

Establishing and Maintaining a Positive Transcendent Attitude

A practical guide to aligning daily thought with the transcendent God-Mind for a more positive life.

About This Guide

This white paper distills a Metaphysical Science lecture on attitude, belief, and transcendence into a practical reference. It explores how daily attitude reflects inner belief, how a positive transcendent attitude differs from ordinary optimism, and how a set of guiding principles and a short visualization practice can be applied day to day.

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1. Your Attitude Reflects What You Truly Believe

“As a man thinketh in his heart, so is he.” This counsel, attributed to the Mystical Master Teacher, Christ, is the foundation of this guide: what you truly believe about yourself and your life shows up in the attitude you carry through your daily activities.

A negative attitude grows out of a pessimistic view of life. A positive attitude, by contrast, rests on faith — a belief in the inherent good of life. That faith can take two forms.

Two Foundations for Positivity

The first is an ego-based positivity, built on the ups and downs of the personal ego. Over time, the turmoil of this cycle wears down an individual's strength and health.

The second is positivity grounded in the reality of one's true selfhood and identity — the transcendent nature of one's TRUE REALITY. This reality is described as the power, wisdom, and presence of the God-Mind of the Universe within each person, and it offers the most powerful possible frame of reference for building a lasting, positive attitude.

2. Transcendence Is Seeing Things As They Are

A positive attitude comes from seeing things as they actually are. This “seeing” is an inner understanding of the true nature of life and being — the recognition that one is, in truth, on a voyage of the soul through eternity.

Every experience, large or small, is a step upward in the growth and perfection of the soul, and through it, in the manifestation of one's being. Each of us lives daily as a thought within one Infinite Mind, while that same Infinite Mind lives daily within our minds. This state of Oneness supplies the peace, power, and wisdom to meet whatever life brings, and to grow through it. These ideas form the foundation of a Positive Transcendent Attitude — an attitude one can build a life upon.

3. Your Attitude Generates Response

Throughout life, the attitude carried within is constantly stimulating responses, both outward and inward.

Outer responses — how others react toward us, whether positively or negatively.

Inner responses — arising from the unconscious mind, which holds corresponding positive or negative thought patterns in the subconscious, and from one's true reality and Oneness with the Higher, or God-Mind.

Attitude acts on thinking according to its positive or negative nature, interacting continuously with the Universal Creative Process. To generate the responses that create a better life, the guidance is simple: keep the daily attitude one of positive transcendence.

4. Guidelines for a Positive Transcendent Attitude

A negative attitude causes damage on three levels at once — no matter what negative events or conditions arise.

Level	How the Damage Occurs
Psychological	Failure thoughts are accepted and absorbed into the subconscious, forming failure patterns that compound present difficulty into future difficulty.
Psychic	A negative attitude telepathically radiates vibrations of failure outward, attracting further failure and negativity.
Spiritual	Negative thought is put forth into the one Mind flowing through all creation. What is believed about oneself is accepted by the Universal Mind and acted upon in nature's creative process.

Core Principles

- A positive attitude about yourself and your life is best formed by accepting a spiritual foundation on which your self-image rests.
- A positive transcendent attitude does not accept defeat. Instead it regroups and adjusts, staying open to intuitive self-direction from the Higher Mind — which may call for an entirely different approach.
- It knows that whatever the apparent difficulty, one's Higher God-Mind will show the way forward.
- It recognizes a power at work that transcends the temporary limits of time and space within which any negative condition has arisen; no lesser, temporary power can stand for long against the ultimate Eternal Power.
- It trusts that spiritual laws are constantly at work to clear up negative conditions, and that these laws are set into motion by maintaining the attitude itself.
- It is reinforced through daily meditation, which brings inner peace, clears the way for intuition, and allows creative ideas to rise above the problem level of the mind.
- It knows its identity and purpose have meaning, directed by the transcendent God-Mind within, toward fulfilling the soul's purpose in this lifetime.
- In ill health, it trusts that spiritual God-Mind energy has power over any malfunctioning energy in the body, to heal and restore it.
- In financial lack, it trusts the unlimited resources of the God-Mind to direct the personal mind toward the resources needed in physical reality.
- Where love is lacking, it trusts intuitive direction to lead the personal mind to find love.

- It may register a momentary reaction to a negative condition, but almost immediately retreats by re-aligning the mind with the power and presence of the Universal Mind of God within.
- It does not spend time blaming others for negativity, but tunes into the Source of All-Wisdom within for guidance in correcting any situation involving others.
- It knows that life is not what the personal mind alone makes it, but what the God-Mind, working through us, can create for us.

5. Positive Transcendent Attitude Visualization Treatment

A simple daily practice supports the attitude described above.

1. Pause daily

As you go about your affairs, stop for a moment and reflect that your inner body is filled with the Infinite Mind of God as an infinite light — within your body, and at the same time glowing forth around it.

2. Live in the light

Mystics refer to this practice as “living in the light” as one moves through life.

3. Let it deepen through meditation

Over time, the reality of this light becomes known directly in meditation, arising in part from the regular practice of visualizing in this way.

6. Closing Thought

“You are never too old to set another goal or dream a new dream.” — Les Brown

A positive transcendent attitude is not a denial of difficulty. It is a daily choice to align with a power, wisdom, and presence that transcends any temporary condition — and to let that alignment shape how each day is lived.