



Monthly Lesson
November 2014

“Self Treatment”¹

There are several practical questions on the desk:

“Could you please discuss the nature of love as it applies to the healing ministry? Yesterday, you brought forth the story of the Good Samaritan to describe the nature of love. The Infinite Way healing work tells us not to solve the problem on the level of the problem. There is a story about Joel experiencing a plane crash; instead of trying to aid the situation directly, he immediately realized the truth and went into meditation. Another man came along to rescue the pilot.”

That is really is the way we would proceed in the Infinite Way. The story showed that the Good Samaritan gave the help he could rather than to pass by on the other side of the street. But he did go on about his business and did not stay behind to commiserate with the victim. So while he gave temporary aid and showed love, he didn't stay with the man. He was impersonal but not indifferent, confident of God's allness.

“You have also said you prefer to stay at home rather than to visit a patient.”

That is true. I never like to go to a hospital. Because of sympathetic mesmerism, I may be hypnotized by the appearances and may not be able to give any help at

all. If we are to extend that “Deep Silence of My Peace,”² we must have an absolute sense of the unreality of the appearance and God realization. The question continues:

“Please discuss the relationship of love as it applies to healing work in your own home with your family. Have you dealt with a problem on the level of the problem or do you handle it in an impersonal way? Can you administer to your family in a physical way and also realize the truth about them, breaking the hypnotism?”

I can speak to this because like everyone, we have had problems in our home. Of course, my Christian Science background conditioned me, but not everyone is the same way. We never had a thermometer or medication in our home. There is nothing “good” or “evil” about a thermometer, but when people call to tell me their temperature, I have to gently remind them that we are not in this Message to reduce fever. We are here to experience the presence of God, divine Love. It is experienced in Eternal Stillness and immovable Love.

I found that most males in our family never gave in to suggestions of discord, but pushed through the appearances with confidence in Omnipresence. But when I have had an appearance of the physical nature, the first thing I do is to stop any excess eating and rest. I turn within to the great Silence, and if It does not appear, I listen to a Joel tape with meditation and keep my mind stayed on God. I pray silently and fast my body until I can feel that inner peace; then when I feel a release, I keep my mind stayed on God and rest. I do not push but let inner Peace heal: *“Not by might, nor by power, but by my spirit, saith the Lord of hosts.”*³

² Pamphlet title, Joel S. Goldsmith

³ Zechariah 4:6

¹ 1986 Asilomar Retreat, Tape 6 (8639), Side 1

I remember several instances where *“This kind can come forth by nothing but by prayer and fasting.”*⁴ I recall that the physician of a dear friend in Christian Science told her she had a malignancy and recommended an operation. When I saw her six months later, she was so radiant! When I asked what she had done, she said, “I decided I had to take the Master at his word and go away for 40 days and 40 nights to pray and fast. I went to the lake alone and the only thing I studied was the Sermon on the Mount. I meditated on every facet of it and had the most exalted spiritual experience! I rested and fasted my body and kept my mind stayed on God and truth all the time. She later returned to the doctor who was a friend and subsequent tests showed no disease.

So, you see, *“Thou wilt keep him in perfect peace, whose mind is stayed on thee.”*⁵ In the Bible, the Centurion who came to Jesus said, *“speak the word only, and my servant shall be healed.”*⁶ This may be symbolic and there really was no servant, Centurion, or Jesus. The servant is the symbol for body, and the Centurion, or strong man of the house, is you who are spiritually awakened, and the Master (Jesus in the parable) is the Christ within. So when we turn within and say, “Speak the Word and my servant will be healed,” that is really the way it works. If you then hear the word of God, It is powerful and the error disappears instantly. Many times, we do not hear the Word, so we fill the servant or mentality with truth. We keep that flow of truth going into the mind and rest the body as much as we can until we are free and feel the inner peace. *“Where the Spirit of the Lord is, there is liberty.”*⁷

⁴ Mark 9:29

⁵ Isaiah 26:3

⁶ Matthew 8:8

⁷ 2 Corinthians 3:17

On the human level, we are living in a mental universe and the body concept is a mental picture of the one spiritual Body. The claim of limited humanhood, regardless of its name or nature, is universal hypnotism or mental malpractice. Because we have accepted the belief in good/evil, this mental malpractice is operating subliminally and it appears as some form of good/evil. Therefore, when we are receptive to the inner stillness and peace - the presence of God- the hypnotism is dispelled and what *IS* is revealed. You have awakened from the dream!

When we are judging things as good or evil, we are living in that frame of reference and spiritually asleep. We may not be thinking about a specific disease; instead, we may be thinking about “evil” world affairs, politics, or economics, or we may just be depressed or in a bad relationship. This state of mind is fertile soil for any of these forms of negative aggressive mental suggestion to enter. So how do we remove these negative suggestions? We reverse the order. Instead of allowing, subliminally or otherwise, aggressive mental suggestions to enter the mind, we pour in truth and love. To contemplate constantly is somewhat tiring, so if you are drawn to the atmosphere or meditation on one of Joel’s or my talks, put it on and listen until you are released from all fear. Let that truth replace everything else until you can get that inner silence and peace. Then you will have the visitation of the Christ; when this occurs, the claim disappears. *“In thy presence is fulness of joy.”*⁸

Speaking from my own experience, I believe what the Master said is very important: *“This kind can come forth by nothing but by prayer and fasting.”* I believe in fasting the mind from television, silly novels and

⁸ Psalm 16:11

movies, world events – everything of this world – and keeping the mind stayed on God. I believe also that it is wise to fast the body from all rich and heavy foods. We take light meals, rest, and fill the mind with love and truth. We rest inwardly from all concerns, and let ourselves be filled with inner peace.

I have never been able to use mental or physical power to vanquish an appearance. Instead, I surrender and recognize that the appearance has nothing to do with anything personal but instead is universal belief in two powers or aggressive mental suggestion coming in the form of a discord. I can tell you that since I've been in the Infinite Way, I have learned to live with a silent mind in the *now*. There is no mortal mind chattering when we are in inner silence. If we don't have a mortal mind, we don't pick up subliminal aggressive mental suggestion. Then we live and move and have our being in Christ who is our life, always present in the Now.

*“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”*⁹ If we have that perfect peace, we have the Divine or Infinite Mind and we don't have problems. But if someone in the family is disappointed in life or relationships, hurt, anxious or feeling a sense of failure, we have a fertile field for discord. This must be recognized and we must do specific work, realizing that peace and joy are natural to all of God's children. This is a joy that no man can give or take away. This Joy is not dependent on our accomplishments or successes, and by the same token, our failures cannot rob us of this Joy because our joy is the activity of the Christ in human consciousness. If we don't have that beautiful, quiet Joy bubbling up inside us, then we haven't made inner contact. When we do make that inner contact, there

is not only the great sense of inner stillness and peace, but there is also this quiet joy that operates under all circumstances, even when we have a claim! No matter what happens to me physically, that inner joy and grace is always there and harmony is felt. I never feel separated from the love of God and you must never feel that way either.

We must recognize how subliminal suggestion works. Someone gave me a newspaper article about a company that produces subliminal tapes. The company founder said that while subliminal messages are relatively new to the consumer market, these messages have existed for at least 100 years. Well, of course we know this has been going on for thousands of years because the belief in “good” and “evil” is subliminal! We don't even know we entertain the belief until something hits that area of us that we think is “good” and we react to it. This is also true when something “evil” comes to us and we react. *It is our reaction that gives any belief power*. If we don't react, the belief has no power.

If we want to purify our minds of subliminal suggestion, we must start withdrawing all judgment that *anything* is “good” or “evil”! We recognize righteous judgment as “only God is good.” If we think someone is *wonderful*, we must immediately impersonalize this and recognize that whatever good is flowing through the individual is the activity of the Christ. In so recognizing this as the activity of the Christ, “the man I see is the man I be.” Whereas if we put someone on a pedestal of “goodness,” we tend to compare ourselves, knowing that we can never be that “good.” We often kill ourselves by comparison, but if we are alert enough to know the truth, we recognize Christ flowing through the individual with Its wonderful sense of God-like goodness: the fact that I can recognize It means that I also have that God-like goodness. By this

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recognition, we glorify God and that is what we are here to do. See *Me*, the blessed *I*, everywhere.

If you see radiant health in someone when you think you have always been “sickly,” reverse that and realize, “That radiant health is not of the body – it is of God! It is the activity of the Christ and I have it, too, because Christ is my life regardless of appearance. This Grace of wonderful wholesomeness, health and harmony is also mine.” *Constant correction* within yourself develops a healing consciousness. If you learn to do this consistently, when someone does come to you for help, all you have to do is turn within and meditate. You will feel the Presence and freedom without words or thoughts.

Your beginning practice in the healing ministry is very much like a doctor’s on-the-job training. It is an internship – you are practicing! So from the beginning of your experience, recognize all discord as the product of a belief in two powers operating subliminally and actively as an anti-Christ in human consciousness. Do not personalize good or evil. Whatever good you see in a person, recognize it as God appearing *in* and *as* that person. Whatever evil you see operating, recognize it as impersonal hypnotism, the “*arm of the flesh*,”¹⁰ nothingness! Now that you have those two principles, you will never pass by on the other side without a conscious correction in your mentality. As you keep doing this silently and secretly, never voicing it, you will develop a healing consciousness. That is living up to the integrity that God has given us. “*Ye are my witnesses, saith the Lord, that I am God.*”¹¹ “*Do not I fill heaven and earth*”¹² with MY peace?

¹⁰ 2 Chronicles 32:8

¹¹ Isaiah 43:12

¹² Jeremiah 23:24

Dear Friend,

In the beginning was the Word, and this Word was made flesh. This Word is “I,” Omnipresence. This Divinity is most keenly felt in our inner stillness and peace. It is in this atmosphere that all the beliefs of carnal mind limitation disappear and glorious freedom as children of God is made evident in our daily experience.

Where the spirit of God is, there is freedom. So keep magnifying this freedom by living in the Now and witness the flow of abundance, joy and peace. In this way, we daily live in thanksgiving.

Aloha,



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