



As a man THINKETH in his heart SO IS HE

When we fail to listen to our Soul and think our highest Soul-connected thoughts, we fall prey to our lower earthly senses; and when we listen to our ground-bound senses we immediately and completely lose our way upon the pathway of life, love and light.



We cannot see our thoughts, but we can experience the sum total of their results, in the form of personal habits. Over time, every one of our new thoughts combines with all previous thoughts to strengthen or weaken the foundation upon which our Life is built.

Effectively, our human character is the summation of all our thoughts and in turn, our habits. Every thought, habit, or behavior builds our character, brick by brick. Habits are thoughts applied over time to form predictable patterns in our physical, emotional, mental, or spiritual structures. Each thought has an opportunity

to forge the first link in a new chain of habit, or to follow established paths carved in the rock of our past existence, as the river follows its own riverbed.

If we see beauty and hear beauty, we tend to think beauty and speak beauty. This is how we learn to express a more beautiful character.

Every one of our mind's thoughts is influenced by a host of external bodily sensations including sights, sounds, tastes, smells and feelings. Each present thought combines with a turbulent internal stream of past sensory experiences known as 'memories'. Combined, they give



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MIND, BODY & soul

rise to another winding river of future 'imagination'. If we attune primarily to our physical bodily senses, we become the sum and total of these denser, physical, earthly thoughts. If we attune to the higher light of our Soul, we develop a lighter, more evolved state of character, and we invoke a higher state of mind. True genius appears spontaneously from this realm of thought. It is beautifully expressed, when our character aligns powerfully with the forces of Divine inspiration. Suddenly the Divine creation becomes creative, the beautiful scenery becomes the seer and our true character becomes Divine.

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SEED AND PLANT

The fruits of our labour arise from the seeds of our thought. Little effort need to be put forth to grow weeds, but constant attention is required to cultivate an orderly and productive garden. As we sow, so shall we reap. Our mighty dreams are first conceived by our higher inspired minds. Then these very elevated thoughts become things. As we believe, so we achieve. Our mind can express either the creations of our true higher being or the more lowly, illusive thoughts of our personas.

Our personas, or who we temporarily think we are, are the essential and ever-changing parts of our mind's earthly experience. These changing selves are always balanced fluidly and perfectly, like the two ends of a seesaw. Our personas are expressed as positive and negative, pleasure and pain, joy and sorrow. They may be conscious or unconscious. Our personas shift like sand in the desert and it is hard to build the house of our lives on their sand.



Source
Demartini JF: *The Wisdom
of the Oracle*. 1st Books
Library™. 2001.

Fortunately, a mysterious realm of mind exists above and beyond this fragile bubble of Earth. Philosophers and theologians call it 'Soul'. When our thoughts and deeds rise to the level of our Soul we become one with a greater reality. We are freed from the troublesome confusion of our earthly existence. It is only from this realm that our thoughts are inspired in Love.

If we listen to the tales of our physical senses (as most of us do), we become fragmented into our personas, which are the two-faced theatre masks, one side smiling, and one side frowning. Which mask shall we wear today? This is a ready source of our temporary excitement, throwing off sparks of passion and emotion at every turn. Of course, sparks might also burn the house down. But, eventually, we come to an unconditional state, when we give birth to, or partake of a genuine Love through the voice of our Soul.

On the other hand, if we plant in alignment the Soulful seeds of Love in our gardens, we will reap the immortal thoughts of genius, thoughts full of balance and beauty, all integrated into a new seed of Love.

Our passions are created through our personas. Our true Love is created through our Soul.

The seed of every thought transmits its essence to the fall harvest. If dominant thoughts of elation and depression, or joy and sorrow, rule our pasture, then human 'mortality' is produced. Mortality is harvested from sowing the two-faced mask of dualism. This mortality misaligns our true nature; it gives us lopsidedness, and other signs of imbalance. On the other hand, if we plant in alignment the Soulful seeds of Love in our gardens, we will reap the immortal thoughts of genius, thoughts full of balance and beauty, all integrated into a new seed of Love. ●