

Principles of Metaphysics

*for*

Beginners



Vol. II. THE SPOKEN WORD

L. M. & R. N. Holliwell



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TEMPLE OF TRUTH  
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By

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## THE SPOKEN WORD

*"Let us make man in our own image after our likeness, and let them have dominion over all the earth and every thing upon the earth. So God created man in his OWN image, male and female, created he them."*

—Genesis 1: 26-27.

Man in his Edenic state was created spiritually in like image of God and endowed with like powers. We find that he had been given three faculties, or three centers, in his organism that are the controlling factors in governing his individual self. Physiology tells us that these ganglionic centers are called brains. They are a convoluted mass occupying the cranium and constitute the centers of the nervous systems, also the seat of all conscious and unconscious movement. There are definite brain areas for every function of the body; not the slightest movement within the whole organism but has a definite center of control within the brain. The brain is the control room of



the nervous system and from which all orders are relayed to remote parts of the body through a perfect telegraph system of wires (nerves) that carry these messages.

Man has three major centers and twelve minor centers. One center, the most prominent one because it has been most cultivated or used by mortal man, is termed the conscious brain. This brain is the seat of our volitional faculties, controls the senses and all action on the physical plane. It is the home of our will and the instrument through which our reasoning mind functions. Then we have the subconscious center, a deductive center where all memory is registered and filed. This organ controls all cell-birth, is the headquarters of the creative forces, the manager of the sympathetic or involuntary nerve system and is the soul center of the body. It is at this center that the silver life cord, that links the soul to the body, makes its contact and keeps the body and soul together as one controlled by the same single intelligence. The third center, super-conscious or spiritual center, is the seat of

all spiritual activity, intuitions, divine promptings and visions. It is through this medium that man receives his inspirations and super ideas.

We speak of brain as an organ or a medium because its activity is vibratory, whether omitting or remitting force, and is different one from the other in its quality by its vibratory movement. That is, a man who lives entirely in his reasoning consciousness cannot receive the blessings (ideas) of spiritual origin except he raise his thought (vibration) to think on higher things. Man's life and affairs are invisibly controlled, appraised and credited by his vibratory radiation, which speaks for him to others, though no words need be exchanged, and the observing ones may sense, feel or know that this man lives on a low plane, high plane or intermediate plane of thought. Man to live, as God intended, should develop his inspirational center, receive his higher knowledge; then, let his impressions register upon his subconscious and indirectly be deflected outward through his conscious mind,



controlling all volitional activity, to be subject to spiritual dictate and not controlled by his impulsive reasoning senses.

But the Adam man, recognizing his superior mind power in comparison with animal, decided to think for himself, to create his own world and alter the plan of God. Because of this digression he was forced to measure all things by the senses and through the state of reason he cultivated his lower organ (brain). This gradually had its effect upon the creative center (sub-conscious brain) and man became more sensual, denser in consciousness, coarser in nature and took on an earthy body that became heavier and slower in movement. We call it a physical body. Throughout the ages man has descended and transcended but regardless of state he has still retained one thing in common with God, that is MIND. Whether man has dragged himself through the mire of sense or lifted himself into the ecstatic heights of spirit, the motive power of all activity is mind. Mind is the intelligence of God, Spirit and Soul.

It is the medium through which all thoughts are conducted. Just as etheric substance supports and conducts the radio waves that afford us the privilege of listening to a concert miles away through the aid of a sensitive receiving instrument, in like manner, there is a "Thought Stuff" called Mind from which all things are made and which in its original state permeates, penetrates and fills all space of the universe.

Man in like manner can communicate through the mind. His thoughts are the inner expressions and his words are the outer expressions. The power of word formation is that which raises man to have dominion over all creatures and be superior to all things. Man is the only being that can think, reason and speak his own desires and control his own destiny. Man has an instrument that no other expression of life has; it is the Spoken Word. The expression of the mind through the conscious brain relayed through the nerves controlling the sense of speech gives a man power to form words. Man's power to form words enables him



to place his estimate upon things, profane or sacred. It is his estimate that stamps his character, that makes or mars his life, that permits his Soul to express and expand constructively or to be suppressed and stunted causing destruction.

When one realizes the value of each word and knows of the tremendous power of thought back of it, he will weigh well every statement before he speaks it out into the invisible ethers, that carry it on indefinitely until its mission is completed. A medieval sage wrote a brief judgment of man thus: "The man who talks much knows little and the man who knows much talks little."

Throughout the Bible the term "Word" is referred to in a mystical sense. In the opening chapter of Genesis, the first book of the Bible, "the book of beginnings," the story of Creation is set forth in a simple but majestic manner. Its various stages are introduced with the words, "And God said—*Let there be light, let there be firmament, let us make man,*" etc.

In the acts of all Creation the Voice

speaks commandingly calling into being the spiritual universe, in all its forms and species, and at the last Man. So that all of Creation was brought into manifestation by God's Word. The Word was the instrument of the Creator's power.

Not only in the beginning, but in every instance where God is recorded as appearing to men, the appearance is not a personal one, but is concealed behind the word of the Voice calling out to man. "Thus saith the Lord," is a phrase the counterpart of, "And God said." Whether an angel appears with a message, whether the message is communicated in a vision or spoken from the mouth of a prophet or beast, it is always recorded as, "And God said," or "Thus saith the Lord." Hence we have what is called, "the word of God," and we see that the word is the expression of creative power.

John opens his gospel with the expressed purpose of bringing man back to the beginning and recall to his mind the God power with which he is endowed. He wrote:



*"In the beginning was the Word, and the Word was with God, and the Word was God."*

He strives to unite the Christ with the act of Creation. He considers the Christ is the Word, the Voice of God speaking through the man Jesus. And John goes on to say, to prove that Jesus was Christ, *"And the Word was made flesh and dwelt among us."*

And Jesus knew well the value of the Word; over and over again He speaks of it. His sayings are recorded as:

*"He that keepeth my Word."*

*"My Word shall not pass away."*

*"Be ye doers of the Word."*

*"The sower soweth the Word."*

*"My Words are spirit and they are life."*

The power of a single word is enormous. It expresses thought and it is dynamic for good or evil. The word sinks into the consciousness of the person spoken to and creates a train of causations, the effects of which being unlimited, we may never fully

know. Words carry joy or grief, praise or censure, power or infirmity, peace or unrest, order or disorder. How often, for instance, Jesus uttered the Words:

└─ *"Peace."*

*"Peace be unto you,"*

or

*"My Peace I give unto you."* ─┘

X Whether blessing a room with His presence or calming a storm, He uses the word, "Peace," and even in reading it we get a glimpse of its power and majesty.

The word was always, and is now, the active agent of Creation. We have the privilege of using with God this instrument of power, this agent of creation, so that we may co-operate with the Father in his constant creative process in ourselves and others. The Divine Mind forms the idea, the mind of man receives it and puts it into expression, thus enabling God to work through man as He desires to do. Man's inspirations, his intuitions, his burning thoughts, impelling him to constructive expression of ideas, are



given forth in words. He sends out the word of an ideal to others. As he receives it, as his mind responds to it, he puts it out, either for selfish or with noble purpose. How base the use of the idea in the one instance; how God-like in the other!

Note the effect of words upon yourself when someone is pouring out their words to you of praise, cheer or courage. It grips you, somehow, that you feel recharged with hope, courage and strength. It gives you the stamina to fight on and win. Just an encouraging word coming from one who cares may be the vital thing that determines the success and mastery of a circumstance that seemed almost lost.

Note the reaction of your feelings when you are the victim of criticism or censure. One feels a repulsion, an aversion, and fairly shrinks within oneself. Instead of feeling free to say and to do a bigger and better way, we feel restricted and suppressed and often lose interest in our work and the desire to improve for the good of all concerned. Then we work because we must hold a job

and may become an inveterate clock watcher.

To man only is given this power of the word, the creative instrument used by the Almighty. How careful, therefore, we should be of our words and how important is the warning that we shall be held accountable for every word spoken: "By thy words thou art justified and by thy words thou shalt be condemned."

Suggestions are carried out through words. Characters are moulded by words. Words like "I AM," "I CAN," "I WILL," have made great men out of weaklings. Theodore Roosevelt, one of our greatest men and renowned to all the world for his masterful leadership, whether at the head of his company or across the conference table, was famous for his powerful words and decisions. Yet at one time in his life, when a young man, he was a weakling, sickly, and was sent west to regain his health and vitality. He was restored to health but it was his dominant power of will



and his constant suggestion of "I CAN" that brought him back alive and well.

Benito Mussolini, now the dictator of Italy and known the world over for his power and conviction, was a soldier in the Italian Army ten years ago. He gained his power and fame through his driving will; the constant suggestion of "I WILL" converted him from an unassuming soldier, the least in the army, to the greatest position of his nation as the Premier.

One word, uttered every day with conviction, can produce any given result. We speak the word that expresses the thought demanding expression and at once we start a chain of force movement. As God spoke Creation into existence, so man speaks his own self creation into existence. He conceives the man he wants to be—strong, well, healthy, vigorous, prosperous and successful; images him constructively, and he speaks the word. The word goes forth to accomplish the end aimed at and the creative process sets into externalization. He repeats and repeats the word. He issues the com-

mand to himself and all the subtle, hidden self-powers set to work in intelligent obedience and with ordered discipline to carry it out fully.

M. Coue, the French pharmacist, received much support of his teachings when he came to this country. His theory had no reference to Divine Power but concentrated the human forces to do effective work through Auto-Suggestion. This form of affirmation: "EVERY DAY IN EVERY WAY I AM GETTING BETTER AND BETTER," was used with a marked benefit by many. However, it proves to us the power generated through speech by way of our human forces can do creative work; then, how much more we can accomplish when our affirmations proceed from the spirit and are made co-jointly with the power of the spirit. Our aim is to work through the Higher Power for in this way we express all the force of God and benefit by its movement. But how, you may ask, can this force be put in motion?

The use of radio at the present time has



brought out some wonderful facts about the lasting and penetrating Power of the Spoken Word. Words are spoken into a transmitter and projected into the ether. The distance they are to carry is determined by the wave length of the sending station.

Just this evening I have listened to the voice of one of our great nation's representatives attending the World Conference at Geneva. By radio he was able to talk to the entire world and give a brief report of the day's work at the Conference. In less than one second anyone on the earth could have heard this speaker with the same clearness of speech as though he was in the room with the listener. Through the radio we are able to communicate with others thousands of miles away and the time elapsed for our words to travel that distance is less than the twinkling of the eye.

Recently an amateur received on a short wave set a radio message that had been spoken ten years ago. It had been held in the ether for all that time, traveling on, no one knows where, or in what orbit. The

conclusion has been reached that words once spoken are held forever in the receiving ether until they are fully accounted for. Nothing can ever be lost in the air or ether as there are no limits in the infinite. Does not this fact, discovered recently by scientists, fill us with awe with respect to the importance of the spoken word, and does it not give a new meaning to the statement that we shall be held accountable for our every idle word?

Man, we see, is a super-human, broadcasting station. Every time he utters a word he is speaking his program, ejecting his words into the ether. It is the kind of program that he speaks that determines his status, and this many range on any plane from animal to man or man to God.

You have at some time thrown a pebble into a still pool of water and watched the waves you made with the stone swing out in circles and grow larger and larger as they continued until they reached the water's edge. You noted, too, that these ripples or waves were in circular or rotary motion. In



the same manner your spoken word penetrates or stirs up the ether and generates a motion different only to the water wave that its motion is longitudinal instead of rotary. That is, our words, like light, travel through the ether in straight lines instead of circles.

In our broadcasting stations we find giant generators converting ether into electric power. This in turn is directed through filters or transformers and then through a very sensitive equipment that detects the sound to be projected. This sound, amplified to a certain strength called wave length, is then projected into ether to be picked up by a receiver that is attune. This receiver may be one or a thousand miles away but will receive the program as long as it is set to the same wave length as the sender.

But there is one requirement on the part of radio that we must comply with; that is, you can only enjoy what you are prepared to receive. If you set your dial to agree with the 272 meters of the Atlantic City station, you will receive that station's program. If New York has a much better

offering than Atlantic City, you cannot tune in to Atlantic City and then wish that you might hear New York. You can, however, enjoy the New York program when you tune in properly to New York's wave which will be at 450 meters.

In like manner man is equipped as a sending and receiving station. His mind supplies the energy generated by his thoughts that project his spoken word into the ether.

It is the kind of words he speaks that predetermines the kind of life he leads; whether it be a life of joy, happiness and success, or one of fear, misery and failure.

If man is thinking of negative conditions, which are shaped by negative words, then he, whether he knows it or not, is adjusting his mental forces to be receptive to like conditions. That is, when a man thinks and speaks words of fear, criticism, envy, hate, sickness or poverty, he is projecting his words into the ether which in turn set up etheric disturbances that are called waves



and these waves are of slow movement and low pitch.

On the other hand, if a man thinks and speaks positive words, such as, courage, praise, love, health, success, then he is also stirring up the currents of ether and these waves are found to be a fast movement and a high pitch.

In this manner our expressed thoughts are continually sending out waves of radiation or an aura that other people detect and show their interest accordingly. You meet new people and directly form your like or dislike because you invisibly connect with their aura. A man may have trouble in gaining a position. Each time he accosts a potential employer and asks for employment the employer senses or feels interested or disinterested because of this invisible aura. Some who are Psychics can see one's aura and describe it as some color of the spectrum.

It is this etheric radiation, pre-determined by your every word, that attracts failure upon failure or success in an unlimited measure. Here, you can see, is the nucleus that

enables man to control his destiny. Here in his spoken word he has power to create success or failure, health or disease, grief or joy.

*"As a man thinketh in his heart, so is he."*

*"Not that which goeth into the mouth defileth a man, but that which cometh out of the mouth, that defileth a man."*

If a man continues to think of thoughts of success and riches and speaks his words expressing the same, he is automatically adjusting himself to be receptive only for riches and success. His subconscious brain and the sympathetic nerve system serve as a receiving set and mutely accept the adjustment regulated by the volitional brain that sent out the spoken word. This adjustment is attuned to all conditions, friends and circumstances that speak success. It is NOT attuned to conditions of failure because failure is on a much lower and slower wave.

We note a case where one has been thinking and speaking words of censure and criticism. It would not be so bad if he was



only to receive the benefits of his own words, but he has opened his mind to join up with one or a thousand other critical thoughts that are in the ether at the same time and on the very same wave. Hence, as he is receptive to these additional thoughts, his receiving instrument (subconscious mind) accepts them and begins creating new cells after a new pattern. It is the creation of these cells that supplies our body with vitality and strength. But when the creative idea is changed, then slowly the whole physical organism is changed and some time later we realize that our body is disturbed and ill.

It happens that a weak part of our body has become contaminated with the new cells created from the destructive pattern of those critical thoughts. The cells are filled with poison or acid and when you call in the doctor he labels your illness as rheumatism or some member of that group. At once he prescribes some means or method that will disperse the acid from your system. He may suggest one or several ways to effect a cure but he cannot gain a permanent cure unless

the mind of the patient is changed to a more constructive state of thinking.

Man, when he is in trouble, will cry out questioning and wondering why God allows such trials to befall him when he is praying steadily for relief and help. But this man does not yet realize that God has supplied him with the most wonderful instrument of creation that will enable him to avert or to master any seeming trial. Only when man can use his mentality rightly, as God intended from the beginning, can he expect to derive its full benefits. This is wholly dependent upon the selection of his thoughts and their expression through words.

When man allows his thoughts to be uncontrolled and indefinite with his tongue wagging carelessly expressing simple chatter, he is on a downhill trail that always leads to trouble. To permit our thoughts to be unleashed, to be negative and destructive, means we are preparing to receive any or all the negative conditions floating in the air



and as we are in sympathy with the conditions, we become like them.

Some years ago the epidemic of influenza or what is commonly known as flu was raging in a certain large city in the east. The papers were publishing nightly reports of the flu's destructive work and listing the added names to the mortuary column. A prominent doctor then took time to write a few instructions for those who were fearing the pestilence and the first "Don't" that headed his list was "Don't fear the flu." If you keep your resistance high and fearlessly overrule the idea of being stricken with flu, you will not contract it.

In our language we would say, "Keep your (ideas) words positive and constructive." Do not entertain negative thoughts in any form nor talk fearfully one to another in discussing the flu. Keep your resistance high means to keep your thoughts POSITIVE and CONSTRUCTIVE, then only positive and constructive conditions can be contracted by you.

Because every atom and cell of our body

is subject to the laws of vibration and the vibration is set up and controlled in us by our thoughts. Hence you can understand why our spoken words have such an important part in our welfare. If our thoughts are slow, deliberate, ignorant, superstitious, fearful, we become dull, stupid, coarse, sensual, brutal and animal-like. This you can readily see in the comparison of some degenerate type with the refined type of man.

On the other hand, if our thoughts are aspiring, clear, alert, intelligent, courageous, kind and pure, we become as NEW creatures. We live in a new life, more cultured, more enlightening, and by continual progress we can merge even into a spiritual life should we continue in our growth.

All our progress depends wholly upon one control, the power of our SPOKEN WORD through the creative power of thought. Can you better understand now what Jesus meant when He said: "*By thy words thou art justified and by thy words thou art condemned*"?



You alone are responsible for the results obtained as you use the creative power like the Almighty, the power of your SPOKEN WORD.

"As ye sow, so shall ye reap"; need you ask for its explanation? Can you now understand why Paul wrote to his people thus: "*Be ye transformed by the renewal of your minds*"? He urged them to CHANGE their MINDS, their IDEAS or their WORDS.

Let us summarize our lesson as Paul summarized his writings to the Philippians:

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, speak on these things.*

### QUESTIONS

1. Name the major centers of man's organism.
2. Why do we call the BRAIN an organ and a medium?
3. What is the inner expression of mind? Outer expression?
4. What is auto-suggestion? Is it effective?
5. How can man be compared with a radio station?
6. What predetermines the kind of a life we live?
7. What is the word?
8. Names three positive words. Three negative words.
9. Why can we not speak negative words and receive positive results?
10. What makes our aura?
11. What do we mean by saying: "Keep your resistance high."
12. How can man control his destiny?



## ANSWERS

1. Conscious -- Subconscious -- Super-conscious brain.
2. Its activity is vibratory and it emits and emits forces.
3. Inner expression is Thought. Outer expression is Words.
4. Repeating words dictated by the will. Yes.
5. Both project into ether and create waves of force.
6. Kind of words we speak.
7. Word is expression of thought and the active agent of our creative forces.
8. Courage -- Love -- Success are positive words.  
Fear -- Hate -- Failure are negative words.
9. We can receive only what we send out. Like attracts like.
10. Our aura is a radiation that is made by our spoken words.
11. Keep your thoughts positive and constructive. Cease to talk fearfully or negative.
12. By controlling his words and thoughts.







