-DISCIPLINE

A man does not live until he begins to discipline himself; he merely exists. Like an animal he gratifies his desires and pursues his inclinations just where they may lead him. He is happy as a beast is happy, because he is not conscious of what he is depriving himself; he suffers as the beast suffers, because he does not know the way out of suffering. He does not intelligently reflect upon life, and lives in a series of sensations, longings, and confused memories which are unrelated to any central idea or principle. A man whose inner life is so ungoverned and chaotic must necessarily manifest this confusion in the visible conditions of his outer life in the world; and though for a time, running with the stream of his desires, he may draw to himself a more or less large share of the outer necessities and comforts of life, he never achieves any real success nor accomplishes any real good, and sooner or later worldly failure and disaster are inevitable, as the direct result of the inward failure to properly adjust and regulate those mental forces which make the outer life.

Before a man accomplish anything of an enduring nature in the world he must first of all acquire some measure of success in the management of his own mind. This is as mathematical a truism as that two and two are four, for, "out of the heart are the issues of life." If a man cannot govern the forces within himself, he cannot hold a firm hand upon the outer activities which form his visible life. On the other hand, as a man succeeds, in governing himself he rises to higher and higher levels of power and usefulness and success in the world.

The only difference between the life of the beast and that of the undisciplined man is that the man has a wider variety of desires, and experiences a greater intensity of suffering. It may be said of such a man that he is dead, being truly dead to self-control, chastity, fortitude, and all the nobler qualities which constitute life. In the consciousness of such a man the crucified Christ lies entombed, awaiting that resurrection which shall revivify the mortal sufferer, and wake him up to a knowledge of the realities of his existence.



With the practice of self-discipline a man begins to live, for he then commences to rise above the inward confusion and to adjust his conduct to a steadfast centre within himself. He ceases to follow where inclination leads him, reins in the steed of his desires, and lives in accordance with the dictates of reason and wisdom. Hitherto his life has been without purpose or meaning, but now he begins to consciously mould his own destiny; he is “clothed and in his right mind.”

In the process of self-discipline there are three stages namely:

1. Control
2. Purification
3. Relinquishment

A man begins to discipline himself by controlling those passions which have hitherto controlled him; he resists temptation and guards himself against all those tendencies to selfish gratifications which are so easy and natural, and which have formerly dominated him. He brings his appetite into subjection, and begins to eat as a reasonable and responsible being, practising moderation and thoughtfulness in the selection of his food, with the object of making his body a pure instrument through which he may live and act as becomes a man, and no longer degrading that body by pandering to gustatory pleasure. He puts a check upon his tongue, his temper, and, in fact, his every animal desire and tendency, and this he does by referring all his acts to a fixed centre within himself. It is a process of living from within outward, instead of, as formerly, from without inward. He conceives of an ideal, and, enshrining that ideal in the sacred recesses of his heart, he regulates his conduct in accordance with its exaction and demands.

There is a philosophical hypothesis that at the heart of every atom and every aggregation of atoms in the universe there is a *motionless centre* which is the sustaining source of all the universal activities. Be this as it may, there is certainly in the heart of every man and woman a selfless centre without which the outer man could not be, and the ignoring of which leads to suffering and confusion. This selfless centre which takes the form, in the mind, of an ideal of unselfishness and spotless purity, the attainment of which is desirable, is man's eternal refuge from the storms of passion and all the conflicting elements of his

lower nature. It is the Rock of Ages, the Christ within, the divine and immortal in all men.

As a man practises self-control he approximates more and more to this inward reality, and is less and less swayed by passion and grief, pleasure and pain, and lives a steadfast and virtuous life, manifesting manly strength and fortitude. The restraining of the passions, however, is merely the initial stage in self-discipline, and is immediately followed by the process of Purification. By this a man so purifies himself as to take passion out of the heart and mind altogether; not merely restraining it when it rises within him, but preventing it from rising altogether. By merely restraining his passions a man can never arrive at peace, can never actualise his ideal; he must purify those passions.

It is in the purification of his lower nature that a man becomes strong and godlike, standing firmly upon the ideal centre within, and rendering all temptations powerless and ineffectual. This purification is effected by thoughtful care, earnest meditation, and holy aspiration; and as success is achieved confusion of mind and life pass away, and calmness of mind and spiritualized conduct ensure.

True strength and power and usefulness are born of self-purification, for the lower animal forces are not lost, but are transmuted into intellectual and spiritual energy. The pure life (Pure in thought and deed) is a life of conservation of energy; the impure life (even should the impurity not extend beyond thought) is a life of dissipation of energy. The pure man is more capable, and therefore more fit to succeed in his plans and to accomplish his purposes than the impure. Where the impure man fails, the pure man will step in and be victorious, because he directs his energies with a calmer mind and a greater definiteness and strength of purpose.

With the growth in purity; all the elements which constitute a strong and virtuous manhood are developed in an increasing degree of power, and as a man brings his lower nature into subjection, and makes his passions do his bidding, just so much will he mould the outer circumstances of his life, and influence others for good.

The third stage of self-discipline, that of Relinquishment, is a process of letting the lower desires and all impure and unworthy thoughts drop out

of the mind, and also refusing to give them any admittance, leaving them to perish. As a man grows purer, he perceives that all evil is powerless, unless it receives his encouragement, and so he ignores it, and lets it pass out of his life. It is by pursuing this aspect of self-discipline that a man enters into and realises the divine life, and manifests those qualities which are distinctly divine, such as wisdom, patience, non-resistance, compassion, and love. It is here, also, where a man becomes consciously immortal, rising above all the fluctuations and uncertainties of life, and living in and intelligent and unchangeable peace.

By self-discipline a man attains to every degree of virtue and holiness, and finally becomes a purified son of God, realising his oneness with the central heart of all things.

Without self-discipline a man drifts lower and lower, approximating more and more nearly to the beast, until at last he grovels, a lost creature, in the mire of his own befoulment. By self-discipline a man rises higher and higher, approximating more and more nearly to the divine, until at last he stands erect in his divine dignity, a saved soul, glorified by the radiance of his purity. Let a man discipline himself, and he will live; let a man cease to discipline himself, and he will perish.

As a tree grows in beauty, health, and fruitfulness by being carefully pruned and tended, so a man grows in grace and beauty of life by cutting away all the branches of evil from his mind, and as he tends and develops the good by constant and unflinching effort.

As a man by practice acquires proficiency in his craft, so the earnest man acquires proficiency in goodness and wisdom. Men shrink from self-discipline because in its early stages it is painful and repellent, and the yielding to desire is, at first, sweet and inviting; but the end of desire is darkness and unrest, whereas the fruits of discipline are immortality and peace.

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## 16. RESOLUTION

Resolution is the directing and impelling force in individual progress. Without it no substantial work can be accomplished. Not until a man brings resolution to bear upon his life does he consciously and rapidly develop, for a life without resolution is a life without aims, and a life without aims is a drifting and unstable thing.

Resolution may of course be linked to downward tendencies, but it is more usually the companion of noble aims and lofty ideals, and I am dealing with it in this its highest use and application.

When a man makes a resolution, it means that he is dissatisfied with his condition, and is commencing to take himself in hand with a view to producing a better piece of workmanship out of the mental materials of which his character and life are composed, and in so far as he is true to his resolution he will succeed in accomplishing his purpose.

The vows of the saintly once are holy resolutions directed toward some victory over self, and the beautiful achievements of holy men and the glorious conquests of the Divine Teachers were rendered possible and actual by the pursuit of unswerving resolution.

To arrive at the fixed determination to walk a higher path than heretofore, although it reveals the great difficulties which have to be surmounted, it yet makes possible the treading of that path, and illuminates its dark places with the golden halo of success.

The true resolution is the crisis of long thought, protracted struggle, or fervent but unsatisfied aspiration. It is no light thing, no whimsical impulse or vague desire, but a solemn and irrevocable determination not to rest nor cease from effort until the high purpose which is held in view is fully accomplished.

Half-hearted and premature resolution is no resolution at all, and is shattered at the first difficulty.

A man should be slow to form a resolution. He should searchingly examine his position and take into consideration every circumstance and

difficulty connected with his decision, and should be fully prepared to meet them. He should be sure that he completely understands the nature of his resolution, that his mind is finally made up, and that he is without fear and doubt in the matter. With the mind thus prepared, the resolution that is formed will not be departed from, and by the aid of it a man will, in due time, accomplish his strong purpose.

Hasty resolutions are futile.

The mind must be fortified to endure.

Immediately the resolution to walk a higher path is made, temptation and trial begin. Men have found that no sooner have they decided to lead a truer and nobler life than they have been overwhelmed with such a torrent of new temptations and difficulties as make their position almost unendurable, and many men, because of this, relinquish their resolution.

But these temptations and trials are a necessary part of the work of regeneration upon which the man has decided and must be hailed as friends and met with courage if the resolution is to do its work. For what is the real nature of a resolution? Is it not the sudden checking of a particular stream of conduct, and the endeavour to open up an entirely new channel? Think of an engineer who decides to turn the course of a powerfully running stream or river in another direction. He must first cut his new channel, and must take every precaution to avoid failure in the carrying out of his undertaking. But when he comes to the all-important task of directing the stream into its new channel, then the flowing force, which for ages has steadily pursued its accustomed course, becomes refractory, and all the patience and care and skill of the engineer will be required for the successful completion of the work. It is even so with the man who determines to turn his course of conduct in another and higher direction. Having prepared his mind, which is the cutting of a new channel, he then proceeds to the work of redirecting his mental forces - which have hitherto flowed on uninterruptedly - into the new course. Immediately this is attempted, the arrested energy begins to assert itself in the form of powerful temptations and trials hitherto unknown and unencountered. And this is exactly as it should be; it is the law; and the same law that is in the water is in the mind. No man can improve upon the established law of things, but he can learn to understand the law instead of complaining, and wishing things were

different. The man who understands all that is involved in the regeneration of his mind will “glory in tribulations,” knowing that only by passing through them can he gain strength, obtain purity of heart, and arrive at peace. And as the engineer at last (perhaps after many mistakes and failures) succeeds in getting the stream to flow on peacefully in the broader and better channel, and the turbulence of the water is spent, and all dams can be removed, so the man of resolution at last succeeds in directing his thoughts and acts into the better and nobler way to which he aspires, and temptations and trials give place to steadfast strength and settled peace.

He whose life is not in harmony with his conscience and who is anxious to remedy his mind and conduct in a particular direction, let him first mature his purpose by earnest thought and self-examination, and having arrived at a final conclusion, let him frame his resolution, and having done so let him not swerve from it, let him remain true to his decision under all circumstances, and he cannot fail to achieve his good purpose; for the Great Law ever shields and protects him who, no matter how deep his sins, or how great and many his failures and mistakes, has, deep in his heart, resolved upon the finding of a better way, and every obstacle must at last give way before a matured and unshaken resolution.

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## 17. THE GLORIOUS CONQUEST

Truth can only be apprehended by the conquest of self.

Blessedness can only be arrived at by overcoming the lower nature.

The way of Truth is barred by a man's self.

The only enemies that can actually hinder him are his own passions and delusions. Until a man realises this, and commences to cleanse his heart, he has not found the Path which leads to knowledge and peace.

Until passion is transcended, Truth remains unknown. This is the Divine Law. A man cannot keep his passions and have Truth as well.

Error is not slain until selfishness is dead.

The overcoming of self is no mystical theory, but a very real and practical thing.

It is a process which must be pursued daily and hourly, with unswerving faith and undaunted resolution if any measure of success is to be achieved.

The process is one of orderly growth, having its sequential stages, like the growth of a tree; and as fruit can only be produced by carefully and patiently training the tree even so the pure and satisfying fruits of holiness can only be obtained by faithfully and patiently training the mind in the growth of right thought and conduct.

There are five steps in the overcoming of passion (which includes all bad habits and particular forms of wrong-doing) which I will call:

1. Repression
2. Endurance
3. Elimination
4. Understanding
5. Victory

When men fail to overcome their sins, it is because they try to begin at the wrong end. They want to have the stage of Victory without passing

through the previous four stages. They are in the position of a gardener who wants to produce good fruit without training and attending to his trees.

*Repression* consists in checking and controlling the wrong act (such as an outburst of temper, a hasty or unkind word, a selfish indulgence etc.), and not allowing it to take actual form. This is equivalent to the gardener nipping off the useless buds and branches from his tree. It is a necessary process, but a painful one. The tree bleeds while undergoing the process, and the gardener knows that it must not be taxed too severely. The heart also bleeds when it refuses to return passion for passion, when it ceases to defend and justify itself. It is the process of “mortifying the members” of which St. Paul speaks.

But this repression is only the beginning of self-conquest. When it is made an end in itself, and there is no object of finally purifying the heart, that is a stage of hypocrisy; a hiding of one’s true nature, and striving to appear better in the eyes of others than one really is. In that case it is an evil, but when adopted as the first stage toward complete purification, it is good. Its practice leads to the second stage of *Endurance*, or forbearance, in which one silently endures the pain which arises in the mind when it is brought in contact with certain actions and attitudes of other minds toward one. As success is attained in this stage, the striver comes to see that all his pain actually arises in his own weaknesses, and not in the wrong attitudes of others toward him, these latter being merely the means by which his sins are brought to the surface and revealed to him. He thus gradually exonerates all others from blame in his falls and lapses of conduct, and accuses only himself, and so learns to love those who thus unconsciously reveal to him his sins and shortcomings.

Having passed through these two stages of self-crucifixion, the disciple enters the third, that of *Elimination*, in which the wrong thought which lay behind the wrong act is cast from the mind immediately it appears. At this stage, conscious strength and holy joy begin to take the place of pain, and the mind having become comparatively calm, the striver is enabled to gain a deeper insight into the complexities of his mind, and thus to understand the inception, growth, and outworking of sin. This is the stage of *Understanding*.



Perfection in understanding leads to the final conquest of self, a conquest so complete that the sin can no more rise in the mind even as a thought or impression; for when the knowledge of sin is complete; when it is known in its totality, from its inception as a seed in the mind to its ripened outgrowth as act and consequence, then it can no more be allowed a place in life, but it is abandoned for ever. Then the mind is at peace. The wrong acts of others no longer arouse wrong and pain in the mind of the disciple. He is glad and calm and wise. He is filled with Love, and blessedness abides with him. And this is *Victory!*

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## 18. CONTENTMENT IN ACTIVITY

The confounding of a positive spiritual virtue or principle with a negative animal vice is common amongst writers even of what is called the "Advance Thought School," and much valuable energy is frequently expended in criticising and condemning, where a little calm reasoning would have revealed a greater light, and led to the exercise of a broader charity.

The other day I came across a vigorous attack upon the teaching of "Love," wherein the writer condemned such teaching as weakly, foolish, and hypocritical. Needless to say, that which he was condemning as "Love," was merely weak sentimentality and hypocrisy.

Another writer in condemning "meekness" does not know that what he calls meekness is only cowardice, while another who attacks "chastity" as "a snare," is really confusing painful and hypocritical restraint with the virtue of chastity. And just lately I received a long letter from a correspondent who took great pains to show me that "contentment" is a vice, and is the source of innumerable evils.

That which my correspondent called "contentment" is, of course *animal indifference*. The spirit of indifference is incompatible with progress, whereas the spirit of contentment may, and does, attend the highest form of activity, the truest advancement and development. Indolence is the twin sister of indifference, but cheerful and ready action is the friend of contentment.

Contentment is a virtue which becomes lofty and spiritual in its later developments, as the mind is trained to perceive and the heart to receive the guidance, in all things, of a merciful law.

To be contented does not mean to forego effort; it means to *free effort from anxiety*; it does not mean to be satisfied with sin and ignorance and folly, but to rest happily in duty done, work accomplished.

A man may be said to be content to lead a grovelling life, to remain in sin and in debt, but such a man's true state is one of indifference to his duty, his obligations, and the just claims of his fellow-men. He cannot truly be

said to possess the virtue of contentment; he does not experience the pure and abiding joy which is the accompaniment of active contentment; so far as his true nature is concerned he is a sleeping soul, and sooner or later will be awakened by intense suffering, having passed through which he will find that true contentment which is the outcome of honest effort and true living.

There are three things with which a man should be content:

1. With whatever happens.
2. With his friendships and possessions.
3. With his pure thoughts.

Contented with whatever happens, he will escape grief; with his friends and possessions, he will avoid anxiety and wretchedness; and with his pure thoughts, he will never go back to suffer and grovel in impurities.

There are three things with which a man should not be content:

1. With his opinions.
2. With his character.
3. With his spiritual condition.

Not content with his opinions, he will continually increase in intelligence; not content with his character, he will ceaselessly grow in strength and virtue; and not content with his spiritual condition, he will, everyday, enter into a larger wisdom and fuller blessedness. In a word, a man should be contented, but not indifferent to his development as a responsible and spiritual being.

The truly contented man works energetically and faithfully, and accepts all results with an untroubled spirit, trusting, at first, that all is well, but afterwards, with the growth of enlightenment, knowing that results exactly correspond with efforts. Whatsoever material possessions come to him, come not by greed and anxiety and strife, but by right thought, wise action, and pure exertion.

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## 19. THE TEMPLE OF BROTHERHOOD

Universal Brotherhood is the supreme Ideal of Humanity, and towards that Ideal the world is slowly but surely moving.

Today, as never before, numbers of earnest men and women are striving to make this Ideal tangible and real; Fraternities are springing up on every hand, and Press and Pulpit, the world over, are preaching the Brotherhood of Man.

The unselfish elements in all such efforts cannot fail to have their effect upon the race, and are with certainty urging it towards the goal of its noblest aspirations; but the ideal state has not yet manifested through any outward organisation, and societies formed for the purpose of propagating Brotherhood are continually being shattered to pieces by internal dissension.

The Brotherhood for which Humanity sighs is withheld from actuality by Humanity itself; nay, more, it is frustrated even by men who work zealously for it is a desirable possibility; and this because the purely *spiritual* nature of Brotherhood is not perceived, and the principles involved, as well as the individual course of conduct necessary to perfect unity, are not comprehended.

Brotherhood as a human organisation cannot exist so long as any degree of self-seeking reigns in the hearts of men and women who band themselves together for any purpose, as such self-seeking must eventually rend the Seamless Coat of loving unity. But although organised Brotherhood has so far largely failed, any man may realise Brotherhood in its perfection, and know it in all its beauty and completion, if he will make himself of a wise, pure, and loving spirit, removing from his mind every element of strife, and learning to practise those divine qualities without which Brotherhood is but a mere theory, opinion, or illusive dream.

For Brotherhood is at first spiritual, and its outer manifestation in the world must follow as a natural sequence.

















toward him does not trouble him; his heart is at rest in Compassion and Love.

Blessed is he who has no wrongs to remember, no injuries to forget; in whose pure heart no hateful thought about another can take root and flourish. Let those who aim at the right life, who believe that they love Truth, cease to passionately oppose themselves to others, and let them strive to calmly and wisely understand them, and in thus acting toward others they will be conquering themselves; and while sympathizing with others, their own souls will be fed with the heavenly dews of kindness, and their hearts be strengthened and refreshed in the Pleasant Pastures of Peace.

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