

The Unevolved Mind of Man vs. The Mind of God

By

Dr. Valerie J. Hackshaw

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CERTIFICATE OF APPROVAL

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THEOCENTRIC PSYCHOLOGY PsyThD. DISSERTATION

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This is to certify that the Theocentric Psychology PsyThD.  
dissertation of

Dr. Valerie J. Hackshaw

has been approved by the Examining Committee for the  
dissertation requirement for the Theocentric Psychology PsyThD.  
of the University of Sedona

Dissertation Committee: \_\_\_\_\_  
Dissertation Supervisor

\_\_\_\_\_  
Member

\_\_\_\_\_  
Member

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# CHAPTER 1

## INTRODUCTION

The focus of this research study is to identify the behavioural patterns of The Unevolved Mind of Man and the characteristics of the Mind of God, and how best to apply the principles of Universal Law to fulfill the purpose for which we were created.

Human beings are created perfect in mind, body and soul after the likeness of God - the Creator. All that man needs to fulfil his Life purpose on this plane is already within and around him. Throughout the ages, man has developed a deep self-oriented mentality that is being expressed throughout the world based on various experiences. The words and actions appear to me that many are unaware of the true source of Life that is always available to assist with the daily challenges as we strive to live life.

Through living Life, we experience either satisfaction or dissatisfaction because we have expectation of ourselves or of others. We literally have forgotten what our purpose for living is, and what we need to do to fulfil it. As a result, we experience disappointments, devastation, violent disputes, abuse and calamities.

The Mind of God is Divinely Intelligent, is Divine Love, Understanding and Wisdom. Unfortunately, violence and dysfunctional human behaviour has always existed. I believe it is far more horrific and frequent today. Metaphysicians and Theocentric Psychologists can develop a professional practice that offers clients the opportunity to address and resolve their personal life challenges from a spiritual and constructive point of view.

Addressing the behaviour of the unevolved mind of man, allows for a deeper awareness of consciousness to be brought to the level of the conscious mind and to address the affects of the

health and spirit of the individual. If the Mind of God were to be considered and the Universal Laws applied to ones way of living Life, then the experiences of Joy, Happiness, Love and Opulence would be experienced by all of humankind.

I will attempt to bring to your conscious awareness of how humankind lives unconsciously of the Presence of the Supreme Creator of all, while expressing negative behaviours and experiencing ill-health that are destructive to the human body, mind and spirit, and how we strive to understand and live as an evolved man living through the Mind of God.

The goal is to be able to apply these findings in my practice and to share with the world how we can bring about world peace through turning our thoughts and trust to the Universal Mind – God, which is within all of us, for guidance, support and love.

## **CHAPTER II**

### **REVIEW OF LITERATURE**

The unevolved mind of man is one that lacks the ability to develop a deep relationship with the Supreme Creator and acknowledge Its Presence at all times. There is also a powerlessness to seek guidance to resolve situations or conditions. They can be found in the midst of members of religious and spiritual organizations, businesses, families and in the health and educational systems.

Mystics through the ages have written about the need to seek the Presence within one's self to find the answers of how to live this Life. However, due to one's desire to acquire things of the material world and environment, one can developed a pattern to live Life.

Dr. Masters wrote in Volume III of the Theocentric Psychology Course on Personal Ego versus Universal Identity: "Those who have currently lost this inner battle are those who have fallen to the greatest depths within themselves, i.e., drug addicts, alcoholics, violent criminals, people of commerce without conscience, the insane, etc. (1)

Through the ages, war, murders, sexual abuse, drug and alcohol addictions, have shown, and are still showing their ugly faces. The abuse of alcohol and illegal drugs are considered a social problem. There are a variety of reasons; even the upper end of the socio-economic scale, have a long history of alcoholism which goes back many generations. It appears that human beings have a unique propensity for taking mind altering chemicals and the intelligence to make substances like alcohol (and thousands of other drugs) to help escape reality.

Nearly everyone at some time in their life will come in contact with someone who drinks too much, whether it is a friend, co-worker, classmate, or a stranger they encountered in a

restaurant or other settings. It is because alcohol use touches the lives of drinkers and non-drinkers alike that it is important to understand how this drug works. We will find that there is scarcely an age or culture in which it is not known.

Via the internet, “Ask.com”, I asked the question, “What is the cause of alcohol abuse”? Unfortunately, there was nothing to suggest the cause, but there was much to be said under alcohol and related disorders. It gave a definition of alcoholism - “alcohol, or ethanol, is a poisonous chemical that has direct and toxic effects on nerve and muscle cells. The effects can be profound, and symptoms can include in-coordination, weakness, seizures, memory loss, and sensory deficits. Alcohol has a profoundly negative effect on both the central nervous system (i.e., the brain and spinal cord) and the peripheral nervous system (i.e., nerves that send impulses to peripheral structures such as muscles and organs)... Alcohol seems like a solution in moments of great stress or when emotional pain becomes unbearable or too great.”

It went on to explain that “alcoholism refers to a disease known as alcohol dependency syndrome and defines binge drinking as the consumption of five or more drinks at one sitting for males and three or more drinks at one sitting for females. Binge drinkers on college campuses are more likely to damage property, have trouble with authorities, miss classes, have hangovers, and experience more injuries than those who do not”.

“Adults, who indulge in alcohol consumption, binge as well. These individuals also experience trouble with authorities, hangovers, their health, injuries, endanger their relationship with their significant other, family members and in most cases with their children.”

Just a few days ago, I was engaged in a conversation with a man who has been indulging in alcohol. He appeared to be recovering from being intoxicated and was sober enough to be coherent. I asked him what the cause of his excessive drinking was. Tears began to stream down

his face. He paused for a moment, and then apologized. I told him it was OK, in an attempt to comfort him and then ask if he wanted to talk about it. He agreed. The essence of his explanation was that he was married and had two children, one girl and one boy. One day when he returned home from work he discovered neither his wife nor the children were at home. While searching the home he found a note stating that she had left him and went to another country. He said he was in such a shock and he did not know what to do with himself. “Although I was a casual drinker”, he stated, “I started drinking alcohol more often to help ease the pain”. I could only imagine what thoughts and feelings went through him. He said he had tried to stop but found it difficult. He later lost his job and was unable to find housing and support himself. He is now residing with a friend and doing odd jobs.

His friend died a few days ago and he asked me several times what is he going to do now, “I am seventy-nine years old now”, he said, “who will take care of me if I should find myself in my friend’s situation?” After speaking with him about the Source of all-good that is present within him, I could have seen in his eyes that he felt a sense of hope. He promised me he would make every effort to stop drinking alcohol. The break up of relationships and marriages are the typical reason many are become addictive to alcohol.

I believe the source of all addictions stem from fear, fear of the unknown. I have researched the most serious affects of FEAR patterns that I feel are affecting the lives and social development of the human race - abuse of alcohol and drugs, violence, mental and physical health and the environment.

One of the most destructive substance mankind can consume, especially when abused, is alcohol. It can affect all aspects of ones body and social life. In today’s society just as in ages ago, excessive alcohol consumption was and is a contributing factor to robberies, murders and

brawls. Alcohol, though used during social interactions has become a substance to drown the feelings of sadness and despair in our modern world. The use of alcohol and drug abuse stems in most cases from a need to be recognized and accepted. These patterns appear in a wide range of society. Wealthy or poor, educated or uneducated and career positions matter not.

Let us remember our senior citizens as we address the environment and violence. They sometimes feel a sense of terror when there is a need for money to acquire the things they need. In the news on television a few days ago, I saw an incident where an eighty five year old man was stabbed and beaten. The bandits entered the premises and demanded money from the man, when he replied he did not have any money he was beaten and stabbed. Afterwards they searched the home and removed jewellery and the cash that was in his pocket, leaving him bleeding along with his wife, who was not harmed, but both were in an emotional state of shock. I thought to myself, what were they thinking when they broke in and saw their victims were elders?

Depression is another area that tends to go unnoticed until there is an obvious physical appearance of the individual. This is most prevalent among our senior citizens. In some cases, it is diagnosed as other mental disorders.

The media is also reporting the alarming increase in sexual abuse on women and children. What mind will think of sexually abusing such young children between the ages of 6 - 15 years old? Only an unevolved mind that does not know God as the Creator of its own mind, body and soul! We can sense that these vicious behaviours have been in existence for ages. In my opinion, society has become more technologically well informed and is discovering some activities that have been hidden in the closet, so to speak, for so long.

We can see that regardless of the practices and doctrine of religious organizations, it appears that humanity is still experiencing challenges and are unable to identify and cope with their weaknesses. Even the leaders of churches have their weak moments, when acted upon, shows the pain and suffering within their mind, heart and soul.

There is a vital force that impels the activities of an individual for good or bad. S. Roystone Neverson wrote in his book, *The Vital Force*, “...Everything has a Vital Force, but man has it to the highest degree. Every person is born with Vital Force and that force gets stronger with every stage of life the individual passes.” He went on to say, “this force, this energy, this Muntu, is sustained by the power of God. In other words, the more the individual remains in contact with the power of God, the more his vital force, his Muntu will be maintained at the highest level.” (1).

The unevolved mind, the faculty of internal awareness is underdeveloped. The unevolved body-mind reacts to situations automatically and without much self-awareness, as opposed to the evolved mind that responds with the intent of experiencing a desirable outcome. The Mind of God is divinely intelligent, is Divine Love, Understanding and Wisdom that supports the Life of mankind.

As I contemplate on the Mind of God, a feeling of awesomeness arises. My mind can hardly comprehend the expansiveness, but I feel a sense of allness and wholeness - The Creative Power of the Universe that is always present and forever creating in the now - in the moment. It is The Presence - the Supreme Creator and has a mind of its own. It knows what it wants and goes on creating and fulfilling Its Divine Plan.

The most simplified message I have come across during my research about the Supreme Creator – God, is from *The Science of Mind* by Ernest Holmes. He stated, “God is Spirit. Spirit

is the active and Self-Conscious Principle. Spirit is first Cause or God – the Absolute Essence of all that is. It is the Great or Universal I AM. Spirit is conscious Mind and is the Power which knows Itself. It is conscious Being. The Spirit is Self-Propelling. It is Absolute and All. It is Self-existent and has all life within Itself. It is the Word and the Word is Volition. It has choice because It is volition. It is Will, because It chooses. It is Free Spirit, because It knows nothing outside Itself, and therefore, nothing different from Itself. Spirit is the Father-Mother God, because It is the Principle of Unity back of all things. The masculine and the feminine principles both come from the One. Spirit is all Life, Truth, Love, Being, Cause and Effect. It is the only Power in the Universe that knows Itself. The Spirit could know nothing outside Itself, that would be God and something else. SPIRIT IS ALL – the Center and Circumference of everything that exists – both manifest and unmanifest. It has no enemies, no differences, no otherness, no apartness, no separation from Itself. It is Undivided, Complete and Perfect within Itself, having no opposites and no opposition. It knows only its own ability and since It is All, It cannot be hindered in any way, shape or manner”. He continued to say, “It is impossible for a finite mind to comprehend such a complete Life and Power. In moments of real inspiration, we realize to a degree at least, that God is All – That which has within Itself, all that really is – the Life in everything and the Love through everything. The One Presence and the One Infinite Person, Whom we call God or Spirit; within this One all live”. (81)

This passage made me realize how vast this Creative Power we call God is. If man is created perfect in mind, body and soul after the likeness of God – the Creator, and the Universe, Galaxies, and Systems of the world were also created by God and are designed to function in Divine Order, and they do, then our life system should work in Divine Order too!

Ernest Holmes - The Science of Mind, tells us, "Mind – the Thing, Spirit, Causation-is beyond, and yet not beyond, our grasp. Beyond, in that It is so big; within, in that wherever we grasp at It we are It to the extent that we grasp It but, since It is Infinite, we can never encompass It. We shall never encompass God, and yet we shall always be in God and of God!" (28)

As I gave further thought to my purpose and myself, I gained greater understanding through Ernest Holmes writing as he talks about, The Thing Itself, he said, "To suppose that the Creative Intelligence of the Universe would create man in bondage and leave him bound, would be to dishonour the Creative Power which we call God. To suppose that God could make man as an individual, without leaving him to discover himself, would be to suppose an impossibility." He went on to say, "The inherent nature of man is forever seeking to express itself in terms of freedom. The Divine Plan is one of Freedom." (25)

He further states in, All Thought Is Creative, "that since this is true, it follows that we cannot say that one thought is creative while another is not. We must say that all thought is creative, according to the nature, impulse emotion or conviction behind the thought. Thought creates a mold in the Subjective, in which the idea is accepted and poured, and sets power in motion in accordance with the thought. Ignorance of this excuses no one from its effects, for we are dealing with Law and not with whimsical fancy"... "The conscious mind is superior to the subjective and may consciously use it. Great as the subconscious is, its tendency is set in motion by the conscious thought, and in this possibility lays the path to freedom". (30)

Holmes, in the chapter – Thinking Affirmatively states, "The thought that we are all united with an Invisible Force which is creative, and that we are already one with a Universal Mind which can do anything. We are centers within this Mind and that the sum total of all our thoughts is either silently attracting good to us or repelling It from us. Let us know that we can

change our thinking and in so doing, cause the Law of Good to act affirmatively for us instead of negatively.” He added, “Be sure that you believe that you already have what you desire and then the Law of Good will bring it to you. But even the Law of Good, which is All-Powerful, can bring you only as much good as you can accept”. (19)

If God is the source of all good and He is omnipresent, omniscient and omnipotent then how does He fulfil our needs? If humankind knew the answer and put it into practice, we will have all we need to fulfil the purpose for which we were created.

But how does the Mind of God function? One might ask? This is a big question. I myself am yet to understand the workings of the Mind of God. Earnest Holmes in his chapter - The Way It Works, talks about the Universal Mind, he wrote, “There is a Universal Mind, Spirit, Intelligence, which is the origin of everything; It is First Cause, It is God. This Universal Life and Energy finds an outlet in and through all that is energized and through everything that lives. There is One Life back of everything that lives. There is One Energy back of all that is energized. This Energy is in everything” He went on to say that “The seed of Perfection, I, is Hidden Within. This Original Life is Infinite. It is Good, It is filled with Peace.” “It works for us by working through us. It cannot work for us in any other way. It spreads Itself over the whole universe and shouts at us from every angle, but It can become power to us ONLY WHEN WE RECOGNIZE IT AS POWER.” (35)

I like this statement when he said, “The Thing, then, works for us by working through us and is always us.” “We can recognize that it is, while we are believing that It is not. Hence, it is written’ “they ... entered not in because of unbelief.” (Heb. 4:6). “We may enter in because of our belief, but we cannot enter while there is unbelief.” He went on further to say, “Therefore, our belief sets the limit to our demonstration of a Principle which, of Itself, is without limit. It is

ready to fill everything because It is Infinite. So it is not a question of Its willingness, nor of Its ability. It is entirely a question of our own receptivity.” (37)

This leads me to discover what we can do to assist another to develop an evolved mind from a practical point of view. We can no longer sit back and allow these unevolved minds to keep many of us in a capsule of fear forcing us to turn our mind away from the source of Life and supply. It is for us to begin to experience the Presence of God within and around us. It is for us to develop a relationship with It. We must give recognition, trust and believe, It is ready to fill our every need. We must be open and receptive to it’s Presence and existence. The Mind of God helps through inspirations.

Eckhart Tolle really impressed me with his writings on *The Power of Now*. He seldom used the word God, yet he referred to Him as the Supreme Being of Creation. He referred to the brain as mind when he wrote, “The mind is essentially a survival machine. Attack and defence against other minds, gather, storing, and analyzing information – this is what it is good at, but it is not at all creative. All true artists, whether they know it or not, create from a place of no-mind, from inner stillness. The mind then gives form to the creative impulse or insight. Even the great scientists have reported that their creative breakthroughs came at a time of mental quietude. The surprising result of a nation-wide inquiry among American’s most eminent mathematicians, including Einstein, to find out their working methods, was that thinking “plays only a subordinate part in the brief, decisive phase of the creative act itself. I would say that the simple reason why the majority of scientists are not creative is not because they don’t know how to think but because they don’t know how to stop thinking”. He went on to say, “The more we learn about the workings of the body, the more we realize just how vast is the intelligence at work with

it and how little we know. When the mind reconnects with that, it becomes a most wonderful tool. It then serves something greater than itself.” (19-20)

It is evident that actions taken by each individual who chooses to indulge and abuse alcohol and other mind-altering substances, who commit violent crime upon themselves or others and those who experience ill health, have given thought and accept those thoughts in order for them to have a negative experience. It is just the same way we give thought to the good in our lives and we experience them.

In the beginning, there may be a challenge for the individual seeking the assistance of a practitioner to unite in mind and spirit, but the mere willingness by the individual opens the door for the Presence of God within him to strengthen his Life Force and be inspired to right action for his highest good.

As written by Dr. Paul Leon Masters in Volume VI of the Theocentric Psychology Course of Study in Living an Evolved Life, he states, “The only real obstacle between the negative-producing consciousness of an unevolved life and that of an evolved Life and state of mind is the personal ego - its will and lack of awareness”. (7)

Those words say a lot to the person experiencing challenges of any kind. A change in their conscious awareness of God – the Creator, and trust, are all that is needed.

Eckhart Tolle, made a striking suggestion. “So whenever any kind of disaster strikes, or something goes seriously “wrong” – illness, disability, loss of home or fortune or of a socially defined identity, break-up of a close relationship, death or suffering of a loved one or your own impending death – know that there is another side to it, that you are just one step away from something incredible: a complete alchemical transmutation of the base metal of pain and suffering into gold. That one step is called surrender... I do not mean to say that you will become

happy in such a situation. You will not. But fear and pain will become transmuted into an inner peace and serenity that come from a very deep place – from the Unmanifested Itself. It is “the peace of God, which passes all understanding”. Compared to that, happiness is quite a shallow thing. With this radiant peace comes the realization – not on the level of mind but within the depth of your Being – that you are indestructible, immortal. This is not a belief; It is absolute certainty that needs no external evidence or proof from some secondary source.” (138)

Accepting this new way of thinking, belief and acting through inspirations, the mind of unevolved individuals can be transformed to bring about a change in behaviour, ultimately leading to a change in life experiences and environment. Transforming or changing an unevolved mind begins the journey to evolvment.

We all aspire to achieve an evolved Mind even if we do not realize it. The greatest challenges humankind has in living this Life is to be able to recognize when we are living through the Mind of God. It is for us to have a clear understanding of how to live this Life.

During my study of Theocentric Psychology in Volume VI, *Living an Evolved Life*, I do not think I could have come across a more detailed explanation of what Dr. Masters has shared about an Evolved Life. He wrote, “An evolved Life is SPIRITUALLY AWARE of its Divine ORIGIN or GOD. A person living an EVOVLED LIFE recognizes and knows that there is but ONE LIFE in this universe manifesting as he or she, and they are a MANIFESTATION of the ONE LIFE. A person living an EVOLVED LIFE REALIZES that the ULTIMATE TRUE LIFE of their body is GOD. Thus they also recognize that because of this, ALL THINGS in their life COME FROM and ARE of GOD’S PRESENCE within themselves”. He went on to say that, “Living an EVOLVED LIFE also means that if a person recognizes the ONENESS of ALL LIFE

at its essence, they are EQUALLY as concerned with the welfare and betterment of all humankind, as they are with their own.” (1)

Living through the Mind of God is an experience. You can only know as you live moment by moment. Your feelings, your thoughts, the joy, the peace, the fulfilment of your desires begin to become obvious to you. You begin to recognize and affirm the oneness with all life – people, animals, plants, the earth, the moon, the sun and the stars. You may not think of the earth, moon, sun and stars as being alive, but they are. This may be a topic for research in another dissertation. This will be truly living from an evolved state. However, simply acknowledging God’s Presence within is a good way to start living an evolved life.

## **CHAPTER III**

### **METHODS**

**N/A**

## **CHAPTER IV**

### **FINDINGS**

Before we delve into the behavioural patterns of an unevolved mind of man, we must find the source; it has to start somewhere. In the book, *Vital Force the Path to Your Power*, S. Roystone Neverson he wrote, “God expects parents to provide guidance to their children so that they grow in discipline and love. An undisciplined child speaks volumes about the indiscipline of the parents. One of the responsibilities of parents is to prepare their children for responsible adulthood. Hence the importance of discipline. The best discipline is that which comes from within, which was learned not through punishment but through the benefit of mistakes, that is, learned from experience and counselling.”...“Children have been neglected and psychologically brutalized. They have been the recipients of violence and witnessed violence inflicted on mothers by fathers. They have been fed doses of violence in books, on radio, television, cinemas and electronic games. There is violence in the landscapes which surround them in the ghettos of towns and cities, and drought-stricken, war-torn rural areas.”

“Young men and boys have been sent to war to fight for doubtful causes. They were trained and forced to kill without mercy, then at the end of the conflagration they have been released on societies without psychological counselling and expected to cope in societies which have moved on and no longer regard them as heroes. Seed of violence were sown.”

“Now the world is amazed that the young are so violent, and violent means are used to suppress the violence of the young. The world reacts with surprise that young people could be so

callous; that violence could be so commonplace as a way of life. And the world does not realize that it is reaping the seeds of its own violence.”(162-163)

Many acts of violence by adults stem from experiences during childhood. An unevolved mind is a personal thinking pattern that one develops from early childhood experiences through adulthood. It may be held in control due to fear, until the individual feels he has the right to express his/her true feelings. One displays these feelings based on situations he/her encounters.

The fear feeling may cause one to abuse mind-altering substances, display violent acts, and develop low self-esteem and lack of self-confidence or ill health. These effects are suggestive of an unevolved mind.

### **The Unevolved Mind of Man**

The actions of individuals living through an unevolved mind, affect families, communities and nations. The only thing to bring about change in the mind of an individual is by the individual's willingness to change. He must be willing to change, he must have a deep desire to change; then with counselling and loving support, he can begin to reverse the thoughts and feelings from within and express better thoughts of himself and behaviour toward others.

On the internet website: Ask.com, I asked, how does the unevolved state of mind function. The web result led me to Therapeutics and Somatics: The Integration of Unevolved and Evolved Views of the Body. Lawrence Gold stated in this article that, “The unevolved view of the body is a “vehicle of the self”. So viewed, we are within the body, which exists to carry us around and bring us toward desirable experiences and away from undesirable ones”. He himself asked, “What makes the unevolved view, “unevolved”? He wrote, “That it regards the body as “object” – “my body” – something to be possessed controlled and lost in death. This view

considers mind and body separate, “I” being “my” mind (which, oddly, linguistically also considers the mind to be a possession, but one which we cannot reliably control, and which we hope continues after death). The unevolved view of the body is unevolved because, while the faculties of external perception (awareness of the world and social relations) are more or less developed, the faculty for internal awareness is more-or-less undeveloped. The unevolved body-mind (soma) reacts to situations automatically and without all that much self-awareness.”

He went on to say in the same article, “The evolved view of the body is as the tangible expression or manifestation of self. So viewed, we recognize the sense of self (physically, emotionally, mental, and feeling-intuitive) as a bodily sensation, not “within” the body, but as sensations of the body.”

The mind of the unevolved individual is more likely to express an attitude of “take me as I am or leave me”, “this is who I am!” there is usually no tendency to change on his own, but may seek sympathy. In so doing may adhere to an evolved mind using universal principles to draw out of him his inner God feeling of Love to bring about a change in his feelings, thoughts and behaviour, but most times, he acts out of fear.

As for domestic and sexual abuse, these activities are usually performed by individuals who have built-up energy or tension because of fear or the inability to express him or her self in such a way to gain attention or be loved. These are considered psychological effects of the cause – the lack of being loved. Let us be mindful that these behavioural patterns are expressed by both male and female.

### **Alcohol and Drug Addiction**

Alcohol and drug abuse can easily be developed into a habit, which leads to an addiction. The expression of the unevolved mind of man through the abuse of alcohol and drugs can experience ill health later in life.

The Internet [wiki.answers.com](http://wiki.answers.com) answers the question as to why is alcohol and drug abuse considered a social problem. It states, “Drunks and addicts are disruptive to social systems, especially families, tend to commit crimes, and their combined effect in all areas, including health care costs to society in the neighbourhood of \$100 billion a year in the US alone”. (Zenballwizard). I also asked; what causes alcohol abuse? It went on to say, “There are a variety of reasons, even at the upper end of the socio-economic scale have a long history of alcoholism which goes back many generations. It seems that human beings have a unique propensity for taking mind altering chemicals and the intelligence to make substances like alcohol (and thousands of other drugs) to help us escape reality. It’s ironic because the brain generally works at its best in a drug-free state, and getting drunk is not an intelligent thing to do, and is destructive in many ways.”(Eggert)

DRUGS both legal and illegal can have an addictive effect on the mind and malfunctioning of the systems of the body of an individual. In society there has always been a substance labelled as an “herb”. It has mind-altering effects, but as life experiences become more destructive and unbearable, its use has become a means to assist many as a coping mechanism. Those most affected are the war victims and those who have experienced devastating heart breaking situations.

The most common and easily attainable are marijuana and cocaine, cigarettes and anti-depressants. In most cases, the brain began to malfunction from the first use. There are other items that may not be considered drugs but can be addictive such as cigarettes, beverages such

coffee and tea. All of these are used to reduce the effects of stress. Of these four I will address the serious harmful effects of cigarettes/tobacco on the human body. What interest me most about cigarette smoking is how easy it is to adopt the habit and how difficult it is to break it. The effect it has on the body and mind is life threatening.

Many persons who choose to use this drug, do not relate to it as a drug. It has been mostly used and thought of as a substance to relax the mind. It appears to have a soothing affect, releasing stress or calming ones anxious state of mind. The addictive property in the tobacco is nicotine.

Thomas Gale, in his book *Tobacco and Smoking*, shared with us how smoking cigarettes can affect the health and mind of the body. It has been reported that half of all smokers die prematurely. He wrote, "Nicotine can act as both a stimulant and a sedative. Immediately after exposure to nicotine, there is a "kick" caused in part by the drug's stimulation of the adrenal glands and resulting discharge of epinephrine (adrenaline). The rush of adrenaline stimulates the body and causes a sudden release of glucose as well as an increase in blood pressure, respiration, and heart rate. Nicotine also suppresses insulin output from the pancreas, which means that smokers are always slightly hyperglycaemic. In addition, nicotine indirectly causes a release of dopamine in the brain regions that control pleasure and motivation. This reaction is similar to that seen with other drugs of abuse – such as cocaine and heroin - and it is thought to underlie the pleasurable sensations experienced by many smokers."(70)

The unevolved mind is unable to break the addiction without assistance or knows how to correct or reverse situations that have caused them to feel depressed and the desire to escape. Until the individuals desire to stop using alcohol to ease the pain or to forget a problem, and be willing to seek to find the solution within them, they will continue to consume alcohol and other

mind-altering substances to suppress their negative feelings. This sets up a fear pattern that becomes complicated and even at times dramatic for the individual and those around them.

### **Violence**

Scientists have shown us clearly that the different forms of drugs including cigarette smoking - because of its resemblance to cocaine and heroin, can open the possibility for violent behaviour. If an individual is to overcome the use of these substances, change their behaviour and maintain it, then they need to consciously acknowledge God and feel its real Presence.

One of the most simplified messages I have heard about recognizing God and coming to the realization of His Presence is from Mahatma Gandhi is from his speech titled: God is Life, Truth, Light, Love and The Supreme Good a YOUTUBE video, it stated, "Hence I gather that God is Life, Truth, Light. He is love. He is the supreme Good. But, He is no God who merely satisfies the intellect, if He ever does. God to be God, must rule the heart and transform it. He must express himself in every smallest act of His votary. This can only be done through a definite realization, more real than the five senses can ever produce. Sense perceptions can be and often are false and deceptive, however real they may appear to us. Where there is realization outside the senses, it is infallible. It is proved not by extraneous evidence but in the transformed conduct and character of those who have felt the real Presence of God within." When the unevolved mind of man can experience this, then non-violence can become a way of living Life.

Being unable to achieve ones desire, is one of the most frustrating feelings man can experience, and in some cases, it can lead to an act of violence if not addressed. Violence expresses itself from thoughts, feelings and beliefs in the moment of distress. It is a behaviour pattern developed in mind and expressed as the occasion arises to take control over others or of the situation.

The unevolved mind is unable to identify their behavioural pattern as “wrong” and is unable to control their feelings until they feel satisfied or justified. They are usually unable to interact positively in social surroundings, does not encourage one to think clearly nor be tolerant. Too often it is thought that the bad behaviour of an individual is a result of one’s life environment, but Maharishi Mahesh Yogi states the following in his book, Science of Being and the Art of Living. “No set surroundings could be said to be absolutely bad or completely useless or damaging. If a mind is not able to take advantage of the surroundings, it is its own weakness that makes it unable to do so. For example, a man is sitting in a room that is filthy, full of dust and dirt. If his mind is grounded in contentment, joyfulness, peace, and happiness he radiates those qualities around him and does not pay attention to the dirt and dust. It is the inner status of the mind that is responsible for making a man joyful or miserable. In the man’s joyfulness and contentment he begins to sweep up the room and wipes off the dust and, in doing so, he takes delight because he is in such good harmony with the surroundings.”

“If a man is sad and tense, however, and finds a room dirty, he just adds to the tension and his mood grows worse. He becomes more and more tense because of the condition of the room and he thinks that it is its filthiness that has made him more miserable and tense. But it is not so. It is the misery of his mind that has multiplied itself while being reflected from the particles of dust in the room. Had he been joyful, the joyfulness would have reflected from the dust of the room.” Another point he made in this connection; “If someone has already had doubts regarding another man’s behaviour, even if that man expresses something of love and joy, the doubter keeps on his doubts because his doubts were present before the conversation started. So a doubting of unkind mind, even if there have been reasons for the doubts in the past, fails to enjoy the joyfulness and sincerity of the other. Thus, it is not the present behaviour of the man

that is causing the other to be doubtful; rather it is the state of his own mind.” He went on to say that” Whatever the individual’s state of mind, it reflects itself.”(177-178)

Other violent or abusive behaviours such as domestic violence and sexual abuse are rampant in our society today. Our world’s economic state hinders some from earning the type of income that would allow them – the man in particular, to take care of his family and personal needs. The unevolved mind focuses on how to satisfy the need of those for whom he is responsible. It drives him to the point of desperation leading sometimes to stealing, lying and domestic abuse. While conducting these acts it is not seen as a means of control or an act of violence by the abuser, it is seen as justified by believing that “this is what \_\_\_\_ made me do”. They tend not to take responsibility for their actions.

Domestic Abuse appears in different forms, verbal, physical or emotional. The verbal form of abuse can cause a woman or man to feel belittled, lower their self-esteem, lose self-confidence, enter into a depressed state and give up all control to the abuser. The abuser is usually in a state of feeling hopeless, insecure and fearful about the way he is living life. Therefore, they are blaming someone else for their lacks and limitations.

When I think about the number of cases of abuse on children, it saddens my heart to know parents abuse their children and needs to be protected from them. Both mom and dad are having a challenging time caring for their children and themselves. In some cases, they are unable to care for their family financially, because the wives or significant others, have given birth to too many children. Too often, being unable to work due to local and global economic changes can cause frustration and confusion in the mind and sometimes ill health.

Domestic Violence, affect the body and brain of both individuals. The abuser and the victim both live in a constant state of fear; therefore, developing the desire to control, eventually

affecting the brain, heart or stomach, while the person who is being abused, lives in a constant state of fear, eventually developing other brain malfunctions such as schizophrenia, anxiety/panic, depression, phobias, sleep disorder, poor eating habits and other personality disorders.

Because of social activities and striving to live life in general, the body malfunctions and serious health challenges arises, such as cancer and heart attacks. I have been fortunate to have had the opportunity to work with groups of women who are going through cancer therapy, to help them enhance their physical appearance and their psychological outlook on life. Many of them with breast cancer, which is alleged to be an emotional reflection of not feeling loved and the inability to accept love.

Metaphysically, we are aware that the health of body is a reflection of our inner thoughts and feelings. Being created out of Love –a Divine Attribute of God we recognize God is Love and Love is God. The difference between Divine Love and human love is that divine love is broad and unlimited - a universal and harmonizing power. Human love is based on personality and is selfish, lawless and fickle.

Children suffer both verbal and physical abuse. Sexual abuse is becoming more prevalent. At one time it seemed that the girls were more susceptible to this type of abuse, but more and more there is a growing concern for the boys and even babies under five years old. These are truly activities, worse yet, crimes, of the unevolved mind. In many instances this form of abuse and/or incest, goes unnoticed and unpunished because the children fear the repercussions from the perpetrator, particularly the male.

S. Roystone Neverson shares with us in his book *Vital Force*, “Seeds of violence are sown. Adults have used children as slaves in coal mines, in factories, on farms, as pickpockets

and shoplifters, as prostitutes, and beggars. Children have been neglected and psychologically brutalized. They have been the recipients of violence and witnessed violence inflicted on mothers by fathers. They have been fed doses of violence in books, on radio, television, cinemas and electronic games. There is violence in the landscapes which surround them in the ghettos of towns and cities.” He asked this question, provoking our thoughts, feelings and consciences, “Will man learn that violence begets violence and love begets love as taught by Jesus Christ, Buddha, Gandhi and Martin Luther King?”(126).

As children and your adults become victims, those pent-up feelings and emotions begin to express themselves in ways that may appear so vicious that they themselves become perpetrators, showing no remorse. We do not have to look far to read or hear about these instances. The various forms of media available should prevent us from turning the cheek, but many of us sometimes do, out of fear. This generation will become dysfunctional and display greater levels of anger, depression and many other forms of mental and physical ill health if we continue to say, “It’s none of my business”.

### **Mental and Physical Health**

More of mankind are suffering from some form of mental health. Age matters not because many negative life experiences are traumatic in nature. I found Julian Leff’s writings in his book, *The Unbalanced Mind*, where he shared a story in the first chapter titled - *How Blue is Blue?* about a young man named Andres. “He held a responsible job in a wines and spirits firm in which he had worked for twenty years. He had another fifteen years before retirement and enjoyed his work. The firm was taken over by a large corporation and he was declared redundant without notice. He was shocked and could not believe it had happened to him. He lay awake at night experiencing a mixture of misery and rage. He went off his food and moped around all day

doing nothing. His wife and friends rallied round and encouraged him to think of alternative jobs. After a few weeks of being paralyzed by his situation, he began to look for a position and realized that there were a number of options open to him.” (5)

Most persons finding themselves in that situation would have been placed on antidepressant medication or declared a mental case. The mere shift in thinking opened a world of opportunities for him. The brain is an efficient organ that does know what chemicals are needed to avoid the onset of depression the shift in thinking triggers the production and clarity of mind and a sense of peace can be experienced.

The common use of anti-depressants many times leads to the development of an addiction. Just like alcohol, tranquilizers and other mind- altering substances, interrupting the normal functioning of the brain. They can also cause the individual to react negatively to their family and social lifestyle. These SYMPTOMS can be recognized through various characteristics and behaviours. One becoming anxious or frightened has a tendency to not desiring to go outdoors or be in a crowd. They literally develop a phobia and other symptoms, such as crying without reason, mood swings, delusions and schizophrenia.

A stressful situation can cause a state of depression when the brain is overworked or the workload is intense. Life events are no respecter of persons. People suffer from varying levels of depression, from phobias to manic depression.

Under the segment, Probing the Family System, Julien Leff states, “We can think of the family as a system. Observed from the outside, it is so complex that it is very difficult to appreciate the way it functions. Many attempts have been made to measure what goes on in families, but at least they capture only glimpses of the complexity. Nevertheless, suppose the observer enters the system and tries to change it from the inside. The family has to react to the

presence of a foreign body in its midst and in doing so reveals many of the strategies it employs to maintain the integrity of the system. For example, various members of the family will try to form an exclusive alliance with the stranger in order to bolster their authority in any power struggle. Some may take advantage of the apparent safety guaranteed by the stranger to air grievances that have remained unspoken. Others may try to incorporate the intruder into the family and behaviour towards her or him in the way they would treat a particular family member.” (67) Fear can create such a mental and physical dilemma in one’s life, that a family, community or nation can cease to exist from within itself.

I must point out that based on the degree of these patterns, individuals may have had or do have a religious or spiritual doctrine they have followed or may be following. So right in the midst of religious and spiritual organizations, individuals are expressing characteristics of an unevolved mind.

From a spiritual point of view, S. Roystone Neverson noted in his book, *The Vital Force*, “Everything has a Vital Force, but man has it to the highest degree. Every person is born with a Vital Force and that force gets stronger with every stage of life the individual passes... this force, this energy, this Muntu, is sustained by the power of God. In other words, the more the individual remains in contact with the power of God, the more his vital force, his Muntu will be maintained at the highest level.” (1).

The human body is created to be healthy, because the Vital Force or energy is created by God and is sustained by God. Health is determined by the strength of the Vital Force. Illness is an indication that the Vital Force of the body is weakened. It is imperative we understand that all illnesses can be healed if we learn to raise the level of the Vital Force, for it is the power of God that sustains it. If we should acknowledge and have faith in God that He is present and active, we

can experience the “miracle” of healing or restored health. Let us be mindful that our thoughts, feelings, words and actions determine the health of our bodies. I would also include our environment and the health of the community in which we live.

Mental and physical health, are an affects of the root cause, fear. Fear is an energy form that expresses itself at various levels of consciousness. These various levels can also be termed as stress that corresponds to the level of ill health or type of disease.

### **Mental Health**

What the unevolved mind believes can cause mental health, physical ill health or disease. The dis-ease in the body is just that; the organs and systems of the body are in turmoil, they are not functioning with ease. The nervous system is the system that is the most challenging and the most challenging and the most complicated. Maharishi Mahesh Yogi states in the Science of Being and Art of Living that “MENTAL health depends upon the normal functioning of the nervous system, so that the full mind is brought to bear upon the external world. The normal functioning of the nervous system results in physical good health so that the body is able to carry out the dictates of the mind, fulfil its desires, and fulfil the purpose of existence.” (186-7)

As we live and move through our daily activities, we can easily observe the mental state of individuals living and moving around us. We can see the vagrant, the derelicts including the present generation of “street kids”- children without a home, without supervision, children who depend on each other for support, for protection, for their every need for survival. My first question was, how did they get there? Then I began to realize that there are so many scenarios that could have occurred; possible abuse, lack of love, abandonment and or runaway. This list can go on and on because the economic state of a family or country on a whole is no respecter of

persons. These children also start committing “petty” crimes that in most cases lead to true criminal acts – all in the name of survival.

Growing up, as a child I had my mom and dad to supply my needs, to protect and shelter me. All I had to do around the home was to assist my mom with cleaning the house and any other in-house chores. Having six brothers at that time, there was very little to do otherwise. I grew up in my neighbourhood feeling secure, a place where adults were your worst enemy in a loving caring way. If the children did anything wrong, before we got home our parents knew.

Today most children show little or no respect toward their parents and parents have little or no respect for their children. Parents attempt to raise their children with fear instead of with love. We have a segment of the world’s population of children raising children. Some children, particularly teenagers tend to hold their feelings within, entering into a depressive state of mind, while others may express their feeling of resentment in such a way to send a message, “you can’t control me”. And the vicious cycle begins which sometimes leads to violent behaviours.

The mind of both adult and child is not operating out of love, but out of fear. Therefore, discovering and learning about our present generation of “street kids” so different from where and when I grew up saddens my feelings, wondering what their life is really like. What are they feeling inside, what are their thoughts about adults; more so their parents, the space we call the world or even just their surroundings? Who is taking care of whom? It leaves us to wonder. Doesn’t It?

Depression can be found in diverse levels of society in varying degrees. It is very easy for one to slip into a state of depression – an altered state of mind. Unfortunately the longer one takes to address the symptoms the more embedded it becomes in the mind of the individual.

Maharishi, states in his book the Science of Being and Art of Living, “that as long as the coordination of the mind with the nervous system is intact, mental health is maintained. When this coordination breaks down, either because of some failure on the part of the mind or of the nervous system, ill health is the result. Such failure of the mind is brought about by a continued inability to fulfil its desires”... “the integrity of the organic nature of the nervous system is certainly as essential as the power of the mind. As far as their function is concerned, they are interdependent...” “If, because of the failure to satisfy the needs and desires of the mind, discontent begins to produce tension within it, then the way to remove these tensions will be to strengthen the mind by increasing its power to think-the force of thought”... “Mental stress produces disease and even organic changes in the body. Obviously, the cure of all such suffering is to create such a situation in the mind that it may become and remain unwavering and steady”.

(186-7)

Kay Redfield Jamison gave a synopsis of her experience one day upon returning home from work, in her book *An Unquiet Mind*, “When I went home at night it was to a place of increasing chaos; books, many of them newly purchased, were strewn everywhere. Clothes were piled up in mounds in every room, and there were unwrapped packages and unemptied shopping bags as far as the eye could see. My apartment looked like it had been inhabited and then abandoned by a colony of moles. There were hundreds of scraps of paper as well; they cluttered the top of my desk and kitchen counters, forming their own little mounds on the floor. One scrap contained an incoherent and rambling poem I found it weeks later in my refrigerator, apparently triggered by my spice collection, which, needless to say, had grown by leaps and bounds during my mania. I had titled it, for reasons that I am sure it made sense at the time. “God Is a Herbivore.” There were many such poems and fragments, and they were everywhere. Weeks

after I finally cleaned up my apartment, I still was coming across bits and pieces of paper-filled to the edges with writing-in unimaginably unlikely places. How many persons live like this? Some never clean up”. (79)

This is only one aspect of the disease of depression. Many persons cannot even imagine leading a normal life without taking a drug and or having to endure psychotherapy, which really is a necessity for one to return on the pathway to living an evolved life.

I recall a friend who has a daughter who went into a state of depression after her father died. This was a very challenging experience for her as a mother. The daughter was placed on medication but never was able to rise above the feeling and the pent-up state she had placed herself in. It is now approximately thirty years since the death of her father and she has not recovered. After being around her for many years, no treatment has seemed to worked. To date psychological treatment or medication used was able to unbolt the door she has shut to living her full life’s potential.

### **Physical Health**

The physical health of the body, I believe is a spiritual activity, because thoughts, feelings and emotions are expressed as a result of the level of universal consciousness. From a physical point of view, physical health is an effect of the mind. The thoughts, feelings and emotions cause one to act lovingly or viciously. The body also reacts according to the level of stress caused by worrying, lack of nutrition and insufficient rest. Alcohol and drug abuse is also a contributing factor affecting the mental state of the individual, thus resulting in the malfunction of an organ or system within the body.

Breast cancer was once thought of as a woman’s disease, and prostate cancer was a male disease, but it is no longer so. Scientifically, it has been reported that men also suffer with breast

cancer. Emotions and feelings have no gender, just as women suffer with cervical cancer men suffer with prostate cancer. It is not about which disease is for men or women, it is all about how we think, feel, what we do, what we say and how we eat. Our thoughts, feelings, words, action and nutrition determine our state of health.

Little do we realize that nutrition plays an important part in our behavioural pattern. The energy food provides, supports the brain, organs and systems of the body. It also aids in our skeletal growth and maintenance. Without a healthy whole body, man cannot live from the highest level of consciousness to fulfil the purpose for which he is created. I say, “for which he is created” because the cells of the body is constantly changing, constantly renewing itself. This is the natural nature of the body to heal itself. But our feelings, thoughts and actions hinder the process. Again, the unevolved mind is subject to experience all phases of ill health because the individual is not open and receptive to the inner guidance from their inner being. It is important to note that while we are talking about the unevolved mind and its effects on humankind, not all individuals are fully unevolved.

### **Environment**

The state of the community in which individuals live and family ideals, can also contribute to alcohol and drug abuse, violence, depression and ill health – mind and body. Most individuals living in communities that are depressed are more likely to express themselves as an individual of an unevolved mind. They live and suffer a great deal emotionally, economically and environmentally. In the case of violent acts, such as murders and robberies, individuals are afraid to come forward to report an incident or identify the perpetrators because they may be fearful for their own safety and in most cases for their family members.

Many acts of violence can stem from a lack of money to purchase material things or to take care of one's family, lack of love, a broken heart or we can take it a step further, the abuse of alcohol and drugs.

S. Roystone Neverson in this book *The Vital Force*, states; "Where families come together, communities develop. Family is the foundation of community and of nation. When families grow and walk in the ways of God, communities grow in strength and in wealth as each individual and each family strive to become the best they can be, and to make the community better than they found it". He also noted, "Communities establish norms and value to help the community to exist in harmony and to prevent disintegration. Such norms and values should be in the best interest of all members. However, the interest of members with ulterior motives creep into the reckoning as they try to gain advantages or institutionalize privileges. Inequities emerge and the cause dissention". (166)

This is so true today. Many life fulfilling values that were put in place by our ancestors are almost extinct and interest in crime on all levels has risen, causing a shift in society's morals and values and more so, within the family circle and community, hampering their safety and economic status.

Children, particularly teenagers, tend to display symptoms of depression as a result of behavioural pattern in the home and peer-pressure. The teenagers are the individuals who we need to be more conscious of in our communities. We do not need for them to grow up and become uneducated, violent, abusive and/or unproductive adults – although it is presently rampant in diverse segments of the world's population. There is that greater possibility that they will repeat the cycle of alcohol and substance abuse, violence and ill health.

## **Vs The Mind of God**

As I ponder on the Mind of God, I realize I have accomplished much so far during this lifetime, but it cannot be compared to the experience I am having at this moment. I realize that I have gained much understanding about God and now know without any doubt that God is my Life, my Health, my Strength, and my Protection, fulfills my needs and is my highest inspiration. This gives me such peace and makes me truly happy.

I could not help but share this thought by Earnest Holmes about, Learning to Trust Will Make Us Happy, in his book, Living the Science of Mind. “There is a Power in the Universe that honors our faith in It; there is a Law in the Universe which exacts the “Uttermost farthing.” We all wish to feel that the power behind everything is good; as well as creative, an Eternal and Changeless Intelligence, in which humankind lives and moves and has his being. Intuitively, we sense that every man, in his native state, is some part or manifestation of this Eternal Principle; and that the entire problem of limitation, evil, suffering, and uncertainty is not God-ordained, but is the result of ignorance. It has been written that the Truth shall make us free, provided we know the Truth, and we note that the evolution of man’s consciousness begins with its acquisition of new powers and higher possibilities. We find ourselves torn by confusion, by conflict, by affirmation and denial, by emotion congested by fear and congealed by pride. We are afraid of the Universe in which we live, suspicious of people around us, uncertain of the salvation of our souls. All these things negatively react and cause physical disorders.” (32)

After this discovery, I began to realize how the mind of man can easily become unevolved. Scientific investigation verifies that most of our thinking is unconscious. Here is where habit patterns of thoughts are laid down from infancy. It should be our purpose to find out what these thought patterns are and when they are unhappy or morbid or filled with fear, to

change them so that the natural, normal flow of the body's Life Force or Vital Force itself can resume.

On a daily basis, those who are on the pathway of living an evolved life, may observe and experience human behaviour that is unlike the expression of love. At times, I ask myself, how humankind can live in the Presence of the Supreme Creator of their being and consciously or unconsciously express behaviours that are destructive to the human body, mind and spirit.

Mystics, Philosophers and Spiritual Authors such as Mary Baker Eddy, Jesus Christ, Lao Tzu, Eric Butterworth, Joel S. Goldsmith, Mahatma Gandhi, Maharishi, Eckhart Tolle, Carl Jung, Dr. Paul Leon Masters and Madame Blavatsky have all written or spoken about the Supreme Creator that creates, sustains, supports and governs His creations through Universal Law in Divine Order. All that man needs to fulfil his Life's purpose on this plane is already within him. We were created to be on this plane to experience living Life. We should allow ourselves to express Life from within; instead we live between thoughts of how to live this Life intellectually and spiritually.

Our intellectual thoughts are based on what we know and our desire for material things are based upon what we see and feel and what others desire of us. Living Life from this level of consciousness leads to confusion in the mind trying to resolve the problem. Through feeling of uncertainty, different emotions arise causing one to act out of fear.

The intellectual thoughts allow for the emotion of fear to develop. It does so out of a feeling of not wanting to experience dreadful consequences. Through fear, many wrong decisions are made and actions could range from substance abuse, violence, ill health and a slew of other destructive life situations that can make one feel dissatisfied, hateful, jealous, and resentful.

The actions of an unevolved mind of man through alcohol and drug abuse, violence, mental and physical ill-health and our negative environment, impacts not only the perpetrators and victims, but also all creations of the world. The accumulated energy is enormous and so are its reactions.

Our nature is to love and be loved. Jesus reminds us in the Holy Bible, "...Thou shalt love thy neighbour as thy self". (Mt. 22:39). Through the expression of love we are able to live in harmony and at ease experiencing joy, happiness and prosperity in Divine Order. The true evolution of Living Life is to realize that the Life of the body is God in expression and all things come from God and are of God.

Through living from the Mind of God, an individual can fulfill his purpose for being created with ease. I would like to end this topic: vs. The Mind of God, with the words of Dr. Masters from the lesson, Living an Evolved Life, in Volume IV of the Theocentric Psychology course study. Although it was mentioned before, I believe it is worth repeating at this time. He wrote: "A person living an EVOLVED LIFE REALIZES that the ULTIMATE TRUE LIFE of their body is GOD. Thus, they also recognize that because of this, ALL THINGS IN THEIR LIFE come from and ARE of GOD'S PRESENCE within themselves." (1)

## **CHAPTER V**

### **DISCUSSION**

There is much to converse about the difference between the unevolved and evolved mind of humankind. Through this research, we have become even more aware of the behaviour that can arise when someone is fearful, when an emotion or emotions are subdued and how life experiences can affect one's life when they are ignored.

Some time ago, I was introduced to a series of letters that has the heading, Christ Returns – Speaks His Truth. I found the introduction interesting, so I researched it on the internet. In Letter 1, it referred to the Universal Law of Love. As I read further it stated that Jesus relayed, “You cannot effect permanent changes in your lives unless you change your consciousness. Therefore, people must pray and strive at all times to achieve unconditional Love. For in the 20<sup>th</sup> century, human mental abilities out-stripped their spiritual development. Scientists thought they could explain away the origins of creation and ascribe them to accident. As a direct result people ditched morality and began to give way utterly to self-will. They set in motion a new momentum of menace in the world, for they began to create a new form of ‘world ego-consciousness’ directly in opposition to the NATURE of the Divine-Unconditional Love. The human consciousness blocked the inflow of the Divine”. NOTE WELL: The ever-increasing lurid imaginings of a few people, which would have been contained locally, a century ago, now became a CONTAGIOUS MENTAL INFECTION glorified in literature, films, theatre spreading world-wide, creating a global ‘Human Consciousness’ similar to their own, expressed as sexual excesses, violence and perversions. This MENTAL INFECTION first manifests as egocentric modes of living and the creation of technical devices – which have created serious health

disorders, climatical changes, crop failures, environment deterioration, extinction of living creatures, and wholesale slaughter of human beings”. It went on even further to state that, “Mental Infection manifests in the human personality as deranged and destructive behaviour, drug-taking, abominable cruelty and depravity, gangster operations, and sexual excesses. Thus has a vicious cycle of malignancy and perversions of thought, and activities being created by entertainment and media magnates. The purpose, to capture egocentric public vested interest. Your TV and cinema screens have become the new Bible of human behaviour”. (7)

He even drew to the readers’ attention that, “Personal tragedies unknown to human kind a century ago have become rife and people live in fear of walking the streets. Households are barricaded behind high walls. Family and social problems are taken into regular public debate – and so the saga of human misery is perpetuated. This is the BEAST stalking your lands and feeding a miasma of beastliness into innocent minds. \*\*It will be perpetuated until my Christ Knowledge is acknowledged, accepted and lived by the majority of people on earth. Because this knowledge will show you how to get back in the true PATH OF LIFE in order to start creating the kind of lives you truly desire.\*\*” (7)

As we look around our surroundings we see and may be experiencing the same. Today, where I live, most of the houses are barricaded, the windows are sealed, we are experiencing robberies, murders, sexual abuse on boys, girls and women and men in our nation. The change in climatic conditions – excessive rain falls and winds. Increases of alcohol related incidents and of course various levels of depression are more apparent. By gaining a better understanding and how to view, access and react to situations, you and I can definitely be less fearful.

Dr. Paul Leon Masters in his writing in Theocentric Psychology Volume III, he wrote in the lesson about Personal Ego versus Universal Identity, that; “The battle within humans rages

on – the battle between the personal ego and one’s TRUE UNIVERSAL IDENTIFY. Whatever state of consciousness is winning the battle for supremacy and control of the body, mind and soul is dictating how people’s lives are turning out – both within themselves and in their outer life, which for most part is a mirror -- a reflection of the consciousness within... those who have currently lost this inner battle are those who have fallen to the greatest depths within themselves, i.e., drug addicts, alcoholics, violent criminals, people of commerce without conscience, the insane, etc. Most people today fall into an “in between” state of consciousness; that is, while the personal ego is catered to, the Universal Identity or God is given some measure of control. Even these people – who do turn over some degree of power to God – may be so steeped in traditional religious dogma that a real sense of Universal Identity is Lost in the mental shuffle. Therefore, whatever focus is on God is split between a God of Love on one hand, and an image of a vengeful God on the other. Such theology washes out the good, or love, in most people’s minds due to their acceptance of the hateful and wrathful.” (1)

We ask ourselves how we can survive in this world with all these human created effects. How do we overcome those negative patterns we are dealing with and how do we maintain that sense of control and live with them.

Yes, you may have overcome many life-changing challenges whether it was in the area of health, finance, career, family, friends or relationships, but they do not seem to be eradicate out of your life. As soon as one is resolved and other evolves, only to start the process of resolving the situation all over again.

As the average person goes through happy experiences they tend to put God out of their thoughts and begin to live from their intellectual capacity: “I KNOW” which is limited to what they know. The moment situations arise that they cannot handle (not knowing what to do); they

tend to seek help from a higher source by praying themselves or seek assistance from other spiritual individuals or beings.

We must be mindful that God is right there, here – within and without all the time, ready to help through all changes or challenges.

It could not be disputed that some individuals believe they have overcome life challenges without acknowledging God. Little do they realize that the positive thoughts they held in mind is and was created by God – the Supreme Creator of all and all things. God is always creating, it is Its nature. So whether they acknowledge God as the source or the activity in resolving the situation consciously or not, they did through the Power of positive thinking, right thinking – the pure thoughts of God.

There are many pathways to communicate with God. The methods through rituals are just one of the ways. The simplest I have discovered is acknowledging God in the moment – meditation and prayer. Because he is right within us, he knows our feelings, our needs and desires. Therefore, there is no need to look outside of our Self.

His Holiness the Dalia Lama has travelled around the world sharing the Tibetan philosophy of a way to a meaningful life. He wrote in his book, *How to Practice The Way to Meaningful Life*, “Two Ways to Happiness”, “There are two ways to create happiness. The first is external. By obtaining better shelter, better clothes, and better friends we can find a certain measure of happiness and satisfaction. The second is through mental development, which yields inner happiness. However, these two approaches are not equally viable. External happiness cannot last long without its counterpart. If something is lacking in your perspective; if something is missing in your heart then despite the most luxurious surroundings, you cannot be happy. However, if you have peace of mind, you can find happiness even under the most difficult

circumstances... Material advancement alone sometimes solves one problem but creates another. For example, certain people may have acquired wealth, a good education, and high social standing, yet happiness eludes them. They take sleeping pills and drink too much alcohol. Something is missing, something still not satisfied, so these people take refuge in drugs or in a bottle. On the other hand, some people who have less money to worry about enjoy more peace. They sleep well at night. Despite being poor in a material sense, they are content and happy. This shows the impact of a good mental attitude. Material development alone will not fully resolve the problem of humanity's suffering". (2)

Today the greatest challenge an individual may face is illness. With all the wealth they may possess, one serious illness can absorb most of or all of their financial resources. In His book *The Planetary Commission*, John Randolph Price wrote, "Ideas such as sickness, disease and old age do not exist in the Mind of God. Therefore, as the pure energy of God-Mind expresses as the Life Principle and forms the body according to the Perfect Pattern, the visible manifestation must also be perfect. Since we were created out of Perfection, we must be perfect. But how do we explain the appearance of disease and sickness?" He suggested to us to "Go back to the principle that in the Mind of God because, Thoughts are creative, and since we are individualizations of God, our thoughts are also creative. We have the freedom to create conditions and experiences in our lives according to the thoughts we think and accept as true. Thus, we create our own diseases by objectifying fear, hate, worry, or other mental disturbances. But we can also be restored to our normal state of perfection through the Right use of our minds". (109-110). How awesome!

Ernest Holmes – *Living the Science of Mind* tells us "Right Thought will always externalize itself"... "Know that your word is the law unto the thing which is spoken. Every word

you speak is the Presence, the Power, and the Activity of the Law within you. It is the Law unto the thing whereof you speak. It cannot and will not return unto you void, but will accomplish the purpose you have in mind. It will and will heal and demonstrate; It can and will produce the desired result”.

“You must believe the Will of God is always toward Goodness, Truth and Beauty. Goodness, Truth and Beauty cannot be reversed because they have no opposites, but your knowledge of the Truth can reverse every so called law of evil. Thought with definite direction and conscious intention produces the desired result.” (294)

So where do we go from here to solve humanity’s suffering, to solve our own suffering? All the negative behavioural patterns that can reap havoc in our lives from the seeds that were planted by our fore-parents, parents and other adults in our lives, those that were created by us, can be eradicated from our perception so that we can live Life harmoniously and fulfil our purpose for being created, if we are willing to make the change.

We are told that the accumulation of wealth, knowledge and material possessions will not resolve the experiences of the unevolved mind, but by turning to God, the Only Source, Power, Wisdom, Intelligence and the One Love that knows and sees all things and is always ready to supply our need and is always available to us from within our true Self, will. We are also told that to achieve that state we must become still in our physical body and mental mind – meditate and pray.

Dr. Masters sums it up all in Theocentric Psychology Vol. IV, Living an Evolved Life where he stated, “The more you meditate, the more of an EVOLVED LIFE you will be leading daily. Daily practice of meditation keeps your conscious mind open to the DEEPER UNCONSCIOUS, which contains GOD’S UNIVERSAL PRESENCE at its CENTER. It is as if

you have an influx of HIGHER CONSCIOUSNESS entering your conscious mind on a daily basis. Such HIGHER CONSCIOUSNESS provides you with an EVOLVED STATE of AWARENESS, through which you act or interact with others and your environment.” (3)

I have found meditation to be a practice that truly helps to bring the body to a state of total relaxation and quiets the roaming thoughts, gradually experiencing the stillness and silence that one needs to achieve. In that moment, the connection with the Presence is experienced and the door of possibilities swings open and you become conscious of the flow of inspirations.

We have the innate ability to make choices, we are fully aware of the “wrong” we about to do, but we go against our conscience or inner guide. The negative result is really no fault of God or anyone else we seem to want to blame, but our own.

As Metaphysicians and Theocentric Psychologists, the philosophy of Metaphysics needs to be understood, accepted and practiced, and then our own destructive patterns that were developed can be reversed through the Inner Power of Mind that is the Creative Principle within all life. All the knowledge of truth needs to be practiced to live a fulfilled Life – an evolved Life. Together, we can help others change their thinking; trust God to fulfill their soul’s potential and realize there are Universal Laws that operates in Divine Order in all things.

I like this phrase by Ernest Holmes, The Science of Mind “...ONE OF THE MOST IMPORTANT CONCLUSIONS WHICH THE MIND OF MAN HAS EVER MADE. By changing his thought, he could re-mold his affairs; and by right thinking he could bring new conditions into his life!” (74)

## **CHAPTER VI**

### **SUMMARY AND CONCLUSION**

What I have discovered through this research is that the Thing we call God and other names given by various religious and spiritual organizations, is no respecter of persons. It has no favourites and does not discriminate. It is intelligent, It is Life, It is health, It is the Source of all we need, the substance of all things and it knows all about Its creations - It omnipresent, omniscient and omnipotent.

All the situations an individual with an unevolved mind experiences, there is still hope for a better lifestyle if he is willing or desiring to change his way of living. There is that Divine Love within him that is probing him to give love, but fear gets in the way. It is for him to trust others to assist him to transform his mind and to give recognition to the Divine Presence that is waiting eagerly within him to serve him. God is like “Aladdin’s Lamp”, always at your service. Giving It recognition and acknowledging Its Presence, opens us up to inspirations of how to live Life in Peace, Love, Harmony and Abundance.

As we quiet the physical body, still the roaming thoughts and come to that state of stillness through meditation, we will find inspirations from the highest source being revealed and we would be guided to right action to fulfill our purpose for which we were created.

If we as Theocentric Psychologists are to be successful, we must be willing and able to help others come to the realization and understanding of their behaviour, take responsibility for their actions and begin to acknowledge and accept the Creator as their source of Life, supply and all that is needed to fulfill their soul’s purpose. We must also recognize their internal and external achievements. By all of us turning our thoughts and trust to the Universal Mind – God,

which is within and around us, we can be guided, supported and most of all, love, as we fulfil our soul's purpose in Divine Order.

The Dahlia Lama wrote in his book, *How to Practice The Way to a Meaningful Life* in the Introduction, "Two Ways to Happiness"...the first is external. By obtaining better shelter, better clothes, and better friends we can find a certain measure of happiness and satisfaction. The second is through mental development, which yields inner happiness..." (2)

As I review in my mind all the information I had access to, I realize there is a lot more to be said about living Life through an Unevolved Mind and the Mind of God. However, I believe I can sum it up as; Living Life is to be experienced from within in the moment, and be observed!

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