



Monthly Lesson  
March 2012

### **“Consciousness and Body”<sup>1</sup>**

When there is a healing or change of consciousness taking place within us, we never feel or recognize the change but we see the results later - *“And these signs shall follow them that believe.”*<sup>2</sup> In the twinkling of an eye, we can be changed. The human mind clings to its concepts of yesterday, so it is our old concepts that interfere with the free flow of Life that comes when the Spirit touches us. We learn to watch the thought stream in our mind and thus are able to discern whether thoughts and ideas are coming from God or a belief in two powers is operating in us. This is the way we develop spiritual discernment.

We must be awake to inherit the Kingdom of God. When we think of receiving an inheritance, someone has to die. And for us, that part is the personal sense that is always answering back, giving us all the reasons why things happen, pointing out our unworthiness, bad luck, and so on. This is universal hypnotism coming to us; it is the belief of a selfhood apart from God and it has got to die! It is called personal sense although it is not a person, but just a sense of personalized thought.

When you listen to it, realize its nothingness, and detach yourself from it by listening, watching and knowing it is nothing, you are emptying out the old wine. When you have poured it all out and nothingized it, you become an empty vessel and the old man is dead – at least temporarily! This is a very uncomfortable position at first because we feel so ignorant. We feel that we are not in charge. But having dominion does not give us the feeling of being on top of everything and being in charge which is more characteristic of a dominant human. Having dominion is being undisturbed and unmoved by this lying, talking serpent’s suggestions that come to all of us.

Now we begin to toughen up. If we know how the carnal mind works in us, we know how it works in everyone. When we know our real Self – that inner, quiet, peaceful, loving being we really are, then we know everyone because there is just One. There is no mystery to this, but it is so important that we understand how the human mind functions, and how we must watch its suggestions. It is really quite humorous after awhile. We say, “Here you are – I thought you dropped dead, but I hear your ugly voice again!” So we continue to die daily to personal sense to inherit this glorious legacy that has been given to us: to be children of God, to live by Grace, and to be protected. Actually, we are always protected. Our students generally have very few problems after the first two or three years. During those initial years when Christ has been introduced into human thinking, it often turns students upside down because the Spirit is a catalyst and It accelerates change in us. The more we are exposed to the Christ, the more the error, or destructive tendencies that operate in us come to the surface so that we can see them and dismiss them by impersonalizing and

<sup>1</sup> 1991 Asilomar Retreat, Tape II (9105), Side 2

<sup>2</sup> Mark 16:17

nothingizing them. It is similar to having a bucket of dirty water that you would like to be clean. You can pour clean water into the bucket until the dirty water rises to the surface and overflows. So it is with us in meditation. The more we meditate and really touch the Christ within, the more the dirty water will rise to the surface. We will see the errors and this is where we must not personalize and judge them; we realize that everyone who comes to the Christ is purified by the Spirit. Of course, through human will, we could proceed on a destructive course if we wanted to, but then we would be crucified. We actually crucify ourselves because we can't serve both masters – physical sense and spiritual sense.

If we have overindulged our body with food, drink or pleasures of the flesh, there is a demand and we will pay the piper. We must take possession of the body, claim it as God's temple, and turn it over to God for His government. We say, "be satisfied, my body." Actually it is easier to take possession of the body and control it (until spiritual satisfaction saturates us) than it is to control the mind. The mind can be like a monkey jumping through a tree, or a squirrel in a cage. If we have a great deal of remorse and repentance, we go over and over the tragic events that made us turn to the Spirit. That is pointless; repentance should be short and we shouldn't indulge in it. We turn to the Spirit and let It guide, govern and purify us and make all things new. It is a simple way. We come to this Message as self-indulgent with undisciplined bodies and we must take possession of the body and bring peace and order to it. Then we turn it over to the Spirit and it will never again trouble us. The body will become a beautiful servant. When you have overindulged your body, you

become a servant, and the body is a terrible taskmaster.

Let's lift ourselves out of identification with the human concept of body and identify with Christ-consciousness by doing the body exercise. Look down at your feet and limbs. Ask yourself the question, "Am I conscious of being inside these feet and limbs?" Of course, we know we have no awareness of being inside those feet and limbs. They are ours and they have no power to do anything but what they were created for – to walk and walk with ease. Now let's look at the torso. Let's ask ourselves, "Am I conscious of being inside this torso, in any organs or functions of the body? Are there spiritual centers in this body?" There is a belief system that recognizes seven chakras, or power centers in the body. However, that is not our belief. When we look into this torso, we have to say that we have no awareness of the organs or functions inside the body. If we have a normal body, we have no awareness of the heart, liver, lungs, stomach, digestion or elimination. All of this is automatic – it is under God's government: omnipotence, omnipresence, and omniscience.

Now let's go up to the head. "Am I in the head?" I don't find myself there. I have seen brains at the meat market, but I don't have any awareness of my brain or what it looks like. I do have the awareness that I look out through the eyes, but I also have the awareness that I am like an aura or atmosphere around my body; I am not confined in my body. I'm too big for my body; I fill this room with a consciousness of peace and love, and all of you are in my consciousness and I am in yours. But I don't feel a division where your consciousness begins and mine leaves off. I feel that the same consciousness that I am that fills this room is

the consciousness that you are that fills this room. I am in you and you are in me. I also feel the trees and surroundings outside, the mist, sand, ocean and softness of the air. And I'm aware of my home and the vastness of this continent, and conscious of the sun, moon and stars. Whether I can see them or not, they are in my awareness, and this is true about you. You have the same awareness; you may not have thought about it until now. We are unlimited Consciousness. We embrace the earth in our awareness. There are students attending this class from all over the globe, and all of this activity is in Consciousness. "*The place where thou standest is holy ground.*"<sup>3</sup>

My body is in my consciousness and right now I say to this body: "You are my servant. I am not your servant. I will feed you when it is convenient, and I will sleep when I want to sleep. You are under the same government as the sun, moon and stars; the fish in the sea and the fowl of the air. Digestion, circulation and assimilation are governed by the same Divine Principle that governs the circulation and transformation of all the elements in this universe. One principle is governing every spiritual idea and my body is a spiritual idea. It is the outpicturing of that one indestructible spiritual Body, and I place it under God's government. As much as possible, I will think of body as God's temple. '*What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?*'"<sup>4</sup> The Christ-consciousness is all-inclusive, universal, omniscient, omnipotent and omnipresent. Now we can say "*I and my Father are one*"<sup>5</sup> and not insult our intelligence. We can't say that

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<sup>3</sup> Acts 7:33

<sup>4</sup> 1 Corinthians 6:19

<sup>5</sup> John 10:30

when we are identifying with the human concept of body but now we can say "*I and my Father are one,*" "*the Father that dwelleth in me, he doeth the works*"<sup>6</sup> because we have lifted the Son of God out of the tomb of personal sense.

Just as the Father, the Divine Principle, the Life Principle governs the planets and all creation, so this Life Principle is regenerating, renewing, revitalizing and restoring every organ, function and tissue of the body. But let us remember that this body we see described in a medical journal is primarily empty space when analyzed by a scientist! It is ninety-nine percent water with the remainder being a little salt and trace minerals. The structural sense of the body – the blood, bones, the backbone, brain, heart, liver, lungs – all of those are actually mental images projected on the screen of the mind. When there is not a belief in two powers (good and evil), all these images conform to the spiritual Idea, the living Christ. We don't have to pray to any God to do this, we just have to see that when our mental state is free of personalization, either of good or evil, the one mind which is unconditioned and pure will image forth a proper concept. "*And ye are complete in Him.*"<sup>7</sup>

So we don't need to take thought about our organs and their functions. We have to watch our mental state to make sure we are not creating a structural body in our thought. The hair, bones, blood, liver and all the organs and functions of the body are mental formations; if behind this mental formation is the universal belief in two powers, then there are misconceptions formed. If we want the perfect concept to show forth, we must free

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<sup>6</sup> John 14:10

<sup>7</sup> Colossians 2:10

ourselves of the belief in two powers and let our mind be a transparency through which the Christ reveals the truth. Then that Spirit of God in us reveals what is.

The main thing to consider is that we do not dwell on our body, cater to it, pamper it, or identify with it any more than we would our automobile. We develop absolute detachment from the physical sense of our appearance because that isn't who we are. *"I and my Father are one."* You've never seen me or my body, and I've never seen you or your body. Why is this business of looking at each other's bodies so important? Why is it important to get "satisfaction" from the body? If we don't look for satisfaction in the body, we will not get pain in the body because pain and pleasure are opposite sides of the same coin, just as desire and fear are opposite sides.

Jesus said, *"Why seek ye the living among the dead?"*<sup>8</sup> *I am the Life of the body. "I and my Father are one" and my Father is a living, moving, intelligent, omniscient, divine Self that is my Self. Why should I look for the living in the dead? The body is a form and I give it life. The brain isn't intelligent, rather it is a computer and I am intelligence. The eyes don't see, I see. The ears don't hear, I hear. So I live and move and have my being in God, my divine Selfhood, my Reality. One of our Wisdoms is "I do not live in a consciousness where evil can happen." When we identify with the Truth, and we have lifted the Son of God up out of the tomb of personalization, we find that we are free born, born of the Spirit. "Where the Spirit of the Lord is, there is liberty."*<sup>9</sup>

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<sup>8</sup> Luke 24:5

<sup>9</sup> 2 Corinthians 3:17

*Dear Friend,*

*As we are in an election year, please take time for an earnest study of Joel Goldsmith's book, Our Spiritual Resources, Chapter 10, The Government is on His Shoulders, Our Privilege and Duty.*

*"Right now, nothing is more important for Infinite Way Students than daily prayer on the subject of international relations."*

*(We are neither Republicans nor Democrats!) "We are functioning spiritually, and our realization is that all government is on His shoulders--never at the mercy of man. Our daily realization is that the carnal mind is impersonal and has no person through whom to act as an instrument or means of action."*

*Please read this whole chapter and follow the instructions.*

*Aloha*

*Virginia*

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