

DAILY PROCEDURE FOR EVERY "PSYCHIANA" STUDENT

If this procedure is followed faithfully and consistently a marvelous change may occur in your life and surroundings.

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- FIRST:** On awakening, or before the day's work is begun, close your eyes, keep quiet for a few moments, and there, "in your closet" quietly recognize the invisible Power of the Spirit of God, realizing that this Power actually is God. Say to God what is uppermost in your mind. The absolute assurance of the fulfillment of that desire will come to you. You might say something like this: "Spirit of the Living God, I begin this day recognizing your presence IN ME. I'm going to let you guide my every movement through this day. Thank you, for being so close to me." If some special problem confronts you, talk to this ever-present living Spirit, in you, about it. The contact with God which you make, CANNOT FAIL.
- SECOND:** At breakfast, or on your way to work, and at work, start the day with a smile. If a family man or woman, smile at the wife or husband, and the kiddies, too. The Spirit of God in you will make you smile whenever you want to. On arriving at work, greet everyone with a smile and a "Good morning, Bill," or whatever the name may be. On the street-cars or bus, smile at everyone who looks at you, whenever you get a chance, whether you know such person or not. They won't think you're crazy. What they'll say is: "There's a peach of a fellow." Start a friendly conversation whenever you have the opportunity. Don't talk religion. Let those who meet you know that you have something they haven't got. Let the indwelling Spirit of God radiate through you all day long.
- THIRD:** At noon, wherever you may be, find another opportunity to be alone with God, and there, once more, repeat the statement to God you made early in the morning, expressing gratitude to God for the absolute assurance you have of the closeness of God to you. Any other problems which have arisen through the forenoon may also be told to this great invisible Living Spirit which, moment by moment, is not only giving you life, but which also is there, begging you to let it guide you to a perfect supply of everything you can ever need to make your life gloriously happy, prosperous, and useful.
- FOURTH:** In the evening, read your Lesson again. If you go to a show, have a good time at that show. Whatever you may do when the day's work is done, do it right. But before you go to the show or whatever it is you are going to, take another moment with God. Recognize once more that Great Presence. It will protect you. You won't go out and get drunk immediately after talking with God, I assure you. You won't be found in any questionable places, knowing God. You won't be engaged in any business which is hurting anyone. And keep that old smile smiling. To know God means to be happy. Not a shallow, emotional happiness which comes from some fanatical theological emotion, but a deep-seated PEACE, which brings happiness to you every time you recognize the presence of the Spirit of God in you.
- FIFTH:** Before you retire, don't get down on your knees and ask God to forgive you all the sins you have committed that day, but thank God that you have committed no sins which you need to ask pardon for. You can sin if you want to. You can get drunk if you want to. You're absolutely a free-will agent. But if you do these things, then don't come sneaking round to God at night asking forgiveness. If you really are sorry for what you've done, YOU WON'T DO IT ANY MORE. That will be the real test of your "sorrow for sin." The proper way to end the day is to talk to God and thank God that you haven't committed any sin against anyone, therefore you need no forgiveness. Then, before you retire, think of a few names of those you have spoken to about "PSYCHIANA" or those you know would be interested in having our Lessons started to them. If you will comply with these simple rules of everyday life, I promise you a blessed experience absolutely without limitations. It's up to you. The invisible Spirit of God never yet failed anyone in any way.

Always your friend and teacher,



P. S.: These exercises are in addition to those in the Lessons.