



We've all heard that question some time or other. I used to have a bad habit of staring at people and when confronted with that question I would sheepishly say "nothing." Actually, that's a very spiritual answer. Most people react to staring because they think they are being judged. I was never judgmental but fascinated with the variety of world appearances. However, fascination and judgement are part of the foundation of the appearance world.

According to metaphysical principles, this world is formed by mind – not a mind, but mind. St. Paul called it the *carnal mind*. Mrs. Eddy called it *mortal mind*. C.G. Jung called it the *collective unconsciousness*, and Joel Goldsmith called it the *conditioned mind*. We all experience this mind regardless of our spiritual awareness. It is the origin of the world in which we live.

The mystic develops an attitude toward this mind that diminishes its effect on one's life. This attitude is based on the realization of oneness; there is only one – one power, one life, one body and one mind. This realization is counterintuitive to the evidence of our senses, so the mystic must engage in a specific activity to nullify the effects of the conditioned mind. That action begins with meditation.

Meditation is the way one sees through the appearances of the conditioned mind into the reality of the here and now. If one accepts the idea of one mind, then all these different concepts of mind must be false. These "minds" appear to be conscious, but what they are conscious of is limited and without substance. The collective unconscious appears to have power only because most of humanity believes that is does. Take away that belief and the appearances that has been supported by material reasoning dissolves. It's no different from a hypnotist snapping his fingers. The specific activity we do to bring about change, which is akin to snapping our fingers, is the withdrawing of power from the world of effect. This is a conscious activity that is done individually. Today we are all witnessing what appears to be a world in chaos. Belief takes on the patina of fact and facts become relative. Is there a reality that cannot be altered by belief? There is. Joel called it the Infinite Invisible, and it can only be perceived in a state of oneness.

Belief is a powerful illusion. The operation of the collective unconscious is that beliefs formed by humanity's acceptance of material cause and effect are power. We all seek power in one form or another, yet few realize that the only true power is One. The greatest power on earth is silence. In the stillness of the quiet mind, we enter the consciousness of omnipotence. It is there that we are purged of erroneous beliefs – sin in Biblical terms – and enter the Master State of Being. Human

nature has always been looked upon as sinful. To the human being, greed, lust, and the desire to control another are means to material satisfaction, but in the presence of someone in the consciousness of oneness, those beliefs are powerless. The ability to separate oneself from flow of thoughts through one's mind, both good and evil, and to disassociate from the effects those thoughts create, define the mystical state of living.

Mystical living is a free state of being, where the individual is unaffected by the activity of world belief. Mystics live in a state of love, where every action is governed by the awareness of the oneness of all life. They express kindness and do not hold anyone in judgement. Mystics celebrate the diversity of life, yet they release from their own thought any limitations attached to a material image. They are not removed from the world; they experience all the pain and joy everyone does. The difference is in their attitude. Mystics do not resist the appearances of this world, nor do they fear the suffering they occasionally experience. They know that the experiences collected between birth and death only define the surface of who they are, the persona that is projected into the world based on their human circumstances. Mystics know that their true self, their being, is eternal, spiritual, from everlasting to everlasting. That knowledge brings them joy... and peace.