

THE BIG IDEAS

Consummate Genius

Is within you!

Genius:

Three qualities.

Focused Intention

Is yours?

Absolute Trust

In Universal Intelligence.

Self + Universal Self =

Doing the impossible.

The Inch to Greatness

You need God.

Find a Room

And lock yourself up in it.

Mastery + Love

In ALL things.

What We Must Do

Love it.

Defeats =

Stepping stones.

An Inner Joyousness

Find the hum.

The Life Triumphant

GIVE GIVE GIVE!!!

*"Mediocrity is self-inflicted.
Genius is self-bestowed."*

~ Walter Russell



The Man Who Tapped the Secrets of the Universe

BY GLENN CLARK · THE UNIVERSITY OF SCIENCE & PHILOSOPHY © 1989 · 61 PAGES

"The Life Triumphant is that which places what a man gives to the world in creative expression far ahead of that which he takes from it of the creation of others."

~ Walter Russell from *The Man Who Tapped the Secrets of the Universe*

Ever heard of Walter Russell?

Fascinating human being. A multi-faceted 20th century genius who beautifully describes the Source of his mojo in this great little book by Glenn Clark.

Don't you think it's a little weird that our culture seems to celebrate "The Cubicle Man" more than "The Renaissance Man"?!? Me, too.

And, if you're into connecting to God/Universal Intelligence/whatever-you-want-to-call-it to express your inner Renaissance Soul in this precious little life of ours, I think you'll dig the book. It's a tiny 61 pages but remarkably packed with inspiration and wisdom.

I trust you'll enjoy Walter Russell's perspective on genius as much as I do and I vote we dive straight into the Big Ideas! :)

CONSUMMATE GENIUS IS WITHIN YOU!

"I believe that every man has consummate genius within him. Some appear to have it more than others only because they are aware of it more than others are, and the awareness or unawareness of it is what makes each one of them into masters or holds them down to mediocrity. I believe that mediocrity is self-inflicted and that genius is self-bestowed."

Wow.

"Mediocrity is self-inflicted. Genius is self-bestowed."

So, uh... Which one are you choosing? :)

THREE QUALITIES OF THE GENIUS

"Every successful man or great genius has three particular qualities in common. The most conspicuous of these is that they all produce a prodigious amount of work. The second is that they never know fatigue, and the third is that their minds grow more brilliant as they grow older, instead of less brilliant. Great men's lives begin at forty, where the mediocre man's life ends. The genius remains an ever-flowing fountain of creative achievement until the very last breath he draws."

That's so great. :)

As I write this I'm approaching my 35th birthday and I'm giddy about the truth of this statement. I can feel my power coalescing and I'm excited to see what the decades have in store. Fun!

The good news is that regardless of where we are in our life journey, the fact remains that our

"You have to gather your energy together in the same manner, conserving it and insulating it from dissipation in every direction other than that of your purpose."

~ Walter Russell

power grows as WE grow. As we become more and more aware of the Divine Intelligence flowing through us and make a conscious effort to plug into it more and more consistently, our mojo builds and our creative output builds with us!

Let's check out some Big Ideas on how to make that so. :)

FOCUSED INTENTION

"The thinking of creative and successful men is never exerted in any direction other than that intended. That is why great men produce such a prodigious amount of work, seemingly without effort and without fatigue. The amount of work such men leave to posterity is amazing."

Alexander Graham Bell says it this way: "Concentrate all your thoughts on the task at hand. The sun's rays do not burn until brought to a focus."

While Johann Wolfgang von Goethe says: "Things which matter most must never be at the mercy of things that matter least."

How about you? Do you consciously focus your energy on your core intentions, that which matters most to you? Or, are you dissipating your energy on the things which matter least?

Become aware. Focus. Create!

ABSOLUTE TRUST IN UNIVERSAL INTELLIGENCE

"I have absolute faith," he asserts over and over again, "that anything can come to one who trusts the unlimited help of the Universal Intelligence that is within, so long as one works within the law, always gives more to others than they expect, and does it cheerfully and courteously."

Amen.

How's your trust in the unlimited help of the Universal Intelligence within?

And, are you living your highest truths? Giving to others more than they expect?! (That one's particularly fun I think! :) And doing it with a smile?

Sweet.

Let the good times roll! :)

SELF + UNIVERSAL SELF

"I never let the thought of failure enter my mind. My knowledge of my unity with the Universal One and the fact that I must do this thing, and the inspired belief I should do it as a demonstration of my belief in man's unlimited power, made me ignore the difficulties that lay in the way."

Russell was a painter who had never touched clay until he was 56 when, for various reasons, he found himself in a position where he needed to sculpt a bust of Thomas Edison.

He continues describing his drive from New York to Florida where he did his work:

"I spent the entire time absorbed in inspirational meditation with the Universal Source of all inspiration, in order to fully realize the omnipotence of the Self within me as a preparation for doing in a masterly way what I would otherwise be unable to do..."

If I had followed the usual procedure of the superficially-minded man and played bridge all the way down to Florida, or otherwise enslaved my mind by sidetracking it from its creative purpose... I would have failed. In fact, I knew in advance, from long experience in trying to achieve the unachievable, that meditation and communion between my Self and the Universal Self was the only way to achieve that impossibility. "

"You can become a great creator or a little one as the intensity of your desire is little or great."

~ Walter Russell

"When one trusts this inner universal power, it automatically draws forth the trust of the people one deals with."

~ Walter Russell

The resulting sculpture is stunning—one of the greatest achievements of his career.

There's so much I love here. First, the fact that he took inspiration from his belief that he should do great work as a DEMONSTRATION of his belief in man's unlimited power.

That's just cool. And totally resonant with the [Wallace Wattles](#) adage I'm embracing these days: "The world needs demonstration more than it needs instruction."

It's so easy to *talk* about these great, noble truths. It's an entirely different thing to not only embody them but do so as a demonstration of what humanity is capable of. Powerful.

Of course, I also dig the idea that he chose to insulate himself from the normal superficial distractions so that he could commune with the Universal Source of inspiration—without which he would have failed.

I think it's simply impossible to create anything really interesting/meaningful if we're *constantly* bombarding ourselves with this distraction and that distraction—whether it's vegging out in front of the TV or drinking (another) glass of wine or beer or whatever. If we're committed to expressing our genius with the world, we've gotta invest the one-on-one time with the Divine, eh?

(Soooo... how're *you* doing with that? :)

THE INCH TO GREATNESS

"Early in life I found that to achieve greatness one had to go only one inch beyond mediocrity, but that one inch is so hard to go that only those who become aware of God in them can make the grade, for no one can achieve that one inch alone."

Brilliant. How do we team up with God to take that one inch journey together? Stillness.

In Russell's words: "If you are alone long enough to get thoroughly acquainted with yourself, you will hear whisperings from the universal source of all consciousness which will inspire you."

Another way to embrace stillness:

LOCK YOURSELF UP IN A ROOM

"Lock yourself up in your room or go out in the woods where you can be alone. When you are alone the universe talks to you in flashes of inspiration. You will find that you will suddenly know things which you never knew before. All knowledge exists in the God-Mind and is extended into this electrical universe of creative expression through desire. Knowledge is yours for the asking. You have but to plug into it."

Have you locked yourself up in a room lately? :)

I do it every morning now and I *know* that my hour of silence is one of my most powerful ways to plug into Source!!

hands you key *points to room* *smiles*

MASTERY + LOVE

"He also believes that every man should be master of anything he does and should do it in a masterly manner, with *love*, no matter what it is, whether physical work, menial or boring work, or inspirational work."

Reminds me of Kahlil Gibran: "Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy. For if you bake bread with indifference, you bake

"I believe that when the Self of man thus walks and talks with God he as gradually ascends to the great heights and desires of his ambitions as the tree ascends from its seed, for each is working with the law and, conversely, the law is working with each."

~ Walter Russell

"In his pleasures and in distasteful tasks alike, he carried out that principle of demanding masterliness of himself in all things."

~ Walter Russell

bitter bread that feeds but half a man's hunger. And if you grudge the crushing of grapes, your grudge distils a poison in the wine. And if you sing though as angels, and love not the singing, you muffle man's ears to the voices of the day and the voices of the night."

How do you approach your work?

In a masterly manner?

And with love?

(Good. :)

"With an overwhelming desire for intensive expression, a love of all tasks of every nature, and a deep love of life and of all people and things in life, he believes that every person can remain vital and effervescent throughout one's entire life."

Let's check out some more mojo on this:

LOVING WHAT WE MUST DO

"There should be no distasteful tasks in one's life. If you just hate to do a thing, that hatred for it develops body-destructive toxins, and you become fatigued very soon. You must love anything you must do. Do it not only cheerfully, but also lovingly and the very best way you know how. That love of the work which you must do anyhow will vitalize your body and keep you from fatigue."

Magical. [Seneca](#) and the [Buddha](#) (and many others) say the same thing.

Seneca: *"There is nothing the wise man does reluctantly."*

Buddha: *"If anything is worth doing, do it with all your heart."*

Is there something you must do that you're doing with ickness? How you can bring love to it? (Starting now?)

And, while you're at, see if you can take it this far: "A menial task which must be mine, that shall I glorify and make an art of it."

That reminds me of [George Leonard](#)'s brilliant book [Mastery](#) (see Notes) where he says: "Could all of us reclaim lost hours of our lives by making everything—the commonplace along with the extraordinary—a part of our practice?"

As they say, how we do anything is how we do everything. The fact is, if we're *truly* committed to living a life less ordinary, we've GOTTA embrace the moment to moment to moment opportunities to bring our best to the world. It's the aggregate of those little things that make the great and there's simply no way we're going to do the big things well if we only give part of ourselves to the mundane.

"The personal ego must be suppressed and replaced with the 'universal ego.'"

~ Walter Russell

DEFEATS = STEPPING STONES TO SUCCESS

"I have had my share of what one calls defeat, in plenty. I have made and lost fortunes and seen great plans of mine topple through my own errors of judgment or through other causes... But I do not recognize these as defeats. They are but interesting experiences of life. They are valuable stepping stones to success. Defeat is a condition which one must accept in order to give it reality. I refuse to give it reality by accepting it. In my philosophy I have written these words: Defeat I shall not know. It shall not touch me. I will meet it with true thinking. Resisting it will be my strengthening. But if, perchance, the day will give to me the bitter cup, it will sweeten in the drinking."

Can I get another "Amen," please!?! (Thank you. :)

*"Ask and you shall receive.
You must, yourself, do
the asking."*

~ Walter Russell

[Marcus Aurelius](#), the 2nd century Roman Emperor/Stoic Philosopher (see Notes on [Meditations](#)) said pretty much the same thing: "So here is a rule to remember in future, when anything tempts you to feel bitter: not, 'This is a misfortune,' but 'To bear this worthily is a good fortune.'"

Back to you (again!).

Are you seeing "defeats" as nothing more than interesting experiences of life that are, in fact, valuable stepping stones to success?

Or, are you not only recognizing them as defeats but replaying them over and over and over again, essentially cutting yourself off from the opportunity to alchemize the experiences into future success?!?

[Tony Robbins](#) (see Notes) likes to say: "Success is the result of good judgment, good judgment is a result of experience, experience is often the result of bad judgment."

So, quite simply, if you want the good judgment that produces success you've gotta be willing to have bad judgment! And, if that's the case, you might as well accelerate the process of "failing" so you can learn what you need to learn, eh?!?

Change your perception and KNOW that your "defeats" are springboards to your greatest success!!!

AN INNER JOYOUSNESS

"Joy and happiness are the indicators of balance in a human machine, just as a change in the familiar hum in a mechanism immediately indicates an abnormalcy to the practiced ear of the mechanic. An inner joyousness, amounting to ecstasy, is the normal condition of the genius mind. Any lack of that joyousness develops body-destroying toxins. That inner ecstasy of the mind is the secret fountain of perpetual youth and strength in any man. He who finds it finds omnipotence and omniscience."

Me likes.

Imagine a mechanic incredibly familiar with his machine. The machine has a familiar hum to it such that if that hum changes he knows immediately.

Now imagine you're the mechanic *and* the machine.

The hum that you, in your properly functioning state exude, is a state of joy and happiness. In fact, according to Russell, you should be listening for an inner joyousness amounting to ECSTASY as the natural rhythm of your life.

This is pretty much *exactly* what Esther and Jerry Hicks describe in all their books—especially *The Astonishing Power of Emotions* where they go off on the idea that our emotions are a sixth sense, providing us with what they call an "Emotional Guidance System" that gives us moment to moment feedback on whether we're in tune with the Divine.

So, what hum shall we listen for?

Joy, Love, Appreciation, Enthusiasm and all that goodness, of course!

Interestingly, the [Buddha](#) talks about a "hum" of his own when he says: "Life is suffering." The word used to describe our suffering state is "*Dukkha*"—which represents the screeching hum of a potter's wheel that's a little stuck and no longer spinning freely.

Fascinating...

(Check out the Note on [Big Mind Big Heart](#) for more on that!)

THE LIFE TRIUMPHANT

“The Life Triumphant is that which places what a man gives to the world in creative expression far ahead of that which he takes from it of the creation of others.

And it should be every man’s greatest ambition to be that kind of man. With that desire in the heart of every man there could be no greed or selfish unbalance, nor could there be exploitation of other men, or hatred, or wars, or fear of wars.”

[Nietzsche](#) (see Notes on [Thus Spoke Zarathustra](#)) says something similar: “*This is the manner of noble souls: they do not want to have anything for nothing; least of all, life. Whoever is of the mob wants to live for nothing; we others, however, to whom life gave itself, we always think about what we might best give in return... One should not wish to enjoy where one does not give joy.*”

Imagine that... seeking to always GIVE more in our creative acts than we receive in the creation from others. Amazing.

What would your life look like if you lived with that intention? How would you show up in your life? In your work? In your relationships with your spouse or kids or friends or colleagues?

Let’s imagine walking through every experience of our lives with the intention to give more than we receive...

To The Life Triumphant, my friend.

B

Brian Johnson,
Chief Philosopher

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About the Subject of “The Man Who Tapped the Secrets of the Universe”:

GLENN CLARK



A man who, without being himself a recognized New Thought leader, has been highly influential in introducing New Thought ideas and techniques into the churches. A Presbyterian, reared in the church, teaching in a Presbyterian college, and teaching also a Sunday School class in his home church of St. Paul. For thirty years he was a professor of literature and athletic coach at Macalester College, a Presbyterian liberal arts college in St. Paul, Minnesota, where a Department of Creative Living was established for him. He was deeply religious and something of a mystic, a great believer in prayer.

About the Author of This Note

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Brian Johnson loves helping people optimize their lives as he studies, embodies and teaches the fundamentals of optimal living—integrating ancient wisdom + modern science + common sense + virtue + mastery + fun. Learn more and optimize your life at brianjohnson.me.