

How to Gain Health, Happiness and Success.

- I. Primary principle of Ancient Wisdom that Universe is governed by Law on all planes.
 - A. This is not "law" in legislative but in the scientific or mathematical sense.
 - B. Stands in contrast to the theological concept of supernatural Deus fiat standing prior to natural order.
 - B. Only on the basis of the truth of this principle can the individual control his environment and know that he can so control it.
 1. Hence principle of ubiquity of "law" is real ground of hope and assurance concerning life.
- II. A second fundamental principle is the living and conscious character of all matter on all planes.
 - A. This diverges from the view of classical science that matter and material processes are mechanical or blind.
 - B. Life present in the mineral as well as the vegetable and animal forms.
 1. Chemical phenomena regarded as conscious living phenomena.
 - a. Evidences of principle of selection in chemical phenomena, a characteristic of consciousness.
 - C. Present status of physics of atom is forcing departure from mechanistic picture of matter.
 1. Significance of the principle of "uncertainty".
 2. Radiant energy is really life energy.
 - a. More abundant in higher elevations.
- III. Consciousness stands logically and causatively prior to material form.
 - A. Symbolized in the story of Eve taken from the rib of Adam.
 - B. Implies that the conscious being of the Ego molds his environment and is responsible for his circumstances.
 1. Hence can change his circumstances.
- IV. In practice, western development, the materialistic, implies that consciousness can mold environment.
 - A. This molding is external handling of matter as matter.
 1. This field of action limited and does not reach root causes.
- V. Approaching matter as living, conscious Being gives true magical power which operates on root causes.
 - A. This is fundamental key for control of health, material well-being and happiness.
- VI. Principles of application.
 - A. Man must first of all accept responsibility for the conditions which surround him.
 1. He has set up those causes either in this life or some other.
 2. Therefore he can set up new causes of action which will overcome effects of old causes.
 - a. He is master in reality, not victim.

- B. Principle cause of all limitation, in health or material condition, is action from base of separate personality.
 - 1. Correction lies in action from level of the One SELF.
- C. This is effected thru detachment from the fruits of action.
 - 1. This is not arbitrary but fundamental principle of Spiritual Law.

VII. Techniques of action.

- A. These are of different types but not all are fitted for the needs of different people.
- B. Mantra Yoga technique gives the simplest means by which individual can gain control over Life Forces and enter Super-Conscious State.
 - 1. From this, command over health and environment follows.