

of any man, because we only hurt ourselves, and when we get angry that is the consuming fire of hell, it will consume you to the extent of its own fire, and you will never be as good a person in all the endless ages as you were before you got angry; so learn to control self, and when you control self, you will be able to control the whole world because the universe you are, and there is nothing outside of your own consciousness. You only believe you see something outside, which is only a reflection of your consciousness within to give you an experience to awaken the truth within, which alone is life, and there is no other life. With all due respect to the people that believe that the world is life, every movement of the outside world of belief takes energy and consumes itself, all life is self-consuming, and all power consumes itself in its own exertion. Life knows, loves and understands, and has its being without exerting any energy. We would say to the reader not to believe anything that you read in this book because we know (individually), not with the head, for no man knows anything with the person, all knowledge belongs to the individual consciousness, which is divine, and always was, and when you remember what Christ said: "Before Abraham I was." Now that is not Jesus, for Jesus was only thirty-three years old, but the Christ consciousness which always was, the Christ consciousness we call the individual, and Jesus was only the personality, which was human and only believed because it was told so; but Christ, or the individual consciousness that before Abraham, it was, is divine, and always was, because it is the law of love which is life itself and cannot be de-