

My dear Friends:

I am now getting very old, just 92. So I think it is now time to stop these letters. They have been a great joy to me. I started them long years ago when I was in America. I had so many letters to answer and no secretary that I felt I could never write to each one personally. So if any of you have never received a personal letter from me, please to not mind, and remember that I was delighted to get your letters. I have just had a number to send me good wishes for my birthday. Thank you all so much. I send you all my warmest good wishes and many kind thoughts.

I hope you found these letters helpful in daily life, for that is what I wanted them to be. I did not want them to be very intellectual or studious. They were to be more friendly than studious. I feel they have achieved their purpose. So now, my very dear friends, goodbye to this form of communication. I hope to write my last book. As a farewell message I would like to ask you all to do your best to approach your own Higher Self, the God-head within you. Do not lean too much on books and teachers. Learn mostly from life itself with all its events and problems. Fashion your own life as it seems best to you. I like so much a verse from a poem by Sir Richard Burton, the author of "The Arabian Knights."

"Do what thy manhood bids thee do,  
From none but self expect applause,  
He noblest lives and noblest dies  
Who makes and keeps his self-made laws."

H. P. Blavatsky tells us in the Secret Doctrine that the Perfected Man is not made by another, but becomes so ". . . by self-induced and self-initiated efforts, checked by its Karma, thus ascending through all degrees of intelligence, from the lowest to the highest Manas (mind)." It is a matter of slow growth and it is found by steady growth and aspiration, the upward aspiring mind being gradually purified, says H. P. B., of any trace of egotism, thus forming by degrees the imaginary bridge which brings us into union with that Diviner Self within. She also says that this kind of self-knowledge is not reached by any reasoning or brain process, for it is the awakening to consciousness of the Divine nature in man. She also says that this is a greater achievement than becoming psychic or commanding the forces of Nature. The fine, subtle preparation for true insight is a purified heart and deep and steady thought. One aspect of it is meditation. The best description of meditation, at any rate in its early stages, is the story of the Lord's Mother in the New Testament. When wonderful things happened to and around her, Mary kept all these things and pondered them in her heart. Pondering is the easiest form of meditation. It is not healthy to meditate with a selfish object in view. to gain power, to gain knowledge, to gain comfort and security for oneself. Dwell in thought that slowly effortless understanding may arise. Dwell in thought on life, on its problems and events, on the splendid thoughts we can read or hear. Spiritual perception is not intellectual apprehension. It is more a sensing of values, universal principles, eternal meanings. A short time devoted every day to "dwelling in thought" brings about great changes in the character and outlook.

Systems of meditation make great use of the trained imagination. The untrained imagination, which the sage Patanjali called "fancy", can play havoc with a human life. St. Ignatius of Loyola makes a special use of the imagination, recommending his people vividly to picture incidents in the life of the Christ, to put themselves in the crowd around Him, finally to lose all sense of every thing but the One, the Lord Himself.

The controlled imagination is a wonderful creative power. for, as a Master has pointed out, it makes entities upon the other side, influencing for good or ill ourselves and others. A thought form, unless of great and sustained interest, does not generally last very long, unless reinforced by thinking it again. A picture of a loved one dwelt upon lovingly becomes "alive", which means that a rapport has been established between the soul of the loved one and the thinker's soul. Thus a devotee, picturing to himself the figure of his adored Lord, the form becomes alive with His life. It may well be that some answering current will reach the devotee through his interior picture.

Some of these words I have taken from my book "The Way of the Disciple" which I think is my best book. There is a Yoga of daily life which is possible for all of us. It consists in offering to Life, which

is God, every little daily task. It is beautifully described in the Bhagavad-Gita, the sacred scripture of India. Says the incarnation of Deity, the Lord Shri Krishna, to his disciple, Arjuna, "Whatsoever thou givest, whatsoever thou eatest, whatsoever thou offerest, whatsoever thou givest, whatsoever thou doest of austerity . . . do thou that as an offering to Me." Let us give Life which is God, and the Master who is one with Life, all our daily actions and duties. Then His life will shine through them for the blessing and happiness of all others. For there is one great qualification for discipleship of a Master of the Wisdom, and that is a genuine love of our fellow-men, indeed of all living things.

"There is but one way to that Gate, it is not love aflame with all desire, but Love at Peace"  
(Fiona Macleod - "The Immortal Hour.")

Goodbye, my love and very best wishes to every one of you.

Clara M. Codd.

From your secretary:

Since this will be our last regular communication, I do want to remind contributors to Clara's fund, that the fund will go on as long as she is here to use it. Pledges for the new year became due on November 1, and contributions from anyone, for any amount, are most welcome. I hope it will carry on as it has in the past, even without the reminder of the bi-monthly letter from her. If the fund gets in difficulties, I'll send out a notice (to contributors only). Otherwise, if all goes well, you will receive only the usual yearly statement.

Clara expressed the wish, some time ago, that any balance left in the fund might go to her sisters; they have even less than she has, and their care has always been much on her mind.

So, goodbye for now --

(Mrs.) Ruth L. Doak  
Box 270  
Wheaton, Illinois 60187.

PLEASE NOTE:

My temporary address  
from Nov. 12 to Dec. 15  
will be:

Mrs. Ruth L. Doak  
Route 2, Box 3-M  
Ojai, Calif. 93023