

Christ Enthroned in Man

by

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When Unity School first published "Christ Enthroned in Man," almost forty years ago, it was presented as a book of "exercises . . . supplementary to Charles Fillmore's book "The Twelve Powers of Man," which was described as "the greatest key to logical and rational expression of spiritual man that has ever been given to the public."

Christ Enthroned in Man has now been out of print for many years. In 1974 it was reprinted serially in UNITY Magazine, and the interest aroused by this publication of the material has resulted in this paperback book edition.

The original text has been revised and harmonized with our present understanding of the spiritual principles involved. Charles Fillmore once wrote, "What you think today may not be the measure of your thought tomorrow," and he took pride in abreast of the latest scientific and educational discoveries and theories. We trust that this newest edition of Christ Enthroned in Man will mean as much to today's readers as the original edition meant to the thousands who read it and made it a part of their spiritual growth.

Introduction

We must not go into this book blindly, for it is a potential dynamo for each one who tries to practice the spiritual exercises contained in it. Man's energy centers are his life, and intelligent treatment of these is essential not only to spirituality, but, more important, to his survival.

There are many steps which must be taken in order to produce true vitalization and utilization of one's energy centers. The most important of these at this time are a) character building, b) right and selfless motivation, and c) service. As for character, each of us by observing himself in action from moment to moment becomes aware of strengths and deficiencies in the areas of his energies--physical, emotional, and occasionally at a deeper level of soul response. The day will come when the soul somehow awakens to the situation and begins to gain ascendancy over its swirling currents of energy. As the soul begins to control the energies surrounding itself, one may be said to be gaining in virtue. As the soul learns how to control the denser energies and "bodies" surrounding itself, it builds character.

Right motivation is also essential to any genuine awakening of one's energy centers. What is your primary motive in seeking anything spiritual? Is it for personal gain, personal reputation and ego-flaunting? Is it for the love of a friend, a greatly admired and revered person; is it for some "higher Being," or is it for the love of humanity and ultimately for the love of the Plan? Any quest for spiritual development and illumination can take place genuinely only when followed out of love for God, when one lives wholly so that His will is done.

Finally, any spiritual aspiration must involve the idea of service. Each of us is primarily the servant of everyone else, and it is only as we are able to drop our competitiveness to see ourselves more accurately as we really are, beyond wish or ideal, that we can then begin to act selflessly out of service, beyond ambition. Such a life demands honesty and sincerity, devotion and struggle. Such a life is a new beginning, the door opening into a larger room.

Chapter 1

There are many opinions concerning the development of the spiritual-minded man and what goes with that development. One theory is that some force outside of man is going to bring about a new race of men. In other words, there is to be some miraculous transformation of the human family, a transformation brought on by some external power through which the higher type of man-woman is to come forth.

According to our teaching, the Scriptures do not support such an interpretation. We look upon Jesus Christ as the great leader of a new civilization, and we feel He undoubtedly is such a new forerunner. Both Jesus' and John's opening declaration was "Repent ye," which means "Change your mind and actions." So all those who are following Jesus are finding it necessary to move out of a three-dimensional consciousness into a four-dimensional consciousness, and this is really the transformation named by Jesus Christ "the regeneration."

The exercises in these chapters are an attempt to show step by step how to evolve the natural faculties into highly spiritual faculties, and it is by means of such a development that one comes to learn of salvation through Jesus Christ.

In the Resurrection Jesus Christ manifested Himself in a finer body, less densely material, with the spiritual mind dominant. He functioned in this more psychically sensitized realm for forty days before His ascension. Then through the power of His higher spiritual nature, He raised the psychical body to the completely spiritual body, which is indestructible, eternal, omnipresent Spirit, one with God. In this experience He blazed a new trail in the omnipresent ether, of which we can all take advantage to enter the royal road that leads to a new spiritual state of consciousness to be enjoyed here and now.

Only when we have accomplished the process of spiritualizing both soul and body, as Jesus Christ accomplished it, will we be with Him in that "place" which He prepared for us. That "place" is properly known as the kingdom of the heavens; a kind of existence in which spirit, soul, and body are one, in cooperation and accord.

Let us recall the words of Saint Paul: "There are celestial bodies and there are terrestrial bodies; but the glory of the celestial is one, and the glory of the terrestrial is another. There is one glory of the sun, and another glory of the moon, and another glory of the stars; for star differs from star in glory. So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body" (I Corinthians 15:40-44).

To every individual, all down the ages, at some time in his life, has come from the still small voice of Spirit within the admonition, "Turn to me and be saved, all the ends of the earth!"; that is, "Look to the spiritual powers more deeply inward for your real good." Therefore in all the exercises that follow, please keep in mind always that you are an earthling who is also a spiritual being, a god in the making. Let go of all material preconceptions of yourself and dwell continuously in the finer spiritual dimension, where you see more clearly through the eyes of Spirit, hear with the ears of Spirit, and feel with the heart of Spirit.

As we acquaint ourselves with the Almighty and feel more deeply His immutable laws, we assign less permanent importance to earthly man and more and more deeply come to learn the greatness of the first great cause, which through Jesus Christ is calling us to itself. We feel ourselves entering into the inner kingdom of God, perhaps consciously entering at a point just behind the heart and stomach. We feel ourselves sitting on a throne and abiding there, and our body consciousness is the prism through which His image and likeness is projecting itself more and more clearly into the manifest world.

God, Supreme Being, is the source out of which all creation evolves. God-Mind is an omnipresent spiritualized realm composed of creative ideas. Through continuous prayer and greater spiritual realization, man may make contact with these ideas, weave them into his soul consciousness, and create out of their substance the ideals of his heart.

The soul is the sum total at present of man's thoughts, spiritual and otherwise. The make-up of man's soul depends upon the movement of his thoughts. Thus man, the masterpiece of Almightyness, can find the power to refine his thinking and through appropriate words and more conscious understanding can see his life become a new creation, a movement in a transformed environment. You and I, the offspring of God-Mind, have the wonderful privilege of cooperating with God substance, of opening our soul and body consciousness to the intelligence and energy of the Father, which will lead us to our highest destiny.

After realizing that you are first and foremost a spiritual being in both soul and body, the first step is never to lose contact with this feeling. The spiritual center, the abode of the Christ seed in you, is located in the crown of the head.

Sit down, comfortably and erectly, and center attention in the crown of the head, the home of Christ in you. Affirm:

"The Christ of God is awakening in me."

As you realize this statement, remember that "the Christ" is the perfect-Son idea, God-Mind's perfect call to you, containing all wisdom and power. Do not concentrate too intensely at this point for more than a moment or two, at least not in the beginning. The power of the word in your exercise contacting the Christ of God in you naturally causes an outpouring of the Holy Spirit, which is sometimes manifested in a soft, golden light: pure intelligence. In some instances where a great spiritual realization is being released in consciousness, the light is white and dazzling "as the sun," as recorded in Jesus' experience in the Transfiguration. Allow this light to dissolve the darkness surrounding you, and let it expand in your intelligence as pure intelligence.

Now allow this Christ light to drop to the front forehead, the seat of your daily, conscious mind.
Affirm:

"I am aware that the Christ of God is awakening within me."

At first you may not feel the soft, golden light that is descending from the heights of your mind (the light is felt and not seen), but presently you will be able to feel this outpouring as an illumination which gives you increased understanding. Then allow the Presence, the Christ light, to drop to the center of the head, the pineal gland. Then declare:

"The Christ of God through faith is awakening in me."

In all the exercises that follow, remember that it is well for the conscious mind, which functions in the front forehead, to be awake to all that is going on and to take cognizance continuously of each step in the spiritual unfoldment.

In this connection also please note that the nose is a highly sensitive and intelligent organ. It symbolizes discernment, and it possesses a keen penetrating quality. Be sure the illumination of Spirit is penetrating into this organ and that your discerning powers are quick, keen, and energetic.

From the high point of the crown of the head, now allow the soft light of Spirit to flow down, down, penetrating and permeating every function and cell of the soul and body, down even to the hands and feet. Consciously follow it down into the feet and even beneath the feet, with the heels especially receiving your attention. Here be sure to dwell for some time, fully aware of the flow of Spirit as pure illumination, awakening in you a greater degree of intelligence and light from the crown of the head to the soles of the feet.

With your attention centered in the feet, feel the windows of your soul open toward the heights of your mind. Know you are saturated in holy light, the light of divine intelligence, and that you are even wrapped in it, as in a mantle, clothed from head to feet. This outpouring is known as the descending spiritual current.

By now you will have discovered that there is also an ascending current of light energy coming up from the earth. In its original essence this ascending current was pure substance of Spirit; now, however, it is mingled with the race thought that each person must handle. Realize, however, that the descending current of Spirit does make its way entirely through the body temple, and it will contact the ascending current at various points to temper and harmonize all the undisciplined, more dense race thoughts of hate, fear, jealousy, lack, and the like. With practice and patient attention to these forces, you will feel them meeting in you more and more, and you will receive greater insights into truth; you will better understand your problems and will learn more how to deal with them. You will find yourself raised to higher achievement and activity.

The descending spiritual current and the ascending earthly current, contacting each other at different points in soul and body consciousness, form centers of consciousness, located

correspondingly near different parts of the body. The most important of these centers is located in the region of the heart and stomach. Another one is located at the center of the base of the brain, the medulla. Minor points of contact are located at other centers which are the seats of the different powers or faculties of man.

The activity of divine intelligence in the descending spiritual current from above transforms the error beliefs of the race contained in the earthly flow from beneath into constructive forces, and at the same time gives the individual a richer and broader understanding of life in the manifest, earthly realm.

The ascending spiritual current, while being transformed from above, continues its upward course, however, and is continuously contacting the never-ceasing descending spiritual flow. Now practice and feel yourself consciously ascending with this upward current to the point that we have already designated as the great distributing nerve center behind the heart and the stomach.

You will find that at this point you have a firmer grip on the power of the word and that the Christ is setting up a throne of dominion here. In truth this is where the Christ body, the spiritual body, begins to become manifest. Dwelling consciously here, call down from the heights of your mind all the powers: faith, strength, wisdom, love, and so forth. Feel and affirm, silently or aloud, that these twelve powers (perfect ideas of substance in God-Mind) are entering your soul consciousness and organizing themselves as manifest substance at the very center of your being. Realize that their substance is being established in the breast and through the whole soul and body being. You are thus laying the foundation of the new Christ body or temple of God, with its twelve precious powers which represent the intellectual perception of man's Spiritual body. At this point affirm and realize this invocation:

"I am now in the presence of pure Being, immersed in the Holy Spirit of life, love, and wisdom. I acknowledge Thy presence and power, O blessed Spirit. In Thy divine wisdom I now erase my mortal limitations, and from Thy pure substance of love I bring my world into manifestation according to Thy perfect law."

After you have repeated this invocation, continue to realize that you are in the presence of the substance of pure Being and that you are immersed in the light of Being; that this light from on high saturates you from the crown of your head to the soles of your feet.

Then in order that you may receive an even greater outpouring of the Holy Spirit, repeat very slowly the Lord's Prayer, as follows:

"Our Father who art in heaven, hallowed be thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we have forgiven our debtors. Lead us not into temptation, but deliver us from evil. For Thine is the kingdom, And the power, And the glory, forever. Amen."

These words of Jesus connect the soul directly with the spiritual, celestial realm. With the Holy Spirit paramount in consciousness, the vision and feeling are quickened, and you discern

simultaneously that you dwell consciously in your physical body, your soul body, and your spiritual body; that these three bodies must be merged into one in order to bring into manifestation that imperishable body which was demonstrated by Jesus Christ.

To conclude, keep aware and consciously alert to the meeting of spiritual currents going on within you. Stay alive to the working of Spirit, feel the light in your heart and head that is moving with wisdom and power. Perceive that you are gaining a firmer grip on the power of the word in the palms of your hands and in the soles of your feet between the ball of the foot and the heel. This practice tends to place you on a firm foundation and to give you a greater consciousness of the unfolding processes going on during the rearing of the permanent dwelling place of Spirit.

Man is indeed the masterpiece of Almightyness. With the throne of the Christ set up in the heart of his being, with the mantle of the Holy Spirit wrapped about him, and consciously cooperating with the one creative power of the universe, he becomes free to acquire a pure and perfect soul as well as a permanent and indestructible body temple.

Chapter 2

Affirmation: Jesus Christ is now here raising me to His consciousness of unfailing faith, and I abide in Him.

Faith is; it is an attribute of God. Faith is purely spiritual, and it knows nothing less than complete assurance. Faith is dauntless; it does not know defeat. Faith is the quality of the mind that moves and molds ideas and brings them to concrete expression. Faith is the assurance or confidence of the mind that invisible substance is the source of all visible material things. Modern science says that the cosmic ethers are the storehouse of matter. Metaphysically we find the cosmic ethers are the light of the mind by which the mind expresses when it holds to a definite idea.

As rays of sunshine gleam through tangled vines and bring warmth and a glow to the dark, damp corners of earth, so faith helps to illumine the dark and confused meshes of human thought. Faith radiates its strength, hope, and courage.

Faith enables man to cope more effectively with temporal conditions and also helps man to see through time to a more heightened vision and way of life. The basis of all Christian endeavor is faith. Without this vital factor of religion, one lives less hopefully and with much less of a sense of expectancy. Faith is the key that unlocks a larger door. Faith enables man to come to terms with himself and uplifts his daily life while at the same time bringing more into the present moment the sense of his innate God-hood.

God lives in each heart, and he who consciously cultivates His presence comes into a larger understanding of the creative powers of the universe. Into this "secret place of the Most High" no thought of disease or failure must enter. Here is the source of healing, and the soothing balm of divine faith pours itself out, acting to expand and enlarge and bring more alive God's perfection in the whole consciousness--in all degrees of life. Such faith penetrates the environment,

arousing everywhere a sustaining trust that never falters and never grows less, thus making life a more continuous state of expectant joy and selfless love.

It is the constant mingling and intermingling of evolving intelligence and unswerving faith that establishes a strong healing consciousness in man.

All ideas are from God, and the deepest yearning of the heart to express these ideas more fully in daily life causes mind action. It is through this movement of the mind, which is preceded by a great quiet in the mind, that all divine ideas are carried by faith into consciousness and produce effective, elevating thought.

Faith continues to work long after all rational thought is exhausted. Through a combination of the yearning heart, the alert mind and faith, the substance of Being will be contacted, and one becomes better able to express and demonstrate God in his daily life. Let us ever strengthen our will and willingness to attain the vision that gives us the true prospectus of the heightened realms of Divine Being.

Through ever greater love, knowledge, and faith we begin to enter more deeply into the spiritual kingdom; we begin to make contact with our greater good. The one who proceeds with unwavering love, purpose, and faith develops unlimited power. Jesus Christ was consciously attuned with such power when He said, "Lazarus, come forth," even though Lazarus had lain in the tomb for four days. Jesus advised, recommended, and even commanded that we unfold this wonderful faculty, an enduring power that never diminishes. Such faith can only be known to the strong Christian. In its spiritual reality it is beyond the comprehension of the artistry of words. Spiritually faith acts as a force that can only be described in scientific terms by seers and sages. It is one of the fundamental laws governing man and the universe and is directly related to the underlying substance of the universe.

Jesus said:

"Whatever you ask in prayer, you will receive, if you have faith."

"According to your faith be it done to you.

"Your faith has made you well."

"If you have faith as a grain of mustard seed, you will say to this mountain, 'Move hence to yonder place,' and it will move; and nothing will be impossible to you."

These are all golden truths which may be seen operating to different degrees in our daily lives.

At the center of the brain is the pineal gland. This gland is known to Truth students as the faith center, symbolized by Jesus' disciple Peter, and faith is the "rock" upon which He founded His church. When the inner eye is illumined with spiritual faith, a ray of light—the pure white, pearly light of Spirit—steady and unwavering, is often seen in the silence. So unflinching is this ray of the

spiritual light of faith that it seems as unmovable as a star in the heavens. However it is only a mere symbol letting us know that the spiritual work has been done.

The exercises given herewith are for the purpose of illuminating man's consciousness until he realizes that he has penetrated into the four-dimensional realm, through the material to the kingdom of the heavens that Jesus taught was within the soul.

For the beginning of this exercise repeat the whole of the "I am" exercise given in Chapter 1. With the attention still at the great nerve center, take up the thought of infinite faith. Affirm:

Through Jesus Christ the faith of Almighty God is quickened within me.

After you have gained a better realization of Omnipresence as faith, follow the radiance of Spirit that leads to the faith center, the pineal gland, at the middle of the head; then realize this same prayer:

Through Jesus Christ the faith of Almighty God is quickened within me.

Be perfectly relaxed and receptive to Spirit, and know that you are conscious of the spiritual power descending from the spiritual center, the crown of the head, showering you with new faith.

The tiny ray of pure light that is often discernible in the silence at the faith center is simply the result of the radiation or vibration of the word of faith upon which you are concentrating. When the power of the word reaches a certain degree of intensity, the light of faith becomes visible. Do not try to perceive this ray; by so doing you hinder your own unfoldment. Do the spiritual work quietly, remaining perfectly poised and relaxed. The Lord will take care of the results. Now (with you working with it) allow the Presence to drop slowly down to the love center just back of the heart, and declare:

Faith works through love.

Then allow the Presence, the light of Spirit, to drop down into the soles of the feet, and repeat this declaration:

Understanding faith is now expressed through me.

At the conclusion of the exercise, allow the Presence (while you continue to cooperate) to organize itself just back of the heart and stomach. Again realize:

Faith works through love.

During this realization consciously know that the windows of your soul are more widely opened toward the heavens of your mind, that the spiritual light as pure illumination is descending upon you, and that through faith you are steadily developing the Lord's body. End the exercise first with a realization of larger, more infinite love for all life; then finish with the Lord's Prayer, taking the words very slowly.

You will remember that the instructions in Chapter 1 are to keep the conscious mind, which operates through the front forehead, always fully aware of all that is taking place. Therefore, after you have finished be sure that the conscious mind is awakening to the degree that it has perceived clearly every step of the way. At the close of the exercise, for the sake of balance, it is well to dwell consciously in the feet and even beneath the feet; also to throw the attention down into the palms of the hands, realizing that faith must always be accompanied with works, that nothing is yours unless you express it.

This being true, at the close of this exercise (also at the close of all the other exercises that follow), as you go forth to associate with your fellow men, know that your new realizations are freely finding expression in and through you, especially through the breast; the vital center of expression being at the point in the thorax, the lower part of the sternum, where the last of the true ribs are attached to the sternum. Also realize that your words are growing in power and intelligence and that you are strengthening a center of expression at that point where the upper lip is joined onto the base of the nose. By recognizing this, you will find that your voice will develop a richness and trueness that you as well as your friends will notice. Also know that a new light (illumination) is penetrating the seat of the conscious mind (front forehead) and that even your brow radiates the light of Spirit.

Chapter 3

Affirmation: Jesus Christ is now here raising me to His consciousness of sustaining strength, and I rest in joy and peace.

The realization of the presence of God as sustaining strength is a stronghold in the consciousness of man that fortifies him against all adverse conditions.

Nothing so uplifts, nothing so frees from care and worry, nothing so brings the thought of victory as being rooted in that sustaining strength which overcomes all weakness. To have the strength of character that makes life seem effortless and nonresistant is to have the inward joy that no man can take away.

When Jesus withstood the temptation in the wilderness, He proved beyond all question that He possessed the strength of character that the Almighty required of Him. Man today is working toward this same unfoldment. For him to be more and more deeply rooted in the consciousness of sustaining strength means that he is overcoming as Jesus Christ overcame. It is likely that he will need more time, but nevertheless the ever fuller joy of the overcomer is his. When man holds his ground in the face of temptation and refuses to yield to the allurements of the world or of sense consciousness, no doubt the very angels and higher helpers shout for joy. True strength of character, though nonresistant, withstands the tricky, treacherous movements of temptation in any guise; all shafts of error directed its way meet with defeat.

Among the apostles of Jesus Christ, Andrew symbolizes strength. The strength center of man is in the small of the back. Spiritual strength, the fruit of prayer and of meditating on strength, is born in the silence of the soul and reflected into the body at the strength center.

The eagle is the symbol of strength and victory. He mounts up into the air to an unbelievable height and from this altitude focuses his eye on the ground below and spots his prey. He rises above the cyclone; he outflies the wind. As is the way of an eagle in the air, so is the way of man when he fully realizes his divine sonship. The man who thinks himself only finite and apart from the Infinite cannot realize the possibilities of spiritual man; he cannot even dream of the possibilities awaiting him.

All strength is from God. However, man's thoughts and actions largely determine the mold or shape into which this precious essence of strength is poured. Spiritual unfoldment and the increase of God's strength in man depends upon man's determined aspirations, within and without, which are met by God's descending grace. The soul cannot buy God's strength or steal it, but rather can only open itself to it and go to meet the divine with sincere and unflinching, purposeful devotion.

Truly, to live the spiritual, "religious" life, one must be strong. One must withstand every test. Victory means great joy, and we are joyous only when we are strong physically, mentally, and spiritually. It is said that actors have been killed by too much criticism. Their need was for the unfoldment of a strength of character that can handle prejudices and jealousies without resistance. If such souls had been sufficiently strong in God, they would have known that praise or criticism from the world is not really important ultimately. They would have known how to wrap themselves about the protecting mantle of God; how to rest quietly under the shadow of the Almighty during onslaught; how to emerge strong and joyous after being momentarily wounded by an attack that has spent its fury; they would have known how to live life so that criticism is felt but is immediately then allowed to pass.

We must not let ourselves be weakened by disappointments and frustrations of human relationships. If we harbor such negativity for too long, we may even come to the point where we want to retreat or even die. Such moods cannot be allowed to weaken the spiritually minded man. His senses must be keen and illumined at all times. He must maintain contact with the ever-renewing Spirit of infinite strength; he must be sustained by God's unflinching power and presence and must rise from disappointment and loneliness to go on, even stronger than before. Realization of spiritual strength at the strength center, the small of the back, acts as an invigorating tonic to the silver cord-the path for the spinal life fluid that flows along the inner walls of the spinal column. Spiritual strength aids the free flow of the life fluid along the nerves and penetrates into every cell and fiber of the golden bowl-the abdominal wall that contains and supports the digestive organs. In such a manner the whole body temple is uplifted and vitalized anew.

For the exercise in silence, first follow diligently the outline given in the first exercise in Chapter 1. Realize and feel that you are rooted in God's strength of Being. With your conscious mind realize that the light of Spirit is descending from the spiritual center in the crown of the head. Then with the attention at the point designated as the great solar nerve center, back of the heart and stomach, repeat the invocation. Realize that you are in the presence of pure Being and immersed in Its light. As you continue, you will come into the conscious knowledge that you are wrapped in a mantle of light (pure understanding), that your feet are shod in sandals of light, and that every impulse of your soul is reaching out to express fully the Christ of God within.

Next, for the special unfoldment of spiritual strength, continue to allow the Presence to dwell at the center of your being. Affirm:

I am one with infinite strength.

Next, allow the Presence to drop to the small of the back and realize that the light of Spirit-which you feel but do not see is descending from the crown of the head and organizing itself at the strength center. During this outpouring hold steadily to this thought:

I am one with infinite strength.

You will feel new strength awakening within you. Next, let the Presence ascend to the power center at the root of the tongue; then hold steadily to this thought:

I have the power to express the sustaining strength of Spirit.

Now allow the Presence to descend to the life center, the lower part of the abdomen. There affirm:

The pure, undefiled strength of God is being expressed in and through me, and I am strengthened and sustained in all my actions.

Next, allow the Presence to return to the great center of being just back of the heart and stomach. There take up this word:

The joy of the Lord is a wellspring within me, and I am established in divine strength.

Dwell consciously at that point, knowing that you are firmly rooted in the garden of spirituality within your own soul, that the light of Spirit is descending from the spiritual center, the crown of the head, and that new strength is flowing to every part of your whole being. The truth is that man's whole body temple is the garden of God, and that every cell and fiber is made sweet and strong by this new baptism of the Holy Spirit. You have a strong hold on the body temple when God's presence is alive in your deepest roots, your Christ within. Then you are more and more free to express God from the very center of your being, to bring forth Christ in daily life. Close the exercise by speaking the Lord's Prayer.

(It is well for the sake of balance, after you have finished the exercise, to throw the attention for a time into the palms of the hands and tips of the fingers, also into the feet, and then even beneath the feet, realizing that you are planted on the firm foundation rock of Truth.)

Chapter 4

Affirmation: "Jesus Christ is now here raising me to His consciousness of divine judgment, and the wisdom of God is expressed in all that I think, say, and do."

The logic and reason of observation prove that every happening in life bears the stamp of God's judgment, regardless of what may happen according to the laws of man. For a time we may not see the correspondence of human law with divine law, but when the whole picture is examined, God's judgment is plainly evident and in full operation.

When a person is faced with vital issues, when he is reduced to his own loneliness and failure, then only will he see that the wisdom and judgment of God alone can save the day, and then only is he likely to become very meek and humble and seek earnestly for the inner light.

Every soul has free access to the source of wisdom within. As we approach the divine source of wisdom and begin to realize our oneness with it, we find that we are evolving a higher intelligence than that of intellect alone and that we are moving toward a greater science, the science of intuition and wisdom working through the mind. We find ourselves touched and moved by the more primal energies and principles of Being. These may be called pure ideas, and such ideas express themselves through the mind in the form of clear words and thoughts. Divine wisdom, divine judgment, has in itself the essence of profound goodness. When we really live in deep relation to divine wisdom, we shall have much greater power to combine words and actions effectively and so manifest greater wholeness and perfection in mind and body.

In all wisdom man must consciously control and work with his body. In fact he must not only consciously but also subconsciously be in command of his body. This ability is attained through continuous care and wise development of the twelve spiritual faculties.

For your exercise in the silence, first take up the exercise in Chapter 1, following step by step the outline given there, with the conscious mind in the front forehead fully aware of what is taking place. You will become more and more aware that the Christ of God is awakening within you; and that you are even consciously forming new perceptive faculties not only in the front forehead but throughout your whole being, "putting on the Christ," and calling into focus, formation, and demonstration the permanent and indestructible body temple.

After you have felt a deeper realization and pervasiveness of God's presence, in you and all around you, and after you have become more deeply conscious of the flow of the Holy Spirit, continue allowing the divine Presence to dwell at the point designated as the great solar nerve center; then take up the thought of infinite wisdom, spiritual judgment, and affirm:

Divine wisdom is awakened within me and my soul rejoices.

Then allow the Presence to go to the judgment or wisdom center, at the pit of the stomach, and affirm that the wisdom of Almighty God is descending upon you from the spiritual center, the crown of the head, and that you are appropriating and assimilating it in the spirit of love, Divine judgment is ever proclaiming that wisdom, symbolized by Jesus' disciple James, and love, symbolized by Jesus' disciple John, must work together. Affirm:

God is the name of the omnipresent wisdom in which I live, move, and have my being. Divine wisdom is awakened in me and I love to express divine judgment.

Hold this statement until your whole being is illuminated with spiritual light.

The great positive and the great negative forces run through the center of our being as wisdom (judgment) in the pit of the stomach, and as love in the heart. In the development of the twelve powers, these faculties are of paramount importance; they are closely related and work together in producing the strongest vibrations known to the body. Jesus called James and John "sons of thunder," a title symbolizing the powerful vibrations produced by these faculties. Wisdom is a great dynamic force that carries its power to the love center. In the action and reaction between these two centers we get our greatest realizations and our most powerful spiritual radiations. Wisdom and love, when combined, produce peace and poise, a great dynamic spiritual center symbolized by the kingdom of God.

Next allow the Presence, the light of Spirit, to return to the great solar nerve center back of stomach and heart. Repeat this affirmation:

The Presence of God transforms my fears into the spirit of power and love, and gives me a sound mind and body.

Then allow the Presence to enter the love center, the heart itself, and declare:

I love to express the wisdom of God. My heart beats in love with the great loving heart of God. I move with greater peace, poise, and power.

Now allow the Presence to return to the great solar nerve center and speak the Lord's Prayer.

After you have finished this exercise, it is often good to realize and affirm that your conscious mind is aware of the spiritual process going on. Then let the Presence drop down into the feet. Here realize that you are clothed in greater understanding and peace.

Remember, don't push these exercises. Practice with patience and discrimination.

Chapter 5

As the work and teachings of Jesus Christ so clearly remind us, we are on earth working daily to unfold soul qualities that make us always more lovable, strong, pure, and more nearly perfect. We know that the body is the fruit of the soul and that as we unfold spiritual qualities within the soul, the body goes through a process of refining and uplifting. This process must continue until we demonstrate a body fashioned after the pattern of the body of light, the Jesus Christ body.

In this lesson we take up the thought of divine love. In the spiritual body the love center is the heart, symbolized by Jesus' disciple John. John loved the Master. During Jesus' journeys with His disciples through Palestine, John was almost continually by the Master's side. Even when Jesus was crucified and all the other disciples fled, John was not far from the Master. While John was an exile on the island of Patmos, he was "in the Spirit on the Lord's day" and was lifted up in consciousness until he beheld a vision of the perfect man Jesus Christ in all His glory. Thus love beholds the transforming, uplifting power of the Christ.

Love is the attribute that holds the soul and body together. It is the attracting force that draws our good to us according to the depth and strength of our realization of the higher energies of God's presence. The path that leads to true soul unfoldment leads to adoration of the great cause of all. We learn to adore God when we find that He is a God of love, willing to pour out His good upon us and to befriend us in every way. God, through love, is gently wooing us; He does not force or suppress the wild, uncultivated forces within the heart, but He gently opens avenues through which these forces may express themselves constructively, lovingly.

Let us bless the parents of the present day who love their children wisely and who are not suppressing them or trying to force them into a certain mold, but who are allowing them to be guided and directed by their own indwelling Christ. As a result of force or suppression during childhood, many persons have hard, unyielding places in the subconscious mind that do not give up readily to the power of the word.

All the wild, uncultivated forces in us must be won for God, and they must be won under the law of love. Often our frenzied, egocentric lives forget love. Let us remember love, and let us learn to cultivate it moment by moment in our thoughts and actions. Just as John radiated love, so let us radiate it; let us feel the warm love of Jesus Christ in our heart, and let us realize love, sending out thoughts of love until we are lifted above all thought of materiality.

Let us listen deeply inward to the music of our soul that joyously arouses our higher nature, and let us carefully seek out such music wherever it is to be found in our daily life. The music that we love best is the joyous, triumphant voice of the Christ singing through the inner recesses of our soul. The loving voice of the Christ awakens in us the spiritual powers that strengthen, uplift, and redeem.

For the exercise in the silence, first follow the outline given in Chapter 1. Repeating the Lord's Prayer, with the presence of the Holy Spirit at the great nerve center back of the heart and stomach, give your deepest being (your indwelling Christ) the opportunity to command, through love, the twelve faculties and to direct them in regenerative processes. Then continuing to dwell at the point designated, take up this thought:

I have faith in the supreme power of love.

Love and wisdom always must go hand in hand. Love alone is not enough, and needs wisdom just as wisdom needs love. Therefore, allow the light of Spirit to descend into the heart and then to the pit of the stomach, at the wisdom center. At each point hold this thought:

Divine love and wisdom are united in me. I will sing of loving-kindness and of justice.

Then allow the Presence to descend into the renunciation center, the lower end of the spinal column. Here hold this thought:

The forgiving love of Jesus Christ cleanses, purifies, and redeems me.

Then follow the Presence to the heart center and realize that the law of love is written in your heart. Realize that in soul and body you are being made perfect through the unfolding power of divine love.

But always bear in mind that love and wisdom must find expression through the conscious mind. With your concentrated being expressing itself at the point designated as the solar nerve center, and realizing that all the windows of your soul are open toward the spiritual center (crown of the head), know and feel that the conscious mind (front forehead) is aware of your new spiritual realization and is using it freely in contact with your word; that you are aspiring to express the love of God in all your ways; and that your spiritual realizations are more noticeably shining through your eyes and are expressing themselves in your voice. Close the exercise with the Lord's Prayer, keeping the attention at the point designated as the great solar nerve center.

Chapter 6

Affirmation: Jesus Christ is now here raising me to His consciousness of divine power, and I am established in the mastery and dominion of Spirit.

As Jesus Christ taught and demonstrated, we receive power whenever the Holy Spirit comes upon us. The Holy Spirit is God in action, and the activity of Spirit gives us power. It is a force generating from God that meets our strongest aspirations and enables us to move out to others by our thoughts, words, and actions. Through the combination of God's power and man's deepest spiritual will and willingness, deeper realizations of love, wisdom, and the strength of life are set into action.

The expression of power in man is regulated by his thoughts, his words, and his actions. Jesus' apostle Philip symbolizes power. Power expresses itself through soul and body and mind at the point in the throat where the hypoglossus muscle is located. Christian metaphysicians call this place in the throat the power center. Power operates through the nerve aggregations in the throat that control the larynx. Also the ductless gland known as the thyroid is directly connected with the power center.

The power center may be compared to the amplifying or stepping-up device of a radio. The audio amplifier in a receiving set simply increases the power of the voice of the singer or speaker until his words may be heard at great distance. In man's organism the life current is harnessed by the power center, where it comes under control of his deepest being and is spoken into expression or is intelligently directed to its work in soul, mind, and body.

The thyroid gland placed across the front of the throat was the first of the ductless glands to begin to yield its secrets to science. Added power and control are felt throughout the whole body temple by allowing the Presence, the light of Spirit, to descend from the spiritual center in the crown of the head down to the thyroid gland and into the base of the neck. After so doing, then realize that the all-knowing power of God's word is being poured out from on high at these very points. Your whole being will begin to become illumined. Note carefully, however, not to overextend yourself in this exercise at first, and never carry out such an exercise except in the

spirit of selfless love. Otherwise the personal ego tries to use the added power for its own glorification, which leads to defeat.

If we have the devotion and strength of purpose to draw close to God in consciousness, we will receive an outpouring of the Holy Spirit. The demonstration of the Holy Spirit, God's power, rests with us. Our consciousness is the channel through which God's laws find expression. Through patient devotion and single-mindedness of purpose, we will become an ever increasingly effective channel for God's work to be done.

Our aim in life should be to grow by unfolding the power of the living word. In order to do this, we must watch our thoughts, words, and actions. If we are honest with ourselves and with God, we shall speak aright. We must be truthful, for even little falsehoods hinder spiritual growth. And we must also learn how to keep silent- to let God fill us with insight. To think and act with clarity, one must also be still and wait, so that his best intentions are filled with direction and moved by wisdom.

For the exercise in the silence, first follow the outline given in Chapter 1. Get the realization of the outpicturing of the Holy Spirit throughout your whole being. Continuing to hold the attention at the great solar nerve center, affirm:

God's power is being given to me in mind and in body.

Then allow the Presence to ascend to the base of the neck, including the whole throat, and even the tip of the tongue. Realize that the light is pouring out upon you from the spiritual center in the crown of the head, and that you have the power to appropriate and assimilate this light. This is a good word to hold:

Your name is Spirit. I know You as the one, all-powerful, all-knowing Mind, now giving me full control of the powers of being.

Then allowing the Presence, the Holy Spirit, to descend to the heart, meditate upon the power of divine love. Dedicate your realization of power to the loving service of the Lord. Holding the attention at the heart center, take up this prayer:

I am humble and receptive in heart. God expresses Himself in me and through me in love and power.

Next allow the Presence to descend into the lower part of the abdomen, the life center, with this thought:

God's purity is awakened in me, Power from God raises me to a higher consciousness and realization.

Again allow the Presence to ascend to the point named, the great solar nerve center, and affirm:

I am rooted in the peace, poise, and power of God. Through me God is doing His work in love and wisdom, and I rejoice and am thankful for the good that I can do through Him.

Close the drill by softly repeating the Lord's Prayer. During the whole drill, be sure that the conscious mind in the front forehead is feeling the new power that you are generating. This tends to remold your perceptive powers more and more after the divine pattern. After the exercise, sit for a few moments, first with the attention in the palms of the hands and fingertips, and then in the feet and beneath the feet.

May the word work mightily in you!

Chapter 7

Affirmation: "Jesus Christ is now here raising me to His consciousness of divine imagination, and I see greater spiritual perfection everywhere.

Divine Imagination is the chisel man wields to mold his inner thought kingdom. Intelligent seeing is a form of divine imagination, and to see intelligently is to behold man in a constant state of keen knowing. God, the good, is the foundation on which our life is built; man should see God as the Source of his life, and he should see himself majestically springing from the Source. Our imaging faculty is quite powerful, and the thought forms we create in consciousness have a great effect in our life. We are manifesting in the outer that which takes place in our inner thought realm.

It is through divine imagination that the soul first gets the impulse to expand. In the silence man, learns to extend his vision beyond things as they appear temporarily. He does not ignore the conditions that face him, but he looks through them to what they can become. As our goal is greater light and purity, so we must first go through many periods of constant pruning. The soul must face its challenges yet somehow always see these "in the light." Imagination means seeing the wholeness and purpose in each condition and challenge. By blessing our situation as we face it, we help to bring about healing, and eventual overcoming will be ours. Imagination leads us to the realization that at the center of all life there is a perfect pattern, something which cannot be improved or disputed, the image of God, and that he who sees through eyes of spiritual imagination sees through eyes of God. He beholds the good and the beautiful in the midst of that which is temporarily only approaching and working out its wholeness.

Divine imagination exists and it watches every opportunity to express itself. No doubt you can recall some memorable occasion when some especially beautiful, noble, and unselfish impulse sprang up from within your soul, and before you knew it, you were acting upon that impulse. On this occasion something converged or focused, quickly and unplanned, to arouse you in your soul depths, and you responded ultimately before thought. Your friends may have told you that under the sway of that divine feeling, the whole expression of your face changed; the light in your eyes deepened, you were seized by a new and wonderful strength of character. On this memorable occasion your eyes saw what your soul had the ability to glimpse in passing. The perception of your mind caught the superb moment you were able to bring forth. In other words, from the combination of your total attention and receptivity and some inbreaking from beyond, an inner

door was opened so that you could at least glimpse some tremendous surprise—a particle glance of the heavens. Such experiences make the soul hunger to extend these noble impulses, for in such moments the soul knows itself as it really is. The soul craves to express its highest possibilities of love and unselfish action. The soul desires most deeply to move more closely and intimately with God.

Imagination is an attribute of God. It is the formative power of thought, the molding power of the mind. It is that which gives shape, tone, color to thinking. Every word, every combination of words, has an image behind it—a thought picture. These images and thought combinations work in omnipresent substance to manifest in our life; in a sense they are molding the life of men.

We all have free access to God, therefore we have free access to His imagination, divine imagination. Would you be strong, healthy, wise, and lovable? Imagine yourself to be all good things, touch the divine creative faculty of imagination within yourself, and you will manifest that which you image. Jesus Christ knew how the law of divine imagination works. Through contact with His image and likeness within, He molded His life after the pattern of the Father. ("He who has seen me has seen the Father.") Jesus knew that He was the image of the Father, brought into manifestation through His right identification with the Source of all life.

The prophets of old were well-versed in their use of the faculty of imagination. They were guided by and took instruction from their visions and dreams. There is a scientific law behind men's visions: everything that happens in the outer world first takes place in the inner realm of thought. The inner realm of thought is where the Spirit of Truth operates to manifest itself in the outer. Often when we become still, as in sleep, the Spirit of Truth throws messages onto the screen of our mind. These messages are thought pictures, and are called "dreams" by the recipient. We must learn to read the thought pictures through the Spirit of Truth in order to receive the message that they bring to us. If we take our thoughts to the center of imagination within, holding to the purpose of realization for light and wisdom, the power of Spirit will dissolve error thought and make clear the Truth.

Divine imagination, an instrument in the hands of the Spirit of Truth, manifesting through mental pictures and images is often prophetic. We read the symbols of our thought, in silent meditation, to discern what manifestations we are creating through our thought.

Jesus' apostle Bartholomew symbolizes the faculty of divine imagination. Between the eyes is a ganglionic nerve center, which when spiritually quickened will set into operation the divine imaging power.

For the work in the silence first take up the exercise given in Chapter 1. When repeating the invocation there, realize that you are "in the presence of pure Being" and that you are "immersed in the Holy Spirit of life, love and wisdom." Try to feel and see with your inner eye the deeper you. Allowing the Presence to dwell at a point back of the heart, realize this prayer:

The image of the Christ is implanted within me.

Realize that the quickening power of the word is bringing that divine image into manifestation. Then allow the Presence, the light of Spirit, to ascend into the seat of the imaging faculty, between the eyes, realizing this word:

I AM the image and likeness of God in manifestation.

Allowing the Presence to drop down to the heart center, affirm:

My heart is beating in perfect accord with the great heart of God. Through the eyes of love I behold everyone and everything as pure and perfect.

Next allow the Presence to drop down into the feet. Then affirm:

I am able to stand straight before the Lord; I am walking in perfect accord with Him.

Then quietly let the Presence take up its abode back of the heart. Let men and women hold this prayer:

I am created in the image and likeness of God.

Then close the exercise with the Lord's Prayer. In conclusion, as in the previous exercises, drop the attention down into the feet, and let it dwell there for a while. By this time you will have discovered that by so doing you set into activity all the spiritual powers of your being.

Chapter 8

Affirmation: Jesus Christ is now here raising sing me to His consciousness of divine understanding. I am inspired.

For ages, man has desired a higher and better life than that which is confined to the senses. The heart of man has craved understanding, and above all things, man has prayed to be led out of the darkness and wilderness of sense-consciousness. We have mistakenly thought the only answer to this craving was in the hope of heaven after death, and for a long time we have accepted a worm-of-the-dust theory about ourselves, bowing to pain and suffering through conditions believed to be willed upon us by God.

Through meditation, and by the innate logic of the mind, man is becoming conscious of his unity with the Source of Almightyness. Through this unity with God, we learn that the light of heaven is here, now-that we do not have to wait until after death. Divine understanding is lighting the heart and lifting the consciousness of mankind.

Let us incline the ear to wisdom, broaden the mind, make ourselves receptive to the inner thought of Divine Mind. Just as the sunflower keeps its face toward the sun, so do the inner forces of man incline toward Divine Mind, man's inner forces of light and understanding. We pray for understanding and earnestly seek out the laws of life so that we may operate by divine order.

Divine understanding is the perceiving power of the mind; it is often called the eye of the will. Divine will is the governing, directing power of mind. These twin spiritual faculties operate through the front brain. Working together they penetrate into the invisible realm of thought to direct and bring forth the light and inspiration of Divine Mind. They connect the inner world of thought with the outer world of manifestation.

In the process of spiritual unfoldment there are times when the understanding faculty is obscured, when it seems to operate in dim light. But within each of us is the spiritual light to understand, and we may strengthen the faculty of understanding by making powerful affirmations. When the consciousness is lit with spiritual understanding, it is able to demonstrate the attributes of God and to understand the work of Spirit in the physical world. This understanding gives clear insight into everything, and it inspires the will to rightly direct thoughts toward the renewal of the mind.

We have all made resolutions of new life that were not kept. What was the stumbling block? We are sincere in resolving to demonstrate more and better life, but old and limited mental conceptions are barriers to the expression brought out of a new, unlimited understanding. This resistance causes a letting down in consciousness, and it takes patient, persistent, creative thought to remold the perceptive and directive powers of the mind. While the process may seem slow and endless, there is constant reward if our intent is to appropriate enough energy to activate love and wisdom in our life. With persistence the pure light within will enable us to breathe divine liberation into the soul, into the very flesh of the body. We need to arouse sufficient life energy and love within to lift up the whole consciousness. Then will we perceive with an understanding heart and radiate wisdom to the outer.

John the Beloved tells of his wonderful vision of the resurrected Jesus in these words: "Then he showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city." Jesus here symbolizes the inner Christ in action. The river of living water is produced by the flow of spiritual thoughts through the mind and body. The river flows "from the throne of God"-for all things come from the Word, and the throne denotes the establishment of the spiritual Word within the soul. Here is man given authority to exercise power and dominion. "On either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month." The wonderful tree of life brings forth much fruit, symbolizing the unlimited power of Spirit to increase. The picture given in this passage represents the soul's energy and life in the nervous system.

There are two great branches to this tree of life: the sympathetic nervous system and the cerebrospinal nervous system. The great ganglia of the sympathetic system regulate the functions of respiration, circulation, and digestion; the nerve centers near the heart and stomach are the central nervous stations for this system. This system enables us to feel joy or sadness, health or sickness. The cerebrospinal system consists of the brain and the spinal cord, with branches to all parts of the body; this system empowers the body with the ability to move, to act, to express life force.

For a regenerative exercise in the silence, begin with the exercise in Chapter 1. Continue to allow the Presence to dwell at the solar nerve center and declare that your body temple is the garden of

God, that Jesus (the indwelling Christ in action) is standing in the midst of you, directing and controlling the ebb and flow of your spiritual energies. Hold this thought:

The Christ of God is active in me; the breath of God gives me understanding. I am transformed by the renewal of my mind.

Now allow the Presence to ascend to the front brain, to the center of the faculties of understanding and will. Here meditate on this thought:

Divine understanding is awakened in me, and I am divinely guided in all that I do. I see spiritually, feel spiritually, know spiritually, and act spiritually.

Now allow the Presence to drop down into the feet, holding this thought:

My feet are placed on the firm rock of divine understanding. I am shod in sandals of pure gold. I am governed, guided, and directed by the wisdom and power of the indwelling Christ.

The feet represent the understanding and guiding power that contacts materiality, the outer world.

Next allow the Presence to rise to the point back of the heart and stomach. Feel the spiritual flow of thought from head to foot. Realize again that your whole body is the garden of God, that every spiritual center in this garden is imbued with the perfect light of Christ.

Close the exercise by repeating the Lord's Prayer. The Christ of God in the midst of you is mighty to heal, to guide, to uplift you, bodily and mentally. By this time you will have discovered that the unfoldment of the spiritual faculties is one that cannot be pushed.

The earnest student may become aware of some barriers to further development. It is sometimes best to cease the exercises for a time in order to digest the inspiration which has already been received. When you are again centered in the new light, well poised, you will be guided back to the exercises for continuation of this pure work.

Chapter 9

Affirmation: Jesus Christ is now here raising me to His consciousness of divine will. I am willing to do His will.

Every great character of the Bible became great by learning to hear and to obey the voice of his indwelling Christ. Moses' life reveals how nonresistance and obedience to divine will may lead one through the dangers of sense consciousness (Egypt) into light and freedom (Promised Land). He was a great leader, a great lawgiver (the name Moses means "drawing out"), and through the power of his will to be guided from within he led the children of Israel out of bondage and onto the path to freedom. The history of Moses is the history of every great character--obedience to the guiding power of the indwelling Christ elevates men above the race.

Too often man is involved in external entanglements and confusion so that his consciousness has lost the real central power of Spirit. At such times man is more self-willful than God-willful, and this is the cause of his suffering. He has lost almost all conception of what it is to hear and to heed the voice of the indwelling Christ. He looks more to man-made laws and to man's opinions as standards for his living, and he thinks that in worldly affairs there is no place for religion. In the presence of such an attitude, many affairs of the world today are carried on independent of the higher will and power, resulting in confusion and chaos.

A truly spiritual and religious life activates the quickening power of Spirit. A man quickened by Spirit realizes that God is the one and only power, and he desires above all else to be guided and directed by that power. The devout soul is willing that the will of God shall be done in him, but he may be uncertain as to the way. We do more than merely repeat a prayer; we must realize it in the very depths of our heart until our every faculty and our every cell responds. A good prayer for guidance is this:

I am guided, governed, and directed by the wisdom and power of my indwelling Christ. All my ways are pleasant and all my paths are peaceful.

This realization opens the way so that the light of Spirit may descend from the higher realms of the mind and establish itself within the soul. The awakening student eagerly seeks this newborn light; he tries to follow it, more than willing to prostrate himself before this throne of God, for he realizes mortal ignorance is passing. The loyal and quickened soul is learning to obey; the faculty of divine will that operates between absolute Truth and relative conditions is coming again, little by little, into activity in the affairs of man.

Divine will is the mediator between God and man. It operates between the inner realms of mind and the outer manifestation. Among the apostles of Jesus Christ, Matthew symbolizes the will, the executive power of the mind. Divine will (Matthew), together with its twin faculty of divine understanding (symbolized by Thomas), operates in the forehead, the front brain. Every high spiritual realization—be it a realization of love, of power, of health—should be gently brought to the attention of these twin faculties so they may make complete the connection between the invisible world of thought and the outer world of manifestation.

Divine will is good will. In real spiritual unfoldment, when we become obedient to the indwelling Christ, will and understanding inquire into the value of every thought in consciousness; they learn its real value, and they make it pay tribute according to its worth.

A good exercise for the silence is to go within and take up the exercise given in Chapter 1. Then, allowing the Presence to continue to dwell back of the heart and stomach, at the point designated as the great solar nerve center, realize that God and God's laws are all.

Then allow the Presence to ascend to the front forehead (center of the twin faculties of will and understanding), and affirm:

I am conscious of the will of God. I am glorified in understanding.

Next allow the Presence to drop down into the order center, back of the navel, and affirm:

My understanding is open. My will is alert. I am living the law of good.

Gradually you will come to know that God's loving, sheltering will is within you and about you, and this realization will give you a deeper consciousness of security and understanding. Then again allow the Presence to ascend to the point designated as the great central sun, and close the exercise by softly repeating the Lord's Prayer.

In conclusion, for the sake of perfect balance, throw the attention down into the feet and know that the will of God, working in your greater understanding of the law, is having its perfect way in you. The feet represent that part of the body which contacts the earth, also the affairs of the world. Hence the great necessity of always preserving the consciousness of equilibrium and poise.

Chapter 10

Affirmation: Jesus Christ is now here raising me to His consciousness of divine order, and I realize that the law of God is fulfilled in me.

Man has free will, and in his ignorance he often acts in direct opposition to the divine law, but when he reaches a certain stage of understanding he strives earnestly to keep the divine law. He knows that his freedom will come by his cooperating intelligently with the law.

In working out his problems of everyday life, man should first take into consideration the relation that the problem bears to God, then to his fellow men and himself. Next he should lay hold of the ideas that are to be worked upon by divine law. As these fundamental ideas are incorporated into consciousness, they make contact with thought forces on various planes of action, and the many complex problems that arise in the course of the soul's evolution are harmonized under the higher law.

It is very clear that the safety of the people of the earth lies in the operation of

the law of order upon which the universe is founded. To be happy we must act in accordance with God's eternal laws and allow them to work peacefully and thoroughly in and through all that we do. Divine law is not hard and binding; it expresses itself in freedom and joy.

Our so-called laws of civilization are in a way copied after the divine law, but too often personality has entered in, and thoughts of ambition, selfishness, and greed are dominant; therefore, manmade laws are colored with the personal ambitions of man. To be overtaken by the law means, to the man immersed in his senses, to be convicted of crime and to be fined or imprisoned. One overtaken by the divine law-that is, one who has not acted in harmony with the divine law-suffers mental and physical imprisonment; he fails to grow spiritually and the reaction of the forces of life within him destroys his body. The illumined individual prays for greater strength, greater power to live in harmony with the law, counting it a privilege to pay the

last farthing of the penalty that has been imposed because of his transgression of the law; for by so doing he enters to a greater degree into the heavenly kingdom.

The divine law of order working in the subconsciousness unearths buried talents, reveals hidden powers, and paves the way for their expression. The divine law of order coordinates the mind powers, and paves the way for their expression. The divine law of order coordinates the mind powers so that new inspirations may come forth and find unhindered recognition and lodgment in the conscious mind. The divine law of order emphasizes the overcoming power of man, thereby abolishing fear and despair. Sickness and weakness are never to be recognized as having a place in divine law and order. Health and freedom are always the outworkings of God's wondrous plan. In short, while man apparently is undergoing continual change, both physically and mentally, the changeless law of order is operating in the spiritual depths of his being.

Our spiritual realizations blend in the subconsciousness and work to eliminate the weak and the negative; a wonderful law of order is at work there. There is a yoking and a pulling together of the spiritual powers to the end that both soul and body may be lifted up to the divine standard.

James (son of Alphaeus) represents law and order. His work was to cooperate with the other disciples, just as the orderly movement of a play depends upon the cooperation of the players. The center of order in the body of man is located at a nerve center back of the navel. By employing prayer and meditation, one may quicken the ganglionic nerve cells at the order center. It is through the navel that the unborn baby receives its sustenance from the mother; so it is through this order center that the soul, spiritually quickened, receives the divine nourishment direct from the Father-Mother God. Through our meditation and consecration the spiritual laws are unfolded to us from within. Then our realization of God as the great Father-Mother is quickened and not only do we begin to discern the soul experiences that have been ours in former lives, but it is more clearly revealed to us that certain unfulfilled desires have determined our present parentage. The inner realization corresponds with the outer manifestation.

Divine order radiates its mighty power into the other faculties and sets them into sustained activity to the end that the perfect man shall be brought forth. Thus through the operation of divine order, the greatness of the soul is demonstrated and the nature of God is more fully revealed.

For the regenerative exercise in the silence, first take up the exercise given in Chapter 1. Continuing to allow the Presence to dwell at the point designated as the great central sun, back of heart and stomach, affirm:

Divine order is becoming active in my mind, body, and affairs, and all things are working together for my good.

Realize that, under divine law, the rule of infinite Mind is awakened in you and that every function and organ of your being is inspired with health, harmony, peace, joy, and satisfaction.

Then let the Presence descend to the order center back of the navel, and affirm:

The law of the spirit of life in Christ Jesus has made me better able to work with the law of sin and of death.

As you dwell upon this powerful statement, realize that the light of Spirit from on high, from the spiritual center in the crown of the head, is descending upon you, and that you are laying hold of a new understanding of the divine law of life. Next allow the Presence to center in the small of the back, the strength center. Then, more perfectly relaxed in mind and body, affirm:

The law of divine order and harmony is satisfied in me, and I behold myself a tower of spiritual strength and stability.

Then let the Presence ascend to the power center at the root of the tongue and the base of the neck, and realize:

I am the power that sets into activity God's perfect law; every function of my mind, every organ of my body, is working to glorify the Father.

Next let the light of Spirit return to the order center just back of the navel, and declare:

Praise God, the law of divine order is satisfied in me, and I am at peace with all mankind.

Then allow the Presence to return to the point designated as the great central sun; there realize that the laws of God are written in your heart and that your delight is to direct your life according to His laws. Close the exercise by softly repeating the Lord's Prayer.

After the drill is ended, throw the attention down into the feet; and declare that your house is in order and that all the forces of your being are working to glorify God.

Chapter 11

Affirmation: Jesus Christ is now here raising me to His consciousness of divine zeal. I enthusiastically express the inner spiritual urge.

There is a law not learned from books, but a knowledge of which is innate in every soul. When this law is consciously recognized and set into action in daily life, the inner urgings of the soul strive to express in fullness.

This is the law Jesus wonderfully and dauntlessly upheld when He stood before the high priest at His trial before the Crucifixion. The high priest questioned Him concerning His teachings, and He answered: "I have spoken openly to the world; I have always taught in synagogues and in the temple . . . I have said nothing secretly."

Jesus taught the law of divine enthusiasm; dauntless and unconquerable, it brings into expression the wonderful quality we know as spiritual zeal. The action of spiritual zeal is one of the most powerful laws operative in the kingdom of the heavens. To speak always fearlessly, truthfully,

and courageously (with zeal), makes enthusiasm active and establishes an inner sense of confidence, a sureness that even the angels of heaven must notice and honor.

The world has been zealous in advocating reforms. But our reforms must be those which change the inner man, not those which compel man to change his outer ways. The principles of practical Christianity get a strong hold in the consciousness and begin to work continuously to lay hold of the spiritual powers that will transform the individual from within. There is a willingness to let this transformation take place. The application of the fundamental principles of Christianity-- love toward God and man--makes new creatures of us all. This is true today, as it has been true all down the ages.

No great inspiration is going to emanate from a lukewarm religion, a lukewarm person; we must be zealous in our work, spontaneous, and free.

We have heard those who think there is no place in the business world for Christianity, that religion is a thing of the Sabbath, apart from the six-day world. There are many clear-thinking business people who turn away from the church, presumably because it is of no value in their daily life. Ministers are challenged to kindle interest in the business world. The work of every minister is to put "His kingdom" into the hearts and minds of people so that their religion will be uppermost in thought and feeling. "Seek first his kingdom and his righteousness and all these things shall be yours as well." One cannot accomplish this work by picturing the negative side of life, by preaching that man is a poor, miserable worm of the dust, and that to be righteous he must be poverty-stricken. One can accomplish a stirring of the "kingdom" within his fellow man by accepting and practicing the real principles of Christianity, principles which are practical, scientific, and substantial. With this right mental attitude, man will solve all the problems of the business world. When a minister teaches about the "kingdom" within, he is going to have his church filled with sound business people who will be zealous to lay hold of and apply the Christ principles.

The successful business person learns that real success comes through service. God is the great servitor. Man is successful to the degree that he truly serves. Every zealous student must carefully search his heart and mind in order to see whether his zeal springs from the spiritual consciousness or from the personal consciousness. If his incentive is from the spiritual consciousness, if he is working to serve, then zeal broadens his vision, makes him alert, and adds sweetness and strength to his whole being.

However, if our zealous impulses derive from a personal consciousness (the ego), we are only driven to gain personal ends, to further our own interests, and even at the expense of other people. Selfish zeal eventually burns up the life and substance of the mind and body, and leaves a starved, hungry soul. "Zeal for thy house will consume me." Emerson pictures a person intoxicated with personal zeal as "inwardly drunk with a certain belief."

Courage is a vital part of religion. The courageous spirit is zealous to prove the strength and power of God. The courageous spirit glorifies God among the daily duties and trials of the world. Levelheaded business people have long known that the courageous, zealous spirit will always succeed. They have not necessarily learned this in the church, but by experience; perhaps they do

not even know that religion, practical Christianity, gives these qualities explanation. They may not have discerned God as a business partner, or become aware that the something within them that leads to success is the living Christ. But, when they recognize this connection, they will be zealous to know the deep things of religion, because they cannot afford to be without scientifically understood and applied religion.

Spiritual zeal is one of the twelve fundamental powers of being, and is symbolized by the apostle Simon, the Canaanite. In the body, its center is the medulla at the base of the brain. By centering the attention at this point, we realize the quickening power of the Logos (the Word). New zeal and courage find expression from the soul.

Zeal is the power that incites the other faculties to greater and greater activity. Zeal, courage, and earnestness give luster and color to the soul, just as the sparkle of the diamond gives it beauty.

Although some are overzealous for personal achievement, the mass of humanity has been listless, inactive, prone to wait for some outer power to stir it into action. Men have not realized their deep, zealous natures. Let us get beneath such listless activity, let us stir up the gift of divine courage within us, and we shall find new inspiration, new ideas waiting to be born into the world. Just as God is from everlasting to everlasting, so the courageous Spirit of the Lord in man's consciousness is eternal when once fully established.

Exercise in the silence: First take up the regenerative exercise given in Chapter 1. Continue to allow the Presence to remain at the solar nerve center. Meditate:

I am established in spiritual consciousness. I am zealous to serve God, to serve humanity.

Now let the Presence ascend to the base of the brain, the zeal center:

I am one with the ever-unfolding, ever increasing Spirit of infinite courage, enthusiasm, and zeal.

Then let the Presence descend to the wisdom center, and meditate:

Thou, O God, art always with me as indwelling infinite wisdom and spiritual judgment. I am zealous to know and to do Thy perfect will.

The Presence ascends to the faith center, the pineal gland, at the center of the head, as we affirm:

Through faith I see into the kingdom of the , heavens. Through spiritual enthusiasm I work to bring that perfect kingdom into manifestation.

Let the Presence return to the zeal center, and affirm:

The quickening, vitalizing, free-flowing enthusiasm of Spirit is mighty at work in me. I am transformed into newness of life.

As the Presence returns to the point back of the heart and stomach, affirm that you are zealous only to do the will of God. Close by quietly praying the Lord's Prayer. The conscious mind (front forehead) is aware of the entire regenerative exercise. Drop the attention down into the feet and beneath the feet, and realize perfect balance and poise.

Chapter 12

Affirmation: Jesus Christ is now here, raising me to His consciousness of release. I realize that the cleansing, purifying power of the Holy Spirit is active in me.

When man began to multiply on the face of the earth, and to express his fleshly freedom, "The Lord saw that the wickedness of man was great in the earth," and He said, "I will blot out man whom I have created from the face of the ground . . . for I am sorry that I have made them." Yet one righteous man, "blameless in his generation" found favor in the eyes of the Lord.

God made known to Noah that there was to be a deluge that would cover the whole earth and destroy every living thing on the face of the earth. He said to Noah,

"Make yourself an ark," and he gave Noah instructions for the making of the ark: 525 feet in length, 87-1/2 feet in breadth, 52-1/2 feet in height; it was to have enough room to house Noah, his wife and three sons. Noah was instructed to gather up a certain number of beasts, birds, and a quantity of food.

When the ark was completed the Flood came. For forty days and nights there was a downpour of water, until every living thing on the face of the earth, except those on the ark, was destroyed. Noah's ark floated on the face of the waters, and all those on board were safe. Finally the ark drifted to the top of Mount Ararat and rested there.

At the end of 150 days the waters began to recede and Noah opened the windows of the ark, sending forth a dove to see whether the waters had been abated on the earth. But the dove returned. After seven days Noah sent forth the dove a second time; she returned bearing an olive leaf in her mouth. Noah knew that the waters were almost gone. He waited still another seven days and sent forth the dove. When she did not return, he knew that she had found a home on the earth. Then Noah removed the covering from the ark and found the earth to be dry.

God blessed Noah and his sons to "be fruitful and multiply." And God said, "This is the sign of the covenant which I make between me and you and every living creature that is with you, for all future generations: I set my bow in the cloud." The rainbow is God's reminder of His covenant with us never to destroy the earth by flood again.

The story of Noah and the flood portrays symbolically the manner in which one of the twelve fundamental faculties of being works in unfolding the perfect man. The faculty of renunciation is twofold in nature: it eliminates error and it expands the good. The name "Noah" symbolizes the sweet rest and comfort that come after the soul has worked out certain problems, and the consciousness perceives that there is an original spark of divinity in man. The expansion of the holy and sacred divine spark is man's spiritual development.

Man's body is divine, therefore every activity of the body is fundamentally divine. We must know this, realize it daily, if we would make our body a fit dwelling place for the Holy Spirit.

In the lower part of the back, near the base of the spinal column, is a ganglionic nerve center. It is symbolized by Jesus' apostle Thaddaeus, and it presides over the elimination of waste from the body temple. It eliminates error thoughts from the mind and expands the good. If it is spiritually quickened, it has the power to perform a wonderful work which establishes a freedom in soul and body consciousness, giving tone and strength and elasticity to the whole man. Letting go of the old, in an orderly and decisive manner, at the same time laying hold of the new, engenders a sweetness and lightness in the whole being.

Jesus said, "If any man would come after me, let him deny himself, and take up -his cross, and follow me." The self that Jesus would have us deny is the grasping personality. It must let go its hold upon possessive ideas before there can be harmonious activity in the eliminative center.

Spirit is constantly infusing us with more of Itself, and at the same time, casting out of mind and body all that is waste. The forgiving love of Jesus is an important factor in the eliminative process. When we know that our "sins are forgiven" we are opening the way for the fulfillment of the law. Personality is discarded and spiritual forces begin to renew and rejuvenate. Letting go of the old, inrushing of the new; when the law of forgiveness is satisfied, the whole being of man draws new life and strength and power from the one divine source; it throws off the old.

While renunciation is passive in character, it is positive and decisive in action. The degree of intelligence that finds expression in man's conscious thought determines the character of his life manifestation. If we would be healthy, happy, prosperous, we must learn to do healthy, hearty, and positive thinking. We must not be dominated by another's will, or let another do our thinking for us. If we try to hold on and let go at the same time, renunciation and elimination in both mind and body are weakened, negative, irregular.

An affirmative thought sometimes produces a congested condition throughout the body and interferes with elimination. Continued strenuous affirmations, even of Truth, will sometimes cause constipation. The remedy is to relax, to let go. The words of Truth that you have affirmed must have time to work out in the subconsciousness. We can never gain possession of the kingdom of harmony until we are free to express the wisdom and power of Spirit as they are revealed to us.

We are born daily and we die daily. While some error thought may stick in our mind and hold fast for a season, whenever new light is born in consciousness the error thought loses its grasp-it falls away. We see this life activity illustrated beautifully in nature with its shifting seasons.

Man is making his body temple an eternal dwelling place for the soul. His goal is to bring into expression the kingdom of the heavens and to establish it within him. Consequently he needs to realize consciously that the passing away of the old and the incoming of the new are results of the outworking of the law, that he should assist in bringing about this change. His every experience aids in establishing more firmly his identity in Spirit; with greater freedom and power he is brought nearer to his goal of perfection health in mind and body.

For a regenerative exercise in the silence, first follow the one given in Chapter 1. Continue to allow the Presence to dwell at the great solar nerve center, realizing that Jesus (the indwelling Christ in action) is standing in your midst, controlling, directing power, saying, "Come unto me . . . I will give you rest." As these words penetrate your consciousness you will be letting go of all weariness, all doubt, all fear; you will feel a lightness and freedom throughout your whole being. Hold this thought:

I gladly let go of the old. I am expanded with the new life of Christ.

Allow the Presence to ascend to the heart, love center; affirm:

The forgiving love of Jesus Christ cleanses, purifies, and strengthens me.

Dwell on this thought, relax more and more, concentrating on the regions of the heart and solar plexus. Be sure the conscious mind is fully aware of the work being done.

Now allow the Presence to return to the center of renunciation, located at the lower end of the spinal column. Meditate upon the word:

The forgiving love of Jesus Christ cleanses, purifies, and strengthens me.

Let the Presence ascend to the small of the back, the center of strength:

I gladly let go of weak, worn-out thoughts in mind and body. The joy of the Lord is my strength.

Imagine the Presence radiating back of the navel, the order center, and meditate:

Every function and every organ of my body is now working in perfect harmony with spiritual law. Divine order is established in my mind and body.

Let the Presence descend again to the center of elimination and praise God, giving thanks that His spiritual word is active throughout your whole being. You are joyously working with the cleansing, discriminating, purifying power of inner being.

To conclude, allow the Presence to ascend to the great solar nerve center and repeat the Lord's Prayer.

Always be conscious continually of the light of Spirit descending from the spiritual center at the crown of the head. You should in truth be conscious of every step taken in the entire exercise.

After the close of the exercise throw the attention down into the feet and beneath, and into the palms of the hands. Realize perfect poise and balance throughout your whole being.

Affirmation: Jesus Christ is now here raising me to His consciousness of everlasting life. I am filled with vitalizing, powerful energy.

He whose consciousness is spiritually quickened is content with life on this planet, knowing that he is working out all the different phases of existence here and now. He knows that his body, mind, and environment are the manifestation of his level of contact with the inner life, the life of Spirit, and he is happily contented in unraveling his problems. He is satisfied that there is no other place quite so fitting for him to be as the place he has made for himself here in this world.

Potentially, life's problems are already worked out for us, but we do not always consciously know this. We do not strive for soul unfoldment without the desire for greater understanding and a greater degree of life activity. Yet when we develop the ability to lay hold of understanding, through the inner push to greater achievement, we find that Spirit has gone before us and accomplished the real work for us. Life's problems consist chiefly in awakening the consciousness of spiritual powers of being, acquiring a mental grasp of them, and transmuting chaos and confusion into light and joy.

We need not make hard work out of understanding and utilizing our innate spiritual powers. We often look toward our spiritual demonstrations with tension and pressure, therefore squeezing the joy and freedom out of life. And without a joyful, free attitude, we will not wholly demonstrate health and success, or spiritual understanding. Exalted joy is coordinate with gratitude and praise, a consciousness abounding with appreciation that directly relates us to God. We are awakened and thrilled with the creative impulses of Divine Mind; if we are to be masters in the realm of creative ideas, we must be free from worry and doubt, we must be filled with enthusiastic praise and anticipation. These qualities are magnets drawing to us inspiration from the Superconsciousness.

Life is progress, attainment, mastery . . . every new spiritual realization makes the human being finer, stronger, and more beautiful. It engenders the power to draw from the invisible, to fulfill its highest ideals.

Divine ideas are universal in character, they accept and include the unity of life among people of all nations. These ideas of life draw forth more life-giving ideas. They add to the individual and his environment. It is through this process that the inner and outer life harmonize and grow more richly, fully satisfying.

Back of all is God's eternal plan; our place in the world is waiting for us, and Spirit is with us every step of the way. As we continue toward victory a truer understanding of life appears. We dissolve inertia and we are filled with new confidence, new life activity to spur us onward. We develop spiritual powers by working out of lethargic states of consciousness. We cease to struggle, cease resisting and we learn to serve the forces of life with new strength and trust. The adversary who has held us all in bondage for so long--our own belief in appearances--is at the mercy of spiritual light and understanding.

The redeeming process is carried on throughout the whole being. Spiritual realizations are now stamping their images upon us, just as error thinking once impressed us. False concepts are

erased through persistent realizations of perfect life, and our vision is broadened to stay the imagination on the perfect patterns of life. We attain wonderful life realizations in deep meditation. A Truth statement held in spiritual concentration will dispense its formless essence throughout the soul and body consciousness, awakening every function and organ to a greater degree of power and life.

In order firmly to establish new states of consciousness, to make them abiding and reliable in voice, word, and act, we must always be consciously aware that a process including various levels of understanding is taking place within the intellect itself. The spiritual idea works in the human notions that have already been formed, and mental standards are revolutionized. The intellect transforms,, sharpens, shines; it becomes a fit tool of Spirit.

The experiences we have while passing through the throes of a new birth depend on our attitude toward God and humanity. To be born anew under the law of love is a joy, but if we allow ourselves to be reborn with the thought that we are doing penance, sacrificing for Christ, the rebirth is slow and tedious. Take your stand in regeneration with a joyful heart, knowing that God will fill you with enough life to accomplish His plan through you. Express the positive, agreeable joy that springs from the possession of this good and your way is made easy.

The regenerative exercise for inducing life is of great importance. It is longer and more intricate than our preceding exercises. Begin with the exercise given in Chapter 1, realizing that you are perfectly relaxed in mind and body. Allow the Presence to dwell back of the heart and stomach, the great solar nerve center, and affirm:

My life is hid with Christ in God, and all my substance is quickened and increased.

Feel the new life that is quickening within you, flowing out through the breast and down into the innermost part of the bowels. The outpouring of spiritual life is gently descending from the spiritual center at the crown of the head. Let the Presence drop to the lower abdomen, the generative center. As you approach this center, think of the pure, strong, sweet life of Jesus Christ. Know that right now His regenerated life is waiting to do its perfect work in you. Every coarse impulse of soul and body is transmuted into divine purity of life and purpose. Imagine the Presence being diffused throughout the life organs; affirm:

I am Spirit. "I am the resurrection and the life. "

Be aware of a great purifying, transmuting power beginning to work in you. Allow the Presence to return to the solar nerve center, and reaffirm:

I am Spirit. "I am the resurrection and the life. "

Next allow the Presence to ascend to the power center at the root of the tongue; affirm:

All power is given to me in mind and body.

Allow the Presence to ascend into the front forehead, to the center of will and understanding; affirm:

I have perfect understanding of life. I am divinely guided in all my ways.

Let the Presence descend to the order center back of the navel; affirm:

The law of the Spirit of life in Christ Jesus has made me free from the belief in sin and death.

Allow the Presence to drop to the life center at the base of the spine; affirm:

I am Spirit. "I am the resurrection and the life."

There is a great regenerative work going on within you, and you will know it. Impulses of sense consciousness are being transmuted into spiritual understanding. The essence of the very food you have taken into the body is being refined and transmuted into a higher radiation of upbuilding energy. The process of cooperation with the Holy Spirit has begun, lifting up and distributing new life and force to all parts of the soul and body. The life in the body ascends the spinal cord and flows out over thousands of nerve tributaries leading from the spinal cord to every part of the body.

Continue the exercise, sensing the Presence of new, refined life at the base of the spinal cord. Let this all-knowing Power lift to a point halfway between the base of the spinal cord and the small of the back. Allow the Presence to dwell for several moments and discover a great harmonizing, equalizing sensation; affirm:

The peace and harmony of the Holy Spirit in me is doing its perfect work. I confidently and joyfully rest.

Allow the Presence to lift up the life essence to the small of the back, the strength center. Be aware that new life energy is being dispensed to the innermost parts of the body and to the outermost rim of consciousness; realize that there is an ever-increasing flow, and affirm:

I am made strong and pure through the nourishing life of Jesus Christ.

Let the Presence carry the life force upward until it reaches the great solar nerve center, where it will mightily flood the consciousness with life energy, pouring over into all the vital parts of the body.

There will be a new activity in the wisdom center and the love center. The indwelling Christ will be more evident. The head and the heart must learn to work harmoniously. Realize that a generous supply of this renewed life energy is merged with wisdom and love, and is being freely dispersed through invisible channels to the front forehead. A keen, unclouded mind in Christ is dominating your conscious thinking. The Presence will continue to lift up a generous portion of the life essence to the base of the brain, the center of zeal, 1, where it will do a mighty work. Affirm:

I enthusiastically express the wisdom and peace of infinite life.

Allow the Presence to carry this new life energy over a set of motor nerves leading from the zeal center to the eyes and into the crown of the head; realize:

The light and intelligence of Spirit are now manifest in me. I see clearly.

Allow the Presence to carry this new life energy to the nerves in the ears; affirm:

My ears are open. I hear the voice of Spirit.

Following the same process, let the new energy flow to the nose; affirm:

The discrimination and purity of Spirit are active in me.

Allow the Presence to carry the life current to the mouth, the root of the tongue; affirm:

I am free with the freedom of Spirit.

You will remember that the throne of power is situated at the root of the tongue, extending down into the neck. When the Presence carries new life from the zeal center to the throne of power it sets up a mighty vibration that affects the whole sympathetic nervous system. New life and energy are imparted to the digestive tract, and the voice and teeth are strengthened.

Jesus turned water into wine at a wedding in Cana, Galilee. When the Presence carries the new life current from the zeal center at the base of the brain to the throne of power at the root of the tongue, the union (symbolized by the wedding) of the life current with the power energy manufactures a new element (symbolized by the wine).

Allow the Presence to make this union between the zeal and power centers; affirm:

I am a new creature in Christ Jesus.

Quietly allow the Presence to descend to the great solar nerve center; close the exercise by repeating the Lord's Prayer.

Be perfectly relaxed in mind and body, aware of the entire meditational exercise. Throw the attention into the feet and beneath, and also into the palms of the hands. This tends to keep you in perfect poise and balance.

Go forth in your new life consciousness, expressing it in every function of your whole being.

Chapter 14

Affirmation: Jesus Christ is now here, raising me to His consciousness.

"Christ in you, your hope of glory.

The Last Chapter of this series is a condensed exercise on the twelve powers of man, as represented by the spiritual centers in the body.

The artists of old painted a circle of light about the heads of their saints; they also painted saintly persons with a soft, warm, rose-colored glow around, the heart, or with soft, rosy rays of light radiating from the heart. We believe there is a metaphysical truth back of this artistic vision.

The heart is the seat of manifest love, which is always expressed in a warm, rosy, glowing, lighted feeling. It is no wonder that the love of a saint radiates out from the heart.

The I AM throne, the throne of the Christ, is the spiritual center of the body located at the crown of the head. It is through the I AM that pure intelligence and light descend from on high into the conscious mind in the front forehead. The head of the pure in Christ is literally lit from within with His life. Imagine this flow descending to the faith center in the pineal gland at the center of the head. Divine inspiration and ideas pour forth from Divine Mind through the I AM of man, into his consciousness, where they are met with his faith and freed to activate substance and manifest good.

The flow of life descends into the cardiac (love radiation center) and the great solar nerve center behind the heart and stomach. It is here that Christ power really begins to manifest in substance, for this is the center of the manifest Christ. Here is the center network of energy channels that reach out to all twelve spiritual centers in the body. So the throne of the Christ is the I AM center where inspiration is born, while the home of the manifest Christ, the disseminator of these divine ideas into substance, is at the great solar nerve center. We are seeking to unfold into -our life the fundamental faculties of Divine Mind: faith, strength, wisdom, love, power, imagination, understanding, will, order, zeal, renunciation, and life.

The manifest Christ begins to shape the perfect body temple and outer environment. It works in omnipresent substance to develop itself and the other eleven powers of man through the inspiration of the I AM direction.

Jesus is our Way-Shower in the redemptive process. Just as it was necessary for Spirit in Him to penetrate down into the most material parts of His being to create higher consciousness centers, so is it necessary for us to follow His pattern.

Jesus Christ was the great star in His ministry here on earth-so is the indwelling Christ in us the central figure in individual unfoldment. We have first to set the indwelling Christ into activity through opening the I AM center and the work of the manifest Christ center; then we call forth the other disciples of the Jesus Christ ministry to develop their powers within us.

For the exercise in the silence, concentrate your attention in the crown of the head. Through the I AM, realize that you are releasing infinite knowledge into your consciousness. The radiations of this realization penetrate your soul and body, and you consciously sense the emanation of Spirit as pure light, pure intelligence, descending through you from the I AM center. Feel the Spirit

working within every cell and fiber of your body temple. The emanation of Spirit flows to the faith center and the conscious mind is illumined, the body is light and free.

You are suffused with the soft now of infinite intelligence. Its light moves through you, descending to contact another current from below, the earthly current. The all-knowing power of Spirit transforms race thoughts from the earthly current. There is no fear, lack, war, sin, or sickness. There is only courage, abundance, peace, justice, purity, health, and love.

Understand the earthly current and transform it in your mind; the work of spiritual Truth transforms it. Gradually, as it ascends, permeating and penetrating your whole being, it meets with the down pouring of light from on high. It is transformed in you, and your life will reflect this transformation. The renewed earthly current goes to the great solar center of you, the manifest Christ. It creates new power and ability in you.

Imagine the ascending current from beneath the feet, flowing to the seat of the manifest Christ. Dwell here. Meditate on the fundamental ideas in God-Mind. Realize that rays of light from God-Mind through the I AM center, to the great solar nerve center, are now radiating to all points of spiritual power within the body. Develop each of these faculties with these blessings:

To the faith center in the pineal gland:

I have faith in God.

Return to the center of being with this message.

To the strength center at the small of the back:

God is the strength of my life.

Return to the center of being with this message.

To the power center at the root of the tongue:

I am peaceful and poised in divine power.

Return to the center of being with this message.

To the imagination center, between the eyes:

I am created in the image and after the likeness of God.

Return to the center of being with this message.

To the understanding center in the front forehead:

My understanding is of God.

Return to the center of being with this message.

To the center of will, also in the front forehead:

My will is to obey God's will.

Return to the center of being with this message.

To the order center, behind the navel:

I am one with divine order.

Return to the center of being with this message.

To the center of zeal at the base of the brain:

I am zealous in my efforts to be in perfect accord with Infinite wisdom.

Return to the center of being with this message.

To the elimination (renunciation) center at the base of the spinal column:

I gladly let go of the old. I gladly lay hold of the new.

Return to the center of being with this message.

To the life center in the lower abdomen:

My life is hid with Christ in God.

Return to the center of being with this message.

Through the center of love, God radiates good. To the whole being:

I AM actively living in Christ.

Return to the center of being with this message.

Spiritual life radiates from within you outward. Its blessings have lit the spiritual centers in your body, and you have been consciously aware of the experience of light. Dwell at the center of your being and repeat the Lord's Prayer.

The light of Spirit descends as new inspiration. It deals perfectly and powerfully with the ascending earthly current; it transforms race thoughts to Truth. There is perfect relaxation in body and mind. You are a spiritual being, now clothed in the Lord's body of light. You have firmly established your I AM power and dominion, and all twelve faculties express themselves through the manifest Christ in you. You are radiant with new life and inspiration. Your feet are planted firmly on the rock of spiritual understanding. You are a new creature, open to good, open to give. You know that you must use the ideas and inspirations you receive, for the life of God is to express all good. You will radiate the light from within into your world and affairs. You will open the way to more good. No new power is yours unless you send it forth to heal and bless others. Remember that Jesus Christ walked and talked and lived with mankind; His message was for you:

"Christ in you, your hope of glory."