

Keep an Even Mind

By Mrs. Alice C. Miller

"Behold! Here is thy Magic Staff: under all circumstances keep an even mind; Take it. Try it. Walk with it. Talk with it. Lean on it. Believe on it. For Ever."

More than one hundred years ago a spirit teacher of Andrew Jackson Davis brought forth this marvelous philosophy. To *keep an even mind under all circumstances* is a large order in today's world. Can we do it? We can try. We can put forth an effort to control our emotions by directing our thoughts in the right channels. Nothing can harm us if we constantly follow this practice.

If someone suggests that we've spoken or acted in an unbecoming manner, do we really consider whether they are right? Or does the ego suggest that we should be angry?

Suppose we replied: "Well, maybe you are right. Maybe I did act badly. I'll have to remember to watch it." What happens? The critical person becomes apologetic. It has been resolved peaceably and you are both left with an *even mind*.

In many cases, however, the ego prevails and we become disturbed. We must make an effort to dispel this prompter, and this takes constant vigil.

There are other reasons why we sometimes are frustrated and upset. For example, when someone doesn't do what we feel is best for him, we become disturbed. Usually the individual will continue doing what seems right to him, and we are sometimes left with a distressed mind and body.

We must realize that we cannot live anyone else's life. If he is doing something that is destructive, he is responsible for his own actions and must bear the consequences. All we can do is make kindly suggestions and send prayers that the circumstances will be resolved for the person's best spiritual welfare. Then we *must* stop worrying.

If life always ran smoothly, we would stagnate. Overcoming obstacles is part of our earthly education. This doesn't mean that we should act belligerently in overcoming problems. We must think quietly and ask for guidance. Remember that some people only learn through bitter experience. All we can do is pray for understanding to come to them soon.

There are times when we all must experience suffering—for our soul's development. A great spirit teacher once said, "There are times when we weep because of experiences those on the earth plane must go through for their soul's growth, and we must stand back and let it happen."

When we become angry or spiteful we lose our projection temporarily, and are susceptible to unprogressed spirit people who impress us with negative thoughts and attitudes. This situation is bad for us mentally and physically, especially if we are working for spiritual development. So we must make every effort to control our thinking.

In *trying* circumstances, we should calm ourselves, get the right perspective, and remember that the only thing that really matters is our soul's development. Other things should be put aside, as we ask for a protective light to surround us and bring us peace.

Even though difficult, let us try to *keep an even mind* and we will be blessed for our efforts. If we fail occasionally, we shall not berate ourselves, but simply try again.