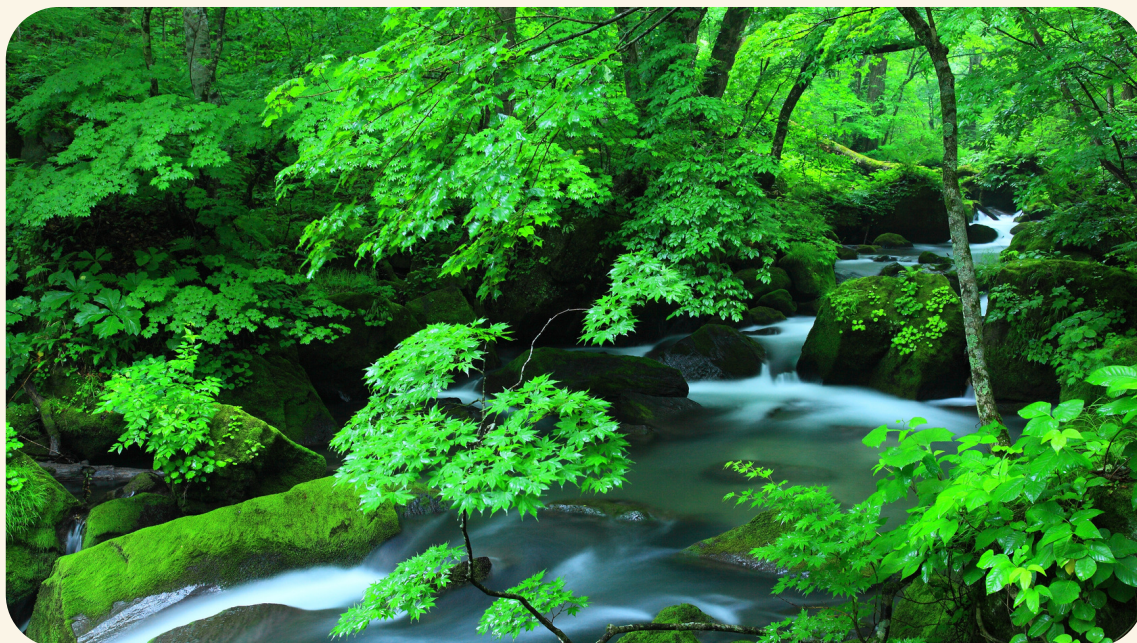


# The Inner Secret of Life

The knowing of which takes away the cause of disorder, making it possible to be happy beyond words.



*“Just as there is truth in mathematics and harmony in music, and any error in either throws it into hopeless confusion or discord, so also there is in the universe the principle of absolute Truth, and this is God (Good)”.*

## Introduction

The inner secret is that there is only one life, one law, one principle. One life, the life of God. One law, the law of love. One principle, the principle of good.

## One Life - the Life of God

There is only one life and one source of all life. God is not only the source of all life, but also the author of the eternal life which becomes ours through conscious union or identification with the divine. Living on spiritual food develops the spiritual life which endures after the natural life of this planet has passed away. Living on spiritual food means turning away from material things, to seek the inner calm of the spirit (or the presence of God) and directing some of our thoughts to the real, permanent and eternal. If we never think of eternal things, but only of transient things, then we can never access the eternal life within us - we do not open ourselves to become recipients or channels of the eternal life of the one source of Life, God.

## **The Inner Secret of Life (Contd)**

### **Life is a Stream of Energy**

Life is a stream of energy proceeding from the Source (God), which, according to the nature of our thoughts, manifests either in the form of beauty, perfection, health, wholeness, harmony, sufficiency and joy; or in the form of ugliness, disorder, disease, sickness, disharmony, want and misery. This is not a perfect analogy, but it serves our purpose and, in a broad sense, is true.

This stream of divine energy is essentially good; for everything that proceeds from God is good. By our thoughts we mould this stream of power into either harmonious or disharmonious forms of expression. Our free will allows us to learn wisdom through experience, which would never be the case without freedom of choice.

### **Developing a Habit of Divine Thought**

By choosing our thoughts, we can decide which form of expression we will have in our lives. We can develop a habit of thought that is in harmony with the divine. This brings divine harmony into expression in our outward life. First the change has to be made within, after which it manifests externally.

### **One Law - the Law of Love**

This is the basic law of the universe upon which all subsidiary laws are founded. It is the law of love that holds the universe together. Love is life, and hate is death, it has been truly said. Harmony, beauty and happiness manifest in our life if we think and live in correspondence with the law of love.

Every thought, action, feeling, word or deed that is in harmony with the law of love brings order and happiness into life. Every thought, action, feeling, word or deed that is not in harmony with the law of love creates disorder and suffering. We reap as we sow. We live in a universe of absolute, unchanging law; therefore we can find order, happiness and peace only as we think, feel and live in harmony with the basic law of all laws, the Law of Love.

## **The Inner Secret of Life (Contd)**

### **How to Harmonise with the Basic Law of Love**

It is necessary for us to think thoughts of goodwill instead of thoughts of ill-will; to forgive instead of harbouring thoughts and feelings of resentment. Warm affection for relatives or friends is one thing, living according to the law of love is another. This is best expressed by the word “goodwill”. If we always endeavour to hold everyone in thoughts of goodwill, this does away with any idea of “getting even” with people, or “getting our own back”. The first step in the right direction is to forgive and forget, and to refuse to retaliate for injuries received. This is not easy at first, far from it, but it is the narrow gateway to a richer life.

### **Steps Towards a Life of Happiness and Peace**

Every time thoughts and feelings of resentment are replaced by those of goodwill, every slight and injury forgiven, is a step forward towards a life of harmony, happiness and peace. Life can be seen as a punching-ball. So long as you punch it, it comes back at you, and the harder you strike it the more violently it flies back. The only thing to do, apparently, is to defend yourself by hitting it so that it cannot hit you, but if you do this the ball will never cease flying back into your face. But if you stop punching the ball, it soon becomes motionless. It is the same with life: what you have to do is refrain from punching it. If you do this, harmony and order assert themselves naturally, although things may apparently get worse before they become better.

### **Cease Creating Disorder**

When you cease throwing stones into a pond it is not long before calm is restored. It is the same with life: when we cease throwing the stones of ill-will and resentment, actively replacing these actions with constructive thoughts and feelings of goodwill, harmony and order appear of their own accord.

### **One Principle - the Principle of Good**

There is no principle of evil, only the absence or negation of good. Good is the only principle, power and reality. Evil is the absence, negation, or violation of good and the law of love. Life is good and not evil. It is the outcome of infinite wisdom and love. It is always endeavouring to do us a good turn, if we will only allow it to do so.

## The Inner Secret of Life (Contd)

Everything that happens is for our good. If we obey the law of love, everything works together for good. While it is true that, if we believe in evil as a power and principle, we deliver ourselves into its power, it is equally true that if we believe only in Good (God) as the only power and principle, no evil can affect us, and only good can come to us.

### Why Good Comes to Us

If we live in the consciousness that good only can come to us, and if, also, we continually declare that only good can come to us, then we find that good does come to us. Daily and hourly we should live in the thought:

**“Life is good. Good only can come to me.”**

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*Note: The original material for this article was sourced from Simple Talks on Science of Thought No. 4, by HT Hamblin, mystic, writer, and successful businessman. The text has been adapted in places to make it more accessible to a modern audience. The principles contained in the teachings remain as relevant today as they were when they were reaching thousands of his followers around the world until his death in 1958.*

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