

"Truth Is Higher Than Everything. But Higher Still Is True Living" — GURU NANAK

SEPTEMBER 28, SUNDAY, 3 P. M.—All this Universe is for Man's Edification and to help him to attain Self-Realization.

8 P. M.—How can man approach and make contact with God and be Companionate with Him?

SEPTEMBER 29, MONDAY, 3 P. M.—How to liquidate distressing Past experiences, skeletons in your mental closets?

8 P. M.—A Problem solving meditation, calling your Total Self to the aid of your Partial and Personal Self.

SEPTEMBER 30, TUESDAY, 3 P. M.—Spiritual Inward Experience makes all Nature significant, a Paradise of Interior delights and Heavenly sweetness.

8 P. M.—Deepest Currents of Divine Time Spirit (Kala) underlie every Man's Life—"Man proposes, God disposes." There is an Astronomy of the Heart.

OCTOBER 1, WEDNESDAY, 3 P. M.—Eliminate from within ashes of your misdirected energies, tragedies of your thwarted wills thru Self-Realization.

8 P. M.—Open the Eyes of Your Soul, see within you not only The House of Life but its Living Inhabitant.

OCTOBER 2, THURSDAY, 3 P. M.—When God guides it is in fact done, and then thought of, not thought of and then done.

8 P. M.—The Soul has a Penumbra—a radiation of unconscious influence, which reveals far more the inmost character of man than the small lighted area of Consciousness.

OCTOBER 4, SATURDAY, 3 P. M.—Incessant Downpour of Spiritual Substance into the Heart of Man—the Chief Nourisher of Life's Feast.

8 P. M.—Meditation Class. First great Lesson for training men and women to carry themselves serenely amid all the trials that beset them. Open to all sincere and steady students, conducted on Honor and Truth Basis. A nominal charge for seven priceless manuscripts, to insure Sincerity, invite Regularity and check Curiosity is made.

OCTOBER 5, SUNDAY, 3 P. M.—Vito-Chemical Exercises giving mind Poise and Body Flexibility, Stimulating Endocrine Glands, Enriching supply of blood and working wonders for jaded nerves.

8 P. M.—The Power of Applying Attention, Steady and Undissipated, without Tension—mark of a True Seeker after God.

OCTOBER 6, MONDAY, 3 P. M.—Re-Opening of the Springs of Spiritual Life in Natures already Pumped Dry.

8 P. M.—Technical methods of overcoming nervousness and Producing a high degree of muscular and mental relaxation for the cure of various bodily and mental disorders.

OCTOBER 7, TUESDAY, 3 P. M.—Giving of things is merely the transfer of Externals—unless the Giver gives himself in them fully, his soul growth stops.

8 P. M.—Swallow chagrins, digest opposition, pocket insults, overcome Evil by Good and turn disappointments as the oyster does the sand which annoys it into a Pearl.

OCTOBER 8, WEDNESDAY, 3 P. M.—Set your inner world in order, the outer world will fall in harmony with it.

8 P. M.—Isolating Human Spirit from the Psycho-Physical organism, in which it is enmeshed, like a life-germ in its nutritive encasement; to View it by Itself.

OCTOBER 9, THURSDAY, 3 P. M.—Millions led by impulse and feelings, thousands by judgment, and a handful alone by Wisdom.

8 P. M.—Whatever Nature intended you for, that Be, Never desert your True sphere.

OCTOBER 11, SATURDAY, 3 P. M.—Consciousness of God is present in the Consciousness of oneself as a self.

8 P. M.—Meditation Class. Second great Lesson.

OCTOBER 12, SUNDAY, 3 P. M.—Harmonizing all physical and mental activity with the Personal Vital Rhythm.

8 P. M.—How to heal yourself and others. An occult Force, the Radiant Substance of your Spirit-Sound-Current can be pressed into the service of Healing. (Most unique, public, educational demonstration given.)

OCTOBER 13, MONDAY, 3 P. M.—Faith is forth putting of the Energy of the Spirit, that girds the Soul to go forward, it is Soul-Strength in action.

8 P. M.—Strength, Peace, Joy, fruits of a co-ordinated and unified Personality, purge the mind of evil and unify it.

OCTOBER 14, TUESDAY, 3 P. M.—To mere human cunning, the world is Flint, to the Mind of God it is Plastic and Fluid.

8 P. M.—He who is not himself **Reborn in the Spirit**, can not produce or endow things with **Spiritual Power**.

OCTOBER 16, THURSDAY, 3 P. M.—Soul like a magnet attracts unconsciously that which corresponds to its Nature.

8 P. M.—The Enlargement of Consciousness beyond the "I", the "Me," the "Mine", to the facts of a Wider Existence, and Realization of the **Over-Soul**.

OCTOBER 17, FRIDAY, 3 P. M.—Surrounding your loved ones by a Powerful Magnetic-Field in your Consciousness.

8 P. M.—Dreams resulting from Physiological, Psychological Conditions and astral influences, and dreams that are caused by spiritual agency.

OCTOBER 18, SATURDAY, 3 P. M.—An Inner Happiness that nothing can ever wholly disturb.

8 P. M.—Meditation Class. Third great Lesson.

OCTOBER 19, SUNDAY, 3 P. M.—Psycho-Analysis and Isolation of the Self from the not-self no more fanciful than the isolation of an Electron, and most certainly more vital and full of meaning.

8 P. M.—**Reincarnation**—a Scientific Fact—You have lived before and you can Recall.

OCTOBER 20, MONDAY, 3 P. M.—Gathering together of the out-going Powers of the mind gives a special attractive Power to bring the best out of others.

8 P. M.—Corrective Exercises and Selective Diet, Infusing Vitality into Decaying Parts, guiding the Power of Life to Command Nature.

OCTOBER 21, TUESDAY, 3 P. M.—"Thoughts are Things" and they are formed out of the Substance that forms the element of the Soul—Control this Substance and the World is yours.

8 P. M.—True marriage is not a mere binding together of two forms but it is a union of the Souls.

OCTOBER 22, WEDNESDAY, 3 P. M.—Best Remedy against all Evil is a Strong mind illumined by the **Interior Light** of wisdom coming from God.

8 P. M.—Psychic Paralysis and Disintegration follow depression and Debilitation in the Vital Reserves of the body.

OCTOBER 23, THURSDAY, 3 P. M.—Make your body match your mind and make your mind Supple, Flexible, Versatile and Adaptive to Truth.

8 P. M.—Understanding Death, and after death states of the Soul.

OCTOBER 24, FRIDAY, 3 P. M.—How the Will and Imagination become diseased, impoverished and disappear.

8 P. M.—Meditation Class. Fourth great Lesson.

OCTOBER 26, SUNDAY, 3 P. M.—Inward Stillness and Inward Healing.

8 P. M.—Can we talk with the Dead? Spiritualism is one thing, spirituality quite another.

OCTOBER 27, MONDAY, 3 P. M.—"Thirst for Things" (Trishna), its Cause and Truth of Things whereby all things are Possessed and God-ealized.

8 P. M.—Lack of Spiritual and Psychic Energies in the mental make-up and the blood-stream generate a morbid Proliferation of cells, causing Cancer and feldiseases.

OCTOBER 28, TUESDAY, 3 P. M.—To be fixed and poised in a world of ceaseless change.

8 P. M.—**Divine State**—"Beyond thinking, where mind is not, and where that **Nothing**, out of which came something seems almost clutchable."

OCTOBER 29, WEDNESDAY, 3 P. M.—Spiritual value of "Let Go and Let God."

8 P. M.—**Astral Light**, forms the medium for the transmission of Thought, no thought could be transferred to a distance without it.

OCTOBER 30, THURSDAY, 3 P. M.—No one can become spiritual by merely imagining himself to be so.

8 P. M.—Hosts of Heaven will help you, if you keep faith with Truth—God is the guide, and God the Goal.

OCTOBER 31, FRIDAY, 3 P. M.—Impossible to annihilate the "Ego" simply by actions, however selfless they may be.

8 P. M.—Meditation Class. Fifth great Lesson and last chance to join the class.

NOVEMBER 2, SUNDAY, 3 P. M.—**Instantaneous Healing** and how does it take place. "**When God is revealed man is healed.**"

8 P. M.—**True Democracy, Atomic Bomb** and a Spiritual Forecast of things to come. **No people too great to Perish**, when its Spiritual Vision fails.