



**These are challenging times for people on the spiritual path.** The world-wide appearances of pandemic disease, of social injustice and a contentious political season in the United States challenge our ability to remain in the consciousness of truth and love. The question has been asked of me (John) how to deal with these problems spiritually. Here's my response.

All of these appearances must be looked upon as you would any erroneous claim that comes into your experience to be healed or transformed by the revelation of the truth. The first question I ask is, "is there an activity of God in what I'm facing?" The primary action of God is love. If it is not of God, then it is a representation of material sense that can be seen as having no power and can be dealt with by "sudden dismissal." Once a sense of power has been removed from a material manifestation, the practitioner drops all mental activity, all the arguments pro and con about the appearance, all words and thoughts, all affirmations or denials and enters the silence of the now moment. We are all practitioners in this unsettling time because everyone is being confronted by the same universal belief that there is a power outside of God that can affect the child of God.

The individual experiences the presence of God in the silence of the now moment. This takes place when a person steps out of the realm of conflicting thought and into the awareness of "My Peace." From that experience spiritual revelation can take many forms. It can be a sense of peace that assures you of the perfection of being even if the appearances deny that. It can be inspiration that gives you direction and action. It can be insight into the nature of universal hypnotism so that the "mortal mind" can no longer frighten or influence you. When that moment of union is complete you are a new person. You look the same, live the same life, but now you have a different perspective on the challenges presented to you by the world. Through these

little steps, moment by moment, you become less a person under the influence of the world and more someone who has their being in Christ.

For those who want to know the principles backing up this treatment, read on.

There is no God in this world. There is no mighty force of good that will conquer the forces of evil. God knows nothing of the affairs of mortal man. God is incorporeal Being and is only experienced by an individual in a state of mind that is unconcerned by perceived limitations and driven to know the Truth. Every meditation takes us out of our material sense of body, and in the stillness of an unconditioned mind, unites us with our incorporeal Universal Self. God is the consciousness of every person. God is the Self, the "I" of everyone. When we put aside our conditioning and the desire for human perfection, we begin to see the perfection of Spirit unfold in our lives. This takes place without words and thoughts. It is a state of awareness developed by the individual through practicing the mystical principles that lead to spiritual union. It is a state of being that has realized the omnipotence of God, the omnipresence of God and the unconditional love of God. All of this happens in the deep silence of a still mind, and in the instant of the now moment. It is from this perspective that we can claim that there is no God in the world and not be disturbed by that fact.

Spiritual reality enters the world through an illumined individual. To gain a degree of illumination we must be detached enough from the world to experience the presence of God within, without the desire to change the things of this world; not the lump on your body, or the lack of money in your wallet, or an unjust society. The desire to change the world immediately takes you out of the moment and into the problem and the conflict. Spiritually, the world is already harmonious, perfect and just. Right here and now, hidden behind the mirage of human concept, is a world that is abundant and loving. To want to change a material appearance to conform to a conceptual ideal is to deny the harmony and perfection that already exists. Once you realize this state of being, even partially, or just for brief moments, you have brought into your life the presence of God that allows you to deal with the problems of this world more effectively, no matter if the problem is a person, a global pandemic, or social upheaval. Even the slightest glimpse of spiritual reality gives you the tools to understand and to deconstruct the nature of the material world.

The instruction to withdraw power from the world of effect is a basic healing principle. To do that you cannot be frightened or concerned about what is taking place around the globe. It is not that we disregard the pain

and suffering of the world, it is that we begin to see through those material beliefs displayed by the world and come into the awareness of the spiritual reality that exists here and now right where they seem to be.

This world is the result of the carnal or mortal mind, to use classic metaphysical terms. And according to Mary Baker Eddy, mortal mind is a term denoting nothingness. Joel called this state of illusion the conditioned mind. What the metaphysicians discovered was that matter is mind in physical form. So, in the metaphysical practice, the practitioner would reduce every material expression into its mental essence and dealt with the appearance on that level, correcting the error in his or her mind. The flaw in that practice was that without entering the oneness of spiritual consciousness, the practitioner would subconsciously pit good to overcome evil in the realm of mind – having both a Divine Mind and a mortal mind, and ended up battling the same issues on the mental level that humanity had been battling on the physical level for eons. The mystic realizes that there is only one good, and that is God, so to correct any erroneous appearance, regardless of your own judgmental conditioning, you have to withdraw from the battle, both mental and physical, and experience individually the presence of universal Truth.

When the truth is realized it dissolves material conditioning. In dissolving this conditioning, it might remove from you your long-held beliefs of good and evil. Let that conditioning be removed. You will do more to bring about social justice by letting go of your tribal, racial and ethnic conditioning and embracing the universal law of love than by entering the battle on the streets. “What you do unto the least of these my brethren you do unto me” said the Master. Recognize the oneness of that statement. Recognize that the consciousness within you is the “me,” and the love you return for the hate you see is more powerful than a thousand voices. This does not mean that you withdraw from your community. Do what you must but do it in the consciousness of love.

Many years ago, I came across a bad auto accident in the Malibu mountains of California. An open Jeep filled with teenagers had flipped over on the curvy road and injured people lay about the street. The friend with me could not stand to see the injured and got sick. I had a sense of detachment come over me that allowed me to put into practice the first aid skills I had learned in the Boy Scouts. Another car came by and we flagged it down and that person went for help. I stayed with the injured, keeping the peace within myself until the ambulances arrived. Then we went on our way. My friend was so upset that we canceled our plans for the rest of the day, and I was left questioning if I was really insensitive to the suffering of others, or if that was the nature of spiritual

help. I've since learned that that type of detachment is an essential part of spiritual healing. I was in the now, not projecting what was going to happen to those people, and not judging what had caused the accident, though the smell of alcohol on those kids was overwhelming. I was taken over by a sense of peace that allowed me to do what was humanly necessary while not giving power to the appearance of injury and pain. When it was over it was like it had never happened. Spiritually it hadn't. The experience stayed with me as a teaching example but like many healings, the conditions that caused the pain and suffering only existed in the realm of time and space and once gone were quickly forgotten.

That brings up the other necessary tool for spiritually resolving the current global situation within your own mind, and that is being in the now. The source of the belief in material cause and effect is time and space. The universal conditioned mind is the result of the struggle to reconcile history – the story of human evolution, with prophecy – the unfulfilled hopes and dreams for a more perfect human experience. A guru once said that memory, whether it's personal history or collective history has no relevance to now and that the future is a fantasy that does not exist. Only the now is real. And if in the now moment you experience the presence of God, the infinite and immortal awareness of the being that you are, you are the agent that brings into realization the Kingdom of Heaven for everyone in the scope of your consciousness. Think of what that means to the world. Allegorically you become one of those ten spiritually endowed beings, as referred to in the Bible, that can save a city, or a country... or the world.