



THE PSYCHIANA
Bulletin

February 1951

the wayfarer. . .

When We Come to Mountains

HAVE you ever come face to face with a mountain? One that was austere and cold, with blizzards on its summit? Do you remember the first time, having crossed the plains, that your eyes looked upon the Colorado Rockies? If you recall, you were fooled as to their nearness, and they looked soft and lambent in the afternoon sun. But did you, later, attempt to climb Pike's Peak? Even over the well-marked trail the climb is filled with hazards. Moderns have little sense of the struggles of the first explorers who sought passes through the mountain ranges, for we moderns have steam heated lodges on Mt. Hood, or fine cabins at Mt. Rainier, or ski

lodges and restaurants at Sun Valley in Idaho.

The explorers met the stubborn resistance of the mountain barriers with an equally stubborn will to pass through. Some died; others suffered broken bones and frost-bitten hands. Dr. Marcus Whitman, of Walla Walla, Washington, made his famous ride horseback through the winter's snows over the vast bleak stretches of the Rockies to Washington — have you read about it? It was his will and strength that won over them.

I remember vividly, from childhood days, when the children of Israel were at the Red Sea, with mountains on either side and a foreign enemy in hot

This Month's Thought to Remember . . .

*"Sincere thoughts for peace never provoke war.
Let us think constructively, act positively, and
above all, remain optimistic."*

THE PSYCHIANA Bulletin

is published monthly by Psychiana, 100 North Main Street, Moscow Idaho. Subscription rate: \$1 a year.
Vol. 2 No. 1

pursuit behind them. They were walled in by some alien force on all four sides; and yet they won.

All of us face mountains in our experience. But for us the mountains are not the actual physical ones — they are great problems that stand as barriers to our free passage to security and peace. Luther had such an experience at Worms, our Pilgrim Fathers knew it at Plymouth Rock, David encountered it when he faced Goliath, Lincoln knew what it was when he moved against slavery, Lewis and Clark knew that hardship on the Oregon Trail, Jesus of Nazareth met the mountain at Calvary, and you and I come against the sheer cliffs where the winds blow fiercely many times in our lives. For example, here are four areas out of many I know where mountains confront people. (1) In the attempt to overcome ill-health, (2) when establishing a new home and a new business, (3) in finding a satisfactory concept of good and evil and answering the problem of suffering, or (4) when convincing people of the concern that the Almighty has for their wel-

fare. At the latter point, why is it so hard to show folks that, no matter what their condition, God loves them with a convincing love—that is something I do not understand. These, and other mountains we face are invisible, yet real; they are before some of us every day of our lives.

And I want to show all of us how we can face the mountains, however rigorous, and win over them. Lay down your burden now, and put aside your prejudices, and turn off the radio, and think on the wondrous steps I will name below. I am sure that any honest seeker after Truth and Light will find here a sure answer to the problem he faces, however great that mountain is that now stands before him in his path. Here is your spiritual equipment for your conquest; and it is free for the taking.

Step One. Be sure you know that what you are attempting is good. God wants health for all. Be sure that no mountain barrier before you can possibly be impassable if what you are attempting is GOOD. Base motives are predestined to defeat. Evil has in itself the seeds of decay. Get your purposes to the point where they are GOOD. You will be pressed, even then, to win; but win you always will.

Step Two. If your cause is GOOD, have unwavering confidence that the Power of God is on your side. He is supreme GOODNESS. You are linked with the never-defeated and always-triumphant God-Power when you are setting out upon

(Continued on page 8)

pamela dawn. . .

Trusting?

Or Squeezing The Eagle?

IT WAS getting toward the end of the month, and the household allowance was almost gone. "How will I 'stretch' the allowance for six more days?" I puzzled with a frown.

The coins from my purse were emptied out on the work table before me. I toyed with the first one and then another idly—then with a startled eagerness. I had always known it was there. But now I saw it in a different light—IN GOD WE TRUST!

"Guess I've never believed it, else I wouldn't have been squeezing them 'till the eagle squeals!" I told my purse.

I continued to ponder. What a wonderful emblematic phrase, IN GOD WE TRUST. Its sponsors must have had the most sanguine faith or trust in God; they must have been deeply spiritual men to have placed such a slogan on coins that would eventually be sent into every avenue of the world's trade.

"Well, I am going to try and back up that slogan from now

on," I said as I jumped up and got a scratch pad, scissors and pencil. "I am going to start *trusting* like these coins ask us to." I cut several tiny strips of paper and wrote boldly on each: IN GOD WE (I) TRUST, and placed one—folded daintily—in my coin purse. A similar slip was inserted full length in my bill fold along with a couple of dollar bills. A third slip was folded and placed in the bottom of the proverbial sugar bowl bank in the kitchen. And the last one I placed lovingly in a very special purse — the one I keep for my tithes.

"I feel better already," I told my budget. "Seems like I have made a tryst to TRUST!"

Starting out for market that morning I felt lighter hearted than usual, although I couldn't see how so few dollars could be "stretched" to cover so many "musts."

Pushing the shopper's cart about the store I thought, "is this 'sale' day, or is my 'trusting'

finding me special buys?" Things didn't seem so high. When the cashier totaled the items I opened my purse with a different air and handed the change over light-heartedly instead of squeezing it!

The supplies purchased on that initial "trusting" expedition seemed unbelievably fresh—no waste whatever—and they lasted longer than usual. "Guess when I went shopping with a depressed spirit the very produce seemed to wilt too!"

Five more days followed in quick succession—and I continued to TRUST with every coin handed out. I began to see that I had in some way released the "strangle hold" I had been keeping on the budget funds, which only caused them to slip away all the faster.

That month ended triumphantly through trust alone. From then on each month's allotment began to take on a new meaning. I continued to keep the little "reminder to trust" slips in various money compartments, which never failed to catch my eye with every expenditure.

Stranger still, as I continued adhering to this priceless slogan on our coins, I began to notice many sidelights on the subject. It seemed as though others were *thinking* about it—yet did not believe it to be practical!

"But it is practical," I told myself with an emphatic stamp of my foot. "And by putting our thoughts on TRUST in GOD instead of the size of the coins, we

open the channels of our being to giving and receiving more freely—more lovingly!"

Over a year has passed since I placed those first "IN GOD I TRUST" slips in my purse, and how the past few months have seemed to reward me for that TRUSTING. No, I haven't become rich as the world sees it. But I find I am prospering more and more in the same proportion as I learn to TRUST.

Very recently surprises have come that make me feel RICH in spirit. The gift of a much longed for plane trip to the middle west which cost \$148.11 for instance. A new rug for our living room. An adorable hat (much nicer than any I've had since I retired from the business world in 1942). And this last week a gift of three new pair of sheer Nylon hosiery as well as an envelope containing 75 three cent postage stamps!

Perhaps some will contend that these things would have come to me anyway. But such an influx did not fall into my lap when I was making the eagle squeal!

The pioneers who designed our great American coins must have builded better than they knew. They gave us an immortal slogan to live by. Can't we follow through with their inspiration—and TRUST?

It has been stated that if everyone took their money as received and expended and repeated "IN GOD WE TRUST" they would never want; never have to worry about finances again.

marcus bach . . .

Living Thoughts for Better Living



*"It is part of the cure to wish to be cured."**

1.

THERE is too much talk about sickness and too little talk about health. All the medicine in the world is useless if you insist on remaining sick.

Tell yourself you are feeling low and you are low. Pessimism is habit forming. The worst thing that can happen to you is for you to enjoy self-pity. When you borrow sympathy you mortgage your self-respect. Without self-respect there exists no positive will to be well. "It is part of the cure to wish to be cured."

2.

Healing miracles at holy shrines are real. The seeker does his part by bringing with him his will to be healed. Here where others have been helped, he is helped because he wills it.

God is omnipotent but there is one wall He cannot break through. It is the wall of self-inflicted unbelief. Jesus with all his miraculous power and faith was stopped by it. He said in

*Hippolytus
† Glen Cunningham

effect, "When people do not want to be helped, I cannot help them. Where people do not believe in healing, I cannot heal them." That is what God says to everyone who refuses to open the door of faith and earnest desire. Miracles are possible only where it is possible to believe in miracles. "It is part of the cure to wish to be cured."

3.

There was once a tragic fire in a little rural school in Kansas. A youngster was so badly burned he was told that he would never walk again. Those who told him that forgot about the boy's will to walk. They forgot about his will to be healed. He did not forget. He made it the goal of his life. He was dominated by the faith that he would walk. He walked and he ran. He willed it so. He became one of the champion runners of all time.† "It is part of the cure to wish to be cured."

4.

If many of our physical dis-

tresses are the results of wrong "states of mind," then just as surely much of our mental unrest is caused by physical indispositions. If we are overly tired we are not ourselves. Physical endurance has its limits and when we use up the resources of our bodies we disturb the functions of our minds.

Here is a secret for effecting health of mind and health of body. Every mystic has taught it. Every prophet advocated it. It is the need for a QUIET TIME. Some call it meditation. Some call it prayer. It has many names: waiting on God, a silent period, a retreat, contemplation, withdrawal from the world.

Tired bodies, tired minds have been helped by turning away from the noise and turmoil of the world for a while and turning to God. Sickness and disease yield to the medicine of inner repose.

Most people think this is too simple a thing. They cannot think of an inexhaustible help being found this easily or a spiritual potency being so close at hand. Nonetheless, God waits in the silences and God's help is found in the quiet places. Put "stillness before God" to a test. Give "divine readiness" a chance. "It is part of the cure to wish to be cured."

5.

A German mystic* felt so vividly the nearness of the presence of God, saw so clearly God's willingness to help, knew so surely that God could be found in the silences, that he was heal-

(Continued on page 7)

* Hans Denck

Questions & Answers

(This section is devoted to questions which have been sent to us by our students. If you have a question, the answer to which you feel would be of interest to other students as well as yourself, send it in to us. We reserve the right to choose those questions which are published.)

Why was Psychiana started in Moscow, Idaho?

When Dr. Robinson was considering the organization of Psychiana and the writing of his now-famous lessons, he was working days and nights in a pharmacy. This rigid schedule of working hours gave him no time to devote to the writing he felt he had to do. Therefore, he decided to find a job as pharmacist in a drug store that closed at 6 p.m. so that he could devote his evenings to Psychiana. The only town in which he could find such a drug store was here in Moscow, Idaho. So together with his family he moved to Moscow in 1928.

Many times he wished he had not picked the town of Moscow, Idaho, because, like Jesus and many other foresighted leaders, he found and experienced the truth contained in the statement, "A prophet is not without honor except in his own town."

bach . . . (Continued from
page 6)

ed in body and mind. He wondered why anyone should fail to experience what he had known. He wanted to tell the world about the greatness of the use of meditation.

"Give me a voice," he cried, "that I may say aloud to the whole world that God is in the deepest abyss within us and is waiting for us to return to Him. Oh, God, how does it happen in this poor old world that Thou

art so great and yet nobody finds Thee? Thou callest so loudly and nobody hears Thee. Thou art so near and nobody feels Thee. Thou givest Thyself to everybody and nobody knows Thy name. Men flee from Thee and say they cannot find Thee. They turn their backs and say they cannot see Thee. They stop their ears and say they cannot hear Thee!"

6.

Today, those who have felt the power of the presence of God

It Expires March 15, 1951!

The Special Book Offer we announced a few weeks ago is due to expire March 15th, 1951. Since the announcement was made, we have received scores of orders for the five dynamic books listed under this offer. In case you have forgotten which ones they are, here is the list together with the Special Offer price:

1. Through War To God	\$ 1.50
2. Your God Power	15.50
3. For Rent—A Cross75
4. A Drunk—and 5,000 Roses	1.50
5. Is The Story of Jesus Christ Fact or Fiction?75
TOTAL.....	<u>\$20.00</u>

In addition, with every order of \$4.50 or more, we will include, absolutely FREE, a copy of *They Have Found A Faith* by Marcus Bach! This offer expires March 15, so send in your order—TODAY! An order form is enclosed with this issue of the Bulletin.

send out their cry in the confusion of our time.

"Give us a voice with which to tell a sick and dying world that it can be well. Oh God, there is no one holding us back from Thee but we ourselves. There is no destiny impending that we cannot change. There is no fate but the fate we fashion. Why do men love darkness more than light? War more than peace? Hatred more than love? The things of the world more than the things of God? Disease and sickness more than health and holiness?"

What can you do? You can begin with yourself. In the quiet of your own experience you can begin changing one person. Insofar as you reflect health, you

light the torch of healing in the hearts of others.

It is this vivid sense of "centerliness" that makes you important in God's plan. You are the hub of a little world. The springs of healing flow from you into your circle of friends and through them into the great world.

Will to be well in the midst of the world of your time. There is no miracle of the past that cannot be reproduced. There is no healing that cannot be repeated. There is no saving power that cannot again be demonstrated. God waits for you in the silence. You draw near to Him only to find that He has already found you. In mind, body and heart, learn that "It is part of the cure to wish to be cured."



wayfarer. . . . *Continued from page 2)*

the trail of goodness. Goodness is only another name for God. He, being consistent with himself, cannot be other than vitally concerned for any child of his who sets out to do good—to exhibit his kinship with himself in this significant way.

Step Three. Learn to be content with God's timing. For the Wayfarer this is very difficult, since he is always anxious to get things done speedily. But, God has a way of working quite His own, distinctly His own. It may mean that this year we will not win, nor next year. But, just as surely as God placed the mountain before us, just as surely will

He give strength to find a way around, through, or over it. Sometimes when we are baffled the most, IF WE RELAX in God's timing, we are illumined (inspired) with the discovery of the pass that takes us into the great Northwest of life, or down into the verdant California valleys, or beyond the Range to the beaches. After all, except to us humans, what is a decade in the everlastingness of God Almighty? He inspires us to wait for His good time.

And finally, Step Four. I beg of you to remember this with all your heart and strength. Never give up. Radiate certitude. Work with all your might. Bend every energy in the direction of vic-

tory. Let nothing befog your purpose toward achievement. Many people who persist in WANTING to get well, do get well. I know those who really *strive* for peace of spirit (against the mountains of despair and frustration) actually find what they seek. Those who never deviate from their purposes, but with all their might keep moving "up the hill of God" actually find the inner contentment which makes for real happiness.

Dr. Robinson has often pointed out the greatness of the teachings of the Nazarene. And among the teachings of Jesus none stands out more prominently than this one: "If ye have faith as a grain of mustard seed, ye shall say unto this MOUNTAIN, Remove hence to yonder

place; and it shall remove." I think Dr. Robinson would ask us to SHOUT that command with much vocalization, not only to encourage us, but to frighten the enemy. And, to watch the mountain actually move, as I have so often seen it do in people's lives who exercise faith, is one of the rare sights and insights of living.

Remember, you may get blistered feet, or frozen hands, or you might even die physically in the struggle over the mountains, but the real YOU will always win in God's good time. Such is the nature of good, and of God and of His universe. When YOU come to mountains, bid them move and bid them move in the POWER OF THE LIVING GOD, and they will no longer be there in your way. You will have won.



Letters

FROM MEMBERS

Spokane, Wash.
December 16, 1950

Dear Dr. Robinson:


I wish that I could really express to you the heartfelt thanks that I hold in my heart for a person as kind and as understanding as you are.

Your lessons have done me... lots of good. In fact they have

been just like a tonic to us; something that has been lacking in our diet for a long time.

You speak of being still and quiet and finding God. I have found Him. I found Him a long time ago. But, when two people have been down for so long, it's not easy to get up, brush off the

(Continued on page 11)



Those who WALK WITH GOD

THE birthday of a very famous and important American is remembered each year in this month of February. George Washington was famous in war for his strategy and military direction. But, as famous as he was for his leadership, Washington was one of the most important figures in our entire history because he helped forge the idea of personal freedom and liberty upon the minds of the early settlers of this land. Thoughts of the chance of becoming free men resulted in the discovery and settlement of these United States, but it was up to this country's foresighted leaders to keep those precious thoughts of freedom alive and burning within the hearts of their people.

The concept of freedom which most of us Americans advocate and practice is still deeply planted within us, though not always apparent. In times of stress and troubled days, however, the united feeling toward our *own* freedom pours from the hearts and actions of millions of Americans. This situation is existent at the present time and in this horrifying world crisis.

But there is another type or kind of freedom which is almost

as important as the collective freedom of a nation. I like to refer to this other kind of freedom as "spiritual freedom." And by this term I do not mean that when a person is "spiritually free" he neglects to continue his search for a greater degree of knowledge about the spiritual realm. Rather, a person who enjoys spiritual freedom knows the secret of proceeding further in his search for contact with and recognition of the Life Principle with no apprehension or misgiving about the results! In other words, a person's search for God has been integrated into his daily life and actions when he is "spiritually free."

I know each of us is acquainted with or knows a person who, outwardly, seems to be happy and enjoys life but who actually is miserable. I have a friend like that—he needs no material items to make him happy for he has them all. He doesn't need money because his yearly earnings are sufficient for he and his wife. He has plenty of friends but I don't know whether they are of the fair-weather variety or not. *And yet this man is not happy!* Oh yes, he'll laugh and smile with you in conversation, but inwardly he is disturbed and rest-

less. I feel sorry for men and women who find themselves in this condition. And the worst part of it is that *they themselves* do not reason out the problem or difficulty and then go ahead and endeavor to correct it. Too many times this internal upheaval is left to grow and expand, thereby giving rise to various mental and nervous disorders.

But how do our friends go about correcting this situation? One of the fundamental parts of the remedy is most simple. It has been said thousands of times in many diversified ways, but still people refuse to heed it. It is, "Know Thyself." Two little words but how they can change a person's thinking! Everyone should endeavor to know themselves intimately—each fault—each habit—the good points—the bad points—for until we do recognize our true character and understand it, *how in the world can we go about correcting the things which should be corrected or improved?* For instance, a

person who knows nothing about radio or electronics would be very poor at fixing radios, even though he honestly tried. Likewise, a person who has no knowledge of *himself* would run into difficulty when trying to solve his own inner problems; therefore, to "Know Thyself" is one of the most important jobs each has before him.

The person who has "looked into himself," so to speak, has a good idea of what procedure should be followed in order to correct or right a condition which exists within himself. The next step, then, in the attainment of Spiritual freedom is that of faithfully working at the solution of the problem which exists within us. And this is the point at which many people falter and surrender. Like the smoker who *knows* he will feel better if cigarettes are given up, but who just can't seem to develop the needed initiative to overcome the habit, some people can't seem to

(Continued on page 12)

letters • • • (Continued from page 9)

dust and grime, and say, "Now that's that." I truly wish it were that easy. Because we have picked ourselves up many times, and tried to see things in a different light, but then a few of those dust particles would appear again, and down would go our hopes. Most people don't want to hear a tale of woe, and I can't say that I blame them—

that's why I don't write too often . . . I don't want to burden any one with my troubles. . . .

So now, I'm thanking God that He has given me another chance, and that someone sent my name into you when they did. I do appreciate you offering your assistance if we needed it. . . .

May God bless you and yours, now and always.

Mrs. H. A. L.

those who walk • • •

(Continued from page 11)

develop that needed push to consciously and resolutely work at the solution of their inner restlessness and unhappiness. *They won't and don't try!* Possibly they feel it is too tough a job—that the solution will be hard to find. Certainly it will be a hard job! Do we obtain things in this world today without hard work and much effort? So, cast aside thoughts of “something for nothing” and *work at this job of solving problems which arise in everyday life!*

A few days ago a friend of mine made the remark that the definite practice of having faith in God doesn't actually take place in a person's life until he has had a personal experience through which the Power of God has been undeniably demonstrated to him. In a great measure this statement is true. However, it needn't always be this way, because the greater the faith we develop now, the easier the solution is to any problem when the time does come that we need to call on the Power of God for aid,

which is just about everyday. It's like the man who looked out the window and saw the first snow of winter descending. He told himself he would shovel the snow off the walks in the morning. Morning came and it had stopped snowing. He then told himself that he could do it that evening. However, during the day it began to snow again, and by the time the man actually went outside to shovel the snow off, it was three times the job it would have been had he done the job when he first said he would.

And so it is with the majority of us. We procrastinate. We put off jobs which seem to us to be difficult but which actually would be easy if we would but *get them started!* And one finds that with the Great Partner each one of us has, *any* task can be made easier. But let us not put off our spiritual shoveling. Use the help which can be yours for the taking. Realize *now* that recognition of the Realm of God is 90% of the battle, and that through the guidance and help you can and will receive, the walks of your life's pathway can easily be kept clear of the snow of discouragement.

A look at next month's bulletin • • •

“Time” is the subject of Marcus Bach in his monthly feature Living Thoughts For Better Living. . . . Pamela Dawn says we can “Praise our way to wholeness and peace,” and tells how to do it.