

REALIZATION

AN INTRODUCTION TO PRACTICAL PSYCHOLOGY

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THE AIMS OF PRACTICAL PSYCHOLOGY

This eBook serves as an introduction to the fascinating subject of Practical Psychology. Practical Psychology is a system of life and thought which is devoted to suggesting ways and means by which men and women may become abundantly well, successful and happy. Throughout this eBook you will see we refer to “the Lessons”, which is a course of private lessons in Practical Psychology that we have called “The Realization System”. You will find full details of this 12-Lesson course in the last section of this eBook.

Practical Psychology is sometimes accused of making students materially minded or of doing away with the need of religion and the things that religion stands for. But this is an error that arises out of a misconception of the true facts. The relation between religion and psychology is one of harmony; both are laborers in the same vineyard, united in redeeming the race from the things that take the joy out of living.



In this 21st Century there is a marked tendency for psychology and religion to draw more closely together. They both seek to bring about the same ideals—more abundant life, peace, happiness, righteousness and love. Therefore, psychology is the friend of religion and seeks to aid it. These two great forces are striving forward with one common object—the betterment of humanity.

Practical Psychology teaches that there is but one Infinite Intelligence or Mind pervading the whole Universe and functioning in and through all created things. This is the Universal Mind, (or Infinite Spirit) which is all-wise and all-powerful and which dwells in all living creatures, including man. Nature is a Living Intelligence in which we live and move and have our being, and which responds to us in direct proportion to the individual’s realization of his or her true relation to It.

The realization that you are part of the Universal Mind is largely a matter of quiet meditation and gradual cultivation. It grows on you, so to speak. In fact, the whole tendency of the work of Practical Psychology is to bring you to this state of consciousness. When you gradually learn the truth about yourself—that you are one with the Universal Mind—you will have discovered the truth that makes you free. It is through this sublime realization that many individuals become empowered to achieve great things.

The indwelling of the Universal Mind in man is known as the human mind, which exists principally on three different levels of activity. These are known respectively as the Objective Mind, the Subjective Mind, and the Subconscious Mind. None of these phases of mentality resides in the individual, but all are parts or phases of the Universal Mind functioning through the human brain and nervous system.

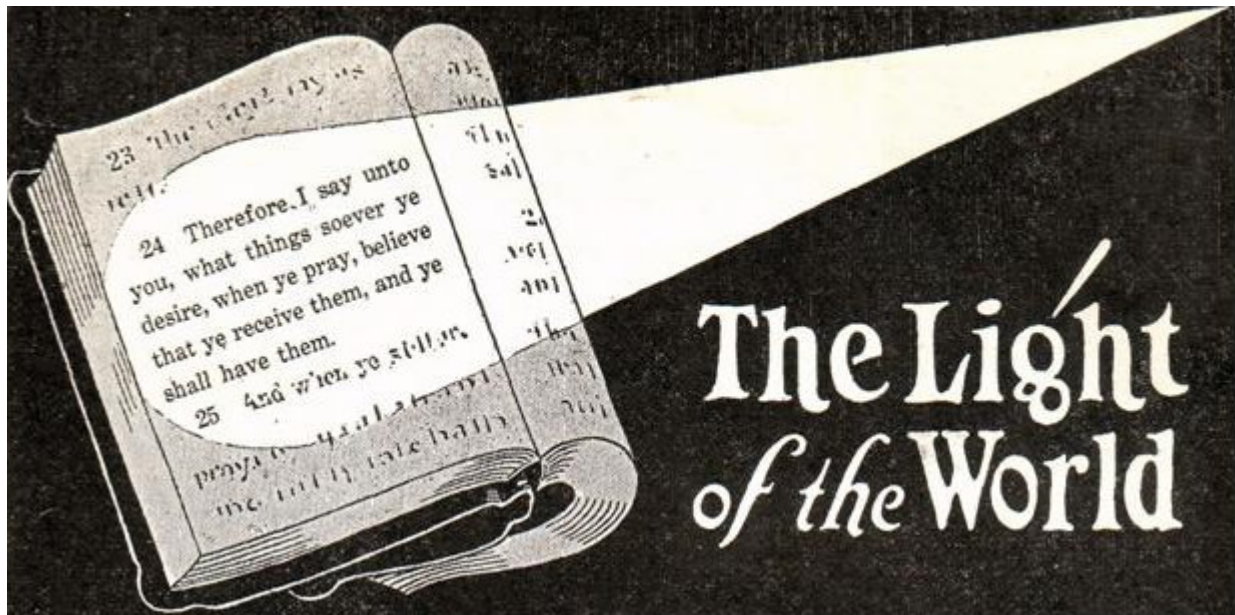
The objective phase of mentality is that part of the mind which contains the faculties of attention, will, reason, desire, and perception. It would be truer to say that the Objective Mind is that phase of mentality in which you function when you think, will, reason, desire and perceive, but for convenience of description it is simpler and easier to think of the Objective Mind as composed of so many mental faculties. Practical Psychology does not pay much attention to the Objective Mind, which is limited in its scope, faulty in its perceptions and fallible in its judgments, but is more concerned with cultivating and developing the subjective and subconscious phases of mentality, and with enabling you to contact and draw upon them in such a way as to get the things and conditions you desire.

The Subjective mind lies next below the Objective Mind. At its upper border blends with the Objective Mind and shares its nature. In this upper border of the Subjective Mind is the storehouse in which are stored the memories of all your past experiences from birth until the present moment. In the Subjective Mind is also the prison-house in which are all the desires, longings, passions, and tendencies that you have repressed with Conscience or the Psychic Censor acting as jailer. The Subjective Mind is also the dream-mind. Dreams are mental images experienced in the Subjective Mind during sleep and representing symbolic gratifications of wishes and desires which you have harbored at some time in the past but which have been repressed as unnatural or immoral.

The Subconscious Mind, among other things, carries on the work of body-building, maintenance and repair. It occupies its own parts of the brain, and transmits its messages to the various organs and parts of the body over its own private system of telephone wires known as the sympathetic nervous system. In the carrying out of

this work the Subjective Mind acts as an isolating wall or partition, preventing any interruptions by the desires, fears, beliefs, or whims of the Objective Mind. But this isolation of the Subconscious Mind is not absolute. The realm of the Subjective Mind may be penetrated, so that a thought or a command may be passed from the Objective to the Subconscious. Such a thought must be single and isolated. That is to say, it must occupy the Objective Mind to the exclusion of every other thought. A thought of this nature always tends to realize itself in the life and affairs of him or her who isolates it. The statement of this tendency of an isolated idea is known as the Law of Suggestion, and a large part of the work of Practical Psychology consists in teaching you how to apply this law for the purpose of isolating ideas.

The technique of isolating ideas is known as auto-suggestion when it is applied to oneself and hetero-suggestion when it is applied to another. In dealing with the Subconscious Mind, Practical Psychology is principally concerned with training you in the technique of auto-suggestion and enabling you to communicate with the Subconscious Mind at will. The importance of being able to communicate with the Subconscious Mind at will is that you may then draw upon it for the necessary wisdom and power to solve your problems and attract conditions of health, success and happiness.



In the above passage from the Bible the Great Teacher tells how to get the things you desire. The tragedy of the whole matter is that so few people have received the things for which they prayed, and that so many good people, Christian or other-

wise, are poor, and sick, and disappointed, and miserably plodding along toward the end of life sustained by the hope that the next world will be better than this one.

Jesus was not a practical joker, nor did he give his people a stone when he knew they wanted bread. When he said “What things soever,” he meant exactly that: “What things **soever**”. He was not talking about some kind of vague spiritual blessings; he was talking about the **things** that men and women desire, and would enable them to make their lives what they want them to be. But he requires that one who is deeply desiring a certain thing shall believe that he or she already has it. The American version of the New Testament puts this belief in the past tense—“Believe that ye have received,” etc. Such belief is practically impossible in the great majority of cases, and that is why so many prayers go unanswered.

The wonder-working science of Practical Psychology , among many other remarkable achievements, has devised a number of simple little methods whereby one may induce him or herself to believe for a moment that he or she has already received the things which he or she intensely desires, or prays for, and to impress these desires firmly on the Subconscious Mind, thereby enabling him or her to comply with the terms prescribed by Jesus, and actually to get the things desired.

One such simple method is to imagine having or being that which you desire to have or to be and to adopt the *feeling* that you would have if this desire were already fulfilled. If you use your imagination in this way while you are lying in bed prior to going to sleep, your Subconscious Mind will have all night to work on it. It is important to realise that this is not just make-believe, and that the things that you desire to have or to be will in time be yours. You should therefore think about and look forward to the fulfillment of your desires at odd moments throughout the day. If you do this regularly and consistently you will begin to *feel* that the things you desire are coming to you, and they surely will. It is an unfailing way by which you can be the things you want to be, possess the things you desire, and achieve the things you wish to achieve.

Once its wisdom and power are invoked, the Subconscious Mind will do whatever is necessary to accomplish the things impressed upon it, but in matters of success and happiness it accomplishes results in the vast majority of cases by prompting you to do and say the right thing, go to the right place and see the right person. That is simple enough and yet nothing else is needed to enable you to do and to be what you want to do and be.

The teaching that the Subconscious Mind requires you to pay for the attainment of your desires is a stumbling-block to certain students. There is, however, no getting without giving in any realm of Nature, just as there is no giving without getting. The law forbids it—not any particular man-made law, but the universal Law of Compensation.

The operation of this Law in the field of physical science was discovered by Newton, who expressed it in the words, "To every action there is an equal and opposite reaction." But it is equally applicable in other fields besides physics, and especially in the field of mental science. To every action of getting the Law demands that there shall be an equal and opposite reaction of giving.

Let us suppose that you wish for better health. The chances are that you will have to pay for it in the same way as do people who already enjoy it, that is to say, by eating, drinking, exercising, resting and maintaining inner and outer cleanliness in accordance with the laws of health.

GENERAL HEALTH TIPS

The health formulae given in the Lessons should be carefully followed if you wish to gain that bodily and mental fitness which is so essential to success and happiness.

Of course, you must also live your life so that your body is at least a "well-fuelled machine", and you must treat its delicate machinery with respect. Without being fussy, you can see to it that your body and its functions are properly treated, so that they are more responsive to the messages of the "control room"—the Subconscious Mind.

DIET

Proper attention to diet is one of the secrets of the attainment of vibrant health. Eat less than your usual amount, and do not eat too much meat. Make the midday meal the heaviest of the day and the only one at which meat is taken; peas, beans and lentils will supply you with plenty of protein for energy and nourishment.

We recommend that diet should be based on plenty of fresh fruits, such as apples, oranges, lemons, grapefruit, and so on. Take brown whole wheat bread instead of white and include home-grown vegetables in your daily diet if possible. Take your vegetables raw in preference to cooking them, but when you find it necessary to serve them hot, see that they are steamed, so that the essential salts are retained and not poured away as waste water, as is done in the usual method of boiling.

RELAXATION

See to it that you get eight hours' sleep at night, preferably between the hours of 11 p.m. and 7 a.m. The energy which in the present-day stress is being used up at a greater rate than usual cannot always be replaced at night. It is, therefore, more important than ever to practice the methods which are embodied in the Relaxation Notes. (See page 9.)

FRESH AIR

The most important of the eliminating organs are the lungs, although most people pay more attention to the bowels. In order to ensure that your blood gets an adequate supply of fresh air, which has the power of cleansing it of toxic products, we recommend that you perform regular breathing exercises.

As soon as you get up in the morning, go to your open window, relax, throw your shoulders back and hold your chest in a perfectly natural and easy position. Take a succession of deep breaths, holding the air for a moment before expelling it. Inhale through the nose and breathe out through the mouth. Take about twelve of these breaths each morning.

Finally, combine auto-suggestion with your breathing exercises. As you breathe in, say to yourself, "I'M BREATHING IN HEALTH," and as you breathe out, say, "I'M BREATHING OUT DISEASE."

BODILY CLEANLINESS AND FRICTION

A cold or lukewarm bath each morning is invigorating and beneficial, because it is soothing to the nerves and helps to keep the pores in a healthy, vigorous condition. A cold bath is preferable, but should be taken only if you feel sure you can stand it. A lukewarm bath followed by a cold shower should be almost equally effective. Don't forget that a vigorous rub-down with a rough towel will help considerably to tone up the skin.

ELIMINATION

Finally, see to it that you are never troubled with constipation. As you gradually accustom yourself to the diet we have suggested, there will be no danger of this. But until your body gets used to a more vegetarian regime, you may find it necessary to take a laxative to ensure that the body waste is eliminated daily.

In this case you can cheaply use olive oil or liquid paraffin or one of many proprietary brands available at your local pharmacy or chemist. The usual dose is a tablespoonful nightly. Only use the proprietary medicines after you have tried the olive oil or liquid paraffin and these have failed. The proprietary medicines can be too severe. While they have an immediate laxative effect, they can be followed by a compensatory constipation. Of course, the ideal method of keeping the bowels in good condition is to have plenty of fresh fruit and fruit juice. Drink as much cold or warm water as you can take each day. This will also serve to keep the kidneys well flushed.

If you carry out these instructions carefully and regularly, you will certainly gain improvement. This may be gradual at first, for there are many years of habit to overcome, but nevertheless the progress will be sure.

RELAXATION

In the busy modern age in which we must not only live but also make a living, the strain of living and the speed at which it is necessary to think, work, eat and act become sometimes overburdening. So some kind of compensation should be used if the strain is not to become a hindrance to you.

We want you to put aside a certain period regularly each day for relaxation. And we mean complete relaxation. This is one of the finest tonics for the nerves and the body generally. When a motor becomes overheated it has to be allowed to cool or an explosion will wreck everything. So with your nerves and body; you must allow them time to cool down from the rush and labor of the day.

Drop into your most comfortable chair, letting every muscle and sinew slacken off. There must be no gripping nor trying to hold yourself stiff. Let everything go. Feel each muscle slacken and breathe regularly, deeply and slowly. Let your mind fill with the idea of relaxation. Muscles going limp, sinews loosening. Through each artery and vein peace is flowing in like a cool, soft stream, bathing each aching muscle, running in soft, cool ripples over each fiery nerve.

Imagine the velvety, soft fluid flowing in at the extremities of your body; in at your toes, stealing up round your thighs, in at the tips of your fingers as though you were breathing through them, up the palms of your hands, round your wrists, up your forearms, round your elbows, round your shoulders and into your lungs. Think of all this in a drowsy, peaceful sort of way. Nothing matters but peace and calm. If you want to have a picture in your mind, think of a calm sea on a cool summer night. The moon is high and sheds a soft light on the peaceful waters. You can feel the lazy breezes fanning your cheek and everything is pervaded with the scent of cool earth and the trees. All is delicious peace. Lie in this "bath" of peaceful thought as in a bath of water.

Now will you try that? We can assure you that it has a wonderful tonic effect after a busy day. Such a time will be an oasis in the flaring heat of a day spent in hard work. Don't let your Little Self dissuade you from trying it. That Little Self is a most cunning fellow and will use the most insidious arguments. He will probably say, "What a lot of nonsense! I'm not going to waste my time on it." He is probably saying that as you read this line.

When you go to bed at night relax in the same way. Slacken off every muscle and feel the bed pushing up against the weight of your body. Breathe slowly and deeply

and feel a delicious relaxation creeping into your body and flowing over every part of you and into your innermost being. You have most likely seen the tide creep up over the sands, slowly, relentlessly, flooding into little pools and gullies, running off in little creeks and inlets until the hot sands are all covered. That is how we want you to visualize peace flowing into you.

Make a habit of visiting our website often where you can watch and listen to beautiful, inspiring videos to relax to as you end your day and retire for that eight hours of Nature's sweet restorer – balmy sleep.

HOW TO DEVELOP CONFIDENCE

Fear of failure, a feeling of inferiority, indecisiveness when it comes to making important decisions, and general worry hamper hordes of people from reaching their goals in life, and often lead to premature aging and disease.



We want you to spend ten to twenty minutes a day in a quiet place; picture to yourself the kind of person you would like to be; conjure up before your mind's eye a personality well poised, confident and assured. See yourself having an attractive and magnetic personality, moving confidently among people in your home, work and social life.

As you carry on with these daily periods of concentration, you will find that what you visualize actually begins to become part of yourself. At once you will begin to walk more purposefully; your step will be firmer, and you will hold your head up and throw your shoulders back. This will immediately have the effect of inspiring more courage in your own mind and more confidence in you in the minds of others. You will begin to speak more firmly; to express your views more decidedly; gradually you will come to believe in yourself; to realize what fine potentialities you have and actually to be the person you have visualized everyday.

Get a pencil and paper and write down all the advantages, gifts, abilities and good points you can think of about yourself. Of course, out of habit detrimental thoughts may arise, but you must banish them immediately. After you have completed the list, you will be surprised at how many advantages you possess.

In future we want you to spend your time thinking only of these good points and refusing absolutely to think of your drawbacks. We want you to realize that everyone has drawbacks which have to be overcome or eradicated. Many of them are only the result of habit. Assurance and confidence are absolutely essential to one who wishes to succeed.

Pay attention to your carriage; whenever moving or walking, consciously throw your shoulders back, keep your head and chin up. The very attitude of courage will engender courage in your mind, for physical and mental are both closely interrelated and each one affects the other.

When you retire at night use the formula, "HOUR BY HOUR AND DAY BY DAY, I GROW MORE CONFIDENT IN EVERY WAY." Put a little clock by your bedside where you can hear its ticking. Then make yourself comfortable, relax and repeat over and over again many times to yourself the words of the formula here described. When you begin to feel drowsy, turn your attention to the little clock and hear its ticking say: "I GROW MORE CONFIDENT—I GROW MORE CONFIDENT," until you finally fall asleep.

HOW TO DEVELOP YOUR MEMORY AND CONCENTRATION

We propose to give you one or two exercises to help you to develop your memory. Other students have carried out the same exercises with splendid results.

Learn and repeat a few lines of poetry or prose each day.

First learn, and then repeat from memory multiplication tables, which should be sufficiently difficult to form a test. A good series is from 12×12 up to 12×20 , then from 13×12 up to 13×20 , and so on, until you get to 20×12 up to 20×20 .

Spend two or three minutes in memorizing the objects in a room or on a table; go away and write them down from memory, then check yourself.

Take a pack of cards, look at six cards and then lay them face downwards. Try to remember each card in the order in which you laid them down. Increase the number of cards as you become more expert.

The next exercise is also performed with cards, and is one of the finest memory exercises ever invented. It is played with two packs of ordinary playing cards, which are spread out face downwards on the table. Let us suppose that there are three players, A, B, and C.

A turns up any two cards. If these are a pair (two Kings, two threes, etc.), A puts them on one side and turns up two more cards. This time he turns up a King and a two. As these are not a pair he returns them to the table face downwards. It is now B's turn.

The latter picks up two cards. Suppose they are a two and a five. If he can remember the position of A's two, he turns it up. If he is correct, he takes the pair and continues. If he is wrong, he puts his cards face downwards and recommences.

A player's turn does not finish until he fails to pick up corresponding cards. Before the game has proceeded long, it will be seen that success depends on the ability to remember the position of the cards that the other players have turned up.

By practicing these exercises and games you will find the contents of your mind are gradually put in order. You will have the power to file away each new piece of

knowledge that comes to you and put it away in the correct department to be taken out at will. Your power of concentration will be vastly improved.

THOUGHT CONTROL

While you continue to worry you will not make a success of your life. Worry never got anyone anywhere; it is a useless waste of time and valuable energy, and does more to drag down and sap the vitality than anything else.

So between us, we are going to banish this ogre of fear and worry. We want you first of all to learn to hold (control) your mind, as a beginner has to learn to hold the violin. Every day at a certain time or two or three times a day, we want you to whisper to yourself: "FROM TODAY I AM GOING TO BE SERENE, CALM AND SUCCESSFUL IN EVERYTHING I DO." Then try to live up to this.

When during your work you are tempted to become irritable, worried or fearful, reject the thought, and whisper these words to yourself. Remember, if you are worried, it will show in your face, and such is human nature that people shun, in both work and pleasure, those who appear to have worries or troubles. There is a wise old saying: "Laugh and the world laughs with you; weep and you weep alone."

So you see there is a double reason why you must banish this emotion. It is doing you harm in many ways. It is a weapon of your Little Self, which you have now banished. You must harbor only the friends of your Greater Self, which from now on is going to direct and rule your life.

It is no good worrying over yesterday—yesterday is dead—forget it; tomorrow hasn't come—don't worry. Today is here—USE it! Set yourself certain things you are going to do today. By these actions you are sowing the seed of your tomorrow; so let today's seed be good seed, and tomorrow's fruit will be likewise.

In this new method of thinking—in this new outlook which you are cultivating, you will discover a brighter outlook on life. Of course you will fail sometimes, but that does not matter. All you do is to forget the failure, put it behind you and begin all over again.

Do not think "I can't"; wipe out these words from your vocabulary. All you need is practice. Always guard against fatigue for it is the enemy of Thought Control and happiness. For when one is tired, dark and undesirable thoughts creep into the mind and they meet with very little resistance. So, when you are tired, take it as a warning from Nature—sleep, rest or a change of occupation is indicated.

Think always happy, successful, confident thoughts. As soon as a sad or fearful thought enters the mind refuse it; switch it over to a confident, constructive thought. After a time this will become natural to you, so that all your thoughts will be constructive. Remember that as a man (or a woman) thinks, so is he. So, if you think thoughts of failure, you will be a failure; think success thoughts and you will be a success.

SETTING YOUR GOAL

All achievement, of whatever kind, began first in the mind of a man or woman. It was first a thought, a dream, a vision. But that is not enough. These dreams must be put into actual fact. The thought power—the driving force—must be harnessed to energies and brought to realization through work. This is the foundation that must be firmly laid.

In other words—have an ultimate goal in life, and make everything contribute to that splendid objective. Do not decide what you want to achieve in one or even five years. Decide on your final aim in life.

In making this decision you must consider your advantages and disadvantages. Have you health, strength, brains, abilities, persistence? What experience, knowledge and training do you have? In what direction do your inclinations turn you? What opportunities open out before you? For opportunity never neglected any man or woman yet, but many are blind to her presence.

Having carefully considered all these points, seize the opportunity which most appeals to you and for which you have the greatest chances of success. Then **MAKE YOUR PLAN.**

There is a series of steps that leads to every goal. Map these out. Then make up your mind that nothing will swerve you from the path that leads to the goal you have set for yourself. Now you are ready to start on the first step, which is laying the foundation. Start where you are and with what you have.

Seek out ways of doing your work better, more efficiently, and more quickly. The valuable workman—the one who gets out of the rut—is one who adds to untiring application the element of creative imagination. He is the man who will be promoted to harder tasks and more important work. Put imagination, vision and creative enthusiasm into your daily labor. So your work will be your joy and you will travel fast, finally to arrive.

One word of warning—do not have too many irons in the fire. People who do one thing well are far more likely to reach their goal than those who are "Jacks of all trades".

The path to success is primarily the path of hard work. The biographies of those

who have won fame and glory might be written in one word—WORK! It is largely true that "genius is 99% perspiration and 1% inspiration".

You must remember that, without a purpose in life, you are merely a lost soul wandering here and there and never reaching any objective.

The true course must be set beforehand and followed. This is the only way to the achievement of ambition. Think BIG! "Hitch your wagon to a star". Set your course by a star and, barring accidents, you will ultimately reach the haven of your desire.

The psychological effect of a fixed destination in mind is very comforting and reassuring. If you have ever lost your way while motoring or cycling in the country, you have probably had a feeling of utter hopelessness until suddenly some helpful traveler has pointed out the way for you, and then you are at once refreshed. Charged with new energy, and helped by this reassurance, you continue your journey happily with a definite destination as your objective.

No matter what your goal in life may be, strive for it, and from the start keep it in view, and you will not fail to achieve your most cherished desire, for such is the Way of the Universal Mind working through man and all things.

Great things must be done greatly, with a great purpose, a great mind, a great courage, a great energy, and a great persistent patience.

HOW TO GET EVERYTHING YOU WANT IN LIFE

It has been said that the longest journey begins with the first step; and this first step is often the most significant of all. You have already taken the first significant step on your journey to self realization by reading this eBook. The journey before us may be long and sometimes difficult, and our experience tells us that it may be more important to plan our route carefully than to be quick off the mark. Let us pause, then, whilst we are still on smooth ground, and consider our resources before we tackle the rocky places.

In this small eBook we have explored some of the basic concepts of Practical Psychology, and provided you with tips which should suffice in getting you off to a good start on the road to personal development and self realization. For those of you who wish to travel this road in the shortest space of time in the easiest way known, however, we have prepared an ideal vehicle for you in the form of a 12-Part Course of Private Lessons in Practical Psychology entitled “The Realization System”.

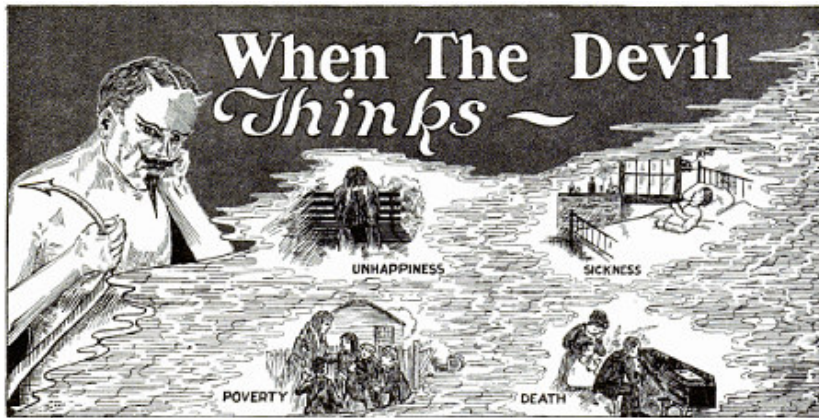
The Realization System sets out to cover the whole field of Practical Psychology in as simplified a manner as possible. The course is written in plain, jargon-free, everyday English, that anyone of average intelligence should be able to understand. Some Lessons will be more relevant to your particular case than others, and it will be for you to select those formulae which relate most closely to your own needs.

If you are a man or woman of average intelligence, you have within you as much real ability as the most successful man or woman you know, and as much power to get the things that would make you happy—not the *same kind* of ability and power, maybe, but *just as much*. You may not have the ability and power to do exactly the same thing that some other man or woman is doing, but you have the ability and power to be a real master at *something* which the world wants done, and for which it would pay you lavishly. If you have not yet found out what that something is, you *can* find out and be abundantly happy and successful in doing it.

There is only a very slight margin between failure and success. The men and women who are successful and happy are just average men and women who have in some way—perhaps by accident—contacted the wonderful indwelling power which is in all of us, but which is never contacted by the majority of people; and by their methods of thought they are drawing upon it for the fulfillment of their desires. That same power is in you, and if you could only contact it and draw upon it, you could *be anything you want to be*. And you can actually contact that

indwelling power and draw upon it for the fulfillment of the desires of your heart. There is nothing difficult about it, once you know how.

If we pause to reflect that the sum-total of our acquired knowledge is largely composed of perceptions of what our senses have experienced, and of evidence coming to us from others whose minds are no more reliable than our own, we may be appalled at how small our actual knowledge is. You may not be surprised, therefore, when we tell you that a large part of your objective knowledge is false knowledge; that many of the things you believe are untrue; that many of the thoughts you entertain each day are based on false beliefs, and that the world is full of wonderful things of which you know little or nothing at all. The great majority of people are constantly acting upon this false knowledge and these false beliefs, and the result is that they are constantly experiencing failure, half-success and disappointment.



If the Devil Wished to Serve You the Worst Possible Turn, He Could Ask for Nothing More Than an Opportunity to Do Your Thinking For You . . .

. . . In that way he could quickly rob you of your health, destroy your prospects of success, reduce you to poverty, cheat you of love, plunge you into unhappiness, and send you down prematurely to the grave. He would not have to think vicious or immoral thoughts in order to do these things, but merely the *wrong kind* of thoughts.

You may believe in the existence of a personal devil, or you may not. If not, you at least realize that the devil is an allegorical personification of evil. Regardless of your beliefs in this respect, it is terribly and solemnly true that **YOU MAY PLAY THE DEVIL YOURSELF** by thoughts and states of mind, that will be just as destructive to your health, success and happiness as any thoughts a personal devil may think for you. If you are not abundantly well, successful and happy, you are playing the devil by your way of thinking.

On the other hand, it is easily within your power to assume a method of thought

and an attitude of mind that will make you free from disease, failure, disappointment and unhappiness, and will bring you into possession of whatsoever things you desire—money, health, success, honor, renewed youth, love and happiness.

A wonderful new thing has happened in the world. The great physicians and psychologists of modern science have found that each human being has within him or her an inexhaustible supply of wisdom and power, and that anyone of average intelligence can easily learn how to draw upon this supply for the destruction of anything they do not want, and for the acquirement of everything they do want. Tens of thousands of men and women have already accomplished these things.

The Realization System leads the Student to the Source of Knowledge and helps him or her to put their life and affairs under the direction and guidance of that Source.

Did you ever feel that you were being directed, at a crucial moment, in an important task, or when making a momentous decision, by some intelligence and power vastly greater than yourself? Did your heart ever grow sick of the daily grind and the dull drab prospect of all the days and years ahead? And then did you experience an inspiring flash of thought, amounting almost to whispered words, that a higher, nobler and happier life was possible to you—that it was within your power to make your life anything you wanted it to be?

If either of these experiences ever came to you, did you wonder from where the inspiration came? It was your Greater Self whispering to you, and urging you on to become and achieve



the things you wanted to become and achieve. You actually have a Greater Self. It occupies eighty percent of your brain. It never sleeps. It built your body from the beginning, and still sustains, repairs and renews it. It is your God-Mind. It is timeless, and changeless, and deathless, and abundantly able to give you every desire of your heart.

The Realization System Course will provide you with clearly defined methods and precise formulae to enable you to make contact with the subconscious region of your mind, your God-Mind, and draw on its infinite power and intelligence. Much of what you discover while reading this Course will no doubt be quite new to you,

but if you persevere with the formulae and methods outlined you will soon find new opportunities for advancement begin to open up in all areas of your life. It will be as if a veil has been lifted revealing to you the Source of all knowledge and wisdom, and the methods by which you can make contact with the Source.

The Realization System Course has introduced a great many men and women to their Greater Selves, and since that introduction they have healed themselves of stubborn ailments and diseases, come into possession of the things they desired, succeeded abundantly in professional and business life, attained love and happiness, and come into a calm peacefulness of mind which passed all understanding.

Although in The Realization System Course the truth is stated so simply, scientifically and logically that anyone of average intelligence can understand and apply it, the Course is also specially addressed to those progressive intelligences of the age to whom all former presentations of the truth have been unacceptable. Whatever your station in life, whatever your degree of learning, whatever your religious beliefs or lack of beliefs, you are respectfully invited to put the teachings of this Course to the test of all your knowledge, and to examine them in the clearest light of reason. If after these tests the teachings appeal to you as being the truth, then we urgently suggest that you put them to the test of practical application in your own life and affairs. If it may be of any help in reaching a decision, we give you every assurance that a great many others have put these things to the test of practical application, and have gained the reward of more abundance of the things that make life worth living.

Below is a brief summary of what you will learn in each lesson of The Realization System Course:

INTRODUCTION AND LESSON ONE

THE THREE PHASES OF MIND

Our first aim will be to get a composite or bird's-eye view of your entire mind, and then separately explore and understand all of its phases. We will consider the Objective Mind, with which you reason, think, desire and will. This phase lies immediately in the foreground of your mentality, and, since you are already fairly familiar with it, we will not linger there very long.

Next we will explore your Subjective Mind, with which you are not so familiar. There we shall find the material of which your dreams are made; the storeroom in

which all memories of your past life are stored and classified; and the prison-house where all the passions, fears, longings, desires and tendencies that you have ever tried to put out of your life are shackled and caged, but still active.

Then we will pass along to the realm of your Subconscious Mind, which planned and built your body before ever you had evolved a reasoning mind, and which still sustains and repairs it. Here we shall find the centre of communication from which all the involuntary processes of your body are directed—such processes for instance, as digestion, assimilation, elimination, and the manufacture of the various glandular secretions. The Subconscious is a wonderful phase of your mind, about which you probably know almost nothing. It thinks things into existence; in fact, it does all its work by the sheer power of its thought. And it knows a wonderful lot more than how to build, repair and operate a body. Before we reach the end of the journey you will be taught how to communicate with it at will, and how to invoke its marvelous wisdom and power, not only for the establishment of health, but for the acquirement of other things that you desire.

All three phases of mind are manifestations within you of the Universal Creative Mind from which your Subconscious Mind in particular derives its wonderful creative wisdom and power. Here, too, you will find the tie that binds you to every other living thing, and get a glimpse of your possibilities and powers which will dazzle your reason and stagger your imagination.

THE UNIVERSAL MIND

Did it ever occur to you that a wonderful creative mind fills all space and pulsates through everything?

Some people find this idea very difficult. They are inclined to look upon the processes of creation, life, growth and reproduction as being the result of the operation of certain "laws of nature", and to think of the directing mind as being at a distance. This second part of Lesson One will be devoted principally to the task of making you understand that not only "laws" are present in these processes, but that the "law-giver" also is in them. The law-giver is the Universal Mind. Plato called it the "Over-Soul".

Whatever name may be applied to the creative mind that fills all space, there is no longer any doubt among those who have taken the pains to study the subject that its existence and "everywhereness" are indisputable facts.

LESSON TWO

This Lesson introduces you to the two most vital phases of your mind, of which the average person is more or less completely ignorant

The practical exercise in Part A, which is called the Free Association of Ideas, is more than a means of improving one's memory. You will be shown in Lesson Four that it will help you to release repressed desires and to cure yourself of various mental and physical ills.

In Part B you will be introduced to that marvelous inner self—the Subconscious Mind. As you continue with the study, as you carry out the exercises and experiments for yourself, you will gain more and more information. The wisdom and power obtainable are practically boundless. Your grasp of this truth will be the measure of your achievement.

LESSON THREE

In the previous Lessons you will have already been introduced to the Subconscious phase of the mind, and in this Lesson you are given further instructions in the science of harnessing its vast resources. Simple though they may appear to you, the formulae given in these Lessons are the product of many years of careful observation and experiment.

You are given two new practical methods in this Lesson. The rapid repetition method is suggested primarily as a means of alleviating acute physical pain, but some students have applied it with success for the banishment of wrong thoughts, as a supplement to recognized thought control methods.

If you are able to make clear mental pictures, you will be able to make effective use of the technical formula—a method based on the scientifically proved fact that the Subconscious Mind uses a language of visual imagery. Here again students have applied the method in a variety of ways; some picture themselves healthy, some wealthy, and some visualize a well-integrated, confident personality.

Both of these practical methods should be incorporated into your daily routine and applied accordingly to your particular needs. Regularity of practice is a primary essential. A brilliant pianist loses his touch quickly if he neglects practice, and

similarly, spasmodic efforts in the realm of Practical Psychology are disappointing, if not futile.

LESSON FOUR

For those who are taking this study with the object of remedying some nervous ailment, Part A of this Lesson is one of the most important parts of the Course and merits careful study and revision.

Many have denied the full enjoyment of life by nervous complaints such as inferiority, anxiety, or restlessness, or by some physical ailment such as indigestion or headaches. Much of the suffering arising out of these mental and physical complaints can be traced to the prisoners of the Subjective Mind. We all have these undesirable inhabitants, and although they may not be to our liking, we must examine them carefully, for great harm may be done by ignoring them.

Knowledge of this part of the mind usually comes as a shock; some shrink from the truth about it and are not willing to face up to its unruly inmates. But your courage and endeavor will be amply repaid, for after grasping the teachings fully, you will be better able to deal with your own problems and those of others.

Part B on "Health and Healing" naturally follows on from the first part of the Lesson. It is, however, a side issue which has been included in the Course for those who are interested in the subject. If you have any scruples on this method of healing others, then Part B can be passed over without interfering in any way with the complete study.

LESSON FIVE

Everyone desires health and longs to keep vitality as the years pass by. Money cannot buy health nor youth, but the instructions given in Part A of Lesson Five will help you to retain your energy and prolong your life. Part B deals with that subject of universal interest—love. If you are in search of an ideal love relationship, study this Lesson carefully and apply the methods suggested.

The principles of this Lesson may seem simple, but they are none the less amazingly rapid in producing splendid results.

The second Part of the Lesson teaches the vital principles of true love and happiness, which are of the utmost importance not only to married students, but to those who intend to marry. Fewer people ever experience the ideal love relationship. Those who are unhappily married may, with the help of the teaching of Lessons Five and Eleven, achieve that state of happiness which has so far evaded them. In these Lessons you have the true secrets of love.

LESSON SIX

Many students consider this Lesson the best in the Course. Once you have realized the wonderful truth of the great Mind working within you, unlimited possibilities are open to you.

The principles taught in the first half of the Lesson are very useful to those who are married with children or those who intend to raise children. Parenthood is a great responsibility and if children are brought up on these lines, they will grow up to be a credit to themselves, their community and their parents.

The latter Part of the Lesson entitled "The Psychology of Religion" forms an important phase of this study.

Have you appreciated the value of making others happy and are you doing your best to work and plan with this end in view? If so, this is splendid, for it is a proven fact that in proportion to your giving happiness to others, so will happiness be given to you.

A great future is opening up before you with every hour that passes. Determine to live it to the full!

LESSON SEVEN

This Lesson, the beginning of the second half of the "journey", takes you much more deeply into the fundamentals of existence. It shows how the Universal Creative Mind is acting everywhere with plan and purpose. It acts in YOU most directly through your Subconscious Mind.

Once you realize your oneness with the Universal Mind, then all things are possible. By working and planning along the lines of this Course, your hopes and dreams may no longer remain cherished desires, but become accomplished facts.

The second Part of the Lesson teaches the truths of life; how the earth was formed, the creation of fishes, plants, animals and finally, Man. It teaches about that mysterious force called "life", in the creation of which Man can take part, which he can hand on, but which he cannot create from nothing.

Pause for a moment and reflect on the progress that has been made during Man's short sojourn in the world. We cannot visualize what progress will yet be made. But each of us has a part to play in the existence of the race. It should be your aim to make your contribution as valuable as possible.

You have now reached the stage where you must lay the real foundation for the future. You are now at the beginning of Wisdom.

LESSON EIGHT

Lesson Eight includes a discussion of negative and destructive mental attitudes, among which the commonest and most harmful is fear. Few indeed are those who have not felt its icy hand clutch their heart at some time in their life.

The remedy for fear is love. "Perfect love casteth out fear". If you are afraid, it is because you lack love—not the love which receives, but the love which gives. If you suffer from fear and do not want it to paralyze your life, cure yourself by the divine antidote: love.

Make an honest attempt to love the world around you. Be interested in people and human affairs. If you want to experience the happiest day of your life, make up your mind that tomorrow you will do your level best to leave everyone happier than you found him or her.

Keep this attitude for the rest of your days, and you will find it a certain cure for mental sickness, bodily sickness and failure.

Further revelations on the principles taught in this Lesson form part of Lesson Nine. These two Lessons, Eight and Nine, are a great purification. In them you leave the last burden—the rags of fear and failure, ignorance and conflict that have for so long hindered you.

LESSON NINE

In Part A of this Lesson you are given another memory exercise which is a very valuable one. When practicing this exercise, you will find that there is a good deal of "tidying up" to do in your mental storehouse before you can penetrate very far. This will be made much easier by the regular use of the exercise.

As you will no doubt appreciate, the great value of the memory exercise lies in the "sorting" of memories. So your memory of things, both long past and recent, will become more receptive and retentive.

If all our past experiences are recorded in the remembering phase of the mind, it follows that any psychological method enabling us to tap this wonderful storehouse would be doubly valuable: it would enable us not only to brush up our memory, but also to become a walking encyclopedia of facts and figures.

The part of the Lesson dealing with the Fountain of Wisdom and the Realm of Error is particularly important and should be studied carefully.

We have no doubt that by the time you reach this part of the Course you will be feeling the exquisite thrill of true living, of knowledge pulsating through everything you say and do. Put your knowledge to work as soon as you receive it. This will incorporate it permanently in your life pattern.

We know you will be greatly inspired and uplifted by Lesson Nine and its teachings. Remember to make good use of them for your advancement.

LESSON TEN

Part A deals with psychic phenomena. This discussion has been included partly because of its interest, and partly because it is called for in a Course which sets out to demonstrate the hidden powers of the human mind.

An important truth to be gleaned from this Lesson is that sleep is essential, apart from the demands of the body. Nowadays, many people are conscious of the physical capital expended. Very few of them, however, appreciate the mental effects of the life they are leading!

In Part B we get down to bed-rock and examine the practical methods of achieving

success. Here we come face to face with the central message of The Realization System—the things and conditions you desire are really yours, provided you have the ability to recognize them and reach out for them. Life is like a bowl of fruit. Until you ACT by reaching out and sampling them, you can only have the doubtful satisfaction of imagining the lusciousness within.

In this Lesson you will discover the benefits of making mental pictures, and this will prove a great asset in "getting things". The Universal Mind creates by means of mental images, and your Subconscious Mind will quickly respond to messages which you send to it in the form of thought pictures. So make the visualization method an essential part of your "technique".

If you cannot imagine yourself seeing what you want to achieve, try to make use of the imagery belonging to one or more of the other senses. That is to say, you should try to imagine yourself feeling or hearing your desire, as your tactile or auditory imagery may be superior to your visual imagery.

Otherwise, if you find that you cannot employ the imagery of any of the senses, and, therefore, consider that the wakeful method is impracticable in your case, we advise you to concentrate instead exclusively on the somnolent method described.

LESSON ELEVEN

In Part A of this Lesson you are given the key to perfect human love—an essential to human happiness. You will have already received previous instruction on this subject but now you know more. By using the methods of The Realization System so you may come into that perfect loving relationship which can lift you to the heights of happiness. The methods are simple. LIVE them!

The second Part of the Lesson should require no urging from to ensure its application in your life and affairs. Are you using what you have learned or have you passed it by with mere study? Are you using it *now*?

LESSON TWELVE

And so to Lesson Twelve. This will conclude the journey on which we will have had the great pleasure of guiding you. By this time you will be well equipped to travel alone and enter the vast treasure-laden Realm of Realization.

You will be able to look back now along the road and see how much have you changed for the better and what have you gained!

Remember, if you feel by this time that not enough has been gained, this is a journey on which you can retrace your steps and travel again some part of the road that has not yielded the knowledge and experience you expected.

The knowledge and experience have been there, but, still blinded perhaps by years of habit, you have not seen them. They will still be there awaiting you. Go back and take them; you will see them more clearly now.

By the time you reach the end of the Course, we know that you will have been both strengthened and inspired. We are sure that you will need no urging to go on applying the Lessons, which can be relied on to give you fresh rewards with further study.

We leave you now by expressing the sincere hope that your path through life will continue to abound with interest and great and joyful rewards.

PERSONAL CONSULTENCY

Included with the Realization System Course is a personal consultancy service whereby you can receive private one-on-one advice from an experienced teacher of practical psychology.

If you have already joined our website you will be receiving an email with full details of the Course.

If you were sent this ebook by someone else and have not signed up to our website yet, you can sign up by visiting:

<http://realizationsystem.com/refer>

You will then be able to earn valuable rewards by referring other people to our website to download this free ebook. Once you have referred three new members you will be able to download free of charge a second ebook, complimentary to this one, entitled “The Realization Message,” which also includes the first section of The Realization System Home Study Course.