

Let God be God – Max Ballard

# SPIRIT in ACTION

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## MEDITATION AT YOUR FINGERTIPS by Rev. Harold P. Ganss, Jr.

A collection of short daily meditations developed on specific subjects that might appear in one's life are presented so that a few minutes reading will enable the individual to lift his or her consciousness with a deeper feeling that God is his or her help and comfort. [Excerpts from this booklet are presented below.]

### PEACE OF MIND

Peace be with you – we all say this but do we really put it to work?

Peace means to be quite, to relax to let go of your seeming problem or problems. God is with you always, BE STILL and listen for God will guide the answers that you seek. Seek first the Kingdom of God and it shall be yours. All that God has is yours. The answer is about you now, all you have to do is recognize it and take hold of it and work with it!

Our seeming problems are merely opportunities for us to advance in the Spiritual understanding of God. We are one with God and God is one with us. We are children of God and as those Children, God is most anxious to help us enjoy a pleasant life, one free from doubts and difficulties. Do not try to force an answer, ask God for the solution to your seeming problem. Then stop worrying and the message will come to you. Fill your mind with courage and assurance that God's way is the right way.

Go in Peace – God Bless You!

### HEALING

Both mental and physical healing are yours now! God created each of us whole and perfect and so we are. Each of us must recognize this and put it into practice daily. You are well with the health of God. You are strong with the strength of God.

God has only good in store for you, claim this good now!

Let God have all your seeming problems and work with the Spirit of God as it is made clear to you – God is perfect Life and Health and as you are one with God, perfect health is yours instantly.

Peace Be Still and Know that you are one with God, that God is with you each day and everyday of your life.

Perfect health is now yours.

God bless you.

### LOVE

Love is the only power capable of increasing your understanding of your fellow man.

False beliefs we have previously indulged in fade away and are replaced by newly acquired knowledge of the solution to the particular problem that was troubling you, at the present time.

Research plays an important part in business today. Let each of us become a member of the research team of Love in the universe. It is the most important, adventurous, and compelling work you can do. Love is truly the answer to your apparent needs.

To love God will increase your fulfillment of a happy, care-free life, filled with understanding, compassion for your co-workers, family, friends, and associates in all walks of life. Open your heart to all you come in contact with and see how warm you feel – how much more relaxed and at peace you feel.

Thank you God for showing us the way – for God IS Love!

**GOD SAYS NOW**  
by Emmet Fox

God's time for your demonstration is now. The time God wants you to be healed is now. The time God wants you to be prosperous is now. The time God wants you to have your right home is now. The time God wants you to be in your True Place is now. The Bible says the Day of Salvation is now.

God is ready the moment you are. There is nothing to wait for except the changing of your own consciousness. People often make the mistake of saying, "I know my demonstration will come at the right time." But the only time to be harmonious and satisfied is now. Never postpone your good or you can go on doing so indefinitely through all eternity. The time to be happy is now and the place is here. Did not Jesus say, "The Kingdom of Heaven is at hand"; and by this he meant close by.

Do not keep yourself out of the Kingdom of Heaven by making excuses or inventing postponements, but go to work and change your consciousness now, for it can happen in a moment.

[From Find and Use Your Inner Power]

**MEDITATION**

Rev. Joseph Murphy, Ph.D.

*Excerpt from:*

THIS IS IT: The Art of Metaphysical Demonstration  
Church of Divine Science

Los Angeles, 3rd ed., 1948 Revised

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The discipline of looking inwardly is Meditation. What we understand we do naturally. What we do not understand we force ourselves to do. Students so often tell the teacher how hard they tried. The very effort meant failure, for meditation is always effortless. Tension, exertion or force result in failure.

An excellent way to still the mind is as follows: imagine yourself on a mountain top, looking into a lake. In the placid surface you see the sky, the stars, the moon and those things above the earth. If the surface of the lake is disturbed, the things seen are blurred and indistinct; thus it is with you. You are not "still"--not at peace--and the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed.

Meditation is the internalizing of consciousness. It is the pilgrimage within. If an eight year old child can operate the Law successfully, we can. We first must become as the little child. Half an hour a day spent in meditation upon your ideals, goals and ambitions will make you a different person. In a few month's time the gentle, silent acknowledgement comes that God is within you, that the spirit of Almighty God is now moving on your behalf and that which you long to be, to possess, or do is already a fact of consciousness. Man actualizes this state by feeling the thrill of accomplishment; when

he has succeeded, he will no longer be worried, anxious or apprehensive.

Moreover, he will not ask anyone for advice, because he will be under compulsion to do that which is right. His subjective mind compels him to take all the necessary steps to the completion of his goal or objective. After prayer, if a man is still doubtful and begins to argue with himself as to which course to pursue, it means that he has not fixed the desired state in consciousness; then let him go back again and dwell in the reality of it.

"Verily I say unto you, among them that are born of woman there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he." (Matt. 11:11). This means that any man who prays successfully and touches Reality by getting into the proper mood or feeling is greater than the wisest man. Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking "inwardly" are termed together, "Meditation."

Detachment is the key to meditation. That is, we must sever ourselves completely from all worldly beliefs and opinions, and focus silently upon our ideal state. It is the effortless-effort which causes us to flow towards that which we realize without conflict. Detachment does not mean that we give up what few earthly possessions we may have. It means that we must give up possessiveness in ourselves, or release the attachments that peculiarly limit us to a human viewpoint in all matters.

"Be still and KNOW." Stillness is not only keeping quiet; it means that the causes within the Self, by which the inward life is rendered discordant, have been removed. It indicates that there must be no inner dissonance, but rather when man goes within himself, he must find perfect and abiding peace. Knowing that God is within himself makes man live in a world that is ever peaceful. The lack of it makes him live in a series of conditions which grieve him to the end. He fusses about things which, if he saw them differently, would not cause one moment of unhappiness.

Everyday of our life we should meditate on beauty, love and peace. We should feel that these qualities are being resurrected in us. As we meditate daily on this inner beauty, let us feel that we are Jesus the Christ, the illumined man. Let us actually conjure the mood that would be ours were we actually doing his works and healing the blind, the halt and the lame. As we walk the earth, we must sustain this mood or conviction that we are Jesus and those qualities, which he portrayed, will be resurrected within us. They were always within us! This state of consciousness is not born of woman. *Jesus is born out of the imagination of man and nowhere else.* It is the second birth or spiritual awakening of man. The birth of Jesus the Christ truly takes place in man as he practices the disciplines and meditates on the ideal state.

By moving inward, the mystic finally finds the Real. As he goes inward he realizes first that this thing called the body is very unreal, and this earth upon which we are seated becomes unreal. The external life becomes the dream; the internal life awakens and moves further and further inward. Finally it seems to merge, and suddenly the meditating Self perceives that, by going inward, it has found the Universe. The suns, moon, stars and planets are within. For the first time he knows that planets are thoughts; that suns and moons are thoughts; and also he apprehends that his own consciousness is the realization which sustains them all. Temporarily in space are moving the dreams of the Dreamer; worlds, suns, moons and stars are the thoughts of the Thinker. His eyes are closed; He is meditating, and we are His meditation. It is CONSCIOUSNESS meditating on the mysteries of Itself!

This inward journey ultimately leads man to the Real. It leads man away from the sense of the small "I" to the realization of the eternal Self. The mystic's mind, through meditation, finds the peace, the strength and fortitude for further steps. The practice of the discipline of meditation bestows beauty, love, peace, grace and dignity upon every impulse, every attitude and every act.

In conclusion, let us meditate on these lines, written by the finger of God, the Ancient of Days, which has come to us, down through the ages--ever the Ageless Wisdom:

"Of all existence I am the source, the continuation and the end. I am the germ, I am the growth, I am the decay. All things and creatures I send forth. I suppose them while they yet stand without, and when the dream of separation ends, I cause their return unto myself. I am the Life, the Wheel of the Law, and the Way that leadeth to the Beyond. THERE IS NONE ELSE."

## Two Springs

Vernon A. Shields

There are two springs—one, found with nature, that comes once a year; the other, of the heart, that can be any time, or eternal. In the spring of nature we witness the transformation of the world about us. In the Spring of the heart, or of consciousness, we experience a renewal, a new zest for living, a new awareness of God's Presence and Power ever with us. We become transformed.

The spring of nature takes place once each year. The Spring of consciousness can take place any time, or eternally. The eternal command is, "Behold, I make all things new." We need not wait for a certain time of the year to enjoy this renewal or Spring of consciousness. When we decide, God is ready. "All things be ready, if the mind be so." (Shakespeare) When we start, God starts. When we open ourselves to new life-giving, uplifting, beautifying ideas, our Spring of consciousness begins. Why wait?

Emerson wrote, "Within man (each one of us) is the soul of the whole; the wise silence; the universal beauty. To which every part and particle is equally related; the eternal One." Paul said that the inward man is renewed day by day. Let Spring happen to you within and the spring of nature will give to you great beauty, joy, and wonder.

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## Let God be God

by Max H. Ballard

It is written in the Scriptures, *In the beginning was the Word, and the Word was with God, and the Word was God...And the Word was made flesh.* It may help us at times if we take a statement such as this and paraphrase it: *In the beginning was the Truth, and the Truth was with God, and the Truth was God...And the Truth was made flesh.* Or, *In the beginning was the Consciousness, and the Consciousness was with God, and the Consciousness was God...And the Consciousness was made flesh.*

The Scriptures confirm again and again that there is but one causation: *Hear, O Israel, the Lord our God is one.* And our Divine Science Statement of being tells us that there is *One Presence, one Power, one Mind; this One that is all is perfect Life, perfect Intelligence and perfect Substance.* One Presence, and we all have existence in this One.

We do not have separate lives. We do not have minds apart from God. Whatever mind there is is God Mind, and we are the expressions of that Mind. Since God is Life, then we are the individualized expressions of the one infinite Life. And we live and move and have our permanent existence in the One. The most marvelous news of all is simply this: Because we are included in God, and we are expressing the God nature, we already have dominion over the outer world.

Aren't you glad? We do not have to sit around waiting for some miracle to take place. God has already done "perfect everything" for man – and you are that man. God gives man, male or female, dominion and

lordship. It is written into the very constitution of our being. Even the cellular structure is geared to manifest harmony and love and well-being. As long as we do not interfere humanly with this God intent, we radiate the harmony and the love and the beauty of our true heritage.

It takes a bit of doing, because in our old orthodox background we thought of God as an old “fuddy-duddy.” Yes, we did. God was senile. God didn’t even know how to direct our lives and we spent our prayer time in telling God what to do for us and how to do it. And then if he did not get around to doing it, we would say, “Well, that’s God for you.”

No wonder the human race for nearly two thousand years has faltered, for it has never gone back to the teaching of Jesus Christ. Jesus did not come into the world to give us a God somewhere out in space that had to be dictated to by the clergy; he said God indwells every man. And the throne-room of every man is in his heart and in his mind. *Closer is he than breathing, nearer than hands or feet...Be still, and know that I am God.* It is through stillness, through quietness, when we are no longer chattering to God, that we experience God. When you love someone you do not have to day things in words. A touch, a look, a feeling—does everything. And it is the same with our rapport with God. God is already perfect, and God wants perfect everything for his children. Hence we do not have to inform God. But when we become quiet enough, we become trusting enough to let marvelous things happen. We call this “letting go, and letting God be God”—letting Intelligence take over.

There is a powerful sentence in the Scriptures that tells us, *MY word...shall not return unto me void, but it shall accomplish that...whereto I sent it.* It is an exciting moment when we realize that the Word is what we feel and it is going out from us this very moment. It shall not return void and lifeless, but it shall accomplish. In fact, every word we send out follows the way of the boomerang. If our word is Truth, it comes back multiplied, like bread cast upon the waters. But if we are foolish, if we think that we are an exception to the Law of God, an exception to this mechanical law of cause and effect, this boomerang law; if we send out ill will; if we send out hate or fear or foolishness, a strange thing happens. It does not often strike the person we direct it to, but comes home like a pigeon. Birds come home to roost—and through the years we have become strange birds!

I am so grateful that God planned it thus. God did not make us robots. God allows us the joy and the thrill of proving our sonship. When we make a mistake we suffer. Are you able to say, “Thank you,

God, for the suffering”? I hope so, because the suffering is simply a sign that we are off the beam. There is work to be done, and we should get back on the beam, back on the main highway, as quickly as possible. You see, if the hot stove did not burn our finger, we would just keep the finger there. Intelligence has worked this out so that we can grow strong and upright and take charge of our experience.

*He sent his word, and healed them, and delivered them from their destruction (fear).* (Psalms 107:20) Ninety five percent of our human difficulties are the result of fear – fear of person, place, or thing. And to the degree that we lose the sense of fear we become orderly, balanced citizens, relying upon the Intelligence that brought forth the sun, the moon, and the stars.

The book of Genesis tells us that man was placed in the garden of God, of Eden, or paradise, the garden of Mind. Are you living in Eden? Do you have a sense of paradise? Are you walking in the consciousness of your God, with God supplying your every need?

We must take this lovely story into our consciousness. We are cast out of paradise and happiness *only* when we partake of attitudes and thoughts and beliefs that are sullied and deformed by fear, or by the belief in duality. The moment that we return to the Lord God, or the law of total Good, and trust Good to see us through, we are no longer the victims of circumstance, we are no longer subject to the mechanical laws of the outer world that so often press upon us. We rise above outer conditions. We take dominion and we prove our lordship.

Jesus’ purpose was to tell us that we could take dominion, and that we have the right to do it, because we are the sons and daughters of God. God is our Parent, our Source.

Jesus explained that our life cycle includes our returning to the Father’s house; in other words, to the consciousness of God-with-us. We have all been prodigals. We have all strayed into a far country. We have all experienced things that were contrary to good. Now let us not sit around waiting for a miracle to happen. Let us get back home, back on the beam. God has no memory of our mistakes. God holds nothing against us. Nothing! God’s word is Love. My dear friends, that Love is so great that God takes every man, woman, and child into this infinite embrace, saying, “Child, I have loved thee with an everlasting love. I will not fail you nor forsake you.”

If you think you have made a mess of your life, read the stories of the leading characters in the Bible and find out how they lived, and what terrible scrapes, what sordid experiences they got themselves into. But the infinite God, because God is total Love, comes gently and allows them, and us, to wash it all out and begin again.

Our founder, Dr. Brooks, once said, "I am fresh from the mind of God every morning of my life." Let us sing, "Let God be God!"

Our prayers are our thoughts. Every thought is a prayer, and we are always demonstration our thoughts, our private prayer life. As our thoughts become more affirmative and expectant of good, we demonstrate more and more of that good. God never withholds. God is not keeping you from that special person, or from a job, or holding anything back from you. God never withholds; only you are withholding. The moment you relinquish the reins, let God be God and thank God for the lavish good, you will experience the complete changeover in your demonstrations.

We associate restoration through prayer with the prophets. They all spoke the language of Truth. Moses on Mt. Sinai heard the truth from within himself as a voice from a living tree, flaming with fire. Fire is symbolic of purity; the ascending fire purifies the word. Jesus on the Mount of Transfiguration revealed the spiritualized body to his disciples. They saw him as a column of light.

We are the children of Light. You know, when we truly love, we actually shine. The whole world loves lovers, because they shine. They are in a state of givingness to someone else, and this is a key to life. Give love, give goodwill, give understanding, and see what blessings you receive.

Our word is going out from us all of the time. I have a feeling that many times men and women are not aware of the power of their word—meaning their consciousness.

I remember H.B. Jeffery once said that if a person were in a right state of consciousness, he could say, "The moon is made of green cheese," and there would be a healing; because it does not matter what you are saying, if the right awareness is there.

This was brought out so beautifully in the early years of my ministry by a couple who were new to the study of Truth. One night the young wife said to her husband, "I have been in a state of terror for some days. I've discovered some lumps in my breast and I am simply terrified." She told me later

that her husband got up from his chair across the room, took her in his arms, and said, "God will not allow anything to happen to my girl." She said it was like light, that her whole body seemed to be filled with a sense of light and peace and joy, until the tears rolled down her cheeks. The next morning the lumps were gone!

Foolishly we think that unless we are speaking like Isaiah or Moses—in other words, in scriptural terms—we are not praying. The truth is that even in an office, if someone is feeling anxious, if you will just reach out and say, "I'm with you; I understand; I care," that person can have a healing. Why? Because of out-flowing love.

We do not have to give little sermonettes. We do not have to get "churchy." It is enough to communicate through love, through compassion and good will.

The poet Browning said,  
*There is an inmost centre in us all,  
Where truth abides in fullness; and to know  
Rather consists in opening out a way  
Whence the imprisoned splendor may escape,  
Than in effecting entry for a light  
Supposed to be without*

Paul said that we should pray without ceasing. If our thought is affirmative, if our thought is expectant of good, we are praying. And we are praying as we are carrying on a conversation, riding in an automobile or bus. Wherever we are, whatever we are doing, as long as our consciousness is flowing with good will, beautiful things are taking place.

In studying the Life of Jesus, One is very much aware that when he witnessed what we call sin, sickness, or death, he set about canceling out these experiences, lifting the person out of them. Why? Because he believed they were contrary to life. If Jesus thought that God had created disease, or poverty, or death, would he have broken his Father's law? Would he have interfered with God?

He believed that death comes through man, through ignorance and fear. It is my belief that eventually the race will be able to banish that experience; that we will be able to move out when we are ready for another adventure on another plane of life. This is the way it should be.

But in the meantime, let us do our homework. Let us to continue to grow, to expand our awareness of good and to get rid of fear. The greatest thing we can do—by studying the Scriptures, by reading our daily lesson in [At-One-Ment], by taking our classes,

etc.—is to lift our consciousness so that we feel the presence with us.

My dad was a clergyman, and through the years, I have witnessed many marvelous things taking place through men and women who had the kind of faith in God that allowed them to let go of the human and trust in the infinite Intelligence. I would like to share with you something that happened in my life.

One summer, I took my family to the Lake of the Ozarks in Missouri. Shortly after we arrived, I decided to row across the lake to pick up groceries and a motor for the boat. Out in the middle of the lake, I heard a motorboat in the distance. In a few seconds I saw the boat coming up astern. The young man at the helm was apparently “giving it the gun,” for the boat was very high out of the water. Suddenly I realized that he could not see anything out in front of him, and he was coming directly toward me.

You know, ever since I was a boy I have read the words of the Ninety-first Psalm, but this time I heard them. I actually heard a voice inside, and the voice said, “No evil shall befall you.” There I sat. The motorboat came head on, and it completely split my boat. I was left sitting there with the handles of the oars in my fists. The oars were sliced as if cut with an electric saw. Usually, when you row, your feet are out in front of you, but this time mine were tucked under the seat. I did not receive a scratch. No evil befell me.

We are very foolish to ever anticipate trouble. I think it is high time that we build and awareness that, if something contrary to good comes along, this Presence will warn us, and we will let God be God—let divine Intelligence take charge. Through the years I have heard men and women tell of fantastic things that have happened regarding protection. It did not “just happen.” It was the result of their homework in building the consciousness of the Presence. God always comes through.

Divine Scientists, we have this great challenge. We can turn our bodies over to God. Any Intelligence great enough to conceive of the body in the first place knows how to repair it. We can turn our homes over to God. God is Love, and if we keep the love-light glowing, what appears to be wrong will be made right. We can turn our business over to God, because He knows just what to do and he will do it.

So we let God be God in every area of our lives, for as Jesus said, *The Kingdom of God is within you*. The kingdom of God is here in our midst.

We are saying “yes” to you, God: “yes” to your love, “yes” to your peace, “yes” to your blessings. We are saying “yes” to health, to security, to guidance. Your wisdom goes before us and makes clear the path.

God, we place ourselves in your perfect care. By the law of love that has brought us together, you will keep us together. For where love is, we can meet; and where love is, we can never part.

In the name of Jesus Christ, the God Presence here in our midst, I bless you all.

(This essay was originally published in the March & April 1980 ASPIRE Magazines.)

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### THE ETERNAL TRUTH IN A CHANGING WORLD by Grace L. Faus

*Continued from January 2008*

We will be presenting this book over a series of months for your reading pleasure. The book was originally published in 1979 and contains a compilation of her writings over the years.

### **BUILDING A HIGHER CONSCIOUSNESS**

One of the greatest dramas ever written is the wonderful story of Job. This is a drama about building a higher consciousness, about growing from a consciousness of mental confusion to one of peace and freedom.

Job was a fine and wonderful man. He did everything right; he had a family; he had prosperity in every way. And yet something dreadful happened. It almost seemed that a curse was put upon him; in spite of all the good he had done, and the fine life he had lived, here he was out on the ash heap, outside the city, in sackcloth and ashes, covered with boils. Now if that wouldn't cause confusion, what would? And that is the type of thing that causes confusion in the lives of people today. We often wonder—how can it be that a good person can have so much trouble?

Well, what did Job do? He had three friends who came to talk with him. And this debate into which they entered gives us some of the greatest information about life, about trouble, about our ability to come up and out of it, of any one story I know. They debated about God and wisdom and sin. Perhaps we have had some of the same thoughts in our time. Job's friends said, “You've sinned, of course. You've done wrong or this wouldn't have happened to you.” Job answered, “But I haven't done wrong. I really have been the best I know how to be. Why should this happen to me? Surely God

is just. Surely God is a righteous God.” And they of course replied, “Why yes, God is all right, but he is punishing you because you have done wrong somehow.” Even Job’s wife seemed to agree with his friends. She advised Job to “curse God and die.”

Later, Job and his friends started discussing wisdom. They agreed that man by himself does not have the wisdom he needs; that we must learn to unify ourselves with God, to become “at one” with the wisdom of God. Job was searching his soul, deeply seeking to know and to understand the truth of God, the truth of himself, the truth of life. Now what Job had acquired in the early part of his life—his great success in everything he did—was, he felt, through his own efforts alone. He had great pride in himself; “he was righteous in his own eyes.” But his suffering changed all that. God finally spoke to him “out of a whirlwind”, and we read, Job “repented.” His feeling of human pride changed to his realization that it was only a power greater than himself who could change the condition he was in. He now had a greater understanding of the truth of God, the power of God. Then Job prayed for his friends. And he was finally able to rise up healed and go forth to gain greater good than he had had before. It was a change in the level of his consciousness.

In Truth, we are always and forever building consciousness. We are always working to understand more clearly the truth of ourselves and the truth of God. Job was able to realize his at-onement with God; for in the midst of trouble he said, “Though He slay me, yet will I trust Him.” When we get to the end of our rope, or to the end of our ability to work mentally for our own good, it seems as though we relax and let something greater take over, a greater Power.

And we, no matter who we are, turn to that Power, whether we do it consciously or not. We are praying beings. It is second nature to pray. It is something we can’t help. But it can be a part of our unfoldment, part of building a higher consciousness, if we do it in the right way. In James 4:3 we read: “Ye ask, and receive not, because ye ask amiss.” This is still true today.

What do these words mean? We have learned that they mean we sometimes pray selfishly. Or sometimes we pray with turmoil in our souls, with confusion and disturbing thoughts and emotions. Remember, Jesus said, “If thou bring thy gift to the altar, and there rememberest that thy brother hath sought against thee, leave there thy gift before the altar, and go thy way; first be reconciled.”

Emotional peace is necessary to pray aright. We need to be reconciled—in unity with other

people, with ourselves, and with conditions in our lives. We have to get into the right frame of mind, the right level of understanding; we have to recognize that whatever God has created is good, and what we call evil or sin is but the lack of knowing, or our immaturity. It is our ignorance of the truth. We may commit a “sin” because we do not know better. Now, why do we not know better? If we are created by the power of God—and if God and God-in-action is all there is—then where do sin and evil and sickness and death come in? This question is asked over and over, and understanding the answer is vital to the building of a higher consciousness.

The answer is that through our misunderstanding, we have said certain things were evil and certain things were good. We have lived in a world of duality, of evil and good, of the devil and God. We have lived in a world of separation from God. Like Job, we have had health and sickness, happiness and misery. We have not believed in the oneness of God the Creator—one Power, one Life, one Mind, one God, and one Creator of all humanity. We have believed in their opposites—and have therefore experienced negative conditions. But here is the encouraging Truth that we know: we have the power of choice. And if we are responsible for our troubles, we can change our experiences; we can change the direction of our thinking and thereby build a new world.

There is but one Mind, and we all participate in that Mind. We may resist the perfect action of the one Mind, or we may cooperate with it and go smoothly ahead on the highway of life, finding the beauties of nature all around us and recognizing that we are a part of it all, For there is but one Life, and it is this Life, this Presence, that is so important to us, because we are developing an art: the art of living. We are learning to practice the presence of God. And as in other arts, if we are going to realize success in building a higher consciousness and expressing the Truth, we have to practice it.

Prayer is an essential phase of practicing Truth. From our prayers comes release from bondage into the joy of living, from mental confusion to divine peace, from a lower level of consciousness to a higher level. Through prayer we open up new channels within ourselves, new ways of seeing life, new ways of living life, and new ways of being thankful for all that God has given us. We become new creatures in Christ, for we know that what God has created is good and very good. Therefore we think well of ourselves and each other.

Our prayer is our deepest, inmost thought. May it ever be an expanding thought, and expanding

awareness of the Truth, for the building of a higher consciousness. "Ye shall know the Truth and the Truth shall make you free."

#### MEDITATION

- When I am troubled or afraid, I shut out the world of care and enter into conscious communion with the Spirit of Life within my own being.
  - I know that Power that is within me is greater than all that can be arrayed against me.
  - I know that Divine Power and Wisdom within me are mine to enable me to meet all the problems of life with ease.
  - I know that God is my eternal refuge and my strength, my rock, and I thank God for such a safe and secure refuge!
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#### YOUR DIVINITY

We are only now beginning to understand what is meant by the divinity of man. At last we are recognizing a divine plan, a divine power, a divine seed of perfection in every living being—the Christ in us, the power of God, the Creator.

Jesus was able to realize this principle, to express it. And to become it in such a way that He was able to do, absolutely, God's will. He gave up the human side of life to express the divine; thus He attained the degree of recognition of that developed consciousness. He became "Jesus the Christ." John Doe, after successfully studying for a doctor's degree, becomes John Doe, M.D., or "Dr." Doe. And so Jesus attained the consciousness that permitted Him to perform the work of God on earth in and through a human body, and He became "the Christ".

Being the Christ, knowing His divinity, Jesus was able to do all manner of wondrous things. And He said, "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do." He meant all of us!

Miracles are wrought when you realize the divine Presence within all persons, within yourself, within your family and friends, and even within your so-called enemies. In fact, such recognition destroys your enemy and he becomes your friend. The power of the Christ principle is tremendous, as demonstrated by Jesus.

As Truth students, we know that God is the universal Presence, always available, answering every call, fulfilling every heart's desire. We, being divine, must recognize God as our Source—the one Cause—the divinity within us. God is that which is active for good in our lives

We accept that there is no other power; there is no law of disease—there is no system of ignorance. Therefore we need not abide in disease. We need not abide in ignorance. Instead, we abide in the freedom of the Christ.

The tremendous unfolding of light and wisdom, love and power, takes place in us as we work with this Christ principle, loving ourselves, loving our neighbor as ourselves, and loving all as we love God, with that consciousness of oneness, unity, wholeness, and completeness.

When you fill your thoughts with the love of God, you do not have the problems that some people have who do not know God as the power working for good in all lives. The more we stress the presence of God and the power of God as the life, the health, the strength, the wisdom, the supply, and the happiness that belongs to us, the less we shall be talking about the opposite things—the things we need to overcome.

We will not need to overcome things if we do as Paul did—say, and mean, "I live; yet not I, but the Christ liveth in me." The Christ is not any kind of trouble, not at any time, anywhere. I seek to identify myself with my Christ within—my divinity. By cooperating with the infinite Source of all good, we are led out of human problems and difficulties, into the Truth that is our freedom.

Paul said, "Christ in you, the hope of glory." That is what Jesus meant when he said, "The Father in me doeth the works." The Father in you, the divinity of your own being, will work for you when you make your contact complete. And you will live in joy.

Nona Brooks, one of the founders of Divine Science, used to say, "Joy is the one attribute of God that shines farthest out." Joy is the nature of Christ and when we realize our Christ within, joy radiates through us. It is almost automatic; we do not put on joy or turn it on and off. It is something that has the deep everlasting quality of the divine. Jesus said, "My joy I give unto you." And this joy no man can take from you, because it is part of your divinity.

One of the most beautiful things about the study of Truth is that after we understand the Christ principle, after it becomes part of our consciousness, the rest develops automatically. After we fully accept our Christ nature, it unfolds for us without any struggling, or straining, or in any way forcing anything in life. It is a matter of knowing God, of being established in God, of feeling our unity and oneness with all good—the wholeness and

perfection of Being that we are helping to bring into form, into our experience through our recognition of it.

No doubt you have all heard the story about the party given for under privileged children. One little boy stood outside watching the other children having such a good time with their gifts and refreshments. But he turned away, feeling that this fun was not for him. Thus he refused his good, through his own choice, because of fear. That is exactly what we do. We are invited into this world, and everything is provided for us. All that the Creator has is ours; we are given every good and perfect gift, everything that our hearts can desire. But, so often, like the little boy, we turn away, refusing our good, thinking it is not for us.

Where is our good? Our good is in the Christ principle, that level of divinity in us. Our good is forever available in God-Mind. As we keep our thoughts centered in the highest good for all, our good must come through as wonderful experiences in the outer.

Now, how do we contact our divinity—how do we make it more real to us? Through giving a little more time to meditation; a little more time to conscious development of the realization of our Christ within, our divinity, the perfection of being; by giving a little less time to postponement, when we say, “I’ll have more time next year; then I’ll study more about Truth. I’ll learn to know my own divinity.” Or, “I’ll have more time after I retire”, or after some other event. We put off our good.

Yet, all the good that we can desire anywhere, any time, we can experience right now, in consciousness. Our divinity—expressed—means perfect action, perfect freedom, perfect health, perfect harmony, perfect supply, and perfect happiness.

All of this is within you now, in perfect measure. Recognize it! Accept it! Rejoice in it! Express it!

#### MEDITATION

- I know that I am a divine being, created by the Divine Creator.
- I know every person in the world is also created as a divine being.
- “I and my Father are one.” This statement by Jesus applies to me, too, and to everyone else in the world. I marvel at this statement, trying to realize its profound meaning.
- Divine Joy radiates through me as I realize my oneness with the Divine.
- I accept my divinity, and all that it means, and thank my Creator for this great gift.

## God’s Perfect Action

Patricia Cross

When we are ignorant of our true nature we cause ourselves to suffer needlessly. Through the study of Truth teachings like Divine Science we learn and come to understand the truth of our being. We learn that we are spiritual beings, having been created in the image and likeness of God, and that we live in a spiritual universe governed by God’s perfect Law of Mind.

God’s perfect Law of Mind is the operating force through which thoughts of peace, harmony, and trust impress themselves on our consciousness, manifesting God’s perfect action in our experiences. It is done unto us as we believe.

God has given us the power of choice. We can live in the bondage of false belief through the ignorance and non-acceptance of our true nature, or we can turn within, acknowledging God’s presence at the center of our being and know and accept our oneness with God’s life and spirit. When we unify ourselves with God’s life and spirit within, and let go of the little ego self and its limited concepts, we know that God’s perfect action manifests in all our life experiences. “It is God that girdeth me with strength, and maketh my way perfect.” (Psalms 18:32)

I know, believe, and accept that God speaks to me through the intuition of my soul. I affirm that, as I open to infinite wisdom, I am receptive to the word of God that flows into my consciousness, and I act upon this word of direction and guidance. I do truly “let go and let God,” and with joyful expectancy I feel and experience the fulfillment of this spiritual Reality.

(This essay was published in the March 1980 ASPIRE Magazine)

### Prayer for the Month

**Since God is All in all, I do not resist the glorious performance of this Spirit in me and in my affairs.**

**Trustingly I affirm that this Spirit is the Light of my mind, the great Physician within my body, and the Divine Determiner in all that concerns me.**

**God is in complete charge of my life and I am at peace.**

**Thank you, God!**

—Ruby L. Albertson

(This prayer was published in the March 1980 ASPIRE Magazine)

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**February 2008**

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**August 11-15, 2008  
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**More Information Coming Soon.**