

A URANTIA BASED PHILOSOPHY OF LIVING

Learn to learn: Learn through experience that life is a school. Recognize and appreciate that the existence of error and evil push you towards the love of truth; pain and suffering make you search for the secret of happiness; social inequality drives you to altruism; hardship and disappointments teach you about courage; insecurities and uncertainties urge you to hope; the ego and its follies pull you towards unselfishness. You could not dynamically choose the divine life if there were no self-life to forsake. There is correction in suffering; have faith that the entire universe is friendly to you in spite of all appearances to the contrary.

Be strong: Allow the pressures of life to develop your character. You cannot perceive spiritual truth until you feelingly experience it, and many truths are not really felt except in adversity. Human beings only learn wisdom by experiencing tribulation. Strive to more faithfully give God your sincere co-operation, more cheerfully endure the tasks of his emplacement, more faithfully carry out the program of his arrangement, more patiently go through the trials of his selection, more persistently and cheerfully tread the path of his choosing, and more humbly receive credit that may accrue as a result of his ceaseless endeavors. The disappointments hardest to bear are those which never come.

Learn to love: Learn to love your fellows by getting to know their motives and sentiments. If you can only fathom the motives and sentiments of your associates, how much better you will understand them. If you can only know your fellows, you will eventually fall in love with them. To become acquainted with one's brothers and sisters, to know their problems and to learn to love them, is the supreme experience of living. Learn to love even your enemies. Devote your life to proving that love is the greatest thing in the world for love is the ancestor of all spiritual goodness, the essence of the true and

the beautiful.

Love like a father: As a father, a real father, a true father, loves his children, so the Universal Father loves and forever seeks the welfare of his created sons and daughters. Begin to look upon people as God looks upon his creatures so that you can love human beings as God loves them. Show mercy, promote peace, endure persecutions, and throughout all of these trying situations love even unlovely mankind with a fatherly love. But the love of God is an intelligent and farseeing parental affection – farseeing fathers also make provision for the necessary discipline, guidance, correction, and sometimes restraint of their young and immature offspring. Divine love is not that shortsighted affection which would pamper and spoil the children of men.

Love truth above all else: That which is old and also true must abide. Likewise, that which is new but false must be rejected. But that which is new and also true, have the faith and courage to accept. It is not the purpose of true religion merely to bring peace but rather to insure progress. And there can be no peace in the heart or progress in the mind unless you fall wholeheartedly in love with truth, the ideals of eternal realities. The more truth you know, the more truth you are, the more of the past you can understand and of the future you can comprehend.

Cultivate the inner life: Take time to share the inner life with God. Depend upon the ultimate guidance of the God within you. A worshipful practice brings relaxation which renews the mind; illumination which inspires the soul; courage which enables one bravely to face one's problems; self-understanding which obliterates debilitating fear; and consciousness of union with divinity which equips one with the assurance that enables one to dare to be Godlike. In addition, the relaxation of worship, or spiritual communion, relieves tension, removes conflicts, and mightily augments the total resources of the personality. This inner life of man is truly creative. You can choose as to whether this creativity shall be spontaneous and wholly haphazard or controlled, directed, and constructive.

Be Patient: Knowledge can be learned but truth can only be experienced. Those who are not interested in discovering the truth

must be allowed time so that the trials and difficulties of life create an appetite for wisdom and higher learning. You cannot reveal God to those who do not seek for him; you cannot lead unwilling souls into the joys of salvation – the spirit concept cannot be mechanically forced into the mind. You cannot teach the deep things of the spirit to those who have been born only of the flesh; first see that they are born of the spirit before you seek to instruct them in the advanced ways of the spirit. Human beings must become hungry for truth as a result of the experiences of living, or they must desire to know God as the result of contact with the lives of those who are acquainted with the Creator. The argumentative defense of any proposition is inversely proportional to the truth contained.

Be tolerant: Until the human race progresses to the level of a higher and more general recognition of the realities of spiritual experience, many will continue to show a personal preference for those religions of authority which require only intellectual assent, in contrast to the religion of the spirit, which entails active participation of mind and soul – personal experience. There are no religions on earth that could not profitably study and assimilate the best of the truths contained in every other faith, for all contain truth. You would do better to borrow the best in your neighbors' living spiritual faith rather than to denounce the worst in their lingering superstitions and outworn rituals. Refrain from all efforts to take something out of the hearts of those who seek salvation; instead, labor only to put something into these hungry souls. Lead them into the kingdom, and the great and living truths of the kingdom will presently drive out all serious error.

Find solitude and commune with God: Go apart by yourself to engage in periods of solitude to survey the problems of living and seek for new stores of wisdom and energy to meet the demands of life; to quicken and deepen the supreme purpose of living by actually subjecting the total personality to the consciousness of contacting with divinity; to grasp for possession of new and better methods of adjusting yourself to the ever-changing situations of living existence; to effect vital reconstructions and readjustments of your personal attitudes which are so essential to enhanced insight into everything worthwhile and real; and to do all of this with an eye single to the glory of God-- to breathe in sincerity and pray, "Not my will, but yours, be done."

Fear not: Do not make the mistake of fighting your enemy with its own weapons. Fear and anger weaken character and destroy happiness. Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you. Be not overcome by evil but rather overcome evil with good. The measure of the strength of your character is the ability to resist the holding of grudges and your capacity to withstand brooding in the face of deep sorrow. Impatience is a spirit poison; anger is like a stone hurled into a hornet's nest.

Strive for Stability: Learn to let pressure develop stability and certainty. Stability is the product of balanced energies and personality unification and is wholly and always proportional to divinity. Such levels of spiritual stability are immune to disappointment. Stability of personality can be experienced only by those who have discovered and embraced the living God as the eternal goal of infinite attainment and have transferred their goals from time to eternity, from earth to Paradise, from the human to the divine. They are regenerated, converted, born again as a re-created child of the divine spirit. Develop an ideal that is true, final, infallible, eternal, universal, absolute, and infinite.

Be ambitious: Some people's lives are too great and noble to descend to the low level of being merely successful. You have begun an endless unfolding of an almost infinite panorama, a limitless expanding of never-ending, ever-widening spheres of opportunity for exhilarating service, matchless adventure, sublime uncertainty, and boundless attainment. Be humble as you seek for goals of spiritual wealth—for God – and you will not have to wait for rewards in a distant future; you are rewarded now. Find the kingdom of heaven within your own heart, and you will experience happiness now. When you search for god, you are searching for everything. When you find god, you will have found everything. God is the greatest experience in human existence.

Remain Positive: Bear your responsibilities well and carry on in the face of disappointment. Bear up bravely when your plans are thwarted and your purposes temporarily defeated. Remember that your most disappointing disappointments often become your greatest blessings,

just as the planting of a seed necessitates its death so that it can be reborn to bear the fruit of new life and new opportunity. Learn to suffer less through sorrow and disappointment. Make fewer personal plans for other personalities and accept your lot when you have faithfully performed your duty. Be faithful and earnest and, withal, cheerful. Accept challenges without complaint and face difficulties and uncertainties without fear. If you fail, rise indomitably to try anew. If you succeed, maintain a well-balanced poise-- a stabilized and spiritualized attitude. Be fair and just even in the face of injustice.

Stay Vigilant: Idealism can never survive on an evolving planet if the idealists in each generation permit themselves to be exterminated by the baser orders of humanity. In all attacks which might be made upon your person, try first to determine whether or not the aggressor is a son of God; if you determine that the aggressor does not possess moral judgment and spiritual reason, you are to unhesitatingly defend yourself to the full capacity of your powers of resistance, regardless of consequences to the attacker. Shrewd, wicked, and designing men are not to be permitted to organize themselves for the exploitation and oppression of those who, because of their idealism, are not disposed to resort to force for self-protection or for the furtherance of their laudable life projects.

Develop a long distance viewpoint: Surrender the gratification of mere transient and present desires for the entertainment of those superior longings that offer the more abundant satisfactions of progressing toward permanent goals. Lighten your burdens of soul by speedily acquiring a long-distance view of your destiny, a universe expansion of your career. Order your life as to provide for your present joy while you also make certain of your future enjoyment of treasures laid up in heaven. Be not deceived by the tempting rewards of dishonest achievement; be willing to toil for the later returns inherent in honest endeavor. Remember to plan for the achievement of a higher and distant goal of idealism while you toil earnestly for the attainment of the nearer and more immediate goal of necessity.

Work as a team: It is difficult for religion to survive as the private practice of isolated individuals. This has ever been the error of the religious leaders: Seeing the evils of institutionalized religion,

they seek to destroy the technique of group functioning. There is a real purpose in the socialization of religion. It is the purpose of group religious activities to dramatize the loyalties of religion; to magnify the lures of truth, beauty, and goodness; to foster the attractions of supreme values; to enhance the service of unselfish fellowship; to glorify the potentials of family life; to promote religious education; to provide wise counsel and spiritual guidance; and to encourage group worship. The weak indulge in resolutions, but the strong act. Life is but a day's work—do it well. The act is ours; the consequences God's.

Remain Humble: Realize that you increase your burdens and decrease the likelihood of success by taking yourself too seriously. When you feel important, you lose energy to the wear and tear of ego dignity so that there is little energy left to do the work. Self-importance, not work-importance, exhausts immature creatures; it is the self element that exhausts, not the effort to achieve. You can do important work if you do not become self-important; you can do several things as easily as one if you leave yourself out. Remember that though the source of mind is divine, mind as you know it on your world can hardly become the object of great admiration, much less of adoration or worship. The contemplation of the immature and inactive human intellect should lead only to reactions of humility. Those who aspire to greatness must learn to humble themselves.

Develop a sense of humor: One of the functions of humor is to help all of us take ourselves less seriously. Humor is the divine antidote for exaltation of ego. When you are tempted to magnify your self-importance, stop to contemplate the infinity of the greatness and grandeur of your Maker. Upon doing so, your own self-glorification becomes sublimely ridiculous, even verging on the humorous. Remember to rest and play: Learn how to step aside from the rush of life—escape the harassments of material existence—while you refresh the soul, inspire the mind, and renew the spirit by worshipful communion. Life should be equally divided between work and play. Work should alternate with play; religion should be balanced by humor. Profound philosophy should be relieved by rhythmic poetry. The strain of living-- the time tension of personality-- should be relaxed by the restfulness of worship.

Do Something Well: Ability is that which you inherit, while skill is what you acquire. Life is not real to one who cannot do some one thing well, expertly. Skill is one of the real sources of the satisfaction of living. Ability implies the gift of foresight, farseeing vision. Strive always to be a producer as well as a consumer. Utilize the energy of the spiritual drive to turn the mechanism of material achievement. Effort does not always produce joy, but there is no happiness without intelligent effort.

Be willing to cooperate and compromise: Adjust your aspirations to the commonplace demands of the human occasion. Live the heavenly life while you continue on with the earthly existence. One of the most important lessons to be learned during this life is teamwork. Civilization is better promoted by intelligent co-operation, understanding fraternity, and spiritual brotherhood. Become good at problem solving: Learn to think and begin to profit by experience. Successful living is nothing more or less than the art of the mastery of dependable techniques for solving common problems. The first step in the solution of any problem is to locate the difficulty, to isolate the problem, and frankly to recognize its nature and gravity. The wise and effective solution of any problem demands that the mind shall be free from bias, passion, and all other purely personal prejudices which might interfere with the objective survey of the problem to be solved. Remember that the solution of life problems requires courage and sincerity. Only honest and brave individuals are able to follow valiantly through the perplexing and confusing maze of living to where the logic of a fearless mind may lead. Only a brave person is willing honestly to admit, and fearlessly to face, what a sincere and logical mind discovers.

Fight against prejudice and ignorance: Prejudice is inseparably linked to selfishness. Abandon prejudice, it blinds the soul to the recognition of truth. Prejudice can be eliminated only by the abandonment of self to the satisfaction of service to a cause that is not only greater than self, but even greater than all humanity, that being the search for God and the progress toward perfection. Strive to let go of long-cherished conceit, envy, and deep-seated prejudices. Ignorance breeds suspicion, and suspicion is incompatible with the essential attitude of sympathy and love. Grudges and vengefulness are held in direct proportion to ignorance of the inner nature and true

longings of your fellow beings.

Grow in grace and maturity: The evidence of maturity consists in the transformation of human desire to the point that it constantly seeks to realize those values which are highest and most divinely real. Discouragement, worry, and indolence are positive evidence of moral immaturity. Mature people look upon all other mortals with feelings of tenderness and with emotions of tolerance. Mature men and women view immature people with the love and consideration that parents bear their children. The immature individual arouses the antagonisms of his fellows; the mature person wins the hearty co-operation of associates, thereby many times multiplying the fruits of their life efforts.

Develop tact and tolerance: The emancipation of the mind and soul depends on intelligent enthusiasm. Only the lure of some great and noble ideal can motivate you to solve difficult material problems and overcome intellectual conflicts. Even when effectively armed to meet the difficult situations of life, you can hardly expect success unless you are equipped with wisdom and charm to help you win the hearty support and co-operation of your fellows. You simply cannot hope for a large measure of success in life without tact and tolerance.

Compiled and presented by Robert Sarmast