

YOURSELF

FROM *The Hidden Power* by Thomas Troward

PARADIGM SHIFT

PARADIGM SHIFT

[illegible]

PARADIGM SHIFT

26. a force which is much greater than we believe
27. ourselves to be, yet it is not separate from us and
28. needing to be persuaded or compelled, or inveigled
29. into doing what we want; it is the substratum of
30. our own being which is continually passing up into
31. manifestation on the visible plane and becoming
32. that personal self to which we often limit our
33. attention without considering whence it proceeds.
34. But in truth the outer self is the surface growth of
35. that individuality which lies concealed far down
36. in the deeps below, and which is none other than
37. the Spirit-of-Life which underlies all forms of
38. manifestation.

39. Endeavour to realise what this Spirit must be in
40. itself—that is to say, apart from any of the conditions
41. that arise from the various relations which
42. necessarily establish themselves between its various
43. forms of individualisation. In its homogeneous self
44. what else can it be but pure life—Essence-of-Life, if
45. you like so to call it? Then realise that as Essence-
46. of-Life it exists in the innermost of *every one* of its
47. forms of manifestation in as perfect simplicity as any
48. we can attribute to it in our abstract conceptions. In
49. this light we see it to be the eternally self-generating
50. power which, to express itself, flows into form.

PARADIGM SHIFT

51. This universal Essence-of-Life is a continual
52. becoming (into form), and since we are a part of
53. Nature we do not need to go further than ourselves
54. to find the life-giving energy at work with all its
55. powers. Hence, all we have to do is to allow it to rise
56. to the surface. We do not have to make it rise any
57. more than the engineer who sinks the bore-pipe for
58. an artesian well has to make the water rise in it; the
59. water does that by its own energy, springing as a
60. fountain a hundred feet into the air. Just so we shall
61. find a fountain of Essence-of-Life ready to spring up
62. in ourselves, inexhaustible and continually increasing
63. in its flow, as One taught long ago to a woman at a
64. wayside well.

65. This up-springing of Life-Essence is not another's—
66. it is our own. It does not require deep studies,
67. hard labours, weary journeyings to attain it; it is not
68. the monopoly of this teacher or that writer, whose
69. lectures we must attend or whose books we must
70. read to get it. It is the innermost of *ourselves*, and
71. a little common-sense thought as to how anything
72. comes to be anything will soon convince us that
73. the great inexhaustible life must be the very root
74. and substance of us, permeating every fibre of
75. our being.

PARADIGM SHIFT

76. Surely to be this vast infinitude of living power must
77. be enough to satisfy all our desires, and yet this
78. wonderful ideal is nothing else but what we already
79. are *in principio*—it is all there in ourselves now, only
80. awaiting our recognition for its manifestation. It is
81. not the Essence-of-Life which has to grow, for that is
82. eternally perfect in itself; but it is our recognition of it
83. that has to grow, and this growth cannot be forced.
84. It must come by a natural process, the first necessity
85. of which is to abstain from all straining after being
86. something which at the present time we cannot
87. naturally be. The Law of our Evolution has put us
88. in possession of certain powers and opportunities,
89. and our further development depends on our doing
90. just what these powers and opportunities make it
91. possible for us to do, here and now.
92. If we do what we are able to do to-day, it will open
93. the way for us to do something better to-morrow,
94. and in this manner the growing process will proceed
95. healthily and happily in a rapidly increasing ratio.
96. This is so much easier than striving to compel things
97. to be what they are not, and it is also so much more
98. fruitful in good results. It is not sitting still doing
99. nothing, and there is plenty of room for the exercise
100. of all our mental faculties, but these faculties are

PARADIGM SHIFT

101. themselves the outcome of the Essence-of-Life,
102. and are not the creating power, but only that which
103. gives direction to it. Now it is this moving power
104. at the back of the various faculties that is the true
105. innermost self; and if we realise the identity between
106. the innermost and the outermost, we shall see that
107. we therefore have at our present disposal all that
108. is necessary for our unlimited development in the
109. future.

110. Thus our livingness consists simply in being
111. ourselves, only more so; and in recognising this we
112. get rid of a great burden of unnecessary straining
113. and striving, and the place of the old *strum und*
114. *drang* will be taken, not by inertia, but by a joyous
115. activity which knows that it always has the requisite
116. power to manifest itself in forms of good and beauty.
117. What matter it whither this leads us? If we are
118. following the line of the beautiful and good, then we
119. shall produce the beautiful and good, and thus bring
120. increasing joy into the world, whatever particular
121. form it may assume.

122. We limit ourselves when we try to fix accurately
123. beforehand the particular form of good that
124. we shall produce. We should aim not so much

PARADIGM SHIFT

125. at having or making some particular thing as
126. at expressing all that we are. The expressing
127. will grow out of realising the treasures that are
128. ours already, and contemplating the beauty, the
129. affirmative side, of all that we are *now*, apart from
130. the negative conceptions and detractions which
131. veil this positive good from us. When we do this
132. we shall be astonished to see what possibilities
133. reside in ourselves as we are and with our present
134. surroundings, all unlovely as we may deem them;
135. and commencing to work at once upon whatever
136. we find of affirmative in these, and withdrawing
137. our thought from what we have hitherto seen of
138. negative in them, the right road will open up before
139. us, leading us in wonderful ways to the development
140. of powers that we never suspected, and the
141. enjoyment of happiness that we never anticipated.

142. We have never been out of our right path, only
143. we have been walking in it backwards instead of
144. forwards, and now that we have begun to follow
145. the path in the right direction, we find that it is none
146. other than the way of peace, the path of joy, and the
147. road to eternal life. These things we may attain by
148. simply living naturally with ourselves. It is because
149. we are trying to be or do something which is not

PARADIGM SHIFT

150. natural to us that we experience weariness and
151. labour, where we should find all our activities
152. joyously concentrated on objects which lead to
153. their own accomplishment by the force of the love
154. that we have for them. But when we make the
155. grand discovery of how to live naturally, we shall
156. find it to be all, and more than all, that we had ever
157. desired, and our daily life will become a perpetual
158. joy to ourselves, and we shall radiate light and life
159. wherever we go.