
A Message For The Ages
Educating The Human Mind Out Of Itself
Across The Desk

Source: 1963 Kailua Private Class 5:1&2

Tape: 520

The demands of the work force dedicated Infinite Way teachers and practitioners to work twice as many hours in the day and twice as many days in the week as almost anyone else, and unless they take their regular periods of meditation or, forgetting all the problems thrust upon them, just go and sit on the riverbank, they are going to become tense. Human effort will enter, both physical and mental, and if that happens, the message is lost.

Conducting A Tape Group Activity

Source: 1964 Instructions, Tape group Leaders, 1963 Teaching

Tape: 557, 509, 511

In meditation a student should have one single point to dwell upon until it fades out and he becomes still and is listening. Such a quotation is helpful in centering attention on some specific principle. For example, if a student meditated properly on "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God," it should bring the student to the place where he realizes that he does not have to worry about money, a position, or anything else in the outer world. What he has to have is a word from God. That breaks the attachment to the outer scene—the fear of it or even the reliance on it—because eventually everyone has to see that he does not live by money or by employment, but by the word of God. . . If it takes thirty years, he might as well dedicate himself to that because only through receiving that Word can these other things be added unto him.

Across The Desk

Source: 1963 Instructions for Teaching the Infinite way 6:1

Tape: 550

Although we may have moments of God-contact and feel the joy and security of this realization in meditation, these moments must be continuously renewed many, many times a day by dipping briefly within to let our consciousness of God be released through us into our daily affairs. If this is not done continuously, the pressure of daily living takes over, and we seem to lose the peace and harmony of our periods of meditation.

I, the Father, and *I*, the son, are one, and *I*, the son, must always be in union with *I*, the Father. This is the divine marriage. This is called union with God, oneness with God, at-onement with God. It means that *I*, the son, and *I*, the Father, become consciously one through inner meditation and realization. The moment that *I*, the Father, and *I*, the son, are consciously one, the flow begins. If It has to appear as manna, It does; if It has to appear as a publisher, It does; if It has to appear as dollars, marks, or pounds, It does, but not separate and apart from *I*, the son, and *I*, the Father. The teacher has nothing to teach, nor has the practitioner power to heal, until *I*, the son and *I*, the Father are consciously one, and *I*, the Father, speaks through *I*, the son, or speaks as *I*, the son. But when *I*, the son, and *I*, the Father are consciously one, *I*, the Father, flows through as His rightness of health, His rightness of supply, His rightness of whatever it may be.

What we call meditation, prayer, or treatment really means the ability to go within and to receive impartations of a spiritual nature. Such impartations do not tell us that the fever has decreased, that the lump has become smaller, or that rheumatism has gone. They merely say, "*I* am in the midst of thee." This brings a release.

Without meditation, the Infinite Way would be nothing but another philosophy. . . But it cannot be experienced through the mind. It can be experienced only through the ability to commune within, and then it speaks up and out through us.

Christhood, Not Human Good

Source: 1963 Instructions for Teaching 2:1; 1954 Practitioner 2:1

Tape: 510, 90

The Infinite Way principle is that any truth realized in the practitioner's consciousness becomes the law unto the patient or student who has brought himself to that consciousness. Never does the practitioner project his thought to . . . patient or student, never! He does not use the word *you* in any treatment, prayer, or meditation. It is always whatever truth he can realize.

Consciousness Is The Secret Of Life

Source: 1963 instructions for teaching the infinite way 6:2

Tape: 550

When I am meditating or teaching or doing my mail, the birds are singing and often trying to get into the room where I am sitting. Do you think they do not know what is attracting them? When there are animals around, they will come right to the doorway and sit there until we have finished our meditation, and then they leave. Within a very short time cats and dogs stop chasing birds. They are no longer on the prowl. Why? The one Consciousness permeates this entire universe, and that consciousness is God. As we recognize It, everything and everybody become aware of It.

You See Your Concept Of A Thing Of A Person

Source: 1963 Instructions for Teaching the Infinite way 7:1

Tape: 551

If a student is in meditation and reaches a high enough consciousness, he may then see and know me exactly as I am, but that will be only when he is entertaining no concepts of me and has risen above the mind, beholding me with the vision that God gives him.

A Parenthesis In Eternity

*Attaining The Mystical Consciousness
The Function Of The Mind*

Source:

Tape:

Whereas in the First Degree we concerned ourselves only with practicing the presence of God and with meditation, in the Second Degree we begin to apply every word of spiritual truth we can to our daily living, thereby Spiritualizing the mind until eventually our mind no longer reaches out for some kind of a weapon—whether mental, verbal, or physical—but automatically goes within for a word of truth.

Losing I-ness In I

Source: 1959

Tape:

Eventually [in meditation comes] a state of complete quiescence in which there is no thinking or planning is reached, and the human will yields to the divine will.

When we are in meditation, we are inside of the parenthesis but reaching outside, reaching way back into Consciousness so that there may be more of Consciousness, more of Life, Love, and Truth expressed in what appears to be the parenthesis, but which is rapidly breaking the bounds of the parenthesis.

The Journey Within

Source:

Tape:

The contemplation of God's grace, of God as the One and Only, and the contemplation of scriptural passages which give us the assurance of the divine Presence lead to an inner stillness, and then the second phase of meditation enters our experience. That is when something comes to us, not something that we have consciously thought, but something that was thought through us.

When we sit down to meditate, we must seek to hear only the word of God, desire only the feeling of God's presence, only the reestablishment of ourselves with our inner source, and nothing beyond that. Then, when we feel the assurance of the Presence, our meditation is complete: the Word becomes flesh, and the Spirit felt within us becomes tangible as individual experience.

Awakening Mystical Consciousness

Consciousness Unfolding As The Harmony Of Our Experience

Ordination By The Spirit

Source: 1958

Tape:

There are those who will not give up an hour or two of sleep. . . who will not take ten minutes out of every hour for study and meditation.

The Nature Of Protective Work

Source: 1960

Tape:

Meditation on protection.

Realizing The Presence Of God As Omnipresence

Source: 1962 London Special Class

Tape: 494

When we are in meditation, we are not realizing the presence of God is us, but Omnipresence.

Beyond Words And Thoughts

Incorporeality: God, Man, And Universe

I Incarnate In Many Forms

Source: 1963 Kailua Private Class

Tape: 521 6:2

In one of my deeper meditations, when I was in full awareness of the incorporeality of my Self, I saw that *I* could incarnate as a male or a female. That is because *I*, God is neither male nor female. There is only one *I*. Therefore it would make no difference at all whether in another incarnation *I* appeared as male or a female, and this will explain something else to you. You have never had a beginning. You cannot coexist with God and have a beginning or an ending.

Signs Of Spiritual Progress

Source: 1965 L

Tape:

If [a person] is not aware of this truth [of oneness] how is he to become aware of it? . . . It is only as you pray aright, that is, as you, in your meditation realize, "All that Thou are, I am," that a person can be touched by the Christ which you are loosing in the world. This can change him, and only this. It has been so with me, and it will be so with you.

There is an infinity of supply, and this realization on your part is not only an indication of your own spiritual progress, but also a help in removing lack and limitation universally. Through your meditation, somewhere, somebody awakens to the truth that there is in reality no lack of supply. What there is is a mistaken concept of supply.

God's Holy Temples Revealed In Meditation

Source: 1963 Kailua Private Class

Tape:

It is folly to ask a spiritual teacher what spiritual creation is like. It cannot be told: it can only be experienced. It can be imparted in meditation, but it cannot be expressed in words.

The Carnal Mind Operating In Human Relationships

Source: 1965 L

Tape:

I see it as a mission of every Infinite Way student to give not less than one period each day for an intelligent world meditation.

Conscious Union With God

Meditation

Meditation Is A State Of Receptivity And Alertness

Source: 1947

Tape:

A few minutes of meditation can drive away tiredness.

Feeling of peace marks the end of meditation.

Never let meditation be an effort; four hour meditation

Opening Consciousness To Truth

Source: 1947

Tape:

Physical changes during meditation.

Become A State Of Receptivity

Source: 1947 Metaphysical Notes

Tape:

Do not take your ignorance into your meditation.

In meditation ask for a revelation of the laws of God.

Consciousness In Transition

Argument Or Treatment

1948

Source:

Tape:

As long as that person or his problem keeps coming to my attention, I have to meet it in some way. Now, I can meet it in the absolute, if I am in that high state of consciousness, by realizing the One. Or, if it doesn't satisfy me that something has been done, I may have to close the door of my office and not see the next patient, sit there alone and go into meditation. I may have to sit there alone and go into meditation. I may have to reach the center of my being and call, "Father, reveal thyself! Let me feel the reality of being!" Nothing about that patient or his claim—my mind is stayed on God. I continue in that meditation or in that silence or in pondering God, until the answer comes, until something within me responds and says, "It is done!"—not necessarily in words, but I have the feeling that it is done, or a sense of healing, or a sense of such complete freedom from the person and the problem that even if he called ten minutes later and said, "I am worried," I would pay no attention to it. I have already had my answer. It may take him ten minutes or ten hours before he realizes his healing, but I am done with him. The moment this problem has released itself within me and I am free, the healing has taken place. The person doesn't always realize it as quickly

1948

Source:

Tape:

Let us say a problem comes to us; it may be our own or it may be that of a patient or a friend. Anyhow, it has been brought to us for solution. It may be a problem of health. Now, you can't take the problem into your meditation but you can take the subject. You can turn in the silence within and say, "Father, this problem or person has turned to me. Let me have light." Then forget the person, forget the problem, and remember that you are only turning to the Father for light on that subject. You are not looking for a solution to the problem—there are no problems. The problem isn't out in the world; the problem is a belief in your own thoughts—let us say, the ignorance of what God is or what Christ is. And so, you are seeking the light on this thing. You are not seeking somebody's good health, but you are seeking the truth about health, harmony, peace and joy.

1948

Source:

Tape:

Meditation is nothing more or less than pondering some idea of universal truth.

Meditation may be a practice that extends over a period of five minutes or five hours, or it can be an experience of seconds.

Meditation, you see, is letting in the divine spirit—God. That dispels every illusion of sense.

Our meditation is merely the realization or conscious establishment of our unity with God; therefore, we are not going to think whether we are going to meditate for five minutes or twenty minutes. We leave the element of time out because it is apt to fool us; we are apt to begin thinking of the end of the time instead of leaving it alone and letting it work itself out. It may only be necessary to meditate two or three or four minutes. On the other hand, it may take six or seven or eight minutes to get the feeling that must come with the end of meditation.

You see now that in this meditation you will receive ideas of truth, ideas which exteriorize themselves in what we call tangible form, as bread on the table or as healing or as truth that dispels error. It even reveals to you the nature of error; it will make it appear as illusion, so that you won't even have to think of it in that light, it will come through in its own way. So meditation is for us one of the most important things to develop. Only don't try to press; don't try to exert mental effort. It's not by might nor by power. It's by the gentle spirit.

1948

Source:

Tape:

Since I am infinite consciousness and include within my own being the entire universe, I—through my consciousness of this truth—become the law unto that universe. If I behold evil and start to fight it and battle with it, I make it a reality and I give it a power that may make it impossible for me ever to overcome it. On the other hand, if I accept in my consciousness that evil is unreal and therefore does not have to be resisted or battled, I can afford to spend my time in silent meditation, in peaceful enjoyment of the spiritual laws of life. I become a law unto my universe by my conscious attitude toward the universe.

1948

Source:

Tape:

None of my thinking will add health to you. Again we go back to Jesus, "Who by taking thought can add a cubit to his stature." No amount of knowing the truth is going to help you, no amount of declaring the truth. No amount of any human mental process enters into this presentation. It is purely through the development of your spiritual consciousness. It is through the development of the soul sense. When you are in meditation—giving a treatment as we call it—when you are still, sitting back with that listening ear, this inner thing comes to life and it shows you, inwardly, spiritual perfection. And that, outwardly, becomes interpreted as a healthy or sane or wealthy human being.

1948

Source:

Tape:

Treatment refers to the letter of truth, the statements of truth that we may make to ourselves as reminders of the truth of being. Treatment may be our conscious realization, through either the spoken word or through silent thought, meditation, introspection, of the truths of completed thinking or making statements or reviewing thoughts or ideas.

1948

Source:

Tape:

In order to be free of discord, let us never forget that it is necessary for us to know the nature of error. Now, in our meditation we are going to be so consciously one with God that eventually error never comes near us, it fades away automatically even as we approach it.

Consciousness Is What I Am

Attaining A Measure Of Spiritual Consciousness
Becoming Aware Of The Indwelling Presence

Source: 1969 L

Tape:

Pondering the word of God and maintaining it in our consciousness is contemplative meditation.

The Unconditioned Mind Is A Pure Transparency

Source: 1969 L

Tape:

When we are in meditation, we work first with specific statements of truth. These help to settle our mind into a listening attitude, and then follows the listening period when our mind is ready to receive whatever message, impulse, or feeling God has for us.

The Impersonal Nature Of Error

Source: 1969 L

Tape:

After your meditation on the allness of God is completed, you may still be faced with whatever the seeming problem is. So you come to the most important principle of healing work. Error is not personal; therefore, it has nothing to do with you, with your patient, or with your student.

The practitioner who has worked with enough different types of cases comes to realize that the words he has used in his meditations or treatments in the first year are really true. When he was using them then, he did not really believe them. He was merely declaring some words that he hoped were true. But after working with truth for several years, there is no longer any need to declare or voice it because as soon as a patient flashes his troubles across the mind of the practitioner, the practitioner immediately recognizes them as a mirage. . . or a claim of two powers, and they are thereby dissolved.

Climb Into That Circle Of God

Source: 1969 L

Tape:

My meditation remains in that circle of God. If it is a question of inactivity, I realize that since God is the source of all activity, there could be nothing other than perfect activity because no one has any activity of his own. Only God has activity. God is the activity of being.

Rising Above Human Consciousness

Source: 1969 L

Tape:

Every time we remind ourselves that we are not using God to do something to evil but rather that we are recognizing the nothingness of the appearance. . . every time we consciously impersonalize and realize that neither sin, disease, nor false appetite is part of our being but that it is merely a universal belief in two powers. . . every time we meditate, even if it is only a ten-second meditation, just enough time to create a vacuum and to listen, we are developing our consciousness to the fourth degree. An onion skin of mortality is dropping off, and we are that much closer to immortality. . . We become aware that we have a strength, a power, a dominion, and a joyousness that the world knows not of.

Consciousness Transformed

Christ: The Unfoldment From Within

1963

Source:

Tape:

God is infinite individual consciousness, life eternal, without any opposites. Therefore, we do not draw health from our consciousness; we draw our realization of the nature of consciousness which is wholeness and grace. Grace is not some degree of health. Grace is infinity and eternality, and so this leads us to prayer or meditation.

If you observe yourself carefully in periods of prayer or meditation, you will discover that for a great part, you are allowing your thought to go to the outer and are thinking in terms of changing the external. It really is a tremendous discipline to arrive at that state of consciousness where you. . . never look for the crops [fruitage]. . . Our entire attention must be on the fact that unless there is an activity of the spirit within, there never will be a crop. If I can abide in the remembrance of this invisible substance that is functioning within me, I will be able to wait for my crop, whether it is a crop of money, or a crop of health, or a crop of happiness, or a crop of peace. It will come *if* I can keep my mind off the crop, off of the without.

1964

Source:

Tape:

The only way you can accomplish [taking no thought] is through your meditations, whereby you can at least have periods where you drop thought and let the divine consciousness function. It will not be accomplished one hundred percent, because you have not attained taking no thought one hundred percent for your safety or your security or your old age, and all of those thoughts hinder its operation in your experience.

You can see now why the tape number 1 and tape number 2, Honolulu Infinite Way Study Center 1964, will have to be practiced diligently in order to lead up to this ability to be still and let divine consciousness establish the communication through you, in you, for you, without your taking thought. This is the ultimate of meditation.

1964

Source:

Tape:

Even while you are working out specific problems, reserve an area of your consciousness where you remember that the solving of problems is not really your purpose in spiritual study and meditation, but that the goal actually is fulfillment—to be filled full of God, to be filled full of the spirit—to have God realization.

Through prayer and meditation, you have the power of coming into the presence of God, and in this you find you are in the presence of fulfillment, with all things added unto you.

1963

Source:

Tape:

See how simple meditation is when you realize that the object of meditation is communion with your own Soul, which is in the realm of your own consciousness. Your own Soul is The Kingdom of God, the palace of God, the place where God dwells, and so no mental effort is necessary, no striving is necessary, no struggling is necessary.

1964

Source:

Tape:

The object of meditation is the realization of the Presence.

1964

Source:

Tape:

A little now about our trip. In Portland, Seattle, and Daisy Shigemura of Hawaii, Mrs. Eileen Bowden of Canada, Miss Lorene McClintock of New York, Mrs. Virginia Stephenson of California, and Miss Lorraine Sinkler of Chicago will be conducting Infinite Way teacher classes on meditation, spiritual healing, and means of studying the monthly Letter.

In The Infinite Way we go a step further. We recognize divine consciousness as omnipresence, and therefore we do not set aside a specific time to unite with it. Why? Because it is *always* omnipresence. I am in meditation twenty-four hours a day, even when I am asleep.

Relax and let the mental strain fall away, because we wish to be transparencies through which the Spirit can flow. Remember you are not here to get anything. . . Relax and take this as a law to remember: The only tension there is in meditation is when you are trying to get something. The moment you release the desire to get, you will relax.

1963

Source:

Tape:

Until such time as the spirit itself says: "Leave all for me: or Leave your nets," no student should ever forget his duty to his family, to his business, to his human interests. Rather he should make his study and his meditations the foundation for the more harmonious functioning of these facets of his life.

1963

Source:

Tape:

The prayer, meditation, or treatment of a metaphysical practitioner does not destroy disease, poverty, accident, lack, or limitation. It reveals the illusory nature of these, and in doing so it reveals the omnipresence of God.

1963

Source:

Tape:

The development of spiritual consciousness begins when we release all concepts of God in the recognition that the *I* that is seeking God is God. Then when we sit down in meditation, we take no thought for any condition of the world or any person of the world and become a state of receptivity as if to hear that still small voice. . . Watch that you do not have concepts of God, not even up there in your mind, because this is a projection of an image, which is idolatry. Become free of all concepts of God so you can truthfully say inwardly, "I do not have a God."

1963

Source:

Tape:

I have witnessed in my meditation, the usual change is a change in consciousness of the patient. Sometimes the person will say, "I have lost the fear, but the fever hasn't gone down." I am only interested in a change of consciousness. So it is when you are working, do not allow patients to fool you when there is no change in the physical. That wasn't your function in the beginning. Your function is to bring the seekers into an awareness of God within—then, "all of these things will be added unto you."

In bringing the experience of pure meditation to yourself, remember that it is legitimate to think thoughts for a few minutes in what we call contemplative meditation. Silently we acknowledge the omnipresence, omnipotence, and omniscience of God, but this should only last for five or ten minutes, until you arrive at pure meditation which has no words and no thoughts.

The secret of bringing God into individual experience—the secret of spiritual attainment—[is] in meditation and in no other way.

You can hasten the experience of God realization by increasing the number of your daily meditations, remembering that a minute or two or more is enough.

1963

Source:

Tape:

If I am in meditation and a truth unfolds in my consciousness, I could not possibly be so egotistical as to believe that it was given to *me*. It was given to human consciousness through me.

When I am in meditation and giving help to someone, I am always beholding the Christ in that individual. This is the only way in which spiritual healing can take place because it is the *modus operandi* of spiritual healing.

1964

Source:

Tape:

If two or more of us unite in this meditation, we will be lifted up to that point of spiritual discernment; then the voice can speak, either through my lips or it may speak directly through your consciousness.

1964

Source:

Tape:

The reason I have a meditation before my work [is] to create a mental vacuum where I am not trying to impart any thoughts, and where members of the class or audience are not listening except within themselves, but not to me.

Consciousness Unfolding

Freedom In Christ

Meditation As Consciousness Unfolding

Source: 1949

Tape:

I was in this work less than two years when I discovered that the only results I had came through meditation. . . becoming receptive, and listening. Then, with a sudden rush, this feeling, this sense of the Presence would come, and the healings would take place. Or it would give me enlightenment.

We must stay in meditation until we feel a response which says, “*I am here.*”

When you turn within in meditation, asking the Father to show you the spiritual universe, you will see trees from which the leaves never fall, trees on which the fruit is always in season.

Help To Those Who Have Passed On?

Source: 1949

Tape:

Take the word [“*I am the light of the world*”] right into meditation and see yourself as light. No longer, then, will you accept a sense of limitation.

The Christ is nothing in the way of words; it is a feeling. It is an assurance of the Presence. It comes forth from our own consciousness through meditation and unfoldment. Then you experience God unfolding as your own individual consciousness.

The only technique that works for me is to pay no attention to any thoughts that come and go [in meditation]. . . Sit with your mind centered on the question, "What is God?" and keep it there. If thoughts disturb or intrude, bring your mind gently back to your question.

When you meditate, take a question and ponder it. As you ponder it, suddenly, you feel yourself in God consciousness. From that moment on, listen. The real meditation is just listening.

Science Of Creation

Source: 1949

Tape:

Never for a moment doubt that you will receive an answer to your prayer or meditation. . . We look up to the highest point of our own consciousness for help in every circumstance. We never look outside or beyond the limits of our own being.

We never attempt anything without meditation.

The Ministry Of The Christ

Source: 1949

Tape:

Actually, our purpose in studying spiritual wisdom is to find out, through meditation, what the spiritual plan is, and what our part in it is.

God, The Substance Of All Form

Building The New Consciousness

Learning To Meditate

Source: 1949

Tape:

Be very patient in meditation and try to conquer any sense of unrest.

Meditation is our method of building a consciousness of truth, a new consciousness. Meditation is our mode of prayer.

The posture assumed [in meditation] is not important. . . Any procedure adopted is only for the purpose of making it easier to hold the attention on God and to become consciously receptive to the infinite power of your own consciousness.

The student drifts off into sleep while he is in meditation only because he does not realize that he should constantly be alert for some inner guidance, alert to hear the voice of God. He should go to his inner Self with attention focused on some specific truth and then wait for God to reveal Himself: "Here I am, Father, alert and awake for Thy guidance."

Leave Your Nets

Living The Life Of Grace

Living The Life Of Grace

Source: 1953 First Portland class

Tape: 39 3:2

This bringing of statements of truth to conscious remembrance is called contemplative meditation. When you undertake this form of meditation, you may at first be bringing to conscious remembrance every statement of truth you know. It may take you a half hour to complete your part of this contemplative part of the meditation, that is, your voicing of the truth. Then you sit back and listen, and that part of the meditation may be one minute, two, three, or five. As you continue this form of contemplative meditation, however, you will gradually get to the place where your part of it takes only five minutes, and God's part takes a half hour. It just reverses itself. God keeps filling you with His truth; God keeps filling you with the realization of His presence; but you have made way for the Spirit by your preparation through your contemplative meditation. Therefore, do not hesitate to bring to your conscious remembrance every statement of truth you know until you have built your consciousness to where that is no longer necessary.

Source: 1960 Washington DC Class; 1953 Second Seattle

Tape: 330 1:2; 32 1:2

At this point, you may think of yourself as a branch, but through meditation, study, and devotion, as you learn to leave your "nets," you come to the place where your relationship to the world is as a Vine, not as a branch. You will recognize yourself as rooted and grounded in the infinite Source of good, and therefore, willing and ready to let that good of God flow through you that those who turn to you may be fed and may, in their turn, be enabled to bring forth fruitage. Whatever of good comes into your experience is not for your good or mine: it is that the Father may be glorified through us.

Living Between Two Worlds

The Nature Of Spiritual Attainment

The Divine Consciousness Reveals Itself As The Teacher In The Moment Of Readiness

Source: 1964

Tape:

When we in our hearts and souls desire to know God aright, to receive God's grace, to be freed of our sins, false appetites, hates, enmities, jealousies, and other human traits, when we are really ready to be made spiritually whole, the teacher will appear. It may be a teacher ten thousand miles away sitting in meditation who knows nothing about us personally. . . and yet we receive our grace and freedom. . . It is entirely an activity of God-consciousness.

Living By Grace

Freedom In God

Meditation: Your Gift To The World

Source:

Tape:

In the first of these meditations, just meditate until you feel a consciousness of God's Presence. That is the end of the first meditation for the world. In your second meditation, after you feel this Presence, make the declaration, "This realization of Christ is dispelling material sense." In your third meditation for the world, first attain your realization of the Christ, then realize, "This realization of the Christ is opening human consciousness to the receptivity of Truth." That is all. That is your prayer. That is your gift to the world... We cannot go to the world and tell it to be spiritual because people are not interested in that. But by our three periods of meditation a day for the world, the Christ will enter their consciousness and make them *want* to be spiritual. They will become as we are at this moment.

The Infinite Way principle of prayer and of supply is that you cannot pray to God for something to be added to you, sine you are already the fullness and the completeness of God made manifest and all that the Father has is yours. You must acknowledge this and begin to open out so that the flow of God can go through you to this world that does not yet know this Truth. My mission, then, is to ask of you three periods of meditation every day for the world. These three periods of meditation are in addition to your periods of meditation for yourself, your family, your patients, and your students. These are three periods of meditation that you as part of The Infinite Way offer to me for the world.

Self-Surrender

Source:

Tape:

The Sabbath is the complete surrender of self so that God may live on earth as He is living in Heaven. The two become one. There is no longer a man in heaven and a man on earth. The man who came down and the man who went up are one and the same. There is no longer a kingdom of heaven and a kingdom of earth; but the kingdom of heaven is made manifest on earth in oneness. Then it is in the realization that "I" (God) is individual consciousness (yours and mine). In that realization, we turn within. That is the function of meditation. I (Joel) turn within so that *I* (God) may reveal Itself through the Word to I (Joel) as long as there is an *I* (God) and an I (Joel). When *I* (God) and I (Joel) can sit in the same chair and commune with each other, that is getting very close to oneness. It is not as close as it will be some day when I ascend unto the Father, thereby becoming the Father.

When I am giving a class or when I am in meditation or giving a treatment, at first there is a "me" listening for the still, small Voice, a "me" inviting God to speak. Then as I get into that listening attitude, this "me" disappears and there is only the Presence fulfilling Itself. In periods of meditation when you are no longer aware of the "you" of yourself, this will happen to you, especially when the work is for others and for the world. The "you" will disappear, and the Presence is all there will be.

Activity is Self-Perpetuating

Source:

Tape:

I was given that assurance some time ago when I was concerned that some of our students were forcefully attempting to organize The Infinite Way. Although I knew they could not succeed while I was around, I was concerned about what they would do when I was no longer around. I took it into meditation, and very clearly the Father spoke, "The Infinite Way is a spiritual creation, and that which sent it into human consciousness will maintain and sustain it," and God help those who try to interfere!

It may, and often does, require two to six periods of meditation a day for the teacher or practitioner to get that assurance so that he or she does not degenerate into merely mouthing words or giving quotations or even expounding the most advanced metaphysics or mysticism. Be assured that you can read it all in books. If what comes out of your mouth has nothing more behind it than a printed page, you are giving nothing more than a printed page!

There must, of course, be an orderly procedure of study. I recommend that students start with the introduction to my book *Living the Infinite Way*, spending several days on it and then going on into the book. Then I recommend spending two or three days studying the introduction to my book *Practicing the Presence* (New York: Harper Bros., 1958), then go on into the book... Then I recommend the student to *The Art of Meditation* (New York: Harper Bros., 1956) and *The Art of Spiritual Healing*. From there on, any of The Infinite Way books are in any order. However, I always point out that the books *The Infinite Way Letters* of 1954, 1955, 1956, 1957, 1958, and 1959; and *Our Spiritual Resources* (New York: Harper & Row, 1960); and *The Contemplative Life* (New York: Citadel, 1976) contain in every chapter certain principles and their application. You can always go to these books and find a working tool... I do not know at what point students will be ready for *The Thunder of Silence* (New York: Harper & Row, 1961) and *Parenthesis in Eternity*, (New York: Harper & Row, 1963), because these two books are a hundred years ahead of their time.

Christ as the Consciousness of Mankind

Source:

Tape:

I remember sitting in meditation with one practitioner and, within three months, being healed of a disease that was supposed to have killed me within three months.

Source:

Tape:

Meditation is not merely closing the eyes and stilling the mind. Meditation is that actual contact in consciousness that enables us to hear the still, small Voice that is within us and enables us to be fed by It.

Living By The Word

Let There Be Light

An Understanding Of Spiritual Principles Is Important

Source: 1961 Waikiki Infinite Way Center 2:1&2

Tape: 387

Evil, whether it is in the form of sin, disease, lack, unemployment, wars, or threats of wars, exists only in the same way that darkness exists. Darkness is not an entity that goes somewhere when light is admitted to a room. Darkness is merely an absence of light. The moment light appears, there is no darkness; but darkness did not go any place; it has not moved out of the room. It was not in the room, there was not any "it"; there was merely an absence of light. To perceive this is to understand the function of meditation and spiritual healing.

Our purpose in our morning meditation and in the other meditations during the day or night is always the realization of God's presence, always remembering that we do not have problems to overcome, that we have only to attain the realization of God's presence, and It, by being the light, will dispel the darkness, not dispel it by overcoming it or destroying it, but by proving that in the presence of light, there is no darkness. Thereby, we shall prove that in the presence of God, there is fulfillment. In the presence of God, there is no sin, no disease, no lack, no unemployment, no war; and if we were at the very front of the battle, there would still be no war for us in the presence of God realized.

The kingdom of God, that is, spiritual light, is within us, and we must open out a way for the light, hidden within, to escape. Meditation, therefore, has nothing to do with overcoming sin, disease, lack, or unemployment; it has nothing to do with stopping evil men from continuing their evil practices. Meditation has to do with us as individuals, realizing and releasing the light that is within. In the attainment of that, the darkness disappears, and the darkness is any and every form of human discord. The darkness and its forms vanish the very moment light is introduced.

There is a center within each one of us in which is complete harmony, complete spiritual rest and peace, a complete Sabbath from this world. There is that center within each of us, and eventually in our meditation we reach it and actually sit in that center within our own being in an eternal peace, a divine state of peace. The storms of this world do not enter there. In that state of inner peace, we pray that this eternal peace at the center of our being—this eternal harmony, wholeness, completeness, and perfection—now may be made manifest on earth as it is within us. If we have within us this center of divine peace, rest, and Sabbath, and we meditate, it is only that we may be still and let this glory escape, so that all men may feel the divine presence and power that is at the center of our being and which we have realized.

Very often healings do not take place until some specific truth has been realized, or some specific discord or other has to be removed from our consciousness before the harmony can appear in the body. In other words, we are never to judge by appearances. All we are responsible for is the depth of our meditation, our attainment of God-realization, and then the government is on Its shoulder to perform Its work in Its way. Our responsibility goes only as far as bringing about an immediate release; the responsibility of the person asking for help lies in attaining the higher consciousness that will prevent this problem from recurring.

We do not claim that we know how to heal disease, but we do know how to sit and realize the impotent nature of anything other than God's presence. "Thou couldst have no power at all against me, except it were given thee from above." There is no power in darkness; there is no power in the forms in which darkness appears: sin, disease, or lack. Therefore, we do not go into meditation to overcome these; we do not go into mediation to destroy any of the evils of this world. We go into meditation that we may realize: *I and the Father are one. Where I am, God is, and because of God's presence, there is peace, harmony, wholeness, and completeness. The place whereon I stand is holy ground, for in the presence of God there is the light of truth.*

We have been told by the Master to be in the world. but not of it. This means that unless we sit down for a meditation several times during the day, we will soon find that we are again embroiled in "this world"—its fears and its discords.

Loving God Supremely

Source: 1961 Maui Work 3:2; 1957 First Halekou Closed 4:2

Tape: 391 or 190

In being confronted with any problem, whether our own or another's, let us have no resistance in our mind, no desire to refute, to deny, to overcome, to rise above, or to destroy—just that calm peace. Because we have acknowledged God as the only creative, maintaining, and sustaining Principle, we know there is no other power, so we need not invoke any power for any purpose. When we are in meditation and are not struggling with a problem, we are not then trying to overcome it, destroy it, or rise above it. If necessary, we are looking right at it and not even needing God, since we know that God already is. Then we are loving God with all our heart, because we are giving It utter supremacy and not acknowledging that there is something we want It to do something to.

Our Good Unfolds From The I Within

Source: 1964 Manchester Closed Class

Tape: 559

Everything that is made is made from the substance of the Invisible, and all that exists within your consciousness and mine. The purpose of contemplation or meditation is the going within until, either through hearing the Word or feeling the Presence, we receive an inner assurance: *I am on the field. My grace is with you. I have meat within you sufficient unto every need. I can give you living waters, and you will never thirst again. My peace give I unto you.* As we receive this assurance within, our demonstration is complete in the without, and we have only to be beholders and watch how fulfillment takes place.

God Is Calling; do You Hear?

Source: 1958 Second Sydney/Melbourne Closed Class 3:1&2

Tape: 201

Nobody can tell you whether it will take one week to receive the first intimation that something has happened [in meditation] or whether it might not be, like in my case, eight months, eight months of more than a dozen periods set aside every day for meditation. Still it took eight months before I had the first response. But then I had the second one a week later, and I had the third one probably two weeks later, and then a fourth one, one week later, and then gradually two in one week, and then eventually one every day.

Living Now

Barriers To Spiritual Attainment

Releasing Desire

Source: 1963

Tape:

Desire only peace in meditation.

Across The Desk/ Notes From Hawaii July 1963

Source: 1963

Tape:

6 meditations for the week

Joel recommends Chapter 10 of *Contemplative Life* (Meditation on Life by Grace).

A Technique For Transcending The Mind

Source: 1963

Tape:

Relinquishing all labels of good and evil in meditation leaves mind with nothing to react to and produces stillness.

Living The Illumined Life

Spiritual Illumination

1962 Princess Kaiulani Closed Class

483 4:2

Source:

Tape:

We might know all the truth there is from here to Jerusalem and back again, but if we do not attain the realization of our real Self, knowing the truth is going to play but a small part in our life. We must eventually reach the realization of the real Self—my real Self, your real Self, and his real Self—until there is only one real Self. This is brought about through meditation.

Living The Infinite Way

God Is Omnipresent

1954

Source:

Tape:

Finally there dawns in consciousness the tremendous experience of understanding that since the kingdom of God is within, and the King, God, is ever within His realm, direct impartation of wisdom, direction, law, and power *can come from within*. . . Consciousness then becomes a state of awareness, attuned to the inner kingdom—the deep withinness—and gradually the student becomes consciously aware of inner guidance, direction, and wisdom. This is the culmination of the first stage of meditation wherein the student receives assurance, confidence, healing, and illumination from within his own being whenever he meditates.

The second stage of meditation quickly unfolds of itself. Here the student realizes an almost continuous attunement within, whether working, playing, or sleeping. Always the inner ear is alert. Always a state of receptivity exists, and at any moment, and finally at every moment, he lives under divine government, the reign of Spirit completely touching every facet of his existence. Now there is no more chance or accident, no more doubt or defeat, because the Soul has so enveloped his being that no other force or power can be found. At this point the student realizes, "I live; yet not I, but Christ liveth in me."

1954

Source:

Tape:

Expectancy, itself, can be meditation, however, if that expectancy takes the form of watching the tiny bud unfold until it becomes the full-blown rose, of beholding the darkness of the night suddenly illumined by the glittering stars and the soft light of the moon, or waiting for the sun to rise and the fullness of its light and warmth to envelop us. But when expectancy implies that God shall move outside Its orbit to obey our desires and wishes, then such expectancy becomes sin.

Let us remember that meditation may be about anything, so long as it is not of this world.

Our only need is the realization of the nature of God and God's government. The contemplation of this leads to other and higher forms of meditation and on to higher levels of consciousness. Eventually, we are led to that place in consciousness where meditation is a total silence of thought, a complete state of awareness, in which there is an inner alertness, an inner awakening, a state of receptivity and expectancy, into which flows the realization of the presence of God. Beyond that, we need nothing.

Man Was Not Born to Cry

Bringing Grace Into Active Expression

Resting In The Invisible

Source: 1962

Tape:

Meditation: on regeneration.

We must find something to take into our meditation that we can ponder, something that will bring us eventually to the realization of This that underlies the visible and which permeates it, creating, animating, maintaining, and sustaining.

Being A Beholder

Source: 1960 Los Angeles Closed Class

Tape: 301:1

Upon finishing this meditation, I would be still and take the next step, which is, "Speak, Lord; for thy servant heareth." . . . I would keep my inner ear open, as though I really were listening for the voice of God. . . . Within a minute or two, I would receive an inner assurance.

Our Spiritual Resources

Bringing God Into Daily Experience

Service Should Be The Motive In Business

Source: 1960

Tape:

You are always in and of the consciousness of those Infinite Way students, teachers, and practitioners who are in meditation with you at the same time all around the world.

Assuming Dominion Over The Mind

Source: 1960

Tape:

In this meditation. . . you have realized your identity as separate from the mind and body, as having jurisdiction over both mind and body [because of the presence and grace of God].

God Speaks The Word

Source: 1960

Tape:

Communion is that depth of meditation in which we actually come into the experience of tabernacling with the Spirit of God, and then it is possible to have conversation with God, to receive beautiful and inspiring impartations from God—sometimes in words or thoughts and sometimes as just an awareness of the Presence.

[Meditation of humility]

The Principle Of One Power

Source: 1960

Tape:

And the most important point of all is to go into our meditation with an absolute and unshakable conviction of the one power and of the nothingness of that which appears as sin, disease, death, lack, and limitation.

God Is Forever Uttering His Voice

Source: 1959 Maui Advanced Class

Tape: 243:2

The message that you receive [in meditation] is the one your particular consciousness interprets for you in accordance with your need.

Work, But Without Struggle

Source: 1960

Tape:

Be sure in your meditation that your attitude is one of realizing that God is infinite intelligence, that God knows the nature of the demonstration, and that you are receptive to whatever form the demonstration is to take.

Across The Desk

Source: 1960

Tape:

The Art of Meditation sets forth the specific healing principles of The Infinite Way.

Realization Of Oneness

Unconditioned Infinity

Finding Our Niche In Life

Source: 1964 L

Tape:

Years of meditation and almost heartbreak to the realization that hypnotism is not power.

Seek Ye First

Spiritual Fruitage Through Understanding

Spiritual Fruitage Comes In Spiritual Form

Source: 1964 Honolulu infinite way study center

Tape: 538 2:2

Even when you come out of your meditation, you must, remember that you have been seeking to realize something of a spiritual nature. Otherwise your prayer is wasted; your meditation has not been fruitful; you have not entered the way. This is a way of Spirit; this is a way of seeking the realization of the activity of Spirit where you are. This is the way in which you, look only for God's grace in spiritual form, spiritual activity, spiritual abundance, spiritual love, spiritual life.

"The Lord will perfect that which concerneth me." What is it that concerneth me? Not my will, nor my wish, nor my desire! What concerns me is: What is God's will for me? What is the way in which I must go? The answer is through meditation, inner communion, and contemplation, so that I may know the will of God and hold myself receptive and responsive that God's activity can take place through me. Only in this way can a student on the spiritual path hold to true humility.

Pondering Truth, And Then Listening

Source: 1962 London closed class

Tape: 488 2:2

For young students it is not possible to hold a silent meditation beyond a minute or two. The mind begins to wander, and then it is no longer meditation. It is only meditation in those brief seconds when we are still and listening. The minute thoughts begin to percolate, the meditation is over. Only one second of complete silence would be enough. That lets the Spirit in and lets It function!

When we go into meditation, the first principle to remember is that we are not going to God for anything, unless it be that God speak to us. We are not going to God for health, wealth, companionship, or a home. We make sure that we are not going to God for any motive because this is the barrier to God-realization, the almost insurmountable barrier. To do that would be like thinking of God as a way station to what we wish to attain, and that would make God our servant "Dear God, go out and get it for me," implying that there must be something more important than God.

Showing Forth The Presence Of God

Seek The Substance, Not The Form

Do not waste time trying to stop unruly or unwelcome thoughts that come into your mind when you meditate. Completely ignore them and go about your own business of doing what you have gone into meditation to do. If you want to meditate and there are a great many thoughts running through your mind—fear thoughts, sometimes thoughts of pain, sensuality—do not become angry with yourself for thinking thoughts that you do not like because it is not you thinking them. They are not your thoughts: they are world thoughts.

Meditation takes your thought entirely away from the outside world and brings it within yourself where the kingdom of God is. Within yourself is where you will have to find God. Since a God experience is an activity of your consciousness and has to be experienced through your consciousness, when you are within yourself, within your own consciousness, you are at that point where the experience can take place, that is, where the demonstration of God takes place. It never takes place outside your being.

Reading and hearing alone may lead you to the awareness of God, but meditation will shorten the time by ninety percent. Meditation is one of the most powerful means ever discovered of attaining God-realization.

Spiritual Teaching

A teacher on the spiritual path must live most of his or her life in aloneness, in quietness, in an inner communion with God, in prayer. Then when that teacher goes out into the world to be with students, that teacher brings the essence of God to the students' consciousness. The words that he or she speaks help but that is not it. Not one word need be spoken. We would be able to sit in meditation, in quietness for an hour, a half hour, or an hour and a half and then go home. We would not think it strange or wonder about it at all. It would be much more natural than if the teacher were to speak on those occasions. I have had classes where we have come together and inside of fifteen or twenty minutes I have said, "let's go home," and we all went home. There have been other classes when it seemed as if somebody were going to have to send out for the breakfast table. It just did not want to come to an end. . . . That is the way the Spirit operates when we are united, not just for the sake of finding some truth but actually finding conscious communion with the truth within ourselves.

Are We Willing To Pay The Price?

The purpose of this work is to overcome the world, not improve it, but overcome it. So in our periods of silence, we might as well begin to overcome the world within our own being by dropping concern for it and having our moments of communion with the Father within. Soon, something happens in our meditation. After we acquire the ability to leave the world with all its worries and troubles outside and find this inner peace, there comes with it also an unfoldment from within that in one form or another assures us of God's presence.

We do not take the problem or the person into our silent meditation, but make an effort to have our periods of meditation in which the soul within is completely at rest from all thought of person and thing. When the outer world impinges on our thought, then the reminder comes, "Is this my affair or is it the affair of the Father within?" While we are concerned about that little "I" in relation to an external affair, we are still in the material sense of existence.

Spiritual Discernment

Source: 1962 Los Angeles Special Class

Tape: 486: 1:2

Your studying and reading reveal things that are antagonistic to the human mind and which the human mind has no way of knowing or recognizing. How then are you going to know them unless you also have that developed, or, in the case of some few, that natural inner intuitional faculty? The development of that faculty comes primarily through meditation. Many persons have been studying metaphysical writings for years and have not even had a tiny glimpse of spiritual vision. They read with the mind, and at no point does intuition reveal what is written between the lines.

Spiritual Discernment

Source: 1953 First New York Practitioners' Class

Tape: 46 2:1,2

Your studying and reading reveal things that are antagonistic to the human mind and which the human mind has no way of knowing or recognizing. How then are you going to know them unless you also have that developed, or, in the case of some few, that natural inner intuitional faculty? The development of that faculty comes primarily through meditation. Many persons have been studying metaphysical writings for years and have not even had a tiny glimpse of spiritual vision. They read with the mind, and at no point does intuition reveal what is written between the lines.

In Order To Know God, Be Still

Source: 1961 London Open Class

Tape: 418 5:1

The periods of quiet and the periods of meditation can be short but they must be frequent because in these meditations a vacuum must take place, an expectancy for something that we know not—not something we know but something we know not—something beyond our ability to know, so that when it comes, it can come with a message that would startle the world but for which we have prepared ourselves by the very act of meditation.

Ordination Demands Obedience To Inner Orders

Source: 1962 Pacific Palisades Special

Tape: 465 1:1

Eventually the Spirit will take over and tell you how many hours a day you need of study or meditation. It will tell you whether to unite with others and share your life with them or to receive the light that they are shedding. Eventually, when your particular spiritual work is given to you to do, you will have no choice as to whether it interferes with your home life or your social life. At the moment of your ordination you will be under orders. You have no control over this any more than you have control over God. . . You have entered upon a way of life which is not your way of life, but God's way of life through you. . . Once the spirit of God has set you on a spiritual path, It will not let you turn back. . . You cannot look back to the city, to the consciousness you have outgrown, even when it was a pleasant one.

Words Or Statements Are Relative

Source: 1953 First New York Practitioners' Class

Tape: 46: 2:1,2

I do something about everything and about everybody brought to my consciousness, but not always the same thing. Sometimes it is necessary that I sit for a long time before what I have to do is accomplished. But at other times it may come instantaneously. Once I have realized the consciousness of the Absolute, then the healing takes place, but first I have to come to the point of realization. That can be called treatment, even if no human thought is involved. It is just a waiting until that beautiful sense of release and of peace comes. That is the attainment of the absolute, and it is in that attainment that the miracle takes place. You may ask if I gave a treatment or had a healing meditation. Sitting and waiting for the attainment of that Absolute even if do not have a conscious thought is a treatment. I did something about it. I sat in expectancy, listened for the still, small voice, and waited for a realization of the presence of God.

In metaphysics, as usually taught, treatment is denial. In the Infinite Way meditation is the realization of *is*. Now you are right in the midst of your treatment or meditation which is a state of receptivity, a listening for that inner unfoldment, not for the treatment which *you* are going to give, but for the treatment which God is going to give. The treatment is given within you. God does the praying.

Spiritual Power Of Truth

The Power Of Truth

Source:

Tape:

You reach a place where you no longer think of praying for yourself or doing meditation or spiritual work for yourself. It just never enters your mind. Why? What is the difference between knowing the Truth about you and knowing the Truth about me? It is the same truth, and we are the same Being, the same Selfhood. Knowing the Truth is all that is necessary, regardless of whether you are knowing it about the human race or about even the animal world or the bird world or the fish world. . . In the end, I am the one who is really going to get the most benefit from it, because that knowing of the Truth is elevating me in consciousness above this picture.

Source:

Tape:

I can remember sitting in the presence of one practitioner and within three months being healed of a disease that was supposed to have killed me within those three months. I can also remember sitting in meditation with another practitioner and being so completely lifted out of my old selfhood that I never again could smoke or drink or gamble or do any of the ordinary things that were part of a businessman's life. It was this experience that led right into this spiritual work.

Once you discover that you no longer have tendencies toward wrongdoing, you begin to realize the great mystery: now you no longer have a capacity to be good. You now recognize that the good flowing through you has nothing to do with you and that it is actually flowing *through* you. You haven't directed it, you haven't willed it. Automatically it is taking place *through* you before you ever had a chance to think about it. Then you will discover that in your daily meditations, in which you are acknowledging the presence of God within you, it is the selfhood of God in which you are relaxing in order to let God live your life. In the words of Paul, "I live; yet not I, but Christ liveth my life."

Source:

Tape:

Do you want justice, equality, mercy, and kindness from this world? Then begin in your meditations to impersonalize the evils of this world and begin to know that you are not the source of evil to anyone. This is because God constitutes the Selfhood of your being, and no one else is the avenue or channel of evil towards you, for God constitutes their Selfhood. Any evil apparent in your world is a product of a universal thing called the carnal mind, or mortal mind, which in and of itself is nothing until you give it a person in whom, on whom, or through whom to operate.

So it is that first of all, when we sit down to help ourselves or others, our realization—or one of our realizations—must be, "I am not trying to change sick matter into earthy matter. I am not trying to change a little matter into a lot of matter. I am not trying to make unhappy people happy. My aim in this meditation is to realize, behold, and demonstrate the Christ"—in other words, demonstrate the Christhood of your being, of my being, of his being, of her being. That is why we are never trying to get something or get rid of something. We are never attempting to draw something to us or force something away from us. Our entire ministry is Christ Realization.

The 1954 Infinite Way Letters

The Realm Of Spirit

Source:

Tape:

Heretofore our studies, prayers and meditations have been directed to rising above a sense of disease or discord, lack or incompleteness, but now we begin a new period in our experience of attaining and living a spiritual existence. Now we must *refuse to seek* health, abundance, peace and security, and we must use our understanding of prayer to rise above the harmonious physical sense of well-being, and to enter into the realm of Spirit, in which is only self-completeness and fulfillment, eternity and immortality.

The Altitude Of Prayer

Bringing Our Gift To The Altar

Praying With An Unconditioned Mind

Source: 1956-1962

Tape:

Meditation: No judgment of person.

God Is Omnipotent

Source: 1956-1962

Tape:

Meditation: nothing to fear.

Meditation Provides The Soil

Source: 1968 L

Tape:

Meditation without a spiritual principle bears no fruitage.

Ten second and ten minute meditations.

Selfless Prayer

Source: 1968 L

Tape:

Meditation: Correct anything wrong in my consciousness.

Keeping Your Temple Pure

Source: 1956-1962

Tape:

Meditation: consciousness now a transparency for the light that others need.

The Art Of Meditation

Meditation: The Experience

The Beauty Of Holiness

Source: 1956

Tape:

Gradually we go deeper and deeper until we find ourselves centered in God. We are not thinking any more: thoughts are being thought *for* us, ideas are being crystallized *through* us, impartations of the Soul become apparent to our awareness. Then we find God revealing itself, uttering the Word, which is quick and sharp and more powerful than a two-edged sword: that Word of God which separated the Red Sea when necessary which produces the cloud by day and the pillar of fire by night—the miracles in our experience. This meditation is a revelation of the Infinite Invisible declaring Itself within our own being.

If our meditation has been gentle and serene, bringing us into such a realization of our God-being, that our eyes are opened to spiritual reality, we shall behold the great mystery: the mist disperses, the curtain is withdrawn; and we find ourselves in the presence of God. There is no more mental or spiritual darkness.

Meditation is not an end in itself. That which we are seeking is a conscious realization of the presence of God, but in the realization of that Presence, before the experience of the full and complete illumination, there may be two of us—God and me. We do not want God *and me*: we want God *alone*. That is the final step on the spiritual Path.

Meditation is the art of divine appreciation, through which we learn rightly to appraise man, his achievements, and the universe. Our appreciation of the outer forms is increased because the meditation gives us an understanding of the divine Love which produced the form. When we understand the mind and the soul that has produced any form of good, we can better appreciate the good itself. . . . Meditation develops the insight which carries us from the object to its creative principle, and then, with this new insight, the world is revealed as it really is.

A Circle Of Christhood

Source: 1956

Tape:

Christ buried in the tomb of mind will not come forth and do wonders, but Christ risen in our consciousness, Christ raised up from the tomb through meditation and communion—that is the miracle worker of the ages.

I have been asking our students in The Infinite Way to devote one meditation period each day to God alone—not for themselves, their families, their business, their patients, or their students, but for God alone.

Meditation leads to that illumination which becomes first, communion with God, and finally union.

The Difficulties

Source: 1951-1956

Tape:

If we realize that meditation is a conscious activity of our Soul, there will be no danger of our falling asleep or becoming drowsy. Two or three minutes of meditation should be enough to drive away the weariness one sometimes feels at the end of a strenuous day's work.

In my own experience, eight months of from five to ten meditations a day were necessary, before I received the very first “click” or sense of the Presence within. . . . Furthermore, I had no knowledge that such a thing as making a contact with God was possible, or that it would accomplish anything once it was achieved.

Many times in meditation we attain a sense of peace of harmony—the realization of the presence of the Christ. These are inspiring experiences, but we must be willing to give up even that deep peace and rise to the next higher level of consciousness in which the attaining of that peace is of no significance or importance whatsoever. Having realized the everpresence of the Christ, is it necessary to have any kind of an emotional reaction?

We are like antennas picking up all the broadcasts of the world. If we disregard these world thoughts, in a few days or weeks they will die for lack of feeding. Only as we accept them as our thoughts, do we feed them. . . As often as our thought wanders in meditation, we gently come back with no impatience, to the subject of the meditation.

The Fruits Of Spirit

Source: 1956

Tape:

As receptivity increases through continued meditation, the God-experience will become more frequent, until the day comes when it can be attained at will.

The Contemplative Life

Conscious Awareness

Gratitude And The Contemplative Life

Source: 1959-1961

Tape:

Books as foundation: Practicing the Presence and Art of Meditation.

1961 L

Source:

Tape:

A meditation should be directed toward the realization of oneness with God. . . always bearing in mind that the kingdom of God is within you.

Don't think of any part of body in meditation.

The Practice Of The Principles Is An Aid To Meditation

Source: 1959-1961

Tape:

Those who have difficulty with meditation should give more time to the contemplative form of meditation and practice these three basic principles until they actually experience a release, and then they can settle down into an inner listening attitude and receive God's grace.

Across The Desk

Source: 1961 L

Tape:

I have suggested that those new to the message begin with *Living The Infinite Way*. . . *Practicing the Presence*. . . *The Art of Meditation*. . . *The Art of Spiritual Healing*. . . *The Infinite Way*. . . *Spiritual Interpretation of Scripture*.

Give Up Fear And Faith And Attain Grace

Source: 1961 L

Tape:

The minute you can go into meditation realizing that you are not going there to get anything, not to get any power, that there is nothing you need, for whatever is in the Invisible already is, instantly you are free from human thought, and you can settle down into a tabernacling and an inner communion. Watch and see if it is not true that the only thing that interfered with your attainment of meditation is that either good or evil will come into your mind, either the desire to get rid of evil or to get good, and that can only be overcome through the realization of this Invisible.

You would be surprised how easy it is to settle back into a meditation when you have nothing and nobody to fear, and when you are not looking even to a God with faith, when you can settle back in the complete realization of IS. "The Lord is my shepherd" –I shall not fear. "The Lord is my shepherd." The Infinite Invisible *is*, and it is operating. Because I know this, I find it easier to accept Emerson's statement that "the dice of God are always loaded," and to let God and his loaded dice take the responsibility for governing the world.

The Early Years (32-46)

The Principles Of Christian Science

Source:

Tape:

While sitting in meditation it happened to me. For so long I had been living in two worlds—in two states of consciousness. It was a divided existence, sometimes "out there" in reality; sometimes in and of "the earth, earthy." But that day there came a transition, a complete movement into reality; a place in consciousness "behind" the world of effect. From it I looked onto the world as it appears, somewhat like seeing a stage from behind the scenes. At that moment the detachment from "this world" was complete.

The Foundation of Mysticism

*Introducing The Healing Principles
A Transition In Consciousness*

Source: 1959

Tape:

Since our work teaches us that we must not use force, we must not take up the sword, we must not punish our mind or body, we have recourse only to discipline, but not the harsh discipline of an unthinking parent over a wayward child. Rather, we exercise loving dominion that a wise parent exercises: a discipline with love, a discipline with gentleness, a discipline with peace and patience. And so we learn to gently take dominion over the mind so that we can meditate the way we did in this meditation:

I say unto thee, peace be still, fear not. Fear not—not all the armies of the aliens, for God in the midst of thee is mighty. . . . You need not battle; you need take no thought for what you shall drink or wherewithal you shall be clothed.

Overcoming Mesmerism Sense

Source: 1959

Tape:

After the contemplative meditation or the treatment, there usually follows a few moments of this silence, this peace. No words, no thoughts, just complete stillness. Usually it will last for a few minutes and then end with a deep breath, or a feeling, sometimes a message. Oh, it has an infinite variety of ways of ending. But the whole idea is that this latter meditation is your actual communion with God. The contemplative meditation is really your conscious knowing of the truth, or treatment. But when you've gone beyond words and thoughts, then you are in the stage of complete meditation, silence and stillness.

And then there is the final stage [of meditation]. After communion has become a part of your everyday living, it gradually deepens into the experience where there's no longer a communion because there's no longer two. I somehow disappear, you disappear, and there's nothing left but God. And for as long as you are in that conscious union there is no you, there is only God. When you come back to yourself, you realize that you've been away somewhere and that this other being is the only being that exists. That is the mystical experience. That is the complete marriage. That is what is described in the *Song of Solomon*. It is the complete mystical marriage where God the Father and God the Son become one, and there is no more Son, there is only God the Father.

If you combine meditation with consciously knowing the truth, you will definitely break through to the kingdom of God.

If you want to know more about prayer, take it into your meditation and ask for light on prayer. Ask for guidance and direction on prayer, ask for instruction on prayer, and the Holy Ghost will impart it. The spirit of God in you will come alive to be your teacher, for in the last analysis God must be your teacher.

In all of the writings, you will notice passages that tell you the correct letter of truth. That is the metaphysics of the message. Then you find other passages which go from meditation to the actual experience of illumination. That is the mysticism of the message. Through this message, you can attain the mystical contact, or conscious union with God. Through this message you can learn and practice the laws of metaphysics which bring about harmony in human experience. One helps you to achieve the other: more especially, knowledge of the letter of truth and its practice will lead to the mystical experience whereas the mystical experience itself will not always lead to the correct letter or metaphysics of truth.

Often, after you come to the place where you can meditate almost at will, and remain for quite a while in meditation, you pass automatically from meditation to communion—and that is when the Spirit, the Presence itself, comes alive in you. There is a presence, called God or the Christ, and there is you. And it is as if there were something going back and forth between you and that presence—not necessarily words, although sometimes there are words; not necessarily thoughts, although sometimes there are thoughts—but something, a feeling as if there were a motion going back and forth between you and the presence. That's communion. There is a me and there is this presence of God.

One Wednesday night in Chicago, we had a beautiful meditation in our class and the voice said to me: "Open the Bible to the Sermon on the Mount." I turned around and said, "It's no use. I don't know anything about it." It came back a second time and said: "Open to chapter five, Matthew, The Sermon on the Mount." I said, "It wouldn't do any good. I don't understand it." Again, the third time it came back, so then I said, "Well, maybe I'm going to be taught." I opened the Bible to chapter five in Matthew, and the revelation of the Sermon on the Mount was given to us, and if we can ever get through with our editing work, it will be in a book.[Thunder of Silence]

The question that came to my mind early in the work was how do these teachings come through? How can they be brought through? How can they be taught? How can I convey this spiritual message, this guidance, this protection, this direction from within? The answer given to me was meditation. . . . If the kingdom of God is to be contacted, it must be contacted within. It was for that reason I could stick with it night and day for eight months in the attempt to prove this was true. And I proved it. Then began instruction in meditation, which really came to fruition in the first San Francisco lecture. This was my first writing on the subject of meditation.

The Infinite Way Letters 1955

Meditation For Beginners

Meditation For Beginners

Source: 1955

Tape:

In the eighteenth century the Quakers brought meditation into this country.

Across The Desk

Source: 1955

Tape:

It were better to arise at 3:00 am and remain in meditation and study until that overshadowing of the Spirit takes place.

The Deep Pool Of Your Being

Source: 1955 Kailua Study Group

Tape: 117:2

Joel: required months and months of constant and persistent meditation night and day.

Meditation in an of itself is not the way. The way is contact!

The Secret Place Of Realization

Source: 1955 Kailua Study Group

Tape: 117:2

. . . meditation up to the point of contact before venturing on any of your daily affairs.

The Infinite Way Letters 1956

In God's Presence Is Fullness Of Life

Part One

Source: 1953 First Portland Class

Tape: 37:2

In The Infinite Way, meditation, communion, and prayer can rightly be defined as “waiting upon the Lord.”

The 46th Psalm

Source: 1955 Kailua Study Group

Tape: 119:1

If myriad unrelated thoughts race and tumble through our mind [during meditation], pay no heed: they will not prevent God realization.

The Infinite Way Letters 1957

December: Tithing With Melchisedec

Christ Healing

Source: 1955 Kailua Study Group

Tape: 122:2

To begin a healing meditation, we become a state of receptivity, listening for what may be revealed from within.

Travelogue

Source:

Tape:

It is my custom every year to meditate for several hours each day, culminating in an eight-hour meditation, beginning on Christmas Eve.

Meditating To Achieve A Consciousness Awareness Of The Presence Of God

Source: 1956

Tape:

Meditation: Grace.

Joel Goldsmith's New Book

Source: 1954 Seattle Truth Center

Tape:

Now there are never less than nine or ten hours out of the twenty-four given over to meditation.

Across The Desk

Source: 1955 Kailua Study Group

Tape: 113:1

The principles [of The Infinite Way] were given me in meditation; the demand to teach came from God.

Whenever any problem whatsoever is brought to our consciousness, we go into meditation until His peace descends upon us and His Spirit is brought into activity in the situation or in the person.

The Proof Of Our Gratitude

Source: 1957

Tape:

The mesmerism of “this world’ with its newspapers, its radios, and its television would deprive us of our God-given heritage. . . by taking from us the time that is necessary for our spiritual refreshment, spiritual study, and meditation.

When the teacher and the student are so pure in consciousness that neither one is seeking anything for himself. . . but only to transmit God’s grace, then the meditation of a teacher results in that receptivity which brings spiritual freedom and spiritual wisdom to the student.

The Infinite Way Letters 1958

*April: The Message Of Easter: I Have Overcome The World
Rising Above Personal Sense*

Source: 1958

Tape:

In your meditations, there will come from time to time the experience of the risen Christ. . . a definite and distinct feeling of a Presence greater than yourself but which in reality is your Self.

Consciousness Unfolding (review By H. T. Hamblin)

Source: 1958

Tape:

H T Hamblin: Whenever Joel calls to see me, the first thing he asks for is that we should have a meditation together.

Across The Desk

Source: 1956 First Steinway Hall Closed Class

Tape: 145:2

During [the Christmas period] I spend many hours of the day and night in meditation and often “feel” the presence of the Teacher of Nazareth.

Class Work

Source: 1958

Tape:

A closed class is an opportunity, after weeks and months of meditation and communion, for sufficient silence so that God may give us a message that is new and fresh today.

Prayer Is Silent Receptivity

Source: 1956

Tape:

It is a good idea to ponder something intangible for meditation, something that does not define itself to us. . . the Christ is an excellent subject. . . or we may ponder the word *I* until we begin to feel a softness and gentleness.

The Infinite Way Letters 1959

*December: Christhood
The Power Of The Highest Shall Overshadow Thee*

Source: 1953 Second New York Practitioner’s Class

Tape: 54:2

Such an experience [as contact in meditation] does not remove your ills and give you good health: it removes your humanhood and restores you to your spiritual identity.

Live The Principles Of The Infinite Way

Source: 1959

Tape:

The human sense of life will never again touch us so deeply: we shall never again be able to hate or to love quite so intensely as before; we shall neither grieve nor rejoice with the same intensity of human emotions. [The Art of Meditation]

Across The Desk

Source: 1959

Tape:

An hour a day [of study, practice, and meditation] will eventually develop your consciousness and bring about the ability to heal, but at this time I have in mind a program which should occupy you for two, three, and four hours a day.

Let Truth Be Revealed From Within You

Source: 1959 Halekou Special Class

Tape: 245:2

There is a specific truth about every problem which will be revealed through turning wholeheartedly to God and in meditation seeking Him alone.

All Good Is Embodied In The I of individual being

Source: 1958 London Open Class

Tape: 230:1

“Not my will, but thine, be done” is nothing but words unless. . . there are countless periods of meditation during the day and night to find out what the will of the Father is.

Fulfillment

Source: 1956 Second Steinway Hall Closed Class

Tape: 152:2

Through the daily practice of meditation, we learn to bring God into every experience.

Establish Yourself In The Spirit

Source: 1959 Halekou Special Class

Tape: 252:1

I never attempt to answer my mail until I feel the flow of the Spirit within me; and then I rarely answer more than one, two, or three letters before I stop for further meditation.

If peace does not come in a few minutes, get up and do something else. . . and then return to your meditation. Sometimes it is even wise to lie down and take a nap.

Give Up All Attempts To Change The Human Picture

Source: 1958 London Advanced Class

Tape: 233:1

My aim in this meditation is to realize, behold, and demonstrate the Christ. . . the Christhood of your being and mine.

The Christ Cannot Be Finitized

Source: 1958 London Advanced Class

Tape: 233:2

Mrs. Jones receives the help because in my meditation I have known that there is no Mrs. Jones: Mrs. Jones represents only a finite sense of being in my mind. . . There is no Mrs. Jones. There is only the Christ appearing to me erroneously as Mrs. Jones.

The Journey Back To The Father's House

*Attaining The Christ Mind
Releasing Infinity*

Source: 1961 Stockholm Closed Class 1:2

Tape: 424

Open out a way for the infinity of God to escape. Truth is within. The truth, which is bread, meat, wine, and water, is not to be found outside, but is within, and a way must be found for "the imprisoned splendor" to escape. Begin to pour now. There is no better way to begin to pour than to set aside periods each day to pray for those whom you know need prayers, those within your family, your community, within your nation, and eventually within the entire world. . . Release everyone from condemnation and punishment. Know every bit of spiritual truth you can about all those who are within your consciousness. Know that the voice is saying to them, "Son, all that I have is thine. . . Neither death, nor life. . . can separate you from the love and care of God." This is giving. You are sharing out of that infinite storehouse; you are pouring out the water of life even without a bucket. Through such meditation, you are developing more and more of that spiritual or fourth dimensional transcendental consciousness.

Spiritual living is to know the truth, "and the truth shall make you free." The responsibility is up to you, once the Father has awakened in you a desire for truth, a desire to know God. From then on it is you who must find your way back to God through study, meditation, and practice.

Through Meditation, The Problem Dissolves

Source: 1961 Stockholm Closed Class 1:1

Tape: 424

In such a meditation, the word of God comes. Truth comes, and then when we resume our activities in the world, the problem has a way of dissolving, because in that meditation we received the assurance that there are not two powers battling one against another, but that this power that is within us, the kingdom of God within us, is the only power.

The Activity Of The Christ Disperses The Illusion

Source: 1961 New York special Class 1:2

Tape: 427

As we return to the problems of human existence, they are no longer our problems. In fact, they are no longer problems. Now we see them as shadows without substance, without power, and we can look on them, regardless of their name or nature—whether "man whose breath is in his nostrils" or a hurricane—and see them as shadows, having no power because we have already felt that all-power within us. There is no power left to be in the hurricane, no power left in the whirlwind, no power left to be in "man, whose breath is in his nostrils," for all power is within us. Then we walk up and down this world and see it, almost as the shadows on a moving picture screen, knowing that they come and they go, but they have no real substance, no real voice, no real power. In this way we bring the activity of the Christ to human consciousness and dispel the illusion of two powers. We dispel the illusion of good men and bad men, because now there are no bad men and no good men: there is only God, all good. In meditation, the Christ is to be kept in the kingdom of God within us, so that when we return to the world, it can be the light that shows us that everything out here is shadow.

If we can wait only twenty seconds in complete stillness, that is enough. The fact that we do not get a response means nothing. We do not need a response. We are not trying to satisfy the intellect: we are trying, through the unconditioned mind, to be a state of receptivity to the truth that is within us. If we practice doing this three, four, five, six, or ten times a day, even if for only twenty seconds, eventually we begin to increase in depth of listening, in depth of silence, and in depth of unconditioning, and we surprise ourselves by discovering after a while that we have been a whole minute, even two or three minutes in a meditation without having to have a mental exercise going on.

There is considerable difference between. . . meditating and being still enough so that God can utter His voice. . . It is a simple matter in going into meditation to remember: *The kingdom of God is within me. The presence of God is within me, and the purpose of my being here is to let that voice thunder, let that still small voice come forth.*

When we go into meditation, we want to "stay here in this city until we are armed with the power from above," until we actually feel that the spirit of God indwells us, that His robe is upon us, His grace, is with us, for His grace is our sufficiency. Only remember, let there be no conditioned thinking about this world. We leave this world and its problems, its wants, its limitations, its desires outside when we go into communion, and we do not try to think that we are going to bring this inner communion into the outer world. It will not work. We keep this communion within ourselves until we feel empowered from above, and then we go about our business and find that It literally goes before us to straighten out all the rough places. It really goes before us to provide and to multiply the loaves and fish if necessary.

What Have You In The House?

Source: 1961 Holland special Class 1:1

Tape: 426

In the human world, however, we go outside ourselves for everything. We try to get what we want from other people or circumstances. Everything in human life is focused outside, ignoring totally the fact that every real value is already established within us and that we can have the harmony of life, health, the prosperity, the success, and the joy if only we will go to the kingdom of God for it, instead of seeking it out in the world. The way to release this spiritual presence and spiritual power is through meditation. So, as Infinite Way students, our day always begins with meditation. From the time we awaken in the morning, even before getting out of bed, we meditate. We meditate at breakfast time; we meditate on leaving home; we meditate at noon, at night, and when we awaken in the middle of the night.

Once we realize that that success can come only from within our own being, we are forced into frequent meditation.

The Master Speaks

*Meditation And Healing
Purpose Of Meditation*

Source: 1949

Tape:

Five minutes for meditation: three for stillness, two for Spirit to announce Itself.

The Mystical I

An Act Of Commitment

1966 L

Source:

Tape:

As I sat in meditation these words came to me, "the womb of Silence," and with them it was as if there were a tremendous silence, large and round, and this was the Womb out of which all creation came. There was not a man, but there was a universe: the earth, the rocks, the trees, streams, seas, skies, suns, moons, and planets—all this flowing forth as an unfoldment from this huge Womb of penetrating, complete stillness—yet more than stillness: absolute silence, quietness. It moves as a rhythm, and this rhythm not only forms it, but sustains creation with everything in its rightful place.

You can see the importance of meditation, a meditation which is not a stopping of thought, not a deadening of consciousness, nor an escaping from the world, but a meditation in which the darkness or the silence is so great that you can look through it and see the whole of infinite Consciousness behind you, ready to pour Itself forth into your expectant inner ear as you invite It to "speak Lord, for thy servant heareth."

God's Love Cannot Be Channeled

Source: 1964 London Studio Class

Tape:

We [listen in meditation]. . . with the full knowledge that we are not going to receive God's grace for any personal purpose or use, but that it is for the benefit of all.

Accepting Responsibility For World Work

Source: 1964 London Studio Class

Tape:

As it comes to our individual attention that there is some form of so-called evil taking place or about to take place—evil as related to health, to weather, or to human relationships—let us remember that it is a call to us as illumined souls to leave our "nets" immediately and retire into a meditation to bring the activity of the Christ to the situation until that particular problem has been met.

Even if a storm or a war should stop after your meditation, you will know that you did not stop it: you were but the transparency through which the activity of God reached human consciousness.

Turn From The Problem To I

Source: 1966 L

Tape:

Turn away from the problem in the realization that this *I* within is Spirit, and it is this Spirit that is the solution to all problems. Wait in your meditation until you have the feeling of this Presence, and then release the problem to It, and let it go. Do not dwell on the problem. Instead, see in what way *I*, the Spirit within you, will solve the problem. . . Do not let the problem come back into your mind. Keep it out of your mind, for you have released it unto the *I* that you are, the *I* that is within you.

Drop Humanhood And Realize I

Source: 1962 London Special Class 3:2

Tape:

In our meditations, we must always remember that we are that temple not made with hands. That enables us to shut the physical body out and to go right through any appearance to the *I* at the center of our being.

Throughout this meditation, I have let the other "I" with its problems die, drop out of my consciousness, and if I persist in this, one day it will not come back again, it will not intrude into my mind. . . Probably it was in the early part of [the Master's] ministry that he said, "I of mine own self do nothing. If I bear witness of myself, my witness is not true," But now you can understand far better how it is that later he was able to say, "He that hath seen me hath seen the Father. . . I and my Father are one."

In Meditation Climb Into Your I-ness

Source: 1966 L

Tape:

In meditation, the personal "I" which is Joel or the personal "I" of any practitioner must cease to function, because no one has the right to believe that he has the power to give a person anything. If he did, where would God come in?

In meditation, you contemplate the spiritual activity and being that is within yourself. You contemplate God's grace which is established within you, and acknowledge that God has planted His son in you, that God is your only Father, and therefore your inheritance is of the Father.

When you reach out to any individual whom you recognize to be God-realized, this recognition of the Christ of his being is an indication of your receptivity, and that is what gives you the benefit of his meditation.

The Only Freedom

A Purified Consciousness

Unfolding Understanding Of Prayer

Source: 1955 Capetown Series

Tape: 708 3:1 709 4:1

[After contemplating truth], I may feel that the meditation or treatment is complete, so I sit back in silence with that listening ear, and I remain in that listening attitude until I get a response. It may be a deep breath. It may be what I have called a "click." It may be a passage of scripture. It may be some statement of truth. It may be nothing but a weight falling off my shoulder or a sense of release. It may be that a smile comes to my face, a sigh that all is well. Whatever it is, I know that God is on the field, and the treatment is complete. This may be called a treatment, but we can also call it prayer or knowing the truth.

Importance Of Maintaining God-awareness

Source: 1957 Kailua Advanced Class

Tape: 179 1:2

The day comes when, after we have been called to this work and have been the instrument for a thousand or two thousand healings, we are living in such a state of consciousness, of God-realization, that we will not have to sit down with every call that comes to get a specific answer because we are more or less living in that state of awareness all the time. We have to go back into meditation only when the claims come that are of such a deep and persistent nature that they do not yield readily to our attained state of consciousness, and we may have to sit down and spend hours and sometimes days and nights in meditation.

Asking God To Forgive For Us

Source: 1957 Kailua Advanced Class

Tape: 709 4:2

Well do I remember an experience when I was called upon to rise above a very disagreeable experience concerning one of the students. The hurt was deep for the moment, and it was bad medicine to have to take. In my meditation when the word came to forgive, I answered, "Oh,, Father, that's more than I can do. I just haven't risen that high yet. I cannot be that forgiving in this case. I would like to be. Don't think I wouldn't but I'd be a hypocrite if I were to say I have achieved it. But I will tell you what You had better do, Father. You take over and do the forgiving for me because I don't seem to have the ability." And the Father did. Immediately the weight was lifted off my shoulders, and the assurance came that God's forgiveness was right there where I was. That took all the responsibility away from me.

Unfolding Understanding Of Prayer

Source: 1955 Capetown Series

Tape: 709 4:1

By this time, I may feel that the meditation or treatment is complete, so I sit back in silence with that listening ear, and I remain in that listening attitude until I get a response. It may be a deep breath. It may be what I have called a "click." It may be a passage of scripture. It may be some statement of truth. It may be nothing but a weight falling off my shoulder or a sense of release. It may be that a smile comes to my face, a sigh that all is well. Whatever it is, I know that God is on the field, and the treatment is complete. This may be called a treatment, but we can also call it prayer or knowing the truth.

The Word Of God Is The Substance Of All Form

Source: 1957 Kailua Advanced Class

Tape: 181 3:1

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." . . . There is enough bread, meat, wine, water, life, and resurrection in that one statement to carry anybody into heaven. "Man shall not live by bread alone"—by form, by that which is in expression, by that which is effect, "but by every word that proceedeth out of the mouth of God." . . . He shall not live by anything that exists as effect: man shall live by every word that proceeds out of Consciousness, out of the mouth of God. . . . That immediately takes us back to receptivity, to meditation, to listening for the "still small voice," becoming consciously aware of the presence of God.

God Can Define Itself To You In Many Ways

Source: 1951 Second Portland Series

Tape: 607 7:1

My first experience with meditation came as a result of a realization that meditation was the way of life for me. I also realized I knew nothing about meditation, So I tried to meditate. It took me eight months. I practiced never less than twenty times a day, anywhere from two to five or ten minutes at a time, never less than twenty times a day and for eight months. In all that time I had no response. Nothing at all seemed to be happening. It was just as if I had wasted two, three, five, six, or seven minutes, But I was determined to keep it up. . . . At the end of eight months I had my reward in the first experience of the tiniest flash—far less than a second—of something happening. I could not tell whether it was a flash of light I had seen or the flash of the Presence going by, but something happened in that second that gave me encouragement to go on. From there on it progressed slowly, very slowly. Probably once in a day or once in three or four days, something would happen to make me feel I was on the right track. That went on for a long time until gradually the time came whenever I sat down to meditate I could be assured that before I finished the meditation there would be a feeling of the Presence. If nothing else, there might be just a deep sigh, a

No matter how spiritual the approach and no matter how close to God we come, there are those periods when it becomes necessary to lift ourselves into an atmosphere of God and to raise ourselves up from the level to which we have sunk through radio, newspaper, gossip, and all the things that happen to us out here in the world. They all have the effect of pulling us down, and it sometimes takes a great deal of reading, a considerable amount of meditation, or association with those on the path, to lift us up again. Above all, the place the discipline has is that through it we actually know what the truth is so we do not have a blind faith in an unknown God.

The Thunder Of Silence

*From Darkness To Light
Beyond Power*

Source: 1956-58

Tape:

I asked in my meditation, "In a God-ordained world, is it possible that God-power can be used for both good and evil?" Quick as a flash the question answered itself: "No, if you ever discover what God-power is, you will learn that it has no opposite and no opposition; it cannot be used for good and it cannot be used for evil: It can only remain the creative, maintaining, and sustaining power of good, a power which *cannot be used*. *God-power cannot be used*: It can use us, but it cannot be used by us.

Ye Are The Light

Source: 1956-58

Tape:

When we are aware of the density of human selfhood, we know that we are moving a mountain of ignorance, and although a beginning is made with our first serious meditation, progress will not be too evident for a long, long time. Then all of a sudden it seems to burst upon like a flash of light.

Source: 1956-58

Tape:

In our meditation, we may sit down with a sick person in our mind, or with a poor or sinful one, but we should not get up until, through realization, we have come to that place where there is no man, sick or well, rich or poor, sinful or pure; there is no sick person to be made well and no well person over whom to rejoice: *There is only God—there is only God appearing as the Father and God appearing as the Son.* Then is our prayer complete and with it comes the conviction, "It is so."

Those who live by the sword, even a mental sword, shall die by the sword. So put it up. Stop defending yourself. In every prayer and in every meditation—in every treatment—remind yourself to put up your sword. When we no longer use human weapons, physical or mental, we relax, not into letting the world do what it wants with us, but into that Spirit which is within us in order to let It take over and govern our experience.

Thought slows down as we ponder the meaning of knowing [the passage that came to us at the beginning of meditation]