



Monthly Lesson
June 2013

“Infinite Being”¹

The Art of Meditation and Our Spiritual Resources teach us that it is much easier to control our bodies than it is to control our mentality. These books give us many ideas about what we can do to purify and learn to control the mind. One way is to select a passage of scripture to ponder and live with it for a week. Paul writes *“whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*²

When we take into our mind a beautiful scripture and ponder it, we’re taking in wholesome food and feeding our mind. Joel also says that many of us have overfed our mind so that we may need to fast the mind. When the disciples brought Jesus an appearance they could not heal, he said, *“This kind goeth not out but by prayer and fasting.”*³ I think Jesus meant not only fasting the body but also fasting the mind. Let’s think about mental activity and how restless the mind is. In Scripture, the mind is likened to the sea – sometimes it is troubled

and angry. James said, *“A double minded man is unstable in all his ways.”*⁴ So we recognize that where there is the belief of good and evil, there is always great restlessness and a lot of movement in the carnal or fleshly mind. Joel also said that the mind is like an “obstreperous child.” When we want it to be quiet and still, it races into the past and projects into the future – we must gently bring the mind to the point of resting. But we don’t squelch it. In many yoga traditions, gazing at a candle, using a mantra and intense concentration narrows the focus of awareness and produces a state of self-hypnosis. This puts people into a mental straitjacket. There is another way in the Infinite Way. How do we learn about a child who is obstreperous and undisciplined? We watch the child to understand it. Watching our thought can be one of the most educational experiences we can have and it brings an understanding heart.

When John was a teenager, I explained to him that the mind is like a freeway; it is an avenue of awareness. Its real purpose is to allow God’s spiritual ideas of truth to come from the source and pour *through* us out to the world. But we have focused on the things and activities of the world. We have reversed our awareness so that the flow is coming from the objects of sense instead of coming from the ideas of Soul. So I suggested that John make an exercise of looking at these thoughts. See thoughts of the past or future, or thoughts that are fearful, as little cars on the freeway, coming from one direction. Don’t get into those little cars but stay as an *observer* of this freeway so you can learn. This way, you don’t hypnotize yourself. As an observer or

¹ 1993 Maui Class, Tape III (9303), Side 2

² Philippians 4:8

³ Matthew 17:21

⁴ James 1:8

beholder, you are a watchman who is awake. If the watchman is awake, the thief cannot enter to rob and to steal.⁵ When we are awake and watchful, we can observe the most outlandish things coming into our mind without getting a ripple. We don't identify with these thoughts or label them as good or evil, but just see them as more little cars on the freeway. Eventually, the spaces between the cars (thoughts) grow larger and larger, and when those spaces get large enough, *a spiritual revelation will come*. Then we know we have finally cleared the freeway so that now the flow is coming from the infinite Invisible instead of coming from objects of sense.

In this way, we get acquainted with ourselves without coercion or assertion – it is educational. We begin to know and understand our reactions and human impulses, and we begin to know ourselves and identify those mental states that need purification. So we sit as an observer or watchman and watch thoughts of the past, future, fear, or personal sense, and we see them as little cars going by. We don't get into them but just watch the freeway. Eventually, we reach a natural stillness, and when that stillness comes, we haven't narrowed down our focus with concentration, but rather our mental state is enormous, and it is at this point that we become aware that the ocean is *in* us, people are *in* us, thoughts are *in* us, everything is *in* us and we become aware of the infinite realm of Mind.

So we seek this awareness often, and we learn to meditate in a very unstructured fashion because actually we live in an unstructured universe, and we

⁵ See Matthew 24:43-44

have no human structure. The only activity operating in Truth is Love. When we get to know ourselves, this mental state becomes very free, still and peaceful, and our mind is unconditioned and pure.

Since we are the living Soul, we stand behind the mind, and if there is a time when we try but can't meditate, we can gently address our mental state from this altitude of "*I and my Father are one.*"⁶ We can say, "My Peace give I unto you, my mind. Receive God's grace. My Peace give I unto you, my mind." We do this just as we would reassure a little puppy dog, "Peace, peace, lie down, rest, nothing will harm you, be at peace." Then the mind settles down: "*Now is the accepted time; behold, now is the day of salvation,*"⁷ now are we children of God and the Kingdom of God is within us. We need not fight; we need not struggle, but just be at peace. Finally, we see that like the little puppy, the mind finally gets the message, becomes quiet and then there is that *stillness*. When this occurs, we know we have exercised our God-given dominion over our thoughts and our mentality, and our soul is at rest.

If we sit down to meditate but experience a blank feeling, we bring to our awareness, "*The earth is the Lord's, and the fullness thereof; the world, and they that dwell therein.*"⁸ "Everything is in Consciousness and through the infinite unconditioned Mind, I am aware of the sun, moon, stars, and the oceans." Then there isn't a mental blankness but rather an expansion and an inclusion of All: In this Oneness there is Allness. So at

⁶ John 10:30

⁷ 2 Corinthians 6:1-3

⁸ Psalm 24:1

different times we approach meditation in different ways.

For a new student to be in a class like this is a blessing because there are many here who live a life of meditation and have learned to live with a quiet mind that is stayed on God. *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”*⁹ Each of us develops to the extent of our capacity to receive God’s grace. Some people have trouble keeping their bodies still and find it very challenging to sit quietly. So it might be helpful to set aside a few times during the day just to relax – let the shoulders drop, let the hands fall quietly – be at peace. We can have our eyes open, looking out at the forest, trees or ocean – this helps to free us of the bombardment that comes from this world, the belief that we must always be doing something, have a purpose, accomplish something, or attain something when all the time, God is saying to us, *“You are My beloved child, in whom I am well pleased. Receive My grace and let your soul rest in Me.”*

Such a difference! When we get our bodies in attunement so that they are more relaxed and alert, and our mind is living in the now moment, then we begin to witness God’s grace in action. We all come from different frames of reference, and I often see people who are organized, busy and always doing something; they forget that the greatest action in our experience is *being*. Being a beholder of God’s grace in action is spiritual attainment. Bring these words to your mind –

⁹ Isaiah 26:3

“infinite Being” and *“I and my Father are one.”*¹⁰ What does that mean? It means One in Being – not a human being, but one infinite Being. To experience this infinite Being, we must have a relaxed yet attentive attitude. Being is generally a mystery to us, but when carnal or mortal mind recedes, we find our soul at rest. We are in a state of harmonious being. The illuminating aspect of Being is that it is infinite, and once we are attuned, we experience Consciousness unfolding and It unfolds without effort. “Effortless being,” is living in this attunement to Oneness and It is indeed effortless. In this state, we begin to witness the infinite nature of God’s being expressing Itself to Itself and as Itself as our experience.

This is what is meant when we say that “God is an experience.” God is not an entity or an identity – God is an experience. Now does that mean that we have a God-experience just now and then? No, when we are attuned to infinite Being, and there is no more mortal or carnal mind, our mind is free, at peace, quiet, alert, and aware. Then the God experience unfolds each day as infinite Being. As more of us live this infinite way of soul, the earth reflects more and more of God’s glory and harmony.

In a sense, our work is a divine service to our fellow man in this oneness with God. We live in oneness as infinite Being without the discords and conflicts of the human mentality, and Consciousness unfolds as infinite Being. Then every day is a God experience and we awaken each day with the attitude, “Father what will you reveal to me today? I’m listening, ready, and aware. My mind is

¹⁰ John 10:30

cleared of yesterday.” Now we experience the infinite possibilities of the now moment, of divine Consciousness revealing Itself in the now moment. And so every day is an interesting day! It is a loving day, a fruitful day, and a wonderful day because we are alive and awake as infinite Being. Then we don’t feel like we have any “religion” at all. We don’t feel like we have “a God” or “a heaven” because we’re living the God *experience* and It is living us. It is a fulfilling, joyous *experience*!

As you do this, remember that everyone wants to live this way. Relax in this Oneness, become aware that “*the earth is the Lord’s, and the fullness thereof.*”¹¹ This entire universe is God-governed, God-maintained, and God-sustained. This gentle Presence that is being you and being me goes forth and awakens all mankind, so that the work we do and the way we live opens the human consciousness of our neighbors to this way of Grace. We live the Way of “*not by might, nor by power, but by My spirit.*”¹²

The Infinite Way is not a religion but is a way of living. Although it refers to God, it has a very different God; this is a God that no one could ever define except to say that God is being – being me, being you, being all of Consciousness. It is universally Being – It doesn’t become, It doesn’t forget to be, It is always being so that there is nothing to pray for, nothing to get – there is just the ability to Be a beholder and to Be aware of God as being you. As you draw others to you, they feel this Peace, Love and atmosphere of prayer that is Being at all times. This is “*Pray[ing] without ceasing.*”¹³

¹¹ 1 Corinthians 10:26

¹² Zechariah 4:6

¹³ 1Thessalonians 5:17

Dear Friend:

As I read this Lesson, I feel the Presence so strongly. You who study this Lesson and the earlier ones of this year will feel the mystical awareness of true Being also. This is our dwelling place: “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.”¹⁴ This is the altitude of prayer and communion that enables us to feel fulfillment.

With this Lesson please review the chapter entitled “Resurrection” in the 1958 Letters. This will bring more light on living in Oneness in which grace and truth abundantly satisfy the longings of our heart.

Aloha,

Virginia

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¹⁴ Psalm 91:1