The silence is something in every lesson which we take up because it is the very foundation of the spiritual quality that we all are seeking. Some people sidestep this saying it is religion and they are not religious. You are alive, and you want live very long unless you make contact with this spiritual side of your nature. So with every thought you have you should have this inner contact, know there is a source for your life, your intelligence, that is, you are in a great sea of mind. It is possible for us to contact that sea of mind. People who think they live a span of life and call that living are not living at all. There is a great substantial, eternal life right here present, open to every one of us and the object of our existence is to make contact with that life. You can make that contact sometimes with just words, so
so we take certain words like the Lord's Prayer, and all repeat them
together and pretty soon you will feel there is something in those
words, the contact makes open the way for you into that inner realm.
Get away from the head and get down into the heart. Say: "Here the
Spirit is in my heart just as much as it is in my head. Here it has
substance, Life."

SILENCE

Goin into the Silence is something more than merely
sitting down and being still. But to be still in Spirit is a differ-
ent proposition. How many people think if they can just still their
minds for a few minutes they are still. They are not. That is the stilling
of the outer thought but there is an inner stillness. It is possible
through the use of words—we use words a great deal you notice, because
words have power, words are power, but your words must have substance in them before they take on real power. Certain schools of metaphysics repeat words, prayers and, well, statements, for the purpose of bringing about a result that the mortal man has made his object. Now that is a kind of hypnotic practice. We are sometimes accused of using those same methods in our work because we hold statements of Truth. What is the difference? It depends entirely upon the objective, your motive. What is your object in your praying. Is it personal or selfish? Is it limited to the outer world or have you that unselfish desire to know more about God, more about spiritual things? If so, you might take a hypnotic statement, one used by those who desire to hypnotize others, but if you think of that as referring to God it would produce different results. That is one phase.
of going into the silence, using prayers and repeating over and over
certain affirmations. These draw you into a different state of mind
because your ideas have been lifted up into Spirit and when you get
into Spirit you have made contact with what we call the silence. Going
into the silence is merely stilling the intellectual man and awakening
the spiritual man. Some people going into the silence go to sleep; when

the intellect stopped its volition, stopped its thinking, it slumped
back into silence and peace, but this going into the silence of the
spiritual man is different. We still the intellectual man and drop down
into the heart center or, what might be called the solar plexus, and
there we contact an entirely new thought action. And that gives us union
with the great universal mind. This universal mind is the Source of our
being, what we are seeking. We take words because words have power, words create. We are told by Paul that this whole universe was created by words and everything is the result of that which does not appear. There is a great source here of everything you desire which you may express through your thoughts or words; but what is the difference between intelligent words in the head and that same word expressed through the substance in silence? How do you make contact? You must get hold of substance, some new consciousness in the body because it has its place in the body. If you want creative power to bring forth results get hold of this contact center in your mind and body and then you will feel you have struck something, you have found something, you have found what we call the substance of Spirit. It is a real substance which is
not matter. Matter is only outer expression of this inner substance.

That substance is interpenetrating. Just as a cellular structure has cells located upon it and they can interpenetrate and change places instantly. That is substance and that substance has its place in our minds and bodies. Every one of you is that inner substance. The bread of life from heaven, that is the real inner substance of being and also

there is an inner spiritual life. It acts on another plane of energy but it is just as real, just as creative as this substance and Jesus put these together and said: "This represents the bread of life." It is the energy which you get in the silence and this wine represents my life. When you pray go into your closet and close the door and your Father who heareth in secret shall reward you openly. Then you will
It shows that you have not made contact with the inner spiritual mind. We all have this mind, the same mind is in you that is in Jesus Christ. We all haven't found it yet and we find it through this silence, meditating, meditating with a definite point in your mind, make up your mind before you go into the silence what the object is. Whatever you want, say: "I am going to pray for it." Now that prayer if you simply give it without understanding of that point of contact in your consciousness where you meet the Source, will be merely an intellectual prayer. We must have this understanding. It is a science, the Truth. Jesus said the Truth only would set you free, and true thinking will set you free. You must know the Truth and it will make you free. You will be able if you practice this to feel how other people are making the contact. Some
get the outer result. We have found that it is absolutely true and if we persist in it and get the science of it we will get right hold of the inner force and create an entirely new man. The body is dynamic machinery through which the mind works. Through that mind you make contact with the great universal life and you will know what it means to get into the silence, so do not ignore this silent contact. In everything you do refer it to the Spirit within and you will begin to expand and grow when you touch that inner spirit. Your Spirit has muscles, spiritual muscles, made up of mind energies of course, and whatever you put your mind to in the right way you accomplish. Everything originates first in the mind. I make up my mind to do a certain thing. Suppose you don't understand how to make up your mind, are constantly in doubt, wavering.
people say: "Well, I feel a vibration." But you want to be careful how you open up this inner kingdom without first making contact with God, the Source. If you break into the inner kingdom without first making contact with God you become a psychic and it is sometimes an unpleasant thing to be open to all kinds of thoughts which are the undercurrent of life.

Keep your minds firmly fixed on one infinite Source in the name and through the power of Jesus Christ I enter into the secret place and commune with God. It is a wonderful uplift because you make union with the infinite through one who established himself in that inner power.