

My dear Friends,

In a day or two I am off on my travels again, and shall not be back in Olcott until July next year. My first stop will be Minneapolis. Then I go on to Spokane and Billings, and finally the whole West coast including Vancouver and two other places in Canada. Did I tell you that at the Summer School here I met a member from Canada who had heard me lecture in England when he was a little boy and he is now a married man with grown-up children? Isn't it wonderful how we never lose sight of people in reality?

I have just been reading a truly splendid book. It is not a book on occultism but it will do many students of the sacred science good to read it. It is written by Dr. John Schindler and is called "How to Live 365 Days a Year." It does not talk about diet and exercises. It speaks of what the doctor calls E.I.I. -- emotionally induced illness, and he says that 85 to 95 percent of our ill health is caused by that. The patient does not consult the doctor about his unhappiness which is the real cause of his illness, but the wise doctor gains his confidence and removes the front he is hiding behind. He illustrates his conclusions by descriptions of observed phenomena. For instance the opened bowels of a gangster at once closed and squeezed when facts were mentioned which caused him fear. Getting a "pain in the neck" in most cases is emotional tightness of the muscles, not rheumatism. A "Lump in the throat" is caused by emotional strain. Ulcers are a well known result. When we say "I am all nerves", it is not our nerves; it is the effect of emotions upon the endocrine glands. All over our body the physical organs respond at once to various emotional stimuli. A fit of depression or anger will cause indigestion or even a stroke.

Hence the best medicine in the world is the good emotions and they are very powerful in effect. They can work miracles. I have seen happiness work miracles in people myself. He says that the chronic emotionally stressed people are dissatisfied all their lives, are aggressively resentful, hold grudges long, and are always struggling to change something or somebody the way they want. Other doctors have described "neurotics" to me in just those same terms.

He reminds us that we have two levels of emotions, the fundamental and the superficial. The fundamental ones have the greatest effect, but it is sometimes difficult to discover them. With many people the fundamental emotion is fear-anxiety-remorse. Perhaps that is why a Master once quoted to Mr. Judge the ancient words of an Indian scripture, "Regret nothing; never be sorry, but cut all doubts with the sword of knowledge." I have often seen the real futility of trying wildly to be the opposite of what we discover ourselves to be. Try to understand and the weakness will slowly but surely disappear and we shall have found out not only what makes us tick, but what makes everybody else tick too, since we are all alike.

The fundamental emotions are often generated in childhood. In fact he says that there are no problem children, only problem parents! So many people never, never grow up. They remain immature children for the rest of their lives, causing misery and strain to others. A common conception of maturity is toughness and bravado, but they are signs of childish immaturity. Many a politician, many a gangster, is an overgrown child. He classifies seven qualities which indicate maturity:

1. A sense of responsibility and independence of character.
2. A giving rather than a receiving attitude. (Children must be given everything, but many go on expecting to be given things all their lives.)
3. The ability to co-operate and a feeling for the human enterprise.
4. Kindliness, sympathy and mutual co-operation constitutes sexual maturity, woefully absent in so many.
5. Realising that anger, hate, cruelty and belligerency are signs of weakness, and that gentleness, kindness and good will are signs of strength.

6. The ability to distinguish fact from fancy.
7. The capacity to be flexible and adaptable to the changes of fate and fortune.

Education does not teach us how to acquire this emotional stasis, but he thinks it will in the future. I have often wondered myself why education fills our minds with facts, and in these days does something about our bodies, but leaves the most important element, the emotional nature, entirely alone. The intuition of a poet tells us better. Wordsworth wrote:

"We live by admiration, hope and love,  
And even as these are well and wisely placed  
In dignity of being we ascend."

Dr. Schindler says that we all have six basic needs:

1. We all need love and affection. If we lack that, give more than our share to other human beings.
2. We need security. If that is lacking do not worry. Say "I can take it."
3. We need creative expression. There is nothing to stop us here. Get a hobby, even if it is only collecting stamps.
4. We need recognition by others. If this is lacking, give it to others. Some will come back.
5. We need new experiences. Think how you can go out and get some.
6. We need self-esteem. Here the doctor says: "Remember that you are just as good as I am; you and I are just as good as they are, God bless them."

Two sentences in his book I must quote. When life is going well he says: "Tell yourself life is good, and allow yourself the delightful feeling of being happy." This reminds me of the little boy who said when his father was kissing him good-night: "We haven't said what was the happiest thing that happened today yet, Daddy." Happiness can become a habit. I remember a long time ago a young woman who was exceedingly happy at College saying to me: "I must make this feeling a habit to last me all the rest of my life."

The other sentence is: "A good home is where, when you desperately need a lift, you'll be sure to find one." So many people want to make others good. What a mistake! Try to make them happy and then perhaps they will be good. In yesterday's paper there was an account of a home for delinquent girls run by women psychiatrists and psychologists. It was called "Girls who need love." There were sad photographs, one of a girl hugging a teddy bear as the only thing that loved her. These young people have been starved of love since childhood. They come from every stratum of society, and lovelessness alone is at the root of their problem. Emotional malnutrition will stunt a child's soul as lack of food stunts its body. It is the world's greatest need and cannot exist with emotional immaturity and selfish grasping. Many spiritually ambitious people lack the power to love. They do not realize the truth of the words in the Voice of the Silence, "Self-knowledge is of loving deeds the child." H.P.B. said the same: "The main requisite for acquiring Self-knowledge is pure love."

Well, let us all try to grow up and not remain helpless and dangerous children!

Your affectionate friend,

Clara Codd