



Monthly Lesson
August 2015

“Focusing Your Camera”¹

We must understand “treatment work” and “protective work” because none of us has fully attained conscious union with God and sustained the Experience. When we are business people, practitioners, teachers or housewives, even if we have had the most wonderful God experiences, we still touch the world, and “this world,” human consciousness, is made up of the belief in two powers that acts mesmerically upon us. Eternal vigilance is the price of freedom!

Sometimes we do not detect thought activity and it can operate subliminally. Part of our awakening from the dream of material sense is to become *more aware* of that which is *not*. We become so spiritually attuned that we discern the thoughts and hidden motivations of ourselves or others. This is particularly wonderful for a mother - she can sense and address problems long before they become too ingrained. It is possible that nurses and doctors can also discern a great deal that one without knowledge of the body would be able to discern. Whatever our field of expertise on the human level, as we meditate, we become more intuitive and discerning. This is the separation of the chaff from the wheat, a winnowing

process separating the real from the unreal. We become very discerning. Someone asked, “How can you read the human mind if you are in spiritual consciousness?” This is because all is open and nothing is hidden. We become aware of everything that is happening. Alexander Pope wrote that “Fools rush in where angels fear to tread.”² “Angel thought” is that which receives this intuitive understanding and guides, governs, protects, maintains and sustains us. This comes through spiritual stillness when the mind is very alert and free of human judgment. In this inner stillness, we discern the real from the unreal.

We know now that while appearances may seem good or evil, they are actually mental projections. As Joel says in *The Wisdoms*, “All that is objectively witnessed must be understood to be mental images or mind projections--never spiritual reality.”³ So we could say that what we are really doing is *seeing* and *hearing* - *seeing* through appearances with spiritual discernment to That which already divinely *Is* and *hearing* the “still small voice” of Truth instead of the voice of the deceiver.

Think of treatment work as “focusing your camera.” When our entire being is continually taking pictures of our world and we are seeing a distorted picture of lack, limitation, discord or inharmony of any kind, we know we are out of focus. And so we adjust the lens of our camera. We never deal with anything in the without. We adjust our own perceptions. Another wisdom from Joel is, “Acknowledge God as the substance, law, cause, and activity of all that is, and immediately refrain from meddling physically or mentally in the

² From Alexander Pope's “An Essay on Criticism.”

³ Joel S. Goldsmith, *The Infinite Way*

¹ 1983 Asilomar Retreat, Tape 4, (8350), Side 2

without. Get back inside yourself, and there resolve all appearances.”⁴ This is a treatment. A specific treatment is doing this at the moment that a distortion hits your vision. The moment you become aware of the distortion, if you have a specialized mentality, for example, if you are a nurse and you see symptoms of a cold or fever, you would need to address the appearance specifically, knowing that this is a spiritual universe: “/S alone overcomes the world.”⁵

You do not simply close your eyes and go into the Silence as your beginning step. What would happen then? In the Silence there would be light and perfection, but the outward distortion or appearance would remain. God knows nothing about faulty focus – we are out of focus. The Light that is the Life of man is perfect and It doesn’t do anything. What is missing? It is the inner adjustment of your camera lens that is the correction within yourself. “Begin your spiritual life with the understanding that all conflicts must be settled within your consciousness.”⁶

That correction must be specific and must deal with the appearance that hit up against your vision. If you were a nurse and said, “that person is in a heightened state of contagion,” you would immediately need to adjust your mental lens and realize that there is no law of disease, no law of contagion, there is only one Law and one Lawgiver and that is God. Then this nurse would need to go over whatever was in her mind about this appearance until her camera lens was so adjusted that when she went into the Silence, she would realize that there is only the Light of Love in operation, and

⁴ Joel S. Goldsmith, The Infinite Way

⁵ Joel S. Goldsmith, The Infinite Way

⁶ Joel S. Goldsmith, The Infinite Way

then she would take the picture. That is what is called a “healing” for she would “see” as God sees and “know” as God knows.

There might be a child in the family who has a case of the terrible self-will we talked about and we might say, “She’s just like her Uncle Ted. He had that same disposition and what a terrible disposition!” A mother cannot accept this label for a child. At the very moment the suggestion or hypnotism comes to her, she must adjust her “camera,” reject that concept, and realize that there is no karmic law or law of heredity. There is only one Law and one Lawgiver and that is God. There is only one Will and one Disposition, and that is God, revealing Itself as individual Being. This has to be done specifically every time the thought comes to her, otherwise, the child is condemned to this picture and the condemnation is repeated over and over until the child is out of focus.

When I was a little girl, I was evidently quite precocious. My parents were older and I’m sure I got on their nerves. They told me to stop doing something annoying but I persisted, persisted and persisted! Finally my mother spanked me. She was a very tender person and this hurt her very much. After she spanked me, I remember the relief. I went to her and said, “Thank you, thank you! I don’t know what it was that was making me do that!” The carnal mind was working through me and I didn’t know what it was. My mother cried, but I was so relieved that it was gone – it was impersonal, subliminal, universal hypnotism operating in human consciousness. My mother couldn’t hurt a fly but she was driven to use temporal power to awaken me and break the hypnotism. I was set free and never needed a spanking after that. This

incident routed something that was trying to operate in me, and even as a young child, I could tell that something had left me.

This is an important point: the minute a distortion or misperception hits you, an adjustment must be made to your vision (as the beholder) because the beholder and that which is beheld is one. It is all Mind, one Mind, unconditioned and pure, so we adjust our lens through the word of God, knowing the truth, “*And ye shall know the truth, and the truth shall make you free.*”⁷ That means we deny or reject this misconception as being “personal” or “real.” We acknowledge the divinity of what we are seeing and know that It is present in perfection NOW, realizing whatever specific truth we work with along these lines: “Acknowledge God as the substance, law, cause, and activity of all that is, and immediately refrain from meddling physically or mentally in the without. Get back inside yourself, and there resolve all appearances.”⁸

Suppose we see someone in our family who appears to be struggling with too much substance, and he or she thinks of himself or herself as “fat.” This is a common claim and there is a spiritual solution. Weight and density are properties of mind, not matter because there is no matter. Spiritually speaking, we do not live in a material universe; we live in a mental universe, and when the mind is unconditioned and pure, we have access to the next level of perception, Spiritual perception, because there is only one substance and it is Spirit. So when family members look at this person, instead of seeing a “fat” person and feeling sorry for

them, they must consciously realize that there is only one substance - that substance is Spirit and the One Body is perfect, incorporeal. Does incorporeality have any substance but Spirit? No, spiritual substance is all there is to the One incorporeal Body. Can there be more Spirit or less Spirit – no, there is no more or no less. Can Spirit be weighed or measured? Can there be too much or too little Spirit? No, Spirit is unconditioned, unqualified, unquantified and cannot be measured. Spirit is omnipresent as the incorporeal “Body” of individual being. As you make that adjustment in the lens of your perception, and then rest back, letting the Spirit bear witness to the truth, the picture changes. The individual struggling with the problem must correct his or her own perception of what body is and acknowledge incorporeal being.

We have never seen our Body; we have only seen the universal, material sense of body. “Material sense” is but a mental picture, so if we rise high enough, entering into the Soul realm of consciousness, we will see the real Body as Jesus revealed It to his disciples on the Mountain of Transfiguration; it was the same body, but he saw it through *spiritual sense* instead of material sense. Jesus was able to lift them into this higher consciousness where his discernment was so clear that they could see the Body as it really is. This is treatment work. We are never dealing with a person but only with what is coming to us as a perception. It is always, “Physician, heal thyself,” and our treatment work is done silently, sacredly and secretly – we do not talk about it. So we acknowledge God as the only law, cause, substance and activity. The body may appear to be overactive or inactive, or there may appear to be diseased activity. So immediately, we must adjust the lens of our camera, the focus of our

⁷ John 8:32

⁸ Joel S. Goldsmith, The Infinite Way

awareness, to focus on the truth, what *Is*, that God, Spirit, is all action. So there is only spiritual action. There is no inaction, overaction, or diseased action in the Body; there is only the spiritual activity of “My peace.” It may come to you that Life is God, and because Life is spiritual, “who did hinder you that ye should not obey the truth?”⁹ Life is an infinite revelation of spiritual harmony and wholeness of Being. Life is God so Life is Spirit, omni-action. God was never born, so spiritual Being has no birthdate or death date – those are only pictures in the conditioned mind with no reality.

Spirit is the omnipresent Life of the individual and even when the human concept of the body ceases breathing, the spiritual Body that has never been diseased, limited, inactive, overactive or underactive is still present. It takes spiritual vision, spiritual discernment and spiritual sense for this to be revealed. Death is a door we walk through. The 23rd Psalm gives a wonderful description – it is a valley, a shadow, and in it there is no evil to fear. “*Yea, though I walk through the valley of the shadow of death, I will fear no evil*”¹⁰ for “*I am with you always, even unto the end of the world.*”¹¹

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⁹ Galatians 5:7

¹⁰ Psalm 23:4

¹¹ Matthew 28:20

Dear Friend,

This lesson brings to my awareness the Scientific Statement of Being¹² that Joel and all Christian Scientists daily repeated, reminding us of the truth of Being: “There is no life, truth, intelligence, nor substance in matter [material sense]. All is infinite [unconditioned] Mind and its infinite manifestation, for God is All-in-all. Spirit is immortal Truth; matter [material sense] is mortal error. Spirit is the real and eternal; matter is the unreal and temporal. Spirit is God, and man is His image and likeness. Therefore man is not material; he is spiritual.”

Pondered over the years, this eliminated fear, purified our mental state and made us a clearer transparency for Truth to operate.

We also read the correlative passage from I John that confirmed our spiritual status: “Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not. Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure.”¹³

Blessings of peace and love,

Virginia

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¹² Mary Baker Eddy, Science and Health with Key to the Scriptures

¹³ 1 John 3:1-3