

We must understand what makes life real. True life appears in this, that what is lost returns to the owner, that that which sleeps is awakened. Men who possess a true life, and who have returned to the cause from which they sprang, cannot, like other men, stay to consider who is better, and who worse, but being sharers in the life of the Father, can only rejoice over the lost one who returns to the Father. If a son, who has lost his way and wandered from the Father, repent, and return to Him, surely the other sons of the Father cannot envy his joy, and can only be glad of the return of a brother. In order to believe in this teaching, to change our lives and fulfil it, no external proofs, no rewards are needed; we require a clear understanding of what true life is. If men think that they are the masters of their own lives, that their lives were given them to be spent in the pleasures of the flesh, naturally every act of self-sacrifice for others will appear to them worthy of reward, and unrecompensed they will give up nothing. If the laborers in a garden, who work them on condition of giving the fruits to the master, having forgotten that agreement, are required to pay according to it, they will, when the chance occurs, kill him who makes the demand. Those who consider themselves to be masters of their own lives, think like the laborers, and do not understand that life is a gift of the spirit, which requires the fulfilment of its will. In order to believe and act, we must understand that man can do nothing of himself, that if he renounces the life of the flesh for the sake of doing good, he does nothing for which he can claim thanks and reward. We must understand that a man, when he does good, does only what he is bound to do, what he cannot but do. It is only by thus understanding his life that a man can so believe as really to be capable of doing good works.

It is this understanding of life which makes the kingdom of Heaven,

which is invisible, and not such as can be shown anywhere. The kingdom of Heaven is in the understanding of men. The world lives as it has always done. Men eat, drink, give in marriage, trade, and die, and all the while apart from these things there lives in men's thoughts this kingdom. The kingdom of Heaven is the understanding of life, like a tree in spring growing of itself.

The true life through the fulfilment of the will of the Father is not the life which is past, is not that which is to come, but the life of the present moment, what each of us must do now. It follows, therefore, that we must never cease in our efforts to carry out this life. Men are appointed to care not for the life of the past, or for that of the future, but for the actual life at any moment, and during that life to fulfil the will of the Father of all men. If they lose their hold of this life through not fulfilling the will of the Father, they cannot again recover it, the watchman appointed to watch through the night does not perform his duty if he fall asleep but for a moment, for in that moment the thief may come. Man therefore must apply all his energies to the present hour, for the fulfilment of the Father's will can be achieved only in the present. The will of the Father is the life and the happiness of all men. Therefore the fulfilment of His will is the good of all men. Only those live who do good—good to men (at the present moment), is life and unites us to the common Father.

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Do not shut out with shutters or blinds, the sunshine from your rooms. Neither rooms nor the human body can be long in good condition without abundance of sun light.

Perhaps, most important of all, never sit or sleep very long in a room without some means for changing the air in it—ventilation. Air once breathed is highly poisonous, remember,