



Monthly Lesson
March 2014

“I Am Unconfined”¹

This morning you were given a hotel talk written in 1963 by Joel Goldsmith.² It was later distributed at the LA Study Center and given to me to share with students. I suggest you study this carefully because it will not only simplify everything for you but will also help you develop a healing consciousness as you recognize the non-power of that which comes to your attention -- what the world calls “the laws of cause and effect,” “karmic law” or “*whatsoever a man soweth, that shall he also reap.*”³

You have the opportunity to consciously nullify these beliefs and suggestions and know that there is only one law and Lawgiver, and that is God. God’s law is in three words – *I Am All*. So that which appears as karmic law or the law of cause and effect is taking place in what is called “the Adam dream.” The individual who has not yet accepted the *I* as the Light of the world is still in darkness – the darkness of false religious beliefs or ignorance. In spiritual healing practice, we never try to solve the problem on the

level of the problem. We are not physicians, counselors, psychiatrists, or psychologists. These people have their rightful place, and there are millions of people asleep in the dream of material sense who believe that there is God and man or no God at all. Mysticism reveals to you and me that God appears as individual being; God constitutes individual being. This *I* is the Light of the world. In this Light, there is no darkness at all, and this *I* of your being is the light of the world to the degree that you do not personalize It. So for you to live as the Christ light means that you must live impersonally. That doesn’t make you eccentric – it only makes you hue to the mark of inner listening instead of personal sense.

When Jesus was revealing this principle, he said, “*I am the way, the truth, and the life: no man cometh unto the Father, but by me.*”⁴ This is true today – “*I am the way.*” So the way we live is a way of receptivity and attention to that voice of Integrity within ourselves. This voice of Integrity never fails. Perhaps at the beginning of your experience, you might wonder what voice to listen to, but it doesn’t take long to recognize the voice of Integrity because the very essence of your being is Love. God constitutes your being, so the very essence, the heart and soul of you, is Love. You will know instantly that the wrong voice is speaking if it violates love.

In Chapter 4 of The Mystical I, Joel says, “One of the most important statements in the New Testament is the passage, ‘*I am the way.*’ The incorrect interpretation of these few words has kept the world in

¹ 1986 Asilomar Retreat, Tape 2 (8635), Side 1

² See web:

<http://circleofchristhood.webs.com/hawaiihoteltalk61663.htm>

³ Galatians 6:7

⁴ John 14:6

spiritual darkness for seventeen hundred years. On his understanding of that one passage hinges man's spiritual darkness or his spiritual enlightenment. That same passage of Scripture correctly interpreted, however, can set the world free, but to accomplish this, there must be the 'ten righteous men' to show forth the correct understanding of the passage by their fruitage. The fruitage of spiritual enlightenment is freedom, peace, and abundance [I could add to that, joy] – all that the Master meant to convey when he said, '*I am come that they might have life, and that they might have it more abundantly.*' "⁵

When you personalize these words of Jesus, believing that they refer to a person, you are in spiritual darkness. If there is no healing, it is because the words of Jesus that were impersonal, universal truths are personalized. When you personalize them, they have no meaning because the person or body is a vehicle. The Intelligence and Light that animates the body is the real substance and activity of Life. When we say the word *I*, do we mean body, a personal reference between birth and death? What do we mean when we say the word *I*? If you mean "body," you are living in spiritual darkness; if you think that Jesus' body was any different from your body, you don't understand the nature of spiritual law because God's law is universal and impartial – the same yesterday, today and forever. When Jesus said, "*I am the way,*" ⁶ he was speaking the truth. He was *knowing* the truth, "*And ye shall know the truth,*

⁵ John 10:10

⁶ John 14:6

and the truth shall make you free." ⁷ So the way to your freedom, peace and spiritual fulfillment is understanding the nature and character of this *I* that you are and I am.

Perhaps the greatest word we can use for this word, *I*, is Consciousness, total awareness. I embody my universe in consciousness and it is embodied in *I*. Let's close our eyes for a moment and ponder this:

I embody my universe; there is nothing external to I, to Consciousness. I embody all good for I am infinite good. The nature of God is infinite good, the Light of the world. This I of my being and this I of your being is the Light of the world. This Light shines and the darkness of ignorance, false belief, or personal sense does not understand it. Nevertheless the Light shines. Those who can recognize this mystical truth are given the power to be the son of God.

In truth, it is a new birth when we recognize the *I* as the Light of the world. This Light shines and the darkness can never extinguish It. It shines right now in all Its integrity and It shines throughout eternity. It is the Light of our being, illumining the way. We never need to go outside ourselves for illumination or to find the way. "*I am the way.*" This is the way of fulfillment, the way of understanding ourselves as God made us in His image and likeness. This can't be found in a book because it is a way of Self-discovery. Consciousness is the conscious awareness of being, the conscious awareness of feeling this solitary Self in all its integrity. When we experience It, we must go

⁷ John 8:32

beyond words and thoughts, otherwise we experience only our thoughts which can be “good” or “bad” because we are all inlets and outlets of the one Mind; as long as there are millions of people accepting a selfhood apart from God, accepting karmic law, the law of “as you sow so shall you reap,” the law of cause and effect, we will experience both “good” and “bad” thoughts. Remember though, if we do not personalize these thoughts, they will cease, and then we will discover our Self as God made us – pure Being.

That is what we are: pure Being, infinite Being, unlimited Being, immortal Being, and conscious Being. We can never be more *or* less than that. This we are throughout all eternity. We live and move and have our being in God, divine Consciousness, the great *I Am*. This truth cannot be added to a mortal concept of body so this human concept must be disregarded. It must be set aside: *“Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”*⁸

So we are greater than the body. *“Greater is He that is in you, than he that is in the world.”*⁹ This Consciousness is never in the body; it is not our brain, neither is it the mind. This *I* is Spirit, omnipresent, omnipotent and omniscient, and you and I *are* this Presence. Someday, we must individually experience ourselves as infinite Being. Remember, Joel tells us that *God is an experience* and we must experience our

integrity, the Integrity of this solitary Self. Do you feel yourself alone in the room? We seldom recognize the true spiritual experience of being alone with our own Being. A mystical awareness is always this feeling of aloneness and that is in truth, all Oneness. In The Art of Meditation, Joel writes in a wonderful poem: “Aloneness has been granted me.” This is mystical awareness. We will never be unconscious; we will never be more or less than this infinite Being. This is the Presence of God, the Christ presence. *“I will never leave thee, nor forsake thee.”*¹⁰ *“Lo, I am with you always, even unto the end of the world”*¹¹ - until the end of all conceptualizing, because this is a world of concepts. Sometimes these concepts are beautiful and sometimes they are ugly, but they are always illusory. They are not real because they are not permanent or eternal. This solitary Self, this aloneness with your own Being, is permanent, eternal and immortal.

This mystical awareness is always silent, yet out of this Silence comes inspiration and revelation, for this Silence is a creative state – Joel calls it the “womb of Creation” and indeed it is. This is where the spiritual idea of self-completeness in God takes form. When this spiritual idea of self-completeness in God takes form, what happens to us? We have confidence in God’s grace. There is no more fear; it is eliminated from our awareness and from our thinking because the spiritual idea of Oneness and our self-completeness in God takes form – it becomes real to us. Now we can say, “I know what the Real is! I have a realization of

⁸ Matthew 6:25

⁹ 1 John 4:4

¹⁰ Hebrews 13:5

¹¹ Matthew 28:20

Reality. I realize what this feeling of aloneness means – to be alone with my own Being is to tabernacle with God, the creative Principle.”

The more we experience this, the more confident we become in spiritual reality, in our immortality, and in incorporeality. Fear disappears in the presence of this illumination, the realization that when I am alone with my own being, I am at one with this *I Am* and the Light shines. No longer do I walk in darkness because I have seen a great Light. It has dawned on me what it is to be spiritually minded; to be carnally minded is death, but to be spiritually minded is life and peace. In this state of being, there are no limitations. We now have new, unlimited horizons. We are living in the Consciousness of omnipotence, omniscience and omnipresence. We do not inaugurate this but recognize it. As we recognize it, there is a gestation period for the spiritual idea of self-completeness in God to mature in us. Remember, this divine Idea is enormous! The divine idea that “*I and my Father are one*”¹² is so gigantic for our comprehension that we must live with It and It must unfold, disclose and reveal Itself. We must consciously ponder it so that the realization of Oneness, “*I and my Father are one*” is absolutely real to us. Realization is demonstration.

Joel said unless you can know, comprehend, and understand that *I Am God*, you have no principle on which to work. Yet this can never be voiced: “*I Am that I Am.*”¹³

¹² John 10:30
¹³ Exodus 3:14

Dear Friend,

Infinite progression is concrete being; this spiritual idea is not understandable to the natural man. This is the reason he does not receive the things of God. Therefore, he does not function under grace. At this point in your unfoldment, you understand what “concrete being” is. This stationary stillness within establishes harmony in the without.

This immovable peace dissolves all material sense and awakens you to the way of Grace. You are then guided and directed without words and thoughts in newness of Life where love flows without effort and without measure. Thus we experience the fruits of the Spirit – peace, love, joy and abundance.

Aloha,

Virginia

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