
A Parenthesis In Eternity

Living The Mystical Life
"there Remaineth A Rest"

Source: 1961 Maui Work

Tape:

The mystical meaning of Sabbath is a resting from power. Even to fast from food for a period makes of our particular Sabbath a period of renewal. The holiest Sabbath periods of the days of fasting: fasting from the pleasures of the senses, even fasting from the necessities such as eating and sleeping and from those things upon which normally we place reliance.

Beyond Words And Thoughts

His Rain Falls
Recognizing The Invisible

Source: 1965 L

Tape:

When you partake of any food that is set before you, do so in the conscious realization of the Source, so that you do not fall into the trap of believing that it is your money that buys that food for you, or your position. . . You must constantly know that there is an Invisible, and that it is this Invisible within you that produces your daily bread. This takes egotism away, and with it the pride of possession.

Consciousness In Transition

Ordination

1948

Source:

Tape:

In overcoming this world, you have lost your fear of your body; therefore it is free to live under God's law. You have overcome the world's beliefs about the body—that it is finite or material; that it lives by bread alone, or so-called material foods; that it must be catered to in any way. Bathe it, keep it clean inside and out, but drop all concern for it. It is in God's eternal keeping; it is living and moving and having its being in God-consciousness.

Consciousness Is What I Am

The Issues Of Life Are In Consciousness
Spiritual Selectivity

Source: 1969 L

Tape:

If at this level of consciousness, we find that we are not getting enough of certain vitamins in our food, what difference would it make if we should take them in the form of a capsule or a pill?

That the nutritive value of our food is in the food is a belief that has been handed down to us through generations. The truth is that the nutritive value of our food is in our consciousness. . . It is the Soul at the center of our being that imparts to the food the value that we are to derive from it.

We must act intelligently in our dietary habits, eating the things we like while avoiding the more destructive kinds of food according to universal belief and then giving it no further thought. . . Our elevated state of consciousness will prove to be selective, so that gradually we will discard food that for us is not particularly acceptable to our system.

Living By The Word

Easter: An Experience Of Consciousness
Dominion Over The Body

Source: 1958 London Open Class Reel 4:1 Secret of Resurrection

Tape: 230

You are not in your body. That may not seem at this moment to be of much importance, but sooner or later you will find that it is the ultimate secret of life. . . and the one that produces the greatest demonstration of spiritual living. There is no place in the body where you could hide the word of God. But the word of God does abide in you, and you abide in the word of God. When you begin to perceive that spiritually, you will be able to look at this body and say, Now I perceive that I . . . was given dominion over this body. I was given dominion over everything on earth, beneath the earth, and above the earth. I have dominion over this body. I govern it, I feed it, I care for it. It is my possession. By realizing that, I take my body out of this world where it has been at the mercy of weather, climate, food and calendars that testify to the passing of time. I take my body out of the carnal mind by realizing that I was given charge of it—not to turn it over to calendars, to the control of winds and weather. No, I was given it to care for.

The Art Of Meditation

The Fruits

The Fruits Of Spirit

Source: 1956

Tape:

Whatever is necessary in the government of the body is performed as an activity of God. Let us remember this in connection with the very food we eat: “The food that I eat has no nourishing value, no substance, no power to sustain or maintain life; but *I*, Soul of me, the consciousness of me, impart to it its substance, its value, and its nourishment.”

The Only Freedom

The Discipline Of Knowing The Truth

Meeting World Suggestion With Truth

Source: 1951 Second Portland Series

Tape: 607 7:1

A hundred times a day something tells us that we need money, we need food, we need clothing, or we are in danger from bombs or war. Constantly the argument is presented to us contradicting the basic truth that our consciousness is the “secret place of the most High,” that our own consciousness is our security and safety, and that there is nothing outside us that can enter to defile or make a lie. Not even an atomic bomb can reach us once we have learned the truth that our consciousness is the fortress, the rock, "the secret place of the most High... because we are abiding in that secret place, nothing out here can come in to injure, mislead, misguide, misdirect, harm, or deprive us of anything in life.

The Thunder Of Silence

From The Unreal To The Real

Resist Not

Source: 1956-58

Tape:

It is possible for us to rise above the law of cause and effect but only when the world's weapons have been given up, only when our life is lived not by bread alone but by every word that proceeds out of the mouth of God. When we are not thinking of food or money or climate or any effect as constituting our security and when we realize that our real life is sustained by the word of God, we are living the spiritual life with no dependence on human beings, on human investments, or human positions—not throwing them away or casting them out of our life, but realizing that they are the added things in life, part of God's grace made manifest, and therefore there is no thought whatsoever of fear should they be taken from us.