

Most of us come to study metaphysics because we have many questions in our minds and hearts about Life itself. It is an inner activity that takes place deep within us, causing us to ask questions--- ageless as they are--- such as: “Why was I born?” “Who am I?” “What am I doing here?” “Who is God?” “What is God?” “Why was I born at this particular time in all eternity?” “Why do I have certain members in my family?” “Why is my life different from the rest of mankind?” “Why are some people born into tragic situations such as poverty-stricken or war-ravaged countries?” And, “What is this urge of each individual to get more out of life?”

---Helen Brungardt

Contemplation – The Activity of Mystical Consciousness

SPIRIT in ACTION

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WE WELCOME YOU!

CONTEMPLATION – The Activity of Mystical Consciousness

---Helen Brungardt, Minister

(Over the next several months we will share the information contained in this small booklet.)

Forward:

The personal quest for true knowledge is everyone’s eventual story. No matter who we are, sooner or later an awakening will come which will start us on the way to self-discovery. This book can be just the right message at the right time for many now on the path.

I know of no overnight successes on the spiritual path. There have been instances of sudden awakening, of course, but the initial awakening is but the beginning. Then follows self-examination, study, trial and error as one learns to work with newly-discovered principles of living, and the frequent realization that there is still ever so much more to know and do. Joel S. Goldsmith spent several decades in prayerful inner research; one great saint of India spent over twenty years in solitude before he began his mission; I, myself, have been on the path for a quarter of a century--- and still new insights are had almost daily.

A little reflection will reveal to us that we have much to learn, much yet to know about the nature of the Life Process. I read an illustrated article in a national magazine that dealt with the universe. An artist’s paintings of the universe revealed our galaxy, just one of many, against a backdrop of midnight-blue space. Our solar system is located near the rim of the galaxy and we are finding more and more just how many other solar systems are contained in our galaxy; it is estimated that over one hundred million planets similar to ours exist in it. And there are other galaxies--- one is known to be over twenty billion light years distant; that is, it takes that long for light to travel to our planet. Then we learn of universes in other frequencies which we cannot now discern, black holes in space, energy-as-plasma flowing through magnetic corridors, different times and spaces than those we know of--- and, even, of other universes. At least that is what the mystics say in their writings. And here we are, seemingly earthbound mortals, trying to solve our daily problems and make it through the current life-cycle. This is all very interesting; an understatement, of course, but true.

Sages teach that the human body is a smaller reflection of the cosmos; what is *out there*, is *in here*. By clearly understanding what is within, we can know the workings of that which is without. Self-realization leads to God-realization. This is the premise and the declared fact. The *within*, which leads to knowledge of the *without*, is known through discernment and intuition. This is the way of the mystic. A mystic is a rational being, hopefully, but he employs a more subtle method for the examination of the *truth* about life.

Truth, as information, is *accurate data*; that which is so, about a given subject. This is why to know the truth is to be liberated from false concepts. When Jesus said, "And you shall know the truth, and the truth shall make you free," he was telling it like it is. Information which is not accurate is false, and we all know that we have had more than enough false information stored in the secret recesses of the mind. The subconscious memory-bank is often loaded with inaccurate data; data we use all the time to our personal chagrin. What to do? How to change matters? The answer lies in the *activity of mystical consciousness*. ...

---Roy Eugene Davis

Chapter 1 - THE ETERNAL QUEST FOR PEACE

All this message can do is reflect to you the answers for which you are looking--- all answers ultimately come from within us. During this dialogue between us, it is really up to the Spirit within us to bring forth the questions and the answers. You and I participate in this activity, on a conscious level. ...

One of the major revelations an individual has is a recognition of something inside of him which is always telling him that there has to be more. The small, quiet voice within is forever urging that there is more, more, more. So, we begin our quest. Some people delve into the realm of psychic phenomena and begin to seek out the mysteries of the mind. ...

We find that we are drawn into contact with people of like mind and we discover the various study groups which explore these new dimensions. But even though dimension after dimension is discovered, the search still continues. As we study more and more deeply, we begin to realize that the philosophers and mystics of both the past and the present have a very real message for us. For instance, we begin to see in the teachings of Jesus a truth more profound than the ordinary mind can comprehend. Our journey leads us to exercise the power hidden within us--- the power to change our lives by changing our thoughts. Eventually, we come to understand the Reality of God, and to realize there is indeed only One. We discover that there are three major approaches to knowledge operating in the world: the physical (empirical, manifestation), the mental (control of the conscious mind), and the mystical (the study of the

Nature of the Universe as the sustaining Presence of God in, through, and as us). The mystical path is the journey back--- into our soul nature, into the Presence of the Absolute, the Unmanifest. The journey begins in some people as a slow, evolving process, while others experience a more dramatic awakening.

Contemplation, together with meditation, is the activity that leads us to Self-awareness. We evolve through human consciousness and realize our oneness with God. No longer does the mystic search for answers to the questions: "What is truth?" "What is God?" "Why am I here?" The mystic does not ask these questions any longer because he knows that *he* is the answer--- the answer to every question that he has ever asked. **"I AM" the answer to my own question, always.**

We are going to share a process of unfolding in consciousness in which we agree to participate. What we share together can result in an amazing experience at any moment. This sharing of consciousness brings forth from within us unique insights and new circumstances. We are involved in an activity of Spirit that continuously reveals more of Itself as we open ourselves to Its flow. And what It is, is us. It is flowing in us, through us, and as we are. We are infinite beings participating in the manifestation of Spirit.

The mystical journey is the journey through our own being to that experience known as cosmic consciousness, cosmic reality, or oneness with God. The principles and the stages of this journey are not new. They have been discovered by mystics throughout the ages, but it is useful for us to learn how they were discovered, and as we proceed we will come into this understanding in our own way.

The mystical journey takes many paths, but all paths lead to the same Truth. Eventually, the student begins to hear a message, and the message is, "You are the answer that you are searching for. The Truth, the Reality, the God that you are looking for is inside of you now."

Our progress on the spiritual path is not one of evolving, growing, or becoming more than what we already are. The process is that of clearing the consciousness so that Truth and Reality may be known. And then, we will understand and know who we are. This clearing of consciousness (purification) is a process wherein we realize our divinity and our oneness with God. This process is what we call the spiritual journey.

Chapter 2 - THE VOICE WITHIN: HOW TO LISTEN

As the momentum builds within us in our search for Truth, we find ourselves motivated to go to lectures, to read books, to listen to new approaches and new teachers, and to examine new ways of looking at life. As we progress in our discovery of the Truth of life, we hear that small, quiet voice within beginning to speak, until finally one day it is so loud and resonant in our ears 2

that we stop and really listen, and discover that all it has ever been saying is, "Here ... I AM."

Through prayer (asking God to reveal Himself to us), meditation (listening to God speak to us), and daily disciplines, we become open and responsive. And everyone who is open and responsive begins to really hear the words, "I am God individualized." We may not understand it, but in response we feel ourselves agreeing, perhaps hesitantly, perhaps even fearfully, yet we cannot deny that sense of recognition. We discipline daily by putting our house in order on all three levels of our being: mental, emotional, and physical. We put our relationships in order by changing our attitudes toward them. We change our life by changing our attitude. Our vision becomes expanded so that we see more than we have seen before; our vision becomes deeper and our understanding is deeper than it was before. Through prayer and meditation we at last stop wanting to know the Truth and, in fact, we do stop "knowing" the Truth--- instead we become conscious of ourselves as individualizations *of* the living Truth.

As we progress on our spiritual journey, we discover that the path of "positive thinking" is not enough. It is not enough to think we know the Truth. We find that sometimes we create more illusions through the use of mind power. We discover instead that it is by clearing the mind that Truth can be experienced.

The key to allowing the Truth to enter, to knowing who we are, is meditation. We often use all kinds of excuses to delay our meditation: work, children, family routine, and all our other responsibilities which do not seem to leave time. However, when we finally decide that the mystics and sages are right about meditation, then we begin to experiment with it. And it moves us in a completely different direction from the one which we had been traveling. It moves us backward, not forward. We have to travel back along the way we have come. We move our attention into the subconscious levels of our mind to discover the deep-seated attitudes, assumptions, and beliefs that have shaped us to the point of obscuring the knowledge of our real nature. Meditation is an exercise that leads us beyond the conditioned mind into a state where the mind is at rest, where there is no mental activity. As our awareness grows as a result of meditation, we become conscious of the content of the subconscious mind. We discover things about ourselves we never knew before. We may find, for example, that we are inwardly angry, and we never knew it before because, "it is not nice to be angry." All of our resentment, negative thoughts and emotions begin to surface and this makes us feel very uncomfortable. Usually, by this time in our journey, we have learned to control our mind and we are able to exercise this power to release all of the negative aspects emerging from our subconscious. More and more is

revealed to us over the years as we continue in the deep and steady practice of meditation.

Meditation leads us to the experience of cosmic consciousness. At the moment of awakening, we come to know that, "I am a Son (child) of God." Even though we may have believed it before, we now know it. This awakening is very important in our evolution in consciousness because a person who knows the Truth is participating consciously in the mystical activity which is taking place on earth today. In time, as a result of his work in consciousness, the individual has a revelation similar to this: "There is only one God, but the disparity between what I know and what I am experiencing indicates that there is still much in me to be resolved." This is quite a shock for the individual who has been blessed with a glimpse of cosmic consciousness. During this period, he is cleansed throughout his emotional nature so that he doesn't feel things in the same way as before. Life is very difficult at this point. We discover that it is difficult to think, difficult to plan, difficult to find meaning in life, and this is why it is sometimes called "the dark night." It may last a few hours for some and several years for others. It is an individual experience. I call this experience partial enlightenment, because the light is so powerful, so strong, so awesome, that everything else is clouded or negated. When the time is right, the individual, through grace, is led further into the process of Self-Realization.

As we begin our journey, please watch the inner activity in your own consciousness as you read the following simple questions. These questions contain within them their own answer. Read each question fully, with conscious attention; bring the question down to your heart area and witness the response or feeling that you experience as you work with each individual question. Take your time and pause after each question.

What do you suppose would happen if you totally accepted revealed Truth right now?

All teachings have one basic principle, and all great spiritual teachers, sages, and mystics say that there is only one Reality.

Whatever we perceive, we are always perceiving manifestations of this Reality.

This is revealed Truth throughout the ages.

What would happen to your mind if you accepted Oneness?

What would happen to your sense of separation?

Do you sense a separation between you and the spiritual master right now--- a sense of separation of time, space, and consciousness?

What would happen to your sense of separation if you realized Oneness? What of your relationships?

Revealed Truth is that there is only One.

We have been looking for Truth, studying

about it, reading about it, meditating on

it, and perhaps experiencing it occasionally.

But what would happen if you totally accepted that one simple statement: "There is only One?"

Can you see how this would affect you, your home life, your attitude toward your church, your town, your government, the nation and the world?

Allow yourself to respond to these questions. Allow yourself to inquire into the possibilities which these questions raise.

How do you relate to the Divine when you realize that the universe is not divided, but is only One in manifestation?

And then how does the Divine relate to you?

Now that you have some idea as to the nature of this message, its utter simplicity, yet its utter power, we can go on this journey together and experience living the true spiritual life. It is ever-new, yet ever-changeless.

Many readers, I would suspect, are probably tired of reading endless books and attend lecture after lecture, searching for answers. We finally reach a point at which we give up looking for answers outside of ourselves. A teacher never really gives us the answer, but encourages us to realize who we are; and not only to realize who we are, but to become on earth an expression of who we are. There is only one Presence, and you and I are personifications of that Presence.

There is no other Reality to be known, nor any other Reality to be studied. Until we come consciously to know the truth about ourselves, there is no possible way we can consciously be this Truth in expression. Our destiny is to know That which we are. Until we come into conscious awareness of this Truth, we should align our mental and emotional attitudes with our actions. In this way we prepare ourselves to experience God. Acceptance of this Truth is one of the most difficult steps on the mystical path. Once one knows the Truth, he also knows that he is still very much a human being and still subject to human conditions. Most of the time the Truth student lives in two worlds, even though he knows there is only One. Until he decides for himself to accept the truth that he knows, he experiences much frustration. When he accepts the Truth, a new life begins. As this new life begins to unfold, usually the student finds a temporary period of strain because the subconscious mind and the body both resist the need to let go and to surrender completely. However, after a conscious decision is made, that Presence within him begins activity at the persons' innermost depths, and begins to manifest Itself more and more outwardly.

In this process, we learn to give up what we have already been given, and this leaves us free for further revelations in our progressive journey. We give up what we have learned in the past as "spiritual knowledge" because we learn to live in the present and in the Presence. We become free of bondage to conditioning, and are able to live as truly spiritual beings right now.

Some of the Wit and Wisdom of Ralph Waldo Emerson

*Beauty without grace
is the hook without the bait.*

*Great men are they who see that spiritual is
stronger than any material force;
that thoughts rule the world.*

*We do not count a man's years
until he has nothing left to count.*

*Life consist in what a man is thinking of
all day long.*

God works in moments.

*A friend may well be reckoned
the masterpiece of Nature.*

Nothing can bring you peace but yourself.

*The true test of civilization is,
not the census, or the size of cities, nor the crops---
no, but the kind of man the country turns out.*

*A friend is a person with whom I may be sincere.
Before him, I may think aloud.*

*Everything in Nature contains all the powers of
Nature.
Everything is made of one hidden stuff.*

*Heroism feels and never reasons
and therefore is always right.*

*Nothing great
was ever achieved without enthusiasm.*

*Nothing astonishes men so much as common sense
and plain dealing.*

*The reward of a thing well done,
is to have done it.*

The only (true) gift is a portion of thyself.

(Some months ago I shared with you the information that one of our Divine Science Ministers was going on a sabbatical to India. She gave us some insights on her journey thus far, and this is a continuation of that journey. ---Ed.)

The Himalayas...

WOW! I want to go back... I want to live there. It is filled with the energy of the Masters... the "no mind" state...just pure consciousness....

Swamiji has been training us to still our minds... to slow our thoughts down as much as possible (TPS= thoughts per second) When the TPS becomes Zero... Infinity is available to us... you know the past, and the future is easily influenced. This is the consciousness of the Masters, many of whom are residing in those mountains, and heaven only knows how old their physical bodies are...

In 15 days, we traveled into four different areas...traveling as far in as possible, sometimes by horseback or dolly (personal carriage). Each of the four temple communities, high in the mountain, had a different energy, and yet, all of them exhibited the "no mind" state, perhaps because of the different Masters nearby. It was so easy to still the mind there, and experience the flow of higher consciousness. Once back to civilization, the barrage of thoughts coming from human minds, once again, confuses and distorts the Truth of Being...

But since the trip, all I need do, is to sit crossed legged with a straight spine, and be quiet for a time, and that exquisite stillness is right there, waiting to bless and regenerate me. Oh what a joy!

Some people were concerned about being at such high altitudes.... Not me. I felt like I had come home, and had more energy there than any place else I have ever been. It seemed the higher up I went, the more energy I had, and the more blissful and at home I felt. It is truly a spiritual heaven, even though it is cold, and I'm sure life must be challenging there during the winter months.

Swamiji said it was the first time he had ever seen the mountains without the snow on them. Global warming has melted the glaciers... He showed us some of the locations of the famous stories from the Vedas... ie the cave in which the Pandava family lived, while in exile, etc.

I had hoped to see Mahavatar Babaji, whom some believe to have been Jesus' Guru. Unfortunately I had a strange mishap upon arriving in our hotel the night before we were to travel into Babaji's territory. I had an extreme reaction to the mold in the hotel room...began coughing uncontrollably, even 'til I thought my lungs were bleeding on the inside. Needless to say, I was not in good form the next morning.

I traveled by bus the next day up to the little town from which the horses and dollies were then taken, but I knew I didn't have the strength to make the journey. I stayed back...rented a hotel room right by the Ganges tributary river, and meditated and slept all day until the group returned.

Interestingly enough, it was a very blessed day. I felt the energy of the Masters with me all day, and, I think, being able to continuously meditate allowed me to anchor some energy, which I may not have been able to do if I had traveled with the group.

In the very beginning of the whole event, Swamiji said to know that everything that was about to happen was going to be "Auspicious." I did that... and it all was...

Love,
Roma
Ma Nithya Karunananda

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The man Jesus referred to himself as “the Good Shepherd.” A good shepherd cares for his sheep, the ones who are in the fold. He loves them and he calls them by name. They hear his voice and they follow him for they recognize the shepherd. Christ dwells within. The invitation is to turn within and listen for the still small voice. Regardless of what we are going through, whether it is a time of celebration, or a time of difficult experience, the still small voice will never leave us nor forsake us. Christ identity is not diminished when we take on the human form. At any time, we may turn our attention in an inward way, and be consciously one with the Father. Steadfastly facing thee, means to acknowledge the one presence, it means to lift vision above the human condition. To follow the voice of the Good Shepherd is to enter the fold by the proper gate, to come under God’s laws and to live by grace. Thank you, God, for the revelation that this is so. Amen

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**A Divine Science Federation International
Newsletter**

Love
Integrity
Freedom
Excellence

We Welcome YOU!

THE WORLD HAS NEED OF YOU

**If it's ever so small the part that you take,
The world has need of you.**

**Be it big or little the effort you make,
The world has need of you.**

**If it's only a thought you give by the way,
If it's only love's word you pause to say,
It's a part that nobody else can play,
Thus, the world has need of you.**

**By your smile
you can change another's life;
The world has need of you.**

**By a word you can bring peace out of strife;
The world has need of you.**

**Then lift your head and never say die;
Count every blessing, stop every sigh,
Get busy--- don't let a chance slip by
For the world has need of you.**

---Evelyn Whitell