

“There is only one Intelligence!” How many times have we heard this?
We often let it pass us by, because the intellect doesn't have any work to do
if there is “only one Intelligence.”

The ego is left without anything to ponder.

And we say, “No, I'm not ready for the Truth because I want to think about it for a while.
I enjoy thinking and reasoning and being agitated. Because when I am agitated, I know that I exist.

If I adopt this principle of Oneness, what will happen to me?
What will there be for me to do? I might not be so important.”

---Helen Brungardt

Contemplation--- The Activity of Mystical Consciousness

SPIRIT in ACTION

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WE WELCOME YOU!

CONTEMPLATION--- The Activity of Mystical Consciousness
(a continuation) ---Helen Brungardt, Minister

Chapter 3: Basic Principles

We have touched upon some of the basic principles of mysticism and we have also experienced and touched upon the essence of Truth. What we are now going to do is discuss six principles, the knowledge of which are keys to living the mystical life.

There is only one Presence.

There is only one Power.

There is only one Intelligence.

Spirit is the Nature of all Things.

I AM.

Thou art That.

Those of us involved in the practice of meditation know that as we enter into meditation we usually have an experience of peace and calmness and a feeling that everything is right with the world. We come out of this beautiful experience and go into the world. Then, before we know it, we are back into our same old patterns. This entering into and coming out of harmony can continue for a long time. However, I have discovered that there are ways and techniques which can help us to stay unified while we are moving through our daily activities so that we can be in touch with our true self. Then we can move through this world in a balanced way, sustained by our own integrity, and moving as a whole person.

Let us consider these six basic principles. The first is that there is only one God, one Presence. Everything that was created was created by God. The basic principle of Oneness has been taught by all great teachers as being the key to living from the Truth (Reality) of our own being. It is living in the conscious realization that there is only one Presence, which is crucial. It has been discovered that many people enter into the experience

of mystical consciousness, yet find it very difficult to live in the experience continuously. To begin the process of moving into a state of living in the Truth, one thing is required: the full and total assumption of our own authority. I can, I will, and I do. Once this authority has been fully assumed, then we must also practice and remember what we already know.

Many years ago when I was trying to clarify my understanding, I came up with a phrase that helped me very much. It is, "I want to live in the house of total remembrance." This statement helped me to remember who I was, not just in meditation, but all of the time.

When we adopt these principles, we ignore the influences of the conditioned mind. The key to understanding is: there is only one Reality, period. Why don't we want to accept it? What is it in us that keeps us from accepting, knowing, and living this Truth? When we say, "I want ..." we add countless items to that sentence and come up with a thousand bondages. When we do adopt this principle of Oneness, it is only a mental concept at first; but then the Truth behind the principle reveals itself to us. This is how we begin. And then we ask ourselves, what about the presence of our mind? If there is only One, then there isn't any other presence on the mental level either. The presence of thoughts, concepts, and ideas are also contained in that Reality. This one Presence is the Truth and the Reality that unites all things. Otherwise, there would be no relationship; there would be no order at all; but *there is order in the unifying factor--- One*. It is the essence of all that is. All religions teach this, but humanity has not wanted to believe it, to experience it or to know it. That is why we still experience pain, strife, anxiety, and various other forms of confusion and turmoil. There is a tendency within us to separate ourselves and say, "Well, this is true and this is not true, and this is God, and this is not God." The Truth is that there is only One, and if we adopt this first as a concept and begin to live with it, we find out from within ourselves that this is so. This Truth always comes from within. A mystic knows this and he lives in the consciousness that there is only One. Because he does so, he has no need to prove anything. Because of this, there is nothing to become. Instead, there is All to be.

Oneness! Almost every book we read in the field of metaphysics teaches the same basic principle. You will no doubt agree that the principle of Oneness is fairly simple, but our ego doesn't like that. It is the tendency of our individual minds to think, so we allow our mental nature to be agitated by keeping it in motion. The ego, the little self that

we think we are, doesn't even exist, except as the accumulation of past experiences known as conditioned consciousness. Because we believe in these past experiences, we believe in a pattern of memories. The mind, filled with emotion and energy, behaves as if it were something tangible and permanent, so we have an "I," which houses an assortment--- many assortments--- of past memories, experiences, thoughts, ideas, images, and desires. If we just had one pattern, it would not be so difficult, but we have many. These patterns all exist in the conditioned consciousness of the individual. What we are trying to do is transcend conditioned consciousness, to realize the Truth, that there is only One: one Creator, one Creation, one Word, one Universe, one I AM, and that all things are formulated out of this one Reality.

There is only one conclusion to be drawn from the principle of one Presence. Regardless of all apparent dualities, there really is only One. The presence of your body, mind, and soul, the room where you are right now, the city where you are, are all of this same one Presence. Even the worst enemy you have ever had is still of this same Presence of God. There is only one Presence and you and I are It. We cannot change the reality of this truth in any way.

The second principle with which we are concerned is that there is only one Power. The only activity in the universe is the activity of God. There isn't any other activity. There isn't any other power. The physical universe moves by the power of God. The activity of your body in your world, your job, and your society is the power of God. Anything else we may believe about the nature of power is an illusion. There is only one Power which moves the whole cosmos on all levels: causal, astral, and physical. Any power that manifests is of the one Power. The power that is encased within the atom is of the one Power. The powers of thinking, reasoning, discerning, and remembering are the activities of God in which we participate. We are not separate and apart from this Power. *We are in the midst of It all of the time. And It is in the midst of us.* It is the Presence through which we experience, and the Power through which we experience.

Our third principle is that there is only one Intelligence. This intelligence knows itself to be what It is and knows itself as the Creator, as the process of creation, and as the created Thing Itself! All creation is a manifestation of this one Intelligence, whether that creation is an idea in the mind, or a relationship between ideas in the mind, or a process of the unfolding of an idea into physical manifestation. This creative process takes place 2

as universal law. This one Intelligence is omnipresent. It is everything that is present as an expression of Itself. There is nothing outside of the one Presence. It is that one Intelligence within us that knows the Truth. It knows Itself to be the intelligent manifestation of all creation: of harmony, of beauty, and of right relationships. ...

Our fourth principle is that Spirit is the Nature of All Things. Everything we perceive in the physical universe is Spirit made manifest. We know through the discoveries of modern science that the substance of the physical world isn't really solid; it is energy in constant motion. For example, each thing created begins as an idea. Energy moves according to the pattern of that idea, and becomes manifest as an object. When an individual *knows* that the universe is energy, he knows that by changing the idea the pattern of energy-flow is changed. And therefore the object is transformed. What happens is that there is a movement of the Spirit within Itself to rearrange Itself, Spirit, being the Nature of all Things, is constantly in motion expressing Itself, as the thing Itself. Physical Science has demonstrated that everything in the relative world is in the process of becoming. This is an eternal movement. It is happening every second. If we were aware of this, we would discover that we exist as spiritual beings on all levels. If we want to be true to ourselves, we can never really name or define ourselves as anything fixed or permanent. We refrain from this because the ego wants to know what it is going to be tomorrow. If there is only one Intelligence, the Spirit knows what It is doing. The Spirit knows where It is going. *Do we trust God?* This fourth principle is the turning point in our entire encounter with this contemplation material because if we adopt the principle of Spirit as the Nature of all Things, It will take us beyond the barriers in our own consciousness; but we have to live it. We can't play intellectual games with it because that won't work. If we really have faith and trust in God, then we can live truly in Spirit, because we don't have to know what the next moment will bring. For Spirit reveals Itself as Itself, moment by moment. What does It reveal? It reveals an individualization of Itself, known as the Son of God, or the Christ Consciousness. It was this Christ Consciousness in Jesus which revealed Itself: Jesus said,

"Verily, verily, I say unto you, the Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise."

John 5:19

It was the Christ Consciousness that revealed, *"These things have I spoken unto you, being yet*

present with you. But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you."

John 15:25-26

Our fifth principle is I AM. I AM is the name of God, the name of the Reality within every individual. This principle is sometimes expressed as, "I AM the individualization of Spirit." We are not separate and apart from the Spirit. We are the Spirit Itself, identified as persons, as you and me. It is important that we start to work with this principle and leave out any qualifying remarks or statements. We work simply with the statement, "I AM." What we are concerned with here is opening the doors of our minds and hearts so that the Truth can reveal Itself to us from moment to moment. Then, the I AM that you are will reveal to you what I AM actually is. And if it needs to be qualified, it will be done so from the Truth within you, and not from some subconscious memory. We must open ourselves to revelations. Spirit is the Nature of all Things, individualizing Itself as the Son of God or "I AM." The Spirit is always individualizing Itself as, "I AM something." This creation, ideation, is the bringing forth into manifestation.

Our sixth and final principle is Thou art That. This principle brings us full circle in our living experiences as we allow ourselves to recognize and remember that the one Presence is each member of our family, each person with whom we work, and each and every person that we meet. This awareness extends to all of our memories as well, and we watch with fascination as our new perception transforms the understanding of our past. To respond consciously to the one Presence in all relationships is the experience of joyous, delightful living.

By adopting these various principles, one at a time, and in conjunction with meditation, we will be brought into a transcendent experience. These principles enable us to become more confident and stabilized and we become more aware of the integrity of our own being. Not only do we discover what this integrity is, but we also learn to trust it.

Chapter 4: How Do We Adopt a Discipline?

I have found that many students have learned how to meditate, but few have learned how to be self-disciplined. Those who do know how have discovered the way of discipline mostly by themselves. There is much more to the mystical journey than meditation, even though meditation is a major key. We also have duties and responsibilities in this world.

We simply cannot sit indefinitely in a state of meditation, nor live in a state of inertia. Meditation is a process. It is a technique and a way by which we can learn to experience the Transcendental Nature. We experience that which sustains the mental, physical, and emotional worlds. However, meditation by itself is not enough.

Out of meditation (which is passive) is born contemplative activity. The mystic is a person who practices this contemplative activity. Most mystics are prime movers of humanity. They are very busy people. We realize this when we read their biographies. They are not living in a state of inertia. Their minds are functioning. They move easily, as the Life Force Itself expresses. It is flowing through their consciousness. Contemplation is consistent attention to this activity. The essence of the mystical life, then, is the expression and demonstration of this Truth. The mystic is open on all levels of his being; he allows himself the opportunity to remember that there is only one Life, one Power, one Intelligence, one Spirit, and that this Reality is flowing through him, as he is. The mystic is a witness. The mystic watches and--having surrendered himself to God-- lives in a constant state of devotion.

Let us remember then, to supplement our meditation with contemplative activity in our daily lives. When we come out of our meditation, we should immediately adopt a principle to contemplate throughout the day. We may begin with the statement, "Today I am going to realize consciously that there is only one Presence in my life." That is our decision. However, then we become involved in the duties, responsibilities and obligations which we encounter in our relationships: the physical, mental, and emotional patterns which enter our minds, and which cause us to forget the truth. Before we know it, we forget that we have made a decision to realize the one Presence. *If this happens, don't feel guilty.* Just make the decision again to remember this truth for the rest of the day; remember that the Presence of everyone you meet *is* the Presence of God. This Presence is where you are, in your environment, everywhere. Say to yourself, "I am going to allow myself to experience one Presence."

The mental level is merely one aspect of our being, with its own powers, perceptions, and activity; the emotional and feeling nature adds a larger dimension to our mental activities. When something happens to our life, we usually go through a process, and this process is initially recognized on a mental level. Then there is an emotional response, followed by a physical response. If our response is negative, then the

activity in our mind carries with it an emotional response which further results in certain chemical reactions in the body. How do we get to the Truth? We immediately realize that there is only one Presence and that that Presence is God; that there is only one Activity and that that Activity is God.

When we change our attitude, our emotional nature also changes; for instance, when mentally we move from fear to faith, our emotions reflect this change and then even the body responds and begins to calm down. We go through a process of balancing. What we become aware of are the processes which are taking place within us on at least three different levels. The coordination of these levels brings us into unity, or Oneness, and a healing then occurs. Please be aware of these processes on these different levels. How do you coordinate these three levels with Oneness? To move into mystical realization is to move from where you are (without going through any process) to the Truth. This is how we do it: we learn to move gently through the mind, the emotions, and the body, without attachment to the activities or functions of any of them. We pass through these activities to the Truth.

Our disciplines aid us in this passage. But how do we arrive at the full realization of the meaning of a principle--- such as, "There is only one Presence"--- without getting caught in our mental processes? How do we come upon this realization without attachment to the three levels of mind, body, and emotions? We must begin with what we know; we go to that center within ourselves through which the reality of one Presence is manifest. Where is this center? Can we focus our attention on it? Is it in our mind or in our body somewhere? Yes, it is. We start with what we know for certain and that is the physical body itself. We find that there is a center of consciousness within the physical body known as the heart center. This *is* the center of consciousness. This is the center through which we find the midway point between the absolute and manifest realms.

In the practice of these disciplines (such as one Presence), we learn to think, to feel, and to know in the heart. We learn to live from this center within us. It is this center which acts also as a balancing force for all the activity of our consciousness. (If and when you are ever working with people who are unstable mentally, emotionally, or physically, have them relate to themselves through their heart center and identify with this center within themselves.)

Our experiences that are really true never take place just in the mind alone. What we call an 4

experience is an activity which we recognize with our conscious mind, but simultaneously our thinking and our feeling and physical natures are also responding to this experience. Now, please allow yourself to move from the mental level to the heart center. Try living with the idea of one Presence in your heart center. If you can do this, then you will experience a conscious recognition that you are a manifestation of the Presence of God. You must open the door to your feeling nature to allow yourself to have this experience. When you have this experience, you become aware of the flow of consciousness. If, during this process, there is an interchange of your being with the being of another person, then both of you change. This flow and exchange of consciousness is always occurring, but when we become conscious of it, we live in a state of joyful revelation.

We can't keep this knowledge just in our heads, because if we do, then it becomes merely an intellectual game and a source of agitation. But when we learn to move the discipline to the heart center, then we become stabilized and integrated. This is the way we must learn to live as we go through the routine of our daily lives, consciously knowing the Truth, no matter what is occurring, until we come to be at home at the center of our being, with both feet on the ground.

We must move through the three levels of mental, emotional, and physical activity without attachment in order to arrive at the center. We are talking about reality which manifests Itself directly in our lives. And by living in, through, and out of our own center of consciousness, we are able to function in this world and to do almost anything with much greater freedom and creativity than we have ever enjoyed before. We are no longer concerned with old patterns of belief. What were they anyway but the dead past? They were not real. When we discover our capacity to relate to life through our own center, we find that, in comparison, our mere intellectual ability is restrictive and inhibiting. Now we are able to see that the intellect is only a tool. And we realize that we have many other tools as well, each one being used when appropriate, yet no one of which can be given precedence over all the others.

We must have a balance on all levels within the functioning of our being. We cannot reach this balance through delving into the mass of conditioned data which exists in our subconscious mind. *What* is new? The patterns in the subconscious are of the dead past. We cannot work from yesterday's knowledge or insights. The source of our lives is Spirit, underlying, sustaining, fulfilling, living Itself through our minds and hearts. We must come to

this Source! The activities of the mind can be distractions because they can create mental and emotional agitation and turmoil. When directed by the Spirit, these mental activities are useful to us. It is Spirit that reveals Itself through all of the tools and all of the aspects of our being. The Spirit will initiate and activate whatever processes are necessary for our growth and understanding.

This is the joy of practicing the discipline of living in the one Presence. For It always reveals Itself to us so that we can experience It and know what the experience of It is. This is how our consciousness is expanded. Then, after we have lived with this principle for at least two weeks, we can move on to the next principle.

We decide to adopt the principle that there is only one Power. And we move that principle likewise from the intellect to our heart center. We remember our commitment to this discipline as often as possible. Whatever we are doing, we try to be aware that it is the one Power that is expressing Itself, that is our recognition and experience of that Truth. For example, let us suppose that you have a problem in a certain relationship in your life and you adopt this principle of one Power and accept the truth of that Power as the only one operating in both your feeling nature and in the feeling nature of the other person. By working directly with this discipline in this relationship, you will discover any "blind spots" that you may have.

Sometimes we don't want to recognize that what "I am feeling" and what the "other person is feeling" and what *both are experiencing* is of the same power. At times what the other person does is something that we react to and respond to as if it were something negative, as if it could hurt us, as if it could be a hindrance to our spiritual growth or unfoldment. We can live a week or perhaps even many years having made an intellectual decision to experience one Power and yet never allow ourselves to experience It in our feeling nature. Instead, we delude ourselves into thinking that we are really practicing this principle. Why? It is because we really don't want to let go of the old way of looking at things. For instance, there might be something in our past concerning a certain person or situation which we refuse to release. In other words, we keep our old patterns of seeing rather than letting go and actually realizing and experiencing the one Power as It manifests in our lives. To learn not to get caught in the processes, to be simple, to be innocent, is the key. In that innocence, all things exist. In that innocence, all things are made new, and life expresses itself where we are. We don't recognize what is innocent. 5

That is why we have to have disciplines. Let our lives be innocent, not according to the dead past, but according to the ever-present Truth.

It is not possible for a person to remain in ignorance, pain, or suffering, if he uses these principles and faithfully practices them. The Truth is light--- and darkness or ignorance will not survive in this light. If we have access to these principles and disciplines and we are still not enlightened, then we are playing games. It generally takes about two or three months for us to begin to see positive results. These are very powerful principles, when we embody them daily. We live by them and yet we are still active in the world. Throughout all activities, we refer to our principles; we do so during all the good and bad and neutral experiences and situations in our lives. Then, it is not possible for us to sit in judgment on ourselves or anyone else, nor do we judge or analyze the past, present, or future. There is only One. Everything else that seems to be otherwise is merely an illusion of duality.

We learn to go directly to the center of our consciousness in all instances, and we stay there as much as possible, letting the mental and emotional processes take care of themselves.

Each principle should be adopted, one at a time, for at least two weeks. Then start over again.

(to be continued)

MAKE HAPPINESS YOUR LIFE STYLE

Ruth B. Crouch

"I just wonder if Joan is immune to happiness." I mused as I hung up the telephone receiver after a conversation with my friend. Twice in the week she had called me in tears, and today she had called me "Pollyanna" after I had tried to lift her spirits.

Why is she so unhappy? She has everything going for her. She is a talented artist, has a beautiful home, is financially secure, and has her own time to go and do as she pleases. Yet the secret of contentment seems to have escaped her. I am beginning to think she enjoys being miserable.

Happiness is a state of mind and comes from within ourselves, but we have to work at expressing it and practice to achieve its full measure. It is highly contagious and we are happiest when we share it with others through a smile, a kind, encouraging word, or some helpful act. By the giving of ourselves to our work, our play, and our relationships we bring happiness to ourselves and to the world around us.

Webster defines happiness as a quality or state of being happy, which results from possession or attainment of what one considers good. As we pass

through the channels of life, happiness has different values for us. A stick of candy or a toy brings joy to a small tot. A car or new clothes make a teen-ager happy. These are temporary joys.

As years pass the meaning of our home-life and family and friends increases and brings us happiness. In later years, material things mean less and less for most of us. We find happiness in the simple things--- a babbling brook in a wood, a bird's song, or a radiant sunset.

My thoughts are still with my unhappy friend. I should like to send Joan and others who read this my recipe for happiness:

Take two heaping portions of patience,
one humble heart full of love,
two hands full of generosity,
a dash of laughter.

Sift with a large measure of understanding;
sprinkle generously with kindness;
add plenty of faith; mix well.

Spread over a period of a lifetime and
serve to everyone you meet.

Happiness always depends on a close alliance with God and a uniform habit of kindness and appreciation. Happiness is contagious; the more you give it away, the more it returns.

WHY DOESN'T GOD DO SOMETHING?

Joseph Murphy (an excerpt)

A man said to me, "If God exists, why doesn't He stop the war and crime, and wipe out disease?" Often people say, "Why does God allow me to suffer so? I follow all the rules of the church, and yet I am suffering. Why?"

The answer is rather simple: God--- Infinite Mind, Infinite Intelligence, and Infinite Life--- indwells each man (and woman); and every time man thinks, he is using the creative power--- for good or for evil. Ralph Waldo Emerson said, "Man is what he thinks all day long," and the Bible says,

"As he thinketh in his heart, so is he."

Proverbs 23:7

If you think good, good follows; if you think evil, evil follows.

Man is a free being. He has the freedom to become a gangster or a murderer, or a holy man dedicated to God, to his country, and to the world. Man is not compelled to be good. If he were compelled to be good, there would be no freedom; man would be an automaton with no free will.

All of man's suffering is due to his ignorance and misapplication of universal laws and principles. There is only one creative Power, but called by many names, such as: God, Allah, Brahma, 6

Reality, and many other appellations. In the absolute sense this Power moves as unity, harmony, peace, beauty, order, rhythm, and love, but man has the freedom to choose constructively or destructively.

Acquire a deep, abiding conviction in the one Presence and the one Power operating in your life, an absolute belief in the one Power in which there are no divisions or quarrels. There cannot be two powers; one could cancel out the other, and there would be chaos everywhere. God is Infinite, and Infinity cannot be divided or multiplied. Create peace by dwelling mentally on whatsoever things are true, lovely, noble, and Godlike. You create evil in your experience by thinking negatively, viciously, and destructively. Remember, you can never really grow and advance spiritually until you come to the absolute conviction that there is but one Power.

"I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images." Isaiah 42:8

One can use electricity to vacuum the floor, or to kill someone. One can use water to drown a child, or to give it a bath. The same wind that drives a ship on the rocks will also carry it to safety. One can use nitric acid constructively in various chemical and industrial processes, or he can use it to blind someone. One can use atomic energy to drive a ship across an ocean, or to destroy cities, towns, and people. Good and evil are in the mind of the individual--- nowhere else. Whether a thing is good or bad depends on the use to which it is put.

Our prayer should be this: "God is, and all there is, is God. This Presence and Power are within me, flowing through me as harmony, health, peace, joy, right action, abundance, true expression, and inspiration. I am a clear channel for the Divine, and I know that as I think and feel these truths I will experience all the blessings of life." I make a habit of this prayer, and wonders happen in my life. This establishes a new cycle of consciousness. ...

Scientists put forth a theory or a hypothesis, but before it is accepted as a scientific fact it has to be validated objectively on the screen of space.

You must demonstrate your religious beliefs in all areas of your life. Enlarge your vision. Contemplate freedom, peace of mind, abundance, and good will to all. You become what you contemplate. Your new self-image has its own mathematics and its own power of self-expression. There is nothing to oppose you, so there is no cause for anxiety or worry. Turn your eyes to the God-Presence within and keep on the beam of God's glory, and you will rise higher and higher every day.

Establish a firm attitude toward the living Truth. ... A most important point is the acceptance of the attitude of aspiration toward the Creator, and the realization of the divine spark in each of us.

Studying only for the purpose of getting things, merely adds to the sum total of materialism which is already much too weighty; but if we are willing to seek the Presence in order to raise ourselves and to be a radiating center of divine activity, then we shall receive all that we need.

It is right and scientific to expect to have what we need and to achieve greatly, but the true basis for a worthwhile life is the act of seeking first the kingdom of God; to know the Source; to love the Source of our being. Thus we are establishing the foundation of at-one-ment with the Presence that eliminates the burden of continually using the human will to gain ends.

Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33
by Helen Zagat

THE ETERNAL TRUTH IN A CHANGING WORLD

Grace L. Faus

The world is changing more rapidly today than ever before. This is an undisputed fact, especially in the scientific and mechanistic areas; but what about religion? Is it changing, too? What about the relation of science and religion?

Some of the great scientists in the first half of the 20th century came to believe that science and religion were consistent with each other. They recognized God and God-Mind as the creator of the universe.

Sir James Jeans, a great mathematician, believed that the universe around us is more than a mechanical structure. He called it a "Great Thought, the work of the Supreme Architect, and the Master Mathematician."

Albert Einstein, a winner of the Nobel Prize in physics, stated: "Insight into the mystery of life ... has ... given rise to religion," and he said that the center of true religion manifests itself as "the highest wisdom and the most radiant beauty." ...

Another Nobel Prize winner in physics, Robert A Milliken, believed that "religion is changing because of the interplay of science upon it." He stated that "the practical preaching of modern science ... is extraordinarily like the preaching of Jesus. Its keynote is service." Like Einstein, he believed in social justice. He felt that the essence of the gospel of Jesus was concern for the common good and a high concept of duty. He made the statement: "The new God is the God of law and order; the new 7

duty, to know that order and to get into harmony with it; to learn how to make the world a better place in which to live ...”

In a most significant statement, Dr. Milliken expressed his belief in one of the world’s supreme needs--- “essential religion.” He said: “I believe that one of the greatest contributions the United States ever can or ever will make to world progress ... will consist in furnishing an example to the world of how the religious life of a nation can evolve intelligently, wholesomely, inspiringly, reverently, completely divorced from all unreason, all superstition, and all unwholesome emotionalism.”

Couple this with Ralph Waldo Emerson’s prediction: “America shall introduce a pure religion,” and we can only think: What a great challenge for us!

We know that we are on the threshold of a new age. ... This great change is a new way of thinking and living, and a new way of expressing life. Mankind has passed through many periods of change throughout history, each linked with a desire for a better civilization and better things to come. ...

Just what is religion? Emerson defined it in at least two ways: “The emotion of reverence which the presence of the universal mind ever excites in the individual” and “the relation of the soul to God.” Have we as yet begun to establish the “pure religion” that Emerson predicted? ...

In this rapidly changing world, we definitely need something central, something stable, to hold to. We need the Eternal Truth, which we believe is: God is all in all. God is in us and around us; is equally present everywhere; and is readily available to all of us at any time. We believe that God is Mind; God is Love, Life, Power, Substance, Wisdom, Beauty. This Eternal Truth is our stabilizing power. We know, as Dr. Milliken said, that Truth always has been and always will be, and it is developing (revealing Itself). Our changing religion is based on eternal truths discovered up to the present time. We cannot grasp the entire Truth of God, but we can grow into greater understanding. And, as is true in the scientific field, more Truth will be unfolded and revealed to us in time.

We can find Truth in the Vedas and the Upanishads of India, and in the teachings of Confucius and Lao-tze of China. Then there were the Egyptians and Greek philosophers who also discovered eternal truths. But the world is still willing to say of Jesus, “Never a man spake like this man” Why? Jesus gave us words of full, rich, satisfying, unselfish living that apply to all time and in all places. Above all, He taught the Omnipresence of God.

When we understand the Eternal Truth of Being, the Omnipresence of God, we know that Spirit permeates every phase of life. All of life moves around this Center, which is unchanging, eternal, a center of quiet power. How do we find this center of quiet power? It is within us. It is already a part of our experience, whether we know it or not. Our part is to know it, to become deeply acquainted with this inner Power, our own Inner Christ. This Power comes into our daily living as a fulfillment of our every need, of our deepest and truest desires. It is a transforming Power that works in us and through us and by means of us. The things we hold in our hearts eventually become an experience in our everyday world. There is a way up and out of every difficulty. There is nothing in the “outer” that has not come from the “inner.” There is a law that operates here: “As within, so without.” Or, as the Bible says it, “As a man thinketh in his heart, so is he.” The law operates in an orderly way, accurately and perfectly. ...

As we become aware of the Eternal Truth, we turn in to a higher level of consciousness, and we lift ourselves and the entire human race to that extent. The term “raise your consciousness” has now come into common usage, and thus is easier to understand than only a few years ago. Jesus taught it in His day and it is basic to the Eternal Truth. The New Thought movement has emphasized it for over a hundred years.

When we try to live according to the Eternal Truth, life becomes an adventure, a joy. We know that we are not alone; we recognize the Presence within us at all times, a very present help in times of trouble. We know that out of darkness comes light; out of uncertainty comes a clear sense of security and assurance of God’s action in and through us. The invisible and the visible are the same Substance, and out of the light that dawns within us, there is coming through us a new age, a new world, a new light, a new experience that is greater and better than anything we have ever known before. For we hold fast to the Eternal Truth.

There is a golden thread that runs through every religion in the world; through all the lives and teachings of all the prophets, seers, sages, and saviours in the world’s history. ... Each is building his own world. We build from within and we attract from without. Everything is first worked out in the unseen before it is manifested in the seen. ... To come into harmony ... this is the secret of success.

---Ralph Waldo Trine

Mysteries are shadows; only he who looks down sees the dark places. Tradition and superstition cast their shadows around them; but truth and wisdom dispel the gloom. Men have lingered too long in the dark places; truth is calling us into the light. Some of us are tempted to stay a little longer in the valleys of ignorance, even though the sunlit stretches of open country lie just above. There seems to be something that holds us in the valley, and Something that calls us to come up out of the limited places into the full light. The something that tells us to stay seems to be the voice of the self which race thought has implanted in us; and sometimes we stay a little longer becoming more mystified while we wait. ...

... Resurrection, the greatest event in the individual's story, is also the greatest event in the history of the race. If we understood the principle back of the resurrection, we should touch truth universal which applies to every one of us at the present day. ... Resurrection is the culmination of life process in the one who lives in the resurrection consciousness; it is the end of one process and the beginning of another. ... As we are led by the spirit of light into more and more truth, our vision broadens, and we come into a clearer realization of what it means to live truth as Jesus did. ...

The story of Jesus reveals to us the history of the life process from its earthly beginning to its glorious outcome, from the manger to the cross, through the sepulcher to resurrection, from the babe to the risen Jesus. The man Jesus attained as you and I must attain; he rose out of limitation moment by moment. ...

How did Jesus accomplish the resurrection? ... He lived true to God-Presence; he realized the immediacy of the Presence. What do we mean by the immediate Presence and Power of God? It means knowing and feeling the Presence of God active in every moment of our lives. It means the realization of God's Presence in the smallest experiences of life as well as in the greatest. God's Presence is Life.

As God was a father to Jesus and the source of his living and of his thinking, so let it be with us God was also the companion of Jesus always; therefore Jesus was never alone. You and I need never be alone either, if we think as Jesus thought. ...

The teachings of Jesus are being embodied in more movements today than ever before. The Christ principle is practiced by many persons who are not church members. There is at present a feeling among many that the church is not fulfilling its mission. I like to attend general meetings even if there is opposition to the churches expressed by

the speakers who feel that the church does not see and embody the message of Jesus.

There are many indictments against the church which accuse of teaching Jesus but not living according to his precepts. If these indictments are true the church must listen to the charge, and change its methods. The ministers and the people are responsible for righting he wrong; we must see to it that the Christ principle is practiced as well as preached. It is interesting that in meetings and all kinds of gatherings where the church is criticized, one never hears a word against Jesus, the man. Everyone agrees that the practice of the principles which he taught would accomplish immeasurable good. I listen to those who say that the church is not fulfilling its mission among men, and I feel that there is truth in what they are saying, however, I believe that it is not nearly so much a matter of not understanding the teachings of Jesus, as it is of not being willing to live up to as much as we understand, that gives ground for the charge. ... I feel a greater call within me to hold up before our people the Christ principles and the Christ life, in order that we may be resurrecting our lives day by day with greater power.

The two great outstanding principles of Resurrection are conscious oneness with God and love of our fellow men (and women). Establishing a steady realization of the immediate presence of God is the essential of true living. It is true that all Life is one; we must live up to this truth, and meet men as brothers (and women as sisters) in every experience of the day. You remember that Jesus fed the multitude spiritually, but also when they hungered physically he gave them food. Some of us attain to a vivid consciousness of love for humanity; but others say, "Oh yes, I love all people, but there are certain individuals toward whom I cannot feel love." I say to you that there is still something else for you to accomplish. What are you going to do about the unlovable ones? We must love them as Jesus did, if we hope to attain to the resurrection consciousness. Jesus could never have attained to this consciousness, if he had divided people into two classes: those he loved and those he did not. Do you remember how patient Jesus was with Nicodemus, a ruler of the Jews? He tried to give him a message of truth in a loving way. I like to think of the understanding that Jesus expressed for the woman of Samaria, and also for the loving spirit he showed toward the rich young man who appeared so eager to inherit eternal life, but who was so unwilling to give up his personal possessions. Again, I like to picture that day in

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October 2007

A Divine Science Federation International Newsletter

Love
Integrity
Freedom
Excellence

We Welcome YOU!

Jerusalem, when Zaccheus, chief among the publicans, hence unpopular among the people, being small of stature but very eager to see Jesus as he passed that way, climbed a sycamore tree in order that he might have a better view of the great teacher. There was evidently in this man a deep desire to come into touch with Jesus: hence, he took this way of making his purpose sure. Can you imagine Zaccheus surprise when Jesus, looking up and seeing him, said, "Make haste and come down, for today I must abide at thy house"? Do you still say to me, "I love everybody--well, almost everybody"? I suppose that we would put Zaccheus into the *almost everybody* class; from the external he was not lovable, it is true, but he needed Jesus more than anyone else in the group; and this great one who always lived by principle, new the need and acted accordingly. This is what I mean by love --- a love that pours itself out, an all-inclusive love. If we are to attain to the resurrection consciousness, we too, must have it.

The resurrection consciousness is the consciousness that raises the body from a belief in mortality

to a certainty of Life Eternal. It is the consciousness of Universal Love. Love on the lips is good as far as it goes; but love in the heart, the love that calls Zaccheus and goes with him to his home, is necessary in order to attain. The love that met the need of every one around him is the love that Jesus felt and practiced and taught. As this love illumined the life to Jesus, so does it illumine yours and mine. It is the true light of the world. ...

The world today needs resurrection. Just as there was a first century resurrection, so let there be a twentieth century (and twenty-first century) resurrection. This resurrection time will be brought about by the spirit of consecration in your heart and in mine which says (as it did with) Jesus, "Thy will be done in us." Resurrection will be brought about by our own thought process. It is that consciousness which loves without wavering. The resurrection consciousness is the complete consciousness; it includes the whole person--- soul and body.

---Nona L. Brooks
(an excerpt from *Mysteries*)