

**Realization
Through
Concentrated Attention**

By

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With Foreword by Rev. Albert C. Grier

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Foreword

Only one who has found his freedom from a writing can fully appreciate my debt of gratitude to this booklet.

About twenty years ago I was in the Slough of Despond. Humanly speaking, I had enough to cause any man to despair; my health was ruined, my affairs in a most wretched state, my church was dying and in consequence my heart was broken.

In the midst of this darkness there came to me one day a copy of this article from Mrs. Stocker's pen. Somehow God had planned to a great work in me as a result of this simple little writing. It was the match that set on fire the fagot of my soul and through its tiny flame the big flame was started. My life was transformed; my fortunes retrieved and my church grew as few churches ever grow. Naturally my heart was renewed and my life became an orderly thing. The first chapter of the story of what the Father has accomplished through me in written and that story is the record of what a Truth match can do. We must recognize that no match can kindle soggy wood. But if your heart is prepared; if you want to know what I learned from this pamphlet – well the match is here.

And yet the thing I found in it I cannot find now, that is the words of it – yet the fact of it is here. See if you can find it. These are the words: “There is in the world a power that will do for me anything I want done on condition that I believe it and try it.”

These words cannot be found in these pages – but the Thing is there; can you find it? “Seek and ye shall find,” He said.

With gratitude to God and to the one He used to redeem my life, Mrs. Clara Stocker, I am yours in Truth.

ALBERT C. GRIER

Realization Through Concentrated Attention

There are hundreds of people who are beginning to realize that in the faculty of concentration lies the ability to accomplishment in all lines.

To help all who really desire to attain the power of concentration, I have arranged a simple method based upon years of study and experience, by which any one may understand and use the power when he will. These directions if followed carefully and faithfully, will prove their worth by their manifestations, but do not expect a harvest if there is not faithful, devoted attention to the subject in hand every day.

God is willing to give us time to grow as the lilies of the field, but we must avoid haste and anxiety which only retard our progress.

The first lesson in self-development is universal love. God is love personified. Feel and speak these words: "This house is filled and surrounded with Divine Love; no harm can enter."

Have perfect trust and reliance in God for everything in every respect.

Be still and know that He destroys every vestige of fear, or doubt, leads you with His wisdom, protects you

with His power, and supplies you with His abundance of all good, and covers you with His love.

Dwell in the secret place of the Most High, where you may ask whatsoever you will in His name, and it shall be granted for realization rather than from supplication.

There must be mental harmony before God manifests. The spiritual, mental and physical must work as one, but just as we first learn the rules of addition, subtraction, multiplication, and division in arithmetic before we can work out difficult problems later in mathematical science, and have to learn to use the fingers by training them in the five finger exercises before we can execute difficult compositions in musical science, so do we have to train the mind and body before we can come into practical use of the science of life, or realization of the allness of God and His expression of HEALTH, HAPPINESS, and PROSPERITY.

This training is to bring your mind into perfect union with God.

Have no malice, anger, hate, jealousy, or envy regarding any person or being.

Love must dominate the mind – a love that seeks to do one's neighbor good, rather than to take advantage of him. A love for the good for the sake of good, a love for the right for the sake of right.

In the degree that you are enabled to exercise the love Divine, in the degree will you advance to the most perfect realization of our ideal.

For every deviation from the right the law demands a penalty.

Beware of the cultivating or using any power for selfish purposes.

In this course of training I will give some exercises that will sooner or later bring you into the highest state of concentration, which is sometimes called superconsciousness because it is so far above the ordinary consciousness.

In this state you may concentrate upon any question and you will receive knowledge instantly.

But this state, remember, is to be attained through the pure motive, life, and action as well as the faithful practice of the methods given for withdrawing attention from external things.

In undertaking a course of mental training, I advise that for four weeks you make a business of following directions for development of the power of concentration, remembering that, "Where there is a will there is a way." If these directions are carefully followed, you will find the key to the fullest development of the power in concentration.

If you wish to learn the secret of keeping well, you must first know that you are alive, and learn to live. You must hear the voice which is calling to you to "Arise, Come Forth." Come out of your grave of ignorance, unbelief and doubt.

Tear away the bands of fear which have bound you so tightly.

Fling aside the fear of suffering, disease, death, and poverty, and walk forth free, seeing the glory of life and fleeing the joy of being alive.

Live in the real world, the world of the life, joy and beauty.

Live the free life, but this you cannot do as long as your body is diseased and full of pain.

Change the vibration by repeating this statement which embodies living ideas, from ten to twenty minutes each day for three hundred and sixty-five days in the year, for as many years as you need to, to become conscious of its entire meaning.

I AM SPIRIT, I THINK, SEE, FEEL AND LIVE AS SPIRIT IN THE PRESENCE OF GOD, AND THROUGH THE POWER OF GOD IN ME AM ABLE TO MANIFEST THE PERFECTION OF SPIRIT IN MIND AND BODY.

We are promised if we seek first the kingdom of God and His righteousness, all else will be added, and we are giving our physical sense to assist us in raising the vibration to the perfect expression of Christ in God. By using them unwisely we lower our vibration to the most undesirable condition.

For example we have water and by the use of fire can raise the vibration to the purified condition of steam, or

through use of certain chemicals can change it to the lower vibration of ice. It is water all the time, but its appearance is changed by understanding the law.

So it is with us. We are Spirit and through the proper use of our controlled thought and senses we can raise our condition and environment to our highest ideal. Through concentration we learn to control thought.

Then to see as Spirit we must judge not according to appearances, but keep the eye single to the real.

Spirit is not sick, but is all good, so we must only see the good.

Example:

We are riding rapidly in a steam car, when the trees all seem to be moving, but we know they are not and declare it.

Now when we look out upon this beautiful world, let us see it only in its perfect reality, as the law allows us to find what we are looking for. Our hearing is sensitive to the vibration in a lively two step, or funeral dirge; the sense of smell is quick to respond to the perfume of sweet flowers or careless uncleanness.

Ask yourself the meaning of, TO LIVE AS SPIRIT.

Read the Ten Commandments and the 13th chapter of the 1st Corinthians, meditate, and know each one has to work out his own salvation. Our teacher can lead the way, but we must walk with our own strength and understanding to be free.

If you are faithful to this training you will soon be in tune with the Infinite, and know when you are Divinely guided. You will find even at the end of the first week, that you are getting acquainted with a new self. Instead of the sleepy, lazy, disorganized, half-hearted creature who said “I can’t” you will find a joyous beaming, hopeful courageous, valiant individual, whose motto is “I CAN AND I WILL” to any reasonable proposition that can be made.

This training starts you in the right direction. Keep on and you will be able to do what you will. Time spent in this faithful work adds happiness and interest to life as the years pass.

1st. Keep your mind free from anxieties during these four weeks. Try to put your perplexities and business cares out of the way.

THINK AS LITTLE ABOUT PERSONS, THINGS, or CONDITIONS AS POSSIBLE.

2nd. Be cheerful and try to cultivate a gentle musical voice whenever you speak to anyone about anything. Listen to your own voice. Hold truth thoughts in mind as much as possible during day and night.

3rd. Do your daily work with a sense of gladness that you have it to do, and feel gratitude for ability to do it. Be praiseful and reverent.

4th. Do not hurry about anything. You cannot accomplish by getting into a nervous tension. **DO NOT GET ANGRY.** Do you ask what has all this to do with

concentrating the mind? Everything. You are getting your whole machinery in order so at the command of the MASTER, it may do good work. We must first become master of little things, before we are able to master great ones, and by the practice of conquering your innermost enemies, you can stand against thousands of outward ones.

Special Directions

Learn to awaken at a regular hour every morning one hour earlier than you have been accustomed to and prepare the mind and body so that both will vibrate in peace, health and perfect harmony. Let your first thought be of PRAISE and THANKSGIVING for understanding of truth, which will make you realize freedom from every seeming undesirable condition.

Declare to yourself

YOU ARE CHARGED WITH POWER, FORCE, PERSISTENCE. YOU CAN ACCOMPLISH ANYTHING YOU HAVE TO DO.

POWER PERSISTENCE FORCE

POWER PERSISTENCE FORCE

Dress and spend a few moments in silent thanksgiving for life and its privileges, realizing the possession of all spiritual gifts.

Repeat "The real Self, Christ, is Spirit, Live, Love, Truth, Peace, Harmony, Light, Omnipresence, Omnipotence, Omniscience, Principle, Abundance of All Good." Then stretch the hands out to every being, north, east, south, west, above the head and below the feet,

thinking of other planets, repeating three times in each direction: “Here are God’s hands filled with LOVE, PEACE, HARMONY and an Abundance of every good I give unto Thee.”

While it may appear that little is accomplished, it is a tremendous step taken to attune every atom, cell and nerve in your body to the key note of attention.

Uncle Sam drills his soldiers almost every moment of their four years in the military academy in order to turn out such magnificent specimens of intellectual and physical manhood. This is an example of concentration. In order to have the benefit of concentration we must let the will regulate the confusion around us.

When taking your bath, mentally repeat: “I AM CLEANSING OF ALL IMPURITY OF THOUGHT, ACTION OR MOTIVE.”

While standing by the bedside speak to the higher self in a firm, commanding, but low voice, ATTENTION! PASS THIS WORD ALONG THE LINE; LET EVERY MOLECULE, CELL, CORPUSCLE, NERVE, FIBER, MUSCLE, TISSUE, HEED THIS COMMAND TO ATTEND AND OBEY MY WILL.

I WANT ALERTNESS, WILLINGNESS ATTENTION AND CONCENTRATION.

Repeat this three times, then go to bed with the faith that your message will be carried to every part of your kingdom and that obedience will follow.

Commit to memory the gems of truth repeating one of them each night as the last thought before losing yourself in sleep.

This faithful repetition is a sure cure for insomnia. This will be carried to the outpost of your entire being and your soldier are being trained not to beat a retreat at the first sight of the enemy, but to have the power to make a plan and stick to it until it is accomplished. You have been giving order every morning and enforcing them every moment for POWER, FORCE, PERSISTENCE in the whole rank and file of your army.

In time you will find yourself capable of great projects and you will feel an indomitable energy surging through your being. You will find yourself able to take a comprehensive survey of every situation and to act decisively and quickly upon its condition. You have begun the practice of concentration in your life and this is the kind that counts.

After a week’s faithful training in calling every soldier to attention you now give the order to CONCENTRATE UPON THE IDEA CONCENTRATION.

Instantly the millions and millions of atomic cellular and nerve soldiers respond in a mighty wave of focused intelligence.

Now take any subject upon which you desire light, any question to be answered, any direction in which to turn your thoughts; for example take these words:

“Divine Will.” They remind you that your earnest desire is to merge your will which has only personal interest, into the Divine or Universal, which is impersonal and impartial.

Are you ready? Call forces: ATTENTION! CONCENTRATE. Mentally repeat DIVINE WILL, realizing your complete mergence into this Will. Do this several times, then sit quietly a few moments, making no effort to think, but feeling and realizing the wonderful effect of this unity with the Power that rules the universe.

Remember that only the purest and highest motives and feeling should be held in these exercises. If you will follow my directions faithfully, the change in your thoughts, habits and bodily conditions, will ensue in the fullness of time. It may be in an instant, a day, a week, or longer. With time we have nothing to do; we plant the seed and God giveth and increase. Time has nothing to do with Spirit. Change has nothing to do with Spirit. The Spirit is, was and ever shall be. As soon as you begin to live as Spirit (not flesh) in the Spirit, and of the Spirit, your mind and body will show forth the fruit of the Spirit. Your mind will be filled with love, peace and joy, kindness, gentleness, temperance, harmony, ect., and your body will have strength, beauty and health. Practice the expression of love on your face while taking all the exercises, forming the habit of attractiveness. The Spirit which is you forever lives, moves, and has its being in God. The all Spirit is perfect NOW, and cannot become more perfect.

That which changes is consciousness and body. You are now to THINK, SEE, FEEL and LIVE AS SPIRIT, and thus change the vibration of the unstable fearing, fretful, unlovely consciousness for the calm, peaceful desire to express what comes in the day’s work, with gladness for the privilege of doing the work at hand. The much speaking of the words of TRUTH reveals their real essence and it is thus they become the bread of the life.

These lessons are only the kindergarten of what there is to know in the Science of Life, but they are the first and most important to become familiar with, as we climb the ladder of life.

Faithfulness to their following every day at regular hours, is just as important for success as a child’s regularity at school.

I see the vision of the circle of all people standing with clasped hands in the river of life allowing the blood of Christ to flow through their being, cleaning and healing the entire family on its journey around the circle, and see so plainly how we purify or pollute this river by the quality of our thought put into it, as it passes us to return as we sent it out. This shows so plainly the importance of concentration or control of thought. As we speak or think ill of our neighbors the thought is passed from one to another, the entire length of the circle only to return to the starter. Every thought we think goes around the circle, so let us control those thoughts, and see that they are only the love.

I advise that you read every day if possible, these directions in their entirety as each reading will reveal to you the Word which brings the freedom you are seeking.

Like the successful business man, I have learned from experience that we get much quicker results if we keep our own counsel, not letting anyone know we are talking this training. We must avoid all vibrations of discord.

Truth Gems

Commit to memory, and repeat one of these thought each night just before sleep, the disciple, directing the vibration with the mind absolutely rested in God.

- No. 1 Above all I desire Light, Wisdom and Understanding
- No. 2 I am an eternal child of God and will be led into understanding of truth, which shall make me free.
- No. 3 God is all there is. God is HEALTH, HAPPINESS and PROSPERITY, and because He created me in His likeness and image I am well, happy and prosperous.
- No. 4 I have absolute trust in being divinely guided into all righteousness.
- No. 5 I am filled and surrounded by Divine Love and no harm can come to me.
- No. 6 Truth is the light of the world. As my soul fills with love, my eyes fill with light.
- No. 7 I am grateful and appreciative dear Father for the countless blessings of this eternal life.
- No. 8 I will think of all men as my eternal brothers, soul of my soul, mind of my mind, eternal children of our eternal Father.

- No. 9 No matter what my condition or environment, I will keep my mind open, free, receptive and clean of all impure thoughts of greed, envy and jealousy.
- No. 10 My mind is open, cleaned purified and made receptive to the all Good.
- No. 11 “The vitalizing energy of Jesus Christ heals me.”
- No. 12 “I am what I desire to be. The perfect expression of Christ in God.”
- No. 13 By the mighty and eternal vibrations of the Silence I will calm my mind and realize PEACE, POWER and PLENTY.
- No. 14 I give myself over to the universal Life Force, to cleanse, purify, and heal me of all inharmonies of mind and body.
- No. 15 My consciousness is filled with an abundance of God’s richest blessings.
- No. 16 Eternal Father, my consciousness of Thy presence has made me so calm and trustful, that I have been receptive to Thy guiding directions.
- No. 17 Most loving Father, consciousness of Thy presence makes me awake with renewed love, life, peace, calm, and confidence in the loving power of the unseen to lead, guide, and direct me.
- No. 18 By my fervent love I will know and realize that which will carry me to true success.
- No. 19 Health, Wealth, Force and Power Come to me by the realization of at-one-ment with the Father.
- No. 20 I will never cease to love and reverence all teachers, irrespective of religion or sect, what are striving to uplift the world.
- No. 21 Eternal God that forever dwelleth within my soul, Thou hast made me more considerate, loving, gentle and tolerant.
- No. 22 I fully realize that I am in the hands of Love, and no harm can come to me while I rely wholly upon Providence.
- No. 23 The Power to save me resides at the center of my Being, therefore I will not look to anyone or anything outside of myself to pull me out of ill health, poverty or whatever troubles me.
- No. 24 That ye all may be one.
- No. 25 “In Thy strength I am strong in Thy life I am truly alive and live according to the pattern which Thou hast put into my hearth.”

- No. 26 I know that as Spirit I am wise, I am strong, and because Thou hast made me in Thy image and likeness, I am free from every condition which is not true of Thee.
- No. 27 In Thee loving Father, all my desires are fulfilled now. Fulfillment is realization.
- No. 28 “The Lord is my Shepherd I shall not want.”
- No. 29 There is no thought of criticism in my heart toward any one.
- No. 30 The power of my mind, will and wisdom unfolds all my talents.
- No. 31 I will never voice anything that is not true of God.
- No. 32 I will compel myself to think the true thoughts that cause people to show forth their perfect health.
- No. 33 My remuneration is governed by the law, “as I give so will I receive.”

The Statement of the Truth

To outline the vision of the Truth as it is revealed to us, but not as a finality, we utter this statement of the truth:

God is all and God is Spirit.

Man is a child of God, inheriting his nature.

Jesus, the Christ, entered into his fullness of his God heritage.

God’s world and man’s world are thought created.

To think in harmony with God is to enter God’s Good.

The kingdom of Heaven is within the soul.

What faith shapes in the within God manifests in the without.

When man thinks God’s thoughts, God’s power is with his thought.

To know his Divine Omnipresence and realize its power is eternal life.

The essence of Divine Omnipresence is Love.

And Love is Heaven in every realm.

Measures for Progress in Truth or How I May Know My Growth in Truth

BY THE DEGREE WHICH...

1. I identify myself with spirit rather than with my body.
2. I identify myself with universals rather than particulars.
3. I identify myself with the eternal rather than the things of time.
4. I identify everything as spirit rather than matter.
5. I see all danger and all ill as beliefs and not as truths.
6. I see the health alone as real.
7. I see every man as a friend and helper.
8. I see all circumstances as favorable.
9. I see all conditions of my life as created by myself.
10. I do not blame God, any person, or nature for my conditions.
11. I look to God for my blessing rather than to persons.
12. I realize that I am not alone when I am alone.
13. I am able to realize God's presence without outward silence.
14. My life is backgrounded with peace and the sense of good.
15. I have the sense of something good is about to occur.
16. I am conscious that the "within way" is the only way.
17. I realize that I have nothing to forgive in anybody.
18. I am insensitive to criticism.
19. I am disinclined to criticize others.
20. I am filled with joy which has no exterior cause.
21. I rejoice in doing for others.
22. I am not tempted to use any weapon of offense or defense but love.
23. I am convinced that the Jesus Christ way is the only way to good.
24. I realize that I am a representative of Jesus Christ to men.