
CONSCIOUSNESS IS WHAT I AM

Chapter: The False And Right Sense of I
Topic: *Realize God As Individual Being*

1951-1954

The real way to help [as a practitioner] is to learn how to "die daily," and the only way to learn that is to begin with a discipline of what I call, "Not-I": Not I!, this person does not concern me. He has nothing to do with me. That real and only *I* is taking care of it."

Chapter: The Issues of Life Are in Consciousness
Topic: *The Nutritive Value Of Food Is In Consciousness*

1969 L

It takes discipline to become accustomed to the idea that neither the body nor the actions and functions of the body determine our health, but rather that health is determined by Consciousness, and that Consciousness animates, governs, and controls the organs and functions of the body.

CONSCIOUSNESS TRANSFORMED

Chapter: Christ: the unfoldment from within
Topic:

1963

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.

Chapter: *My consciousness*
Topic:

3/31/63

You are only in tune with the infinite, you are only one with God, when love is the animating principle of your existence: non-judgment, non-violence, no revenge, no punishing anyone—disciplining yes, but not punishing.

LIVING BY GRACE

Chapter: The Christ Ministry
Topic: The Fruitage of God-Realization

Make any and every sacrifice necessary in order to attain that inner stillness wherein you can hear the still, small Voice. If you must discipline yourself and sit in a corner for an hour at a time until you make this contact, it is worth the effort.

OUR SPIRITUAL RESOURCES

Chapter: Living By Meditation
Topic: *An Overturning Is Necessary To Awaken Man Our Of His Inertia*

1959 Hawaiian Village Open Class

The human mind does not wish to be disciplined; it does not wish to labor or to hold itself to principles: it prefers rather to follow a policy of drift.

Chapter: What Have You in the House
Topic: *Infinity Is The Measure Of Your Capacity*

1960

Discipline yourself so that you never expect good to come to you, but always expect it to flow out from you.

THE CONTEMPLATIVE LIFE

Think of any discordant appearance that you have ever seen, heard, tasted, touched, or smelled; see the discipline that is necessary to refrain from attempting to alter, change, or do something about it; and then be convinced and know, “My kingdom—the place where I live, move, and have my being—is not of this world, Therefore, I have nothing to do about this world except to know that it is not of *My* kingdom.”

The discipline of the spiritual path consists of the ability to discipline one’s self so as not to see a picture that has to be changed, altered, improved, or removed, and the vision to look out at the pictures this world presents with this conviction, “It is *I*; be not afraid,” and then stand still and bear witness while God brings about the transformation of the visible scene.

The discipline on this path lies in rejecting every appearance, whether it is good or evil, in the realization that whatever it is that is of God is invisible to human senses.

THE FOUNDATION OF MYSTICISM

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.

THE INFINITE WAY LETTERS 1955

The great price is self-discipline.

THE INFINITE WAY LETTERS 1956

Your earthly parents are His direct deputies to whom are entrusted the responsibility and privilege of representing and establishing God’s care, protection, discipline, and love in your lives.

THE ONLY FREEDOM

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.

Until we become convinced that the real power of the world is within our own being, we will be under the necessity of mentally disciplining ourselves every time we come up against an appearance contrary to that. Thus we will be building or unfolding our spiritual consciousness.

THE THUNDER OF SILENCE

Chapter: From Law To Grace

1956-58

Topic: *I Say Unto You*

We can know how close we are to *My kingdom* by observing to what degree we still react to good and evil. How joyously do we react to the good and how much are we disturbed by the bad? In what measure are we becoming indifferent to either the human good or the human evil? . . . Only at the beginning of our journey on the spiritual path do we think the ultimate goal is the improvement of our human experience. . . If we want merely to be humanly happy, healthy, and wealthy, we should remain nominal Christians, because trying to follow the teaching of Christ Jesus demands a tremendous price, a strict and a disciplined way of life.