

# United Temple Bulletin

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## DEPTH

If I take the wings of the morning, and dwell in the uttermost parts of the sea; even there shall thy hand lead me, and thy right hand shall hold me. Psalm 139:9,10

Out on the ocean, where waves tumble about in riotous tumult, one gets the impression that the waters are being churned to their uttermost depths. But this is no more than a surface confusion. For if the waves are fifty feet high, then seventy feet below them is abiding calm. The higher the waves, the deeper the calm!

Even so it is on the ocean of life. Life's unresting surface forever bears storm and disaster, and those who live a surface life are no more than driftwood on an angry sea. But those who descend beneath the surface find a twilight world of eternal calm. The greater the waves, the deeper must one go to find tranquility.

To live on the surface of daily events is to see nothing as being related; each event and experience becomes no more than broken, meaningless segment. But to find "the depth that's deeper still," one must submerge oneself in the ocean of life, and discover that "there abides a peace man did not make, and cannot mar."

Dr. W. Waldemar W. Argow, Baltimore, Maryland

## THOUGHT CONDITIONERS

(Continued from last issue)

- (6) Trust in the Lord with all thine heart; and lean not unto thine own understanding. Proverbs 3:5

This text will help you avoid a nervous breakdown. It will stimulate your recovery if you have had one.

A famous neurologist, specialist in nervous breakdowns, often "prescribes" this text for his patients. He writes the words on a card and instructs his patient to commit them to memory and repeat them until they are indelibly printed on the subconscious mind.

The cause of much nervous trouble is frustration. And the antidote to frustration is a calm faith, not in your own cleverness, or in hard toil, but in God's guidance. The cure of frustration is the belief that God will help you obtain your heart's desire. Trust in God with all your heart and you will be able to keep on working in health and happiness for long years to come.

- (7) I am come that they might have life, and that they might have it more abundantly. John 10:10

Many people are lacking in energy. Their vitality is low. They are filled with inner conflicts which dissipate energy. They are dull and apathetic.

What is the secret of energized life? Christ is the answer. It is said of Him, "In Him was life." Fill your mind with Christ, fill your heart with Him, and inevitably energy, vitality, exuberance, delight, and eagerness will well up within you.

Every day as you repeat this text make it read, Christ has come that I (fill in your own name) might have life and might have it more abundantly.

- (8) Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. James 5:16

God does heal. He does it in two ways, through science and through faith.

In healing, confession is important, for much illness results from buried resentments and guilt. Confession to a competent counselor releases these poisons, cleanses the mind and soul, thus stopping the passing on of diseased thoughts to the body. Effectual prayer, that is scientific prayer, is very powerful.

The essence of the technique is confess your faults, pray with kindred spirits even if separated by distance, and enthusiastically (fervently) believe.

- (9) If God be for us, who can be against us? Romans 8:31

Imagine yourself as actually looking at all your difficulties like an army lined up against you.

Then realize you have a backing that can overcome them all. As you face these enemies of yours: discouragement, frustration, disappointment, hostility, weakness, ask yourself, "What shall I say to these things?" And the answer is "If God be for us, who can be against us?"

Now spend a minute realizing that God is for you and say this affirmation, "God is with me. God is for me. God is greater than all these things."

Then visualize these enemies of your peace and happiness as retreating, giving way before God's power.

Personalize the text by saying: "If God be for me, who can be against me?"

The repetitive use of this text will give you an enormous sense of God's presence and a powerful feeling of victory.

(10) The Kingdom of God is within you. Luke 17:21

When you are filled with self doubt and in the grip of your inferiority complex don't give up saying, "I can't do it, I haven't it in me." You do have a very big "it" within you. You have the Kingdom of God within you.

God has placed in your personality all the ability you need. You have only to believe in yourself, and strength within you will be released.

In saying the text try it this way, "God's abundance, peace, and power are within me. I lack for nothing."

(11) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. II Timothy 1:7

Your fears can be healed by this text. It tells us first that fear is overcome by power. What power? There is only one force more powerful than fear, and that is faith. When fear comes to your mind counter it with an affirmation of faith.

Second, love overcomes fear. By love is meant trust, confidence, complete dependence upon God. Practice this attitude and fear will diminish.

The third element is to attain a sound mind in which there are no complexes, quirks, and obsessions. Live with the thought of God and you will develop a sound mind where no shadowy fear can lurk.

Whenever you are afraid, verbalize against the thing that you fear, using the words of this text.

(12) Thou shalt guide me with Thy counsel, and afterward receive me to glory. Psalm 73:24

Perhaps today you have a problem which has baffled you. Try allowing this text to penetrate your mind until it becomes a dominating conception, and it will do some important things for you.

It will make you understand that there is an answer to every problem and that God is thinking along with you. It will

bring to bear upon your problem that keen and sharp perception of wisdom called insight.

If you put every problem in God's hands, ask Him to give you the right answer, believe that He is doing just that, and will take the guidance that comes, your decisions will turn out right.

(13) Wherefore take unto you the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Ephesians 6:13

This is one of the greatest of all techniques of mental health. It teaches that when we have done all that we can do about a given matter we are not to get worried or in a panic or be filled with anxiety, but take a calm philosophical attitude concerning it.

When you have done all that you can do, don't try to do any more, just "stand." Relax, stop, be quiet, don't fuss about it; you have done everything possible; leave the results to God.

(14) God is our refuge and strength, a very present help in trouble. Psalm 46:1

When trouble strikes, what you want is comfort and protection. You want strength to stand up to it and meet it.

You can have both. This text contains the answer. Frequently remind yourself that God is with you, that He will never fail you, that you can count upon Him. Say these words, "God is with me, helping me."

This will give you a sense of comfort. New hope will flood your mind. New ideas will come. A new sense of power will be felt. As a result you will rise above your trouble.

When a particular trouble arises, before you do anything else about it, sit down quietly, repeat this text a half dozen times, and put your full faith in it.

(15) He that handleth a matter wisely shall find good: and whose trusteth in the Lord, happy is he. Proverbs 16:20

To live successfully one must overcome blundering ineptness, the tendency to do and say the wrong thing. One must develop the deft and skillful touch that makes things turn out right.

A thing does not go wrong because of some perverse fate. It is more than likely that you lack the right slant, the proper approach.

If such is the case, what you need is wisdom. If you let today's text seep from your conscious to your unconscious mind it will correct the error pattern within you and gradually endow you with wisdom.

NEWS BRIEFS

Clearfield, Utah

Mr. David Kim, his wife and Jung-Za made a special trip to Oregon to attend the 8th Anniversary of the dedication of the United Chapel of Portland during January 2nd through the 4th.

The party arrived safely, ignoring unusual weather in N.W.-- ice pack and heavy snow, etc. They made a safe trip without any trouble and enjoyed all the N.W. family who gathered for this special occasion on January 3rd.

They were very impressed to see how well the chapel is cleaned and maintained in every way by Maxine and Vernon. Mr. David Kim received a meaningful gift of a desk-pen set, engraved:

David Sang Chul Kim (from all the family)  
Oct. 2, 1968

Mansei! Mansei! Mansei!

which commemorates his victory on 8-year-old permanent visa problem.

On the night of January 3rd, Mr. and Mrs. David Kim distributed Korean Robes to each of the family members as tokens of eternal Heavenly Family under our Master, which can be used in "Sacred Marriage" or on other meaningful Heavenly days from now on.

John and Marie were unable to attend the gathering (as John has been ill for awhile) so Mr. Kim's party made a special trip to California to see John and Marie. Garold, Sook-He and Joon-Soo (representatives from the California family) also left at the same time (Jan. 4th) for California.

On Sunday morning, January 5th, they visited the Japanese family after their visit to Twin Peak's Sacred Ground. They received warm welcome and hospitality from Mr. and Mrs. Chei who invited them to a Chinese dinner. They then went to John and Marie's at Richmond, California and stayed until late evening.

Mr. Kim's party arrived safely at Clearfield, Utah, on Monday, January 6, 1969.

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On January 12, 1969, Mrs. Henegar invited Mr. Kim to her home in Salt Lake City to discuss several things for our work.

According to recent information Anthony Brooks is now again in tour of the United States and plans to meet Mr. David Kim at Salt Lake City on March 16, 1969. He claims his role in our work is of John the Baptist on the world-wide scale.

Portland, Oregon

Maxine Adamson

January 3rd was the 8th anniversary of the dedication of the Portland Chapel. How happy Vernon and I were as we prepared the chapel for the family coming from Utah, California and Washington. How wonderful it was to have a houseful of people. It had been a long time since Mr. David Kim was here in the Portland Chapel and it was good to have him here once more. We missed having John and Marie with us. John could not come because of illness.

The Heavenly robes, which we received on Friday evening, are very beautiful and will be cherished by each of us.

Although Sarah and Lothar could not be with us, they called and talked to us by telephone.

To commemorate this special occasion, Mr. Kim and his family gave a gift of money to be used specifically for a cuckoo clock to hang in the entrance hallway. A plaque will be engraved: January 3, 1969, Mr. David Kim and family.

Mrs. Kim, Sook-He, and Jung-Za prepared a Korean meal Friday evening. Everything was very delicious!

All too soon it was time for Mr. Kim, Mrs. Kim, Jung-Za, Sook-He, Joon-Soo and Garold to leave for California. We were glad that Dianne and Galen did not have to leave until Sunday, for the chapel would have seemed very empty. On Sunday afternoon Dianne and Galen left for the return trip to Seattle.

#### SCIENCE ANSWERS:

##### How Much Do You Know About Love?

by: John E. Gibson

"Love makes the world go round," according to the popular song, but just how much do you know about this powerful and puzzling emotion?

Compare your knowledge of the subject with scientific findings in the following quiz. Answer each statement true or false.

1. The most important thing, when it comes to love and happiness, is picking the right partner.
2. Few people agree on what romantic love is.

3. A high IQ handicaps love.
4. Absence makes a man's heart grow fonder.
5. People who believe in "starry-eyed love" are likely to be emotionally unstable.
6. Men are more prone to let their heads rule their hearts than women are.
7. The strong, silent man is likely to have the inside track in matters of love.
8. There are two periods in a person's life when he is most likely to fall in love.
9. If a couple is really in love, the success of their marriage is assured.
10. To be happy in love, it is important that each person put his best foot forward.

ANSWERS:

1. False. Sociological studies show that choosing the right mate is only one factor. What is even more essential is being a good mate yourself, being flexible, willing to compromise, and being understanding, too.
2. False. University of Pennsylvania studies of more than 1,000 young men and women showed that love means the same thing to most people.
3. False. ...persons with higher IQs have a greater capacity for adjustment in love relationships and average fewer marital upsets.
4. True....a man's romantic feelings increased during periods of separation. The opposite, however, was true of most women...
5. False. Studies...show that a romantic attitude tends to go with a well-adjusted personality. Persons with a "practical" attitude tend to be rigid inhibited individuals.
6. False....women were far more concerned than men with material considerations, such as security and high social status.
7. False....A "strong, silent" disposition was found to be a definite handicap.
8. True. Wide-scale investigations show that a woman is most likely to fall in love the first time in her late teens and again in her early 40s. Men are most love-prone in their early 20s and again in their 40s.
9. False....just because two people are in love does not mean that they can live together happily.
10. False. After long study, psychologist Sidney M. Jourard explains that each person should reveal his real self to the other, expressing honestly what he feels, needs, and believes.  
(Source: Family Weekly, December 8, 1968)