

"PSYCHIANA"

(THE NEW PSYCHOLOGICAL RELIGION)

LESSON NO. 1.

With
SPECIAL INSTRUCTIONS TO OUR STUDENTS

BY

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Every second Monday there will be mailed to you one lesson. You are to do your part in making this course of instruction as profitable to your self as the truths herein contained are profitable. The truths come direct from the source of all truth. Hence--they cannot be wrong--they MUST be right. They have been spiritually received, and are passed along to you. There is, in this course of instruction, enough of the truth of the Living God, to enable you to be an overwhelming victor in the strife of life. In fact life loses its strife, when one learns the secret of communion with the mighty power you are soon to hear about. Jesus knew what He was talking about. Not all the things attributed to Him did He say, but He said enough to show you and me how to find God--and once you and I do that--we need never fear about anything else.

It is absolutely necessary for you to entirely discard whatever theories or notions you may have about who and what God is. It is also necessary for you to disabuse yourself of a belief in a "subconscious mind" if you hold that belief. God--NOT "mind" of any kind. They have nothing in common, and the mighty Life Spirit, about which you are to learn, is NOT "MIND" of any sort. IT CANNOT BE. So get that theory out of your head, if it is in it.

You must read this lesson quietly, EVERY DAY. REMEMBER--you are endeavoring to contact what I call the most DYNAMIC UNSEEN POWER in the universe, so please obey my instructions TO THE LETTER. There is a lot of teaching in every lesson left to the student himself. Only the "high" places have been touched. It would be impossible to go into much detail in a work of this size. You must use your own reason and head. THINK UPON THESE LESSONS. LET THEM BECOME A VERY PART OF YOU, and you will find, ere long, that they point the way to the greatest power

you have ever known, or ever will know--THE POWER OF THE MIGHTY, UNCHANGEABLE, PRESENT, LIFE-GIVING, HEALING, DYNAMIC LIVING GOD.

FRANK B. ROBINSON.

At the very beginning of your studies let me say to you that you are now starting on the most important work you have ever undertaken in your life. You are now dealing with the most dynamic power in the universe. Little is this power understood, for if it were there would not be the misery, sickness and poverty all around us that there is. The time is at hand, however, when knowledge of the potent dynamic force about which you are to learn will be common knowledge, and the facts as you are to learn them will be universally accepted.

In dealing with the facts as I shall deal with them, I want to warn you in advance that you must not be surprised at anything I may say to you. Remember--this course of instruction has not sprung into existence overnight. Neither has it been thought out as a scheme to make money, and if I had my way, and were financially able to do it I would give this entire set of lessons to everyone asking me for them. I am not so able, however, and as far as this world's goods go, I have only a few of them. Nor do I want to ever be a rich man--I can promise you that also. The man does not live who could lead you into the truths that I shall lead you into, from purely monetary motives, and you may rest assured of the fact that I have trodden every step of the way you will take before you--and it may be that I have taken several steps that you will never be called upon to take. I realize, to the very full, the immense responsibility resting upon me in making known to you the truths of this universe, and of this mighty Life Spirit--the Living God--and you may depend upon it I am pretty sure of my ground.

You will find out as you progress in these lessons that no man can talk or write upon this subject, unless he knows by actual living experience of what he speaks. Should one attempt to do so, he would meet with inevitable disaster and failure, and I, for one, do not care to trifle with things pertaining to the Living God. Others may if they so choose. I do not choose to do so. This is my life's work. It has entailed nearly 40 years of thought and endeavor along the lines of these lessons. I have for years earnestly tried to find out the truth as I KNEW it must exist, and as I have since discovered it DID and DOES exist.

There have been times when I have been literally called upon to "tread the wine-press alone" and man will never know the dogged determination and faith that has been necessary in order to discover the facts as I believe I have discovered them. And mighty facts they are. There they were--close to me all the years I spent vainly endeavoring to discover them. The trouble was with me--and not with this mighty Life Spirit, for as such I shall often allude to the Living God in this course of studies. The truths you will learn will probably stagger you, and many of them at first may seem incomprehensible to you--but under no circumstances would I mislead you, nor would I ever trifle with sacred things of your inner life. You may depend

upon that. At the beginning, and in fact all through this entire course, you must give me your absolute trust. That is essential.

I shall, at the beginning of your studies, ask you to do certain things without explaining to you why they must be done, or what they will accomplish. The reason for that is that you could not, at the initial stage of your studies, comprehend them. So you must just do them--faithfully--systematically, and without asking me why. Remember--we are dealing with spiritual things, and as such they are unseen things--now. Presently, you will see them. As the great truths begin to dawn upon you, you will understand them all I hope. Of course, you are in your home and I in mine, and the probability is that you will never meet me face to face, much as I would like to meet you. But I urge you to DO THE THINGS I TELL YOU TO DO--NO MATTER WHAT YOU MAY THINK OF THEM NOW. And I urge this as earnestly as I can. Remember--I am the teacher, you are the student. It is, of course, possible for my students to read this course of studies without getting anywhere, so to speak, and I can say to you now that unless you actually do the various exercises that I prescribe, the chances are you will get nowhere, and only be a loser.

It is the very hardest thing I know, to put spiritual truths down on paper, and while I have done my very best, it still remains an essential to successful revelation that you give me your undivided attention, and that you actually do what I tell you to do. A little later you will realize why it is so necessary for you to do so. You will realize also why, to date, it has seemed so hard to discern the truth about unseen things. Jesus said: "The things which are seen are temporal, but the things which are UNSEEN are--ETERNAL." And we are here dealing with eternal, unseen things. I have no way of knowing how much you know of Psychology, and it is quite immaterial to me. If it be a fact that you have studied the New Psychology to any great extent, you probably believe, or think you believe, in a "subconscious mind."

At this point, however, I shall ask you to disabuse yourself of any such a belief as that. I shall endeavor to show you before we have progressed very far with our studies that there exists no such mind. And in case you insist that there is, then I shall ask you to try to explain it. And if you can--then you must write me and tell me just what this "mind" is. After years of research and experimentation, I have been unable to find it, or to even justify the statement that it exists. I know full well what the Psychologists have discovered about the remarkable effects of something which is supposed to be "subconscious" or "unconscious" and which can be and is appealed to, and from which almost unbelievable results have been, and can be secured. I know about that, and that fact, if no other, proves that this mighty Life-Spirit can, and will, and DOES operate, EVEN WHEN IT IS NOT RECOGNIZED AS BEING GOD AT ALL. The very fact that thousands have obtained healing, success and happiness from the so-called "subconscious mind" LITERALLY PROVES, BEYOND A SHADOW OF A DOUBT, THAT THE MIGHTY LAW, THE MIGHTY LIFE SPIRIT, THE LIVING GOD THAT I AM TEACHING YOU ABOUT--ACTUALLY EXISTS.

Had the New Psychology definitely linked up the so-called "subconscious mind" with the Living God--I should have accepted its statements without question, and

this course would not have been written. There would have been no need for it. But they who have expounded its teachings have not done so, and in giving credit for the marvelous phenomena which have happened, to something "unfathomable" which they call "mind" both the New Psychology itself and most of its teachers have come JUST ONE STEP SHORT OF REVEALING THE TRUTH AS IT ACTUALLY EXISTS.

At this point let me take time to call your attention to a claim that some of the teachers of the New Psychology are making. That claim is that the universal mind, whatever that may be, operates through the sympathetic nervous system of the entire human race. Some of them have gone so far as to state that this ethereal something occupies a certain part of the human brain, unknown to us. All I shall do with that statement is to say that on the very face of it, it is absurd. Now please remember that I deny the existnece of any such a thing as a "subconscious" or "universal mind." But--granting for the sake of argument that there is one, and that it operates only through the sympathetic nervous system--that statement alone proves that such a "mind" cannot be "universal." If it were--IT WOULD BE JUST AS CAPABLE OF OPERATING THROUGH THE VASCO-MUSCULAR SYSTEM, THE VENOUS SYSTEM, THE ALIMENTAY TRACT, THE FEET, THE HAIR, OR ANY OTHER PART OF THE HUMAN ANATOMY. Such a claim is absurd and, I am happy to state, does not come from the more scientific Psychologist. As you progress in your studies you will find that not only is there no such a thing as a "subconscious mind," but there is no such a thing as a "universal mind" either.

There is a place in man, at which place he is capable of being joined to the great Life Spirit, and in one certain way, it may be said that he IS joined to this great Life Spirit. But that place has nothing to do with the brain, the sympathetic nervous system, OR ANY OTHER PART OF THE PHYSICAL ANATOMY OF MAN. We shall come to that a little later, though. Just at this point I want to say to you, that in the study of these lessons, please study them alone. Get away from everyone and go somewhere where you will not be disturbed, and where you can grasp these great scientific truths as they are presented, without interruption.

There is a scientific reason for this which will appear later. I do not want you to practice any exercises in bodily relaxation as this is entirely unnecessary. All that is necessary is for you to be alone--and be quiet. It is advisable to sit in a comfortable chair, with all thoughts of the worries of the day put away from you, and instead of thinking about anything, try to think about nothing at all. Do not try to force yourself into any un-naturalness at all, but just try to be so quiet that you "sink into yourself," so to speak. At this point once more I must caution you that you will never find the Living God in yourself, so do not try to look within with the object of finding Him there. If you do--you will be sadly disappointed, for, as I stated a little while back, the Living God does not operate through any part of your anatomy whatsoever. If He did, THEN YOU WOULD NEVER DIE. AND IF YOU SHOULD DIE, WITH THE LIVING GOD OPERATING THROUGH YOUR BRAIN, OR SPINAL COLUMN, THEN HE COULD BY NO POSSIBLE MEANS BE GOD, AS THE POWER OF DEATH WOULD PROVE TO BE SUPERIOR TO HIM, AND WOULD REQUIRE THAT HE QUIT HIS PLACE OF ABODE IN YOUR PHYSICAL SYSTEM.

But to entertain such a thought as this would be near blasphemy, if it were not so laughable. So do not look for any God within your physical system because the mighty Living God does not operate in this manner, all statements to the contrary notwithstanding. Neither is the Living God possessed of a mind which might so operate. Before you finish these studies, you will know that He operates in a far different way than that. You must remember here that your entire physical system is, we are told, at enmity towards God, and we shall soon see that this physical system that we have, was brought into existence through an act of absolute disobedience towards God. It would, therefore, be very foolish for you to believe that the LIVING GOD HAS TAKEN UP HIS ABODE IN A BODY THAT WAS BROUGHT INTO EXISTENCE THROUGH DISOBEDIENCE TO HIS FIXED AND IMMUTABLE LAW.

I will not enlarge upon this here, although a book could easily be written upon the subject. So just be very quiet and still when you study these lessons, and allow no outside thoughts to enter your head at all. Remember--you are the one who is to reap the benefits of this course--not I. I learned its lessons long ago. Just to the exact degree that you are in earnest over this entire matter, to that degree will you be successful in your studies. Remember also that this mighty immutable GOD-LAW is there--and the very moment you learn by your own experience that it is there, then that moment will you immediately want to use it, and when you use it--your life will be an entirely different thing from what it is now. The Law will function for millions of years now, and will still be functioning millions of years from now. In fact it will ALWAYS FUNCTION BECAUSE IT IS THE LIVING IMMUTABLE GOD. So learn well the lessons as I give them to you.

When you are nice and quiet, with all stray thoughts far removed from you, I want you to close your eyes, and keep them closed. Do not move your body at all. Just rest there with your eyes closed and do not move. Stay in this condition for about three or four minutes, and then, SLOWLY, very QUIETLY, over and over again, say in a whisper these words: "THE LIVING GOD IS MAKING ME WHOLE--THE LIVING GOD IS MAKING ME WHOLE." Repeat this statement very slowly from 30 to 100 times. Do not tire at it, however, but say it until you feel that you have said it long enough. The more times you repeat it, however, the more deep and lasting will be the effect of it. Then, JUMP SUDDENLY TO YOUR FEET, and say three times out loud, the same statement, clenching your fists at the same time. Try to put all the earnestness you have into the statement you make when you have arisen to your feet.

Do not attempt to go to sleep while saying this affirmation. When you arise in the morning, say these same words over and over again as you are dressing, and through the day, as many times as you can, let this same statement run through your head. It will be good exercise, if you attempt to spend at least half of your waking moments in repeating this statement--at least mentally. Do not try to understand now why I ask you to do this. The reason will be made plain in due season, so just DO IT. That is all I ask. Within a day or so you will probably feel coming over you something that you cannot describe, and cannot explain. I cannot describe it either, although I can explain it and will later. This "different feeling" will probably be quite marked, and you will KNOW beyond any shadow of doubt that a change is coming over you. You will not be able to describe it--

but you will know that it is there. And when you begin to feel "different" then is the time I want you to put all the earnestness at your command into your affirmation. This feeling will seem to pass away a little later, but in reality it will not. But as long as it is with you, THROW ALL THE EARNESTNESS OF YOUR ENTIRE SELF INTO THE ASSERTION. At night, upon retiring, it is advisable to put all clocks and watches that you might hear ticking, out of the room. I do not want you to go to sleep with a single thought in your head. Under no circumstances must you try to carry into your sleep any idea or thought of any sort. Your sleep must be as that of a child, and if it is not now, it very soon should be.

I cannot give you yet the tiniest glimpse of the dynamic force you are now using. But depend upon this one thing--that you are now BEGINNING TO CONTACT THE LIVING GOD HIMSELF. On the start the contact will be very meagre, and hardly discernible, but this new "freedom" and "different feeling" that has come upon you will be just the faintest touch of the mighty, dynamic, and all-powerful LIFE SPIRIT. READ THIS LESSON OVER AND OVER AGAIN--many times a day if convenient. KEEP QUIET AT YOUR WORK. DO NOT SAY A SINGLE WORD THAT IS UNNECESSARY OR UNCALLED FOR. LET YOUR WHOLE EFFORT BE BEHIND YOUR STATEMENT THAT THE LIVING GOD IS MAKING YOU WHOLE. Let your mental attitude be that of quiet expectation and continue in this attitude till you receive your next lesson which will carry you further into the mighty subject we are studying.

It is the law of the spiritual realm--in fact it is a Law of God that He cannot do anything for you and me until we reach the place where we actually believe Him. If there is anything therefore in your nature or make-up, that is in any way prejudicial to your success in these studies--then it is essential that you get it out. You have tried various other methods for finding the Living God and the chances are many to one that while such methods may have helped you, they did NOT show you who and what you actually are nor did they show you who and what GOD actually is. You know that God is abundantly willing and able to satisfy your every longing--and you have come to me to instruct you in the method I believe works. So you do as I tell you. I am not going to mislead you nor am I going to fill your head with affirmations which of themselves will get you nowhere. I am deadly in earnest in this course. I want to help the entire human race--and it is only a matter of time until this course will probably be the most discussed religious teaching given to the world for a long time.