

# *The Message of I Paul*



## **The Lesson Book**

**LEGACY  
SERIES  
Collection**

**The Family of LIFE & LIGHT**



# THE MESSAGE

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OF I PAUL

## THE LESSON BOOK

**The Family of LIFE & LIGHT**

# Dedication

*To the members of The Family of LIFE & LIGHT  
and to the scattered strangers of this world . . .*

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## **Lesson #1 - Family subject for diaries**

### **The Revolutionary Teaching of I Paul, Servant of United Light in God's Ultimate Perfection**

I have a very dear friend, yet I have never seen him. Now, although I consider God my very best friend, it is not God I am speaking of. Now this dear friend talks to me, yet I have never heard his voice. He could possibly look like one of you, yet he is none of you. He could possibly sound like one of your voices, but yet I wouldn't know this. He told me to think about love. Not sex nor love of material things, mind you, but love in its relationship to being a form of energy. Now you will have to admit that that is an entirely new concept of love, as well as for energy as we know it here on earth. So, I did start thinking about love in this manner, and I still do, and it has opened a new door in my head as well as my heart. Just for starters, it may very well be an answer for why two people do or do not get along. Their love energy may clash and force their opposites farther apart, or they may not be using this energy in the manner it was prescribed for man. It may be the answer as to why some people have a green thumb and others don't or why some people love animals or have greater success in their relationships with them than others. It may have a lot to do in healing and healers, and it may be the reason why you or

I can talk to some particular person, even a stranger, and walk away feeling energized and at peace and full of joy. I'm still doing a lot of thinking on this concept and each day I begin to see that its possibilities are unlimited. Why don't you give some thought and effort and even experiment with it, too? See what kind of answers you can come up with. This same friend of mine has, in addition, told me that time is a form of energy also. So, don't waste any time energy in getting started on this "Love is an Energy" idea. My friend and I Paul would be extremely happy to hear anything you might discern, think, or experience from these ideas or truths, if, in fact, they are truths or even ideas. They could be imagination, but then that's the subject for another Lesson. Love, Peace and Happiness in all your exertions.

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## **Further to Lesson #1**

Today, we are starting fresh and anew. What you are now going through is a very necessary exercise in self-preparation. Once your physical mind is prepared you will be in a position to receive The Teaching. You will have acquired the open-mindedness necessary, the opposite of being controlled, viz. a viz. brain control or brain washing by another, outside of self, physical power. Your mind will be in your control, and you will be ready to receive help, and

you will know that God is forever ready to help you do what you must do in Time of All Time, your time, as you carry all your time with you. This will be accomplished when you are ready and prepared, and it makes absolutely no difference in regards to what you have been, are now, and is in no way involved with your previous thoughts or deeds. That past actions are not matters of great importance or that you can alter your Karma was quite simply proven on Calvary. You have the power within you to unite the opposites or to allow them to remain dis-united. For regardless of what the quality of your thoughts are this second, you can improve them to perfection in the next. For whatever it is you permanently fuse into your inner mind, the same, you see, is what you will manifest with the physical mind and, therefore, demonstrate with the visibility of the physical body's actions. That which is united and, therefore, totally positive within, is that which will be demonstrated externally. When you become successful in your quest for Divine Unity on the plane of earth, you will know. At this very moment some of us are conquering. That all your lives will be molded as you progress, and willingly do so, your discernment of the Way will be powerfully molded and nothing nor no one on earth can possibly harm you in a positive and lasting manner until your life mission has been fully realized. To the faithful, no one, no thing, no condition

can stop your recognizing that which you will know beyond a doubt, and not simply just believe that which is eternal, as most men with faith now do. Your imagination has turned to belief, and you now are well on your way to the proof that most men seek. That you know is important, for you are among those chosen and who are in a position of preparing, same as you, who will lead the way and open the gate for your civilization's new world. That you have already been the recipients of Divine Inspiration is a matter that you, as open-minded individuals, ought to be able to discern for yourselves at this point of your own time. Compare your own lives against those who have turned their backs on Divine inspirations, and, clearly, you will see, on a day-to-day basis, that which it is intended for you to see. You are on the very threshold of peering into God's sacred and most spiritual Kingdom, and that you will do this while your physical body is still a viable and visible entity here on earth is something that most men say is an impossibility. We will show them the folly of their beliefs, for this has been promised to us. Now, we have much work and much practice to perfect. You will begin to receive it on a basis in line with your own preparations as individuals, and as a family. The inner-circle number is ten just in case you haven't already discerned this and, therefore, we are not even at full strength within as yet. Don't panic or become overly

concerned, because that is not what we are being taught. That we cannot fail should be proof positive that our futures are known, and in view of this, all matters will be fulfilled in their proper sequence. Starting tonight, make order and reasonableness in all you do an integral part of your total being. To be responsible for your choosing is a direct command that you get responsible in every facet of your life. Remember that once you apply the effort, honest effort, you will reap the results. Family Lesson #1 is before you. Good luck, if I may use the term, God bless you.

Love, Peace and Happiness of all Happiness.

Frank.

These remarks are, in part, Book 2 - Chapter 26 - "Transformation, Orgiastic Sphere, Passion, Energy" (Communication 46), Book 2 - Chapter 28 - "Strength of Mind - Thought, Action, Courage" (Communication 47), and Book 2 - Chapter 15 - "Other Prepare as We Do" (Communication 48)

## Lesson #2 - The Teaching

Now that everybody is keeping a record of their lives on a daily basis, let us all keep in mind that its purpose is not simply that of its being recorded, but that you are to review it on a regular basis and note whatever changes take place in your daily lives that are improvements or otherwise. Did you dream something that becomes significant at a later time or that is finally revealed to you? Has your daily functioning as an individual improved or turned downward? Can you notice that you are the recipient of things good that were totally unexpected? Are you sleeping better or worse? How do you feel physically most of the time, and if you do experience periods of being below par, can you possibly relate any part of it to your thinking or an act or acts that are actually contrary to what Paul is teaching us? Are we, in other words, the victims of our own punishment? Is there any perceptible change in your inter-personal relationships with other people? Good, bad, or indifferent; better, worse, or normal, for you? All of this you see, should be going into your diaries for future Lessons.

It may appear to you that these Lessons are not really teaching, but are asking a lot of questions, but believe me, this is exactly how Paul guided me, and the questions have to be all gotten out of the way before we get to the real and

final question, How? And the only way we are going to get them out of the way is by getting them honestly answered. So, if you believe we are starting out slowly, then you have established that truth already. For which one of you can point backwards and show where we rushed ahead as a family and accomplished anything? For, if we had the answer to “How” right now, how would we implement it? Paul tells me I am not yet ready, that I have much yet to learn, even that which he hasn’t as yet revealed to me, so what would you do without the means to implement the answer to “How”? Just ask yourself “How,” and then we will continue step by step, but only after we have learned to crawl like an infant. Now, much of the Teaching is in the communications, and which one of you now knows it all in its entirety. Let him step up and teach. Meanwhile, I hold on to the pointer and do the best I can. As it has been made very clear to you, though, eventually the students will replace the teacher, and that’s a truth you can count on.

Now on the subject of dreams, let me tell you this:

- 1) They are not going to be used for any purpose other than those intended by I Paul, which means very simply that they are not methods of fortune telling or for prophecy.
- 2) They are an exercise in sharpening the “thinking”

apparatus and a very definite means of discerning the difference between physical dreams and real out-of-the-body experiences.

- 3) They can do more for improving your depth of concentration and retention than you can possibly imagine right now.
- 4) The discernment of physical dreams from actual out-of-body journeys that do occur but that are usually chalked up as dreams by those who have no knowledge of such matters. Such journeys that do actually take place are usually only to the lowest sphere of the planes above our earth-plane, the plane of the earthbound. Yet some do get beyond this plane, but without the proper preparation, there is a very real danger of an intense degree that one becomes involved in. Now I must confess that I do not know how or why this is allowed, or if it is a matter of control or not. I hope to get an answer soon, one way or another.

Now, these four points are just for openers. You need to keep records and put into practice what is now before you. In the meantime, I Paul waits patiently, leaving you with the reminder that God will not do for man that which man can do for himself.

Let me say that there is much in Lesson numbers one and two, and all you really have to do is find it out.

Love and Peace,

Frank.

## Lesson #3 - Dreams vs Out-of-Body

We are still on the subject of dreams versus the out-of-body or astral trip of our spiritual beings. Now, as I have said, it is a necessity that you do not attempt to analyze your own dreams in the beginning. For those who cannot dream, let me tell you that you do, and let me further say that you all have experienced an out-of-the-body trip, whether you are conscious of this or not. So how do we sharpen our consciousness? Look at the plane of consciousness or awareness as having no space. Many times, we have all said that my mind is full of this or full of that, have we not? Yet, when you look at a tree or a beautiful scene or a pile of rocks, you don't suppose they "fill" your mind, do you? Of course not. Thoughts fill your mind, you say, but they don't fill anything, none of these things takes up any space in your consciousness. Still, the space that is occupied by any of these objects is seen in your consciousness. If this wasn't so, you wouldn't be able to see things in their exact proportions. This is a metaphysical truth. Whatever you can see without, then, is exactly as much as you can take within at that time, and it really doesn't occupy any space. Now, when you close your eyes you are taking nothing in. You have just shut down sections of your conscious physical mind. We have here in Salt Pond House a completely blind gentleman and one not totally blind, but with highly impaired vision. You don't

have to observe them too long to see what I say above to realize its truth. Their sight may be impaired, but so, too, is their individual consciousness. You should here take a look in the dictionary at the words conscious and consciousness, and then think about this in relation to what I have laid before you up to this point. Now, what we want you to be able to accomplish is the full development of your individual spiritual senses, which is your spiritual discernment. Further, you will need to know the difference between a spiritual vision and a psychic vision. A psychic vision is a matter of seeing something with your mind, with or without the use of your eyes. A spiritual vision is one in which we see a thing in God, the All in All infinite power. Psychic vision, you see, is one between minds in the flesh. Spiritual vision is one between planes of the flesh and higher. So, you see, even though many, many people have developed their psychic power, this does not yet give them spiritual control over their unconscious mind or their physical bodies. Maybe now you are beginning to see how you will be different from others and, therefore, in a position to answer that question they will ask, "How"? You see, you are now learning and preparing in order to ask the question which will culminate in the chorus of "How"? That you will need to develop your senses of imagination is true. There has never been a psychic without a near perfect one. I'm sure that you can

understand that what you now imagine and believe in your daily lives actually becomes real to you. Maybe you should stop here and ask yourself why? Try a little experiment by yourself. Trying to get another person to correct some fault doesn't usually work by confronting them and berating them and, on the other hand, a method of praising them won't work, either. Now try a more positive method, a spiritual method. Talk to them silently in their presence, and all the while seeing in them our God of All in All. If you are faithfully attempting to follow I Paul's way I will tell you that you will obtain some phenomenal results. So experiment and keep a record. Remember that mind has an energy and, therefore, it has the power of projection, and when you sharpen its use you will project more than just the mind at command.

In order not to sin one has to have a knowledge of what sin really is. Are you still tied to beliefs that someone else has pre-determined for you, or are you approaching the subject with total open-mindedness? The opposites involved are natural-unnatural, moral and immoral. They are not church-man. I don't use obscenities any more, yet not even the churches of Christ argue that swearing will send you to hell any more, like they once did. I remember a truly great human being who could, in private, hold his own with the longshoremen. He was Cardinal Cushing, and I

don't think a man as religious and as human as he was could go to any non-place like hell, even though he preached that hell existed. Common sense and free will are God-given. Let's use them. Lesson #4 will be around any day now. Yet, I think you have plenty to work on for today and tomorrow.

Love, Peace and Success, soon.

Frank.

## **Lesson #4 - Disciplines in Meditation**

Now when man is in a drug (mental or chemical) induced state which results in the blocking out of the conscious physical mind, a certain degree of loss of control is experienced, especially so as it involves recall on a return to physical consciousness. The subject so afflicted, and while in this state, is functioning through his unconscious spiritual self, and not his subconscious physical self. Yet, this involuntary loss of the physical consciousness and its drug-induced transference will, in most all situations, prove to be the barrier that would otherwise allow the retention of that which transpired upon the revitalization of the physical conscious state. So, you see that the uniting of the mind selves must be both willingly and voluntarily induced for any success to be achieved and for that gained to be applied from the physical conscious state upon its revitalization. That there are numerous problems to be overcome in the perfection of this process is fact, and let me remind you that, though I have obtained a high degree of success, I still cannot retain the actual method or procedure of how I return as yet. This is an area which I practice daily, and which involves great physical conscious concentration and control of my conscious thoughts.

Now, the steps to be obtained are many, and I give you

the following for your study and understanding:

- 1) The total preparation of the conditions which will signify your readiness.
- 2) The uniting of the opposites, those being the physical conscious mind and the other, the inner mind, which thereupon lies the ability to totally isolate the physical body in a passive yet safe state.
- 3) The actual separation of the two selves and the recognition of the physical body from without by the spirit self.
- 4) The re-entry process, which is willed, yet not always discerned in the beginning.
- 5) The return to physical consciousness and the retention of the transitions and transactions therein.

You can see this requires readiness, unity, isolation, recognition, return, and capitalization of the experience for further study and practice, for these, too, are necessary prerequisites to any experiencing of travel through the upper spheres. Once you have experienced the five steps in truth, we will begin its application to the proof of telepathy and, as we progress, we will apply the studies to what is now generally called the phenomena of ESP or PSI.

That awareness and curiosity of what is happening, or your “need to know how” in the beginning, if too strongly applied, may prove to be a difficult barrier to overcome. Imagination, therefore, and its control, and the practice of concentration are, therefore, imperatives. Living in line with those principles and prerequisites already before you are, therefore, necessities, and must be accomplished and adhered to faithfully. That you were bought for a price is true and so, you see. Some of its expectations are now being called into account. To lead, you must first learn to follow, to teach you must first learn. You see, to arrive at any place you are not at but have been, you must do more than simply anticipate your arrival. You must set the transference in motion, and then you must control it, and for an infant, the first step is crucial, yet it is the last one also that is as crucial. Strength of will may gain the first, but it is powerless to prevent the latter, so such strength must be used wisely.

That you have to be free of distrust, lack of confidence, being overly curious, self-conscious or silly, resistance, and haste, is so.

Therefore, soundness of the conscious mind, coupled with an open mind, are also prerequisites, and that you should now already know this, is so. Yet, knowing it is not enough; you should be continually practicing it. Some people who cannot swim and are thrown into the water

drown. Still others in the same category swim to safety. Why? How do you really know if you can swim or not or know you could if you tried, until you actually do try. The ones who are thrown in and swim to safety, you see, were products of an open mind, and when they found themselves in the water, they didn't panic. Their open-mindedness told them to swim, not drown, and, you see, it is the wish of both the minds to survive, so that which they did was not really their decision based entirely on the conscious mind. Through their open-mindedness, the power of the inner mind was, therefore, in a position to exert itself. All premonitions are products of and examples to man of this inner mind's power, which man fails to develop to its full use while here on earth. We will go steadily, much deeper into all of this as we progress. For the time at hand, we have much gathering and catching up to accomplish. Keep all of the faith, and not just those sections you feel comfortable with. Lessons one, two, and three are all important, as is this latest, Lesson four.

Peace, Love and Happiness,

Frank.

## Lesson #5 - Imagination and Concentration

In Lesson #4 we have learned that imagination and its control and the practice of concentration are prerequisites. Let us, therefore, take a deeper look into concentration here in Lesson #5.

Now, just as a librarian is nearer to the books in the library than the man in the street, so, too, is the person who practices concentration nearer to thought. Yet, the nearness to the books will avail the librarian nothing, if they are not utilized, just as fruitful thought escapes those who fail to practice their concentration. In failing to practice concentration, the individual will remain the possessor of an unordered mind, and therefore, be the product of an unordered lifestyle. Now, some people look on the keeping of a daily record, or diary, as it is commonly called, as nothing more than a big bore, or they may label it as a slavery to things. But it is really a freedom. You will find it, in time, a veritable fortune, if you keep it on a daily basis, per the instructions now before you. Your daily records will, in time, become an elementary exercise in imaginative foresight, and in case you haven't heard, order is the sister of foresight. You see, what we are really expected to do is to make the very best of our possibilities. It is a fact, you see, that very busy people always find time for everything, while,

on the other hand, people with unordered minds find time for nothing. The first and most important step is to follow directions, and by this, I mean the instructions and teachings of I Paul.

If you cling to the old ways, old beliefs, then you are still confronted by barriers. If you are still concentrating on another method, or way, then you simply cannot apply the concentration on I Paul's way that is needed for you to become an adept. You are, simply, further widening the gap between yet another set of opposites, and this is a barrier, and therefore, is a practice of negativism in the light of I Paul's message to you. Now, some people claim they cannot concentrate, or they claim, "I have no memory." Yet, if we cross-examine those claims, we find that people who cannot concentrate are conscious either of a heaviness nullifying their every effort, or of a volatility precluding anything but a passing contact with the matters needing attention. The moment they try to collect and focus their consciousness, there arises a veritable flood of images to mock and confuse them. What are these mocking images, if they not be the barriers left before them? As an illustration, let me say that if a person is given a list of 10 prerequisites and is told to follow them through to completion in the order given, and they fail to follow such instructions because they cannot find time, or because they are still

doing the very things they were specifically instructed not to do, is it any wonder that they cannot concentrate, or that they have no memory (which, incidentally, is not so)? Before you can lead, you have to learn to follow, and if you refuse to follow exactly the instructions as given, then you can never remove those mocking images, because they are but the barriers that the individual has placed before himself and which the inner mind is constantly bombarding him with.

“Be unafraid to have nothing” is a phrase from a communication which I hope you all recall. Yet that statement is ignored. Yet, if a person were stripped of all they now have, so that they had no barriers, they would be quite able to concentrate and to remember what to do, faithfully, to overcome such a position. This hanging on to the old ways and the old habits accounts for the very cases in which some individuals are visibly trying to do everything but the right thing, and why they cannot properly think. The very nature of our minds is to superimpose sets of images. To eliminate as many as possible is an effort which only necessitates the following of instructions. Attention is not a gift, it is a habit, and the very knowledge of this ought to encourage those to action who wish to live from their inner selves, rather than their outer ones. Selfish people concentrate on their selves and their own profits. Idealists

concentrate on their ideal. We were cautioned about becoming intellectual, and I Paul's thoughts were simply this: most so-called intellectuals are people whose right hand doesn't realize what their left hand is doing. They believe they have the power to know and not simply believe. Yet, a true intellectual needs to be totally in control of their feelings and their wills just for starters, and I Paul says this reduces the ranks of the so-called intellectuals down to a bare handful. Intelligent people with open minds are in a much better position to adjust their mental behavior to change than are the supposedly super-intelligent intellects, simply because the intellectuals are locked into a pre-determined formula as regards reality and reason. Intellects, you see, are the last to drop yesterday's truths for the new truths of today. They insist that everything must be ordered and unchanged. In the purely scientific approach of the intellects of today, unexplained evidences of pre-history, ancient knowledge, lost lands, matters of PSI and ESP, truths of legends and myths, the truth of plants and crystals as products of ordered thought, the truth of periodic and world-wide destruction of animal life are matters that are absolutely denied general acceptance by intellectual disciplines. They are tied to their well-ordered, pre-determined patterns of belief in relation to reality and reason in regards to the world and the universe, and, of

course, this just isn't so. We of the Family, under I Paul's guidance, are going to prove the futility and waste of man's true purpose, as it has been so thoroughly misguided by those so-called intellectuals. Yet, we cannot do this from ignorance, or without preparation. We must learn the Message of I Paul and master the teaching in order to right the wrongs.

This necessitates our being able to think clearly and to concentrate deeply. It requires that we sharpen our faculties of retention and become adepts of the teachings that we may lead and teach others, until we reach that position in numbers that will enable us to ask the question and then intelligently give the answer. The key to all of this is now actually before you. Why is imagination so important to us? Certainly not so that we can self-hypnotize ourselves into believing untruths! Look at imagination and reality in a new light. Accept one as the means and the other, you see, will be proven to be the reality of reality. It will, in time, become a definite reality to your consciousness, as the truths are transferred there from your inner mind - that which is called the unconscious, and which you now have proven to yourselves is no product of your imagination, as you are all witnesses of the truth of time and love as energies. For whatever you become conscious of, you see, has existence. If it didn't exist, you couldn't be conscious of it, and

therefore you couldn't demonstrate its existence. And this demonstration of your spirit-self as a distinct, autonomous entity is what you are now studying in order to put it into use through practice. This practice will lead to control, and therefore, enable you to teach it to others. You see, if what you imagine does, in fact, exist, its existence must be independent, otherwise you couldn't demonstrate it or use it. Whatever man has thoroughly imagined and idealized to its fullest, he has realized.

You see, this is the key to all the great and near-great discoveries ever made by our present civilization. Yet they are all carry-overs from other civilizations. We call them inventions, yet they are all products of the other, inner mind, and really only re-discoveries. We call the other, the inner mind, the unconscious, because that best demonstrates semantically to man that he is consciously unconscious of his unconscious inner being and unwilling to even attempt to reach it and use it because he calls it foolish imagination and fantasy. If the intellectuals of our civilization had locked up all the so-called fools, this civilization of ours would have destroyed itself before now, and yet we plunge head-on in attempting to do just that. But some of the fools with their foolishness have been able to delay that time and event up to now, and they have made life easier, more enjoyable for some, but not for all. Man is still

Cain, and he needs to become Able. You, in the meantime, need to study and practice those matters before you. You need to carefully follow the instructions. If the barriers are not removed, we can go nowhere and do nothing. The choice is yours. You were not promised an easy road. That some of you are still totally ignoring I Paul's specific instructions to you is true, and until you systematically sit down and work it out, you will go nowhere and accomplish nothing.

Everybody should thoroughly review Communications 26, 27, 28, 32, 35, 36, 42, 44, 45; Lessons 1 through 5, and the transcripts of all the thought transference tapes now before you:

- Book 1 - Communications 26, 27, 28, 32, 35, 36, 42, and 44.
- Lesson Book - Chapters 1 - 5.
- Book 2 - Chapters 1 - 22 (thought transference tapes up to this Lesson's date).

Please, don't ask me to do your work for you. As part of Lessons 4 and 5, I ask that after you have thoroughly reviewed the above that you write a brief outline of what these messages are saying to you and what is expected of you. Such individual reports will be the subjects of our next family meetings, so allow yourselves sufficient time in your scheduling of it. I do not expect, of course, that our newest members be held to these instructions, as they need additional time to settle their open-mindedness and to

grasp the innermost profundities of I Paul's message.

To concentrate is to gather into one force. Concentration denotes exclusive attention. To think, among other things, is to work one's way through a difficulty, as it is, also, to imagine - and to imagine is to form a mental image. I hope it isn't my imagination that all of you are very seriously thinking about concentrating on the task before you. I have reason to feel the coming reality of your willingness to do this, and I have faith in your power of retention to prove my images to be true. Don't make a false prophet out of me. Good luck, and keep your energies flowing. We all need the time and love of them all.

Peace,

Frank.

## Addition to Lesson #5

Now that I have met our two new family members and, of course, I've known Bill quite a while, let me say for the record that I Paul was hesitant, if that's the proper terminology, to accept a husband/wife team, not to the family, mind you, but into the inner circle. Yet, his acceptance of them was quicker than of anyone else who applied to him, so that quickness has to indicate something other than just acceptance. Whatever - I would like to say welcome, and caution our new people that, if they try to cram everything before them into their thinking apparatus all at once, it won't work, and it could result in their withdrawal from the family. That there are matters that will be totally alien to them, is true. There are also those matters that sound mysterious and also secretive - is also true. I hope that the family has outlined some of these matters to you and explained to you that some of these subjects are before the family because they are specifically designed to teach and to open your eyes to real truths and not to simply accept all things placed before you as fact and true. If you cannot develop a truly open mind, then you cannot grasp the teaching of an I Paul.

Now let me say this. What more wonderful and yet strange place can a human hope to find than himself. Both

your memory and the power of imaginative realization will grow much stronger as you practice the teaching. There is always progress, but for some it is followed by relapses. Not yet totally sufficient to prevent effective activity. The relapses are caused by barriers which, in turn, cause progressive deafness. If they are not lifted, they could lead to progressive blindness and the way would be lost and necessitate a journey back to the beginning. I hope this doesn't happen again, as it did over the folly of your directions in attempting to discern the communications of I Paul. It is of the highest importance that we learn to know ourselves, so that we will be able to digest I Paul's insight and then communicate it to others. It will be difficult at first, because the audience will, in part, be incapable of understanding, and the remainder will be maliciously ignorant. God forbid that any of us should be so endowed much longer. Man, you see, is an event which cannot judge itself. That judgment is left in God's hand. Therefore, in matters of life, and especially in matters of the spirit, it may be said quite unequivocally that no rules exist, regardless of the physical risks involved - or whatever means are necessary in order to get the message clearly before mankind. That there is a moderate amount of truth contained in other ways that seek the truth, is so. Therefore, I do not outright condemn these ways. Our task is to collect

them and upgrade these various moderations of truth into the truth - the way - the teaching of the Church of All in All, the true revolution of the Christs. The truth of a revitalization of time and space is the unconscious. In the unconscious is what is now called the collective unconscious and is the commonality among men that allow for telepathy and allows for your unconscious inner self having knowledge of those around you. The ancients knew of this simply as the sympathy of all things. To even think it possible, that one can experience an adventure of the spirit-self is alien to most human beliefs and what they have been, falsely, yet nevertheless, programmed into believing since their earliest awareness of life around them. These pre-determined beliefs and supposed truths are the hardest barriers of all the barriers to remove. These barriers are the product of a subconscious, compulsive thought neurosis, which trigger automatically to anything alien that wounds old beliefs that have become imbedded in the physical mind. The spirit-self doesn't deal in concepts - only in facts and in deeds. It also takes facts and deeds to unlock it. This, of course, commands great attention to the facts which will allow for the deeds, which will, in time, supply the proof. It is a truism that you should not build your life upon a lie, but almost all of mankind has, and is still doing this very thing. One form of life cannot be simply abandoned, unless it is

exchanged for another. Half measures won't work, either. The transition needs to be swift, and the change must be total. Putting it in order is secondary to the transition. Your mind is your room, and you must arrange it yourself. I am only going to deliver the things to be arranged. What you eat, how much you eat, and when you eat, all has an effect on your mental faculties, as does sleep. Man has always tended to overeat and to oversleep. What is really needed is to only partake sufficient to keep the physical self-running smoothly. Overeating tends to nervousness, loss of memory, and mental dullness. Oversleeping greatly dulls the entire physical being - and the psyche. When we get into the discussions and the practice in relationship to your dreams, we will talk about eating and sleeping in a much more thorough manner. Thank you.

## Lesson #6

You are all now approaching a time in which it will be imperative that you have a place where you can withdraw in solitude, for it is becoming essential that you have a place for the practice of total spiritual concentration and conversation. For it will be there that you will begin to know stillness, the indescribable stillness of the unconscious. It will be there that you will welcome the darkness, and when you close your eyes you will actually feel the thousand eyes of the dark upon you. Now let me tell you this. Your future is already known to your unconscious, and it is this very reason that lies behind what you know today as clairvoyance. Yet, all clairvoyants make false predictions, and this would seem to counteract the truth of the future being known. The solution lies in the ability to be able to correctly solve or discern that which is being transmitted to the conscious mind. The false predictions, you see, are due to guesswork, among other things, which will be revealed to you in their totality as you progress. I can tell you this: that you are involved in and will be revolved around matters with which the clairvoyant is, or isn't, going to be directly involved in, is so whether that involvement implies spirit, or physical involvement, or both. Further involved is the matter that pertains to the possible altering of a karma, or karmas, in the timespan designating that period between a

prediction and the time of its predicted taking place - its happening or not happening. Most clairvoyants are not even aware of these matters that are now a part of your inner knowledge. As family members, you are approaching that time in your life that will separate you from all other humans in knowledge, excepting those of the family. Some of you, in truth, really haven't, as yet grasped the immensity of what it is you are becoming a part of. You are, as yet consciously incapable of this and, therefore, your inability to reach this height of your imagination is a barrier. Yet, you have before you the means to do so - once you are able to implement them, as instructed. We will play no games, and no easy road has been promised you - yet the meaning of these statements hasn't really penetrated into your minds. No magic wand will be waved, either. Yet, sub-consciously, more than one of you are waiting for just such a happening. Stop waiting, because it just isn't going to happen - not in this lifetime, anyway. Now this is I Paul. Now, I have laid before you many subjects for your discernment. I realize that hints of this or that whets your enthusiasm and delights your expectations. Yet, I tell you that you will have to apply the labor and the thinking that will allow you to disclose the hidden knowledge that your civilization overlooks. You see that your civilization is not the first your earth has known, nor will it ever be the last - nor even are

your cultures what you consider them to be. That I have revealed to you that Hebrew was not the language of the Garden, so too, what man there considers as his own traceable roots are not, you see, that he now holds true. Compared to the ancients, you are primitive. That these others lived on and in your planet at a time of greater stress and hardship, is so. Yet, they discerned all. Everything available to you was not available to them - yet they discerned all. Your civilization ignores the messages and the truths that civilizations of the past were far in advance of any accomplishment you have attained. You see, your advances have been more attuned in the pursuit of comfort - things material - while others lived well in spite of the environment yet applied themselves to the task at hand. These you consider ancients, as the Phoenicians, Sumerians, and so forth, you see, are really quite modern in the true term of man's existence. For example, an advanced civilization left behind its knowledge and the way for others - and this, in many places. Yet, man chases gold and silver and ignores that which is before him. That your sciences have out-rightly rejected proofs of all I tell you, is true, and they did so because such proofs would be embarrassing to their pre-determined truths. These will be dealt with as have those who have passed over. To hold to beliefs that deny truth and its evidence for selfish motives is

unforgivable. Man says that ancient records are lost, or were destroyed in fire, or flood, or wars. Yet I tell you that there are records and undeniable truths in plain sight that man ignores. Collective intelligence will lead to discernment. Such basic matters as called latitude and longitude were common knowledge on your planet in a time beyond your civilization's imagination. The beginning of life on earth, you see, began at what you call the Antarctic - yet, that life did not originate there. Proof of these having the knowledge of point distortion lies now in the hands of man, yet he fails in its true meaning and its obvious message. You see, your over-look intelligence is too highly advanced, therefore, you rush past the meaning in your haste to push forward. This haste could evolve into over-kill and, of course, much worse. If we were to compare your civilization's intelligence to those of the Antarticans, and we were to use age as the criterion, your civilization would yet to be born. Yet, there will be those in the majority, as usual, who will say this is insanity and return, once again, to the considered safety of their laboratories and stargazing. Seek out your earth and that before you, for what lies ahead lies too far for your grasping until you do so. You see, what you learn will aid you, yet what you have had to do, so must each man, for it is individual and yet that which is collective.

Now, this is Frank. Now, what you have just heard is the

result of a very carefully edited communication from I Paul. You may be tempted to ask thusly: If you and Paul are one, how is it you say you received this or that communication from him? Why don't you say, you wrote that communication or why don't you just say to us you are Paul and get it over with? Let me explain something to all of you. That you have been bombarded by opposites and the uniting of these opposites, is true. Some people who have professed to have practiced Indian philosophy or religions should recognize the parallel between the Message of I Paul and the truth of India's opposites and the need to unite them. Indian spirituality is thought of as containing equal amounts of good and evil and, therefore, they are outside of good and evil, and they, therefore, meditate to obtain this position. It is the same with Yoga and in all religions or philosophies. The Indian Nirvana is the liberation from opposites in the ten thousand things. The practitioner seeks not moral perfection, but the condition of nothingness, i.e., to be free from nature, and he, therefore, attempts to transcend into a state of imaginelessness and total emptiness. That he can do this in regards to the physical consciousness, is true, but he runs smack into a stone wall when he tries to empty his unconscious, for this is an impossibility. He becomes confused and blocked when he succeeds in leaving the physical self in a passive state, yet he fails to go any further,

because he tries to leave the spirit self behind also, and this he cannot do. He cannot empty his spirit self. Keeping this all in mind, let me go back to the relationship to myself and Paul. I am a male human; therefore, my conscious mind is feminine and, therefore, this allows me to unite my opposites. Once succeeding in doing this, I have transcended my spirit self, which is also masculine, to higher spheres. That I can receive communications is true, but Paul and I cannot unite in a manner your physical minds project to you. Now, if I were receiving from a Pauline, say, I'm not knowledgeable enough at this point to state whether we could totally unite or not. Paul will always be Paul, and I will be me - the difference is, in those moments, his spirit and my mind are fused - then I am he, and he is I, and I must act natural, and in so doing, no one is ever sure when I am me or I am Paul. I dislike even attempting to explain this, because it drips with mystery and secrecy and, as you all know, those are the very areas we wish to avoid as much as possible. Yet, explanations such as this that are so extremely difficult to carry off in a satisfactory manner always seem to come out absolutely drenched in mystery. What can I say? C'est la Guerre won't suffice, but then I, at least, know that experience will lift all the clouds, in time - your experience, not mine, for I am now what I need to be, therefore, doubt is a word I no longer need, yet still employ out of physical

mind habit. It isn't important, nor does it hinder my new-found being, and this is why no Easterner nor Westerner has ever been successful in doing what I do, as long as they continue to use unworkable methods, what the Indians claim to be their success in their mystical tales of nothingness achieved. Yet, what they are explaining is the bottom level, or that area from which they could begin a journey but are prevented from this by their blocking out any existence and refusing to recognize they are in another state of existence other than no-consciousness, or consciousness at a split level. He imagines emptiness, and so he is fooled into believing emptiness, or that which is not. Our way consists of the truth of the being of our spirits - and not its non-being, or that which is no longer. They seek liberation in a total no-state, and not even death will allow them this. We seek transference - and then, only then - transcendence to higher spheres and a safe re-entry into the physical self. Total withdrawal to emptiness is impossible, you see, and the true reason why other ways will not work. The answer here, lies in another question, thusly: What is man's responsibility towards the imperfections of nature? Now, that's a fair question. Yet, the more I pondered over it the more I was led to ask another question of myself, that being - who is to judge whether anything about nature is, in truth, imperfect or not. That led me, the non-intellectual, to

do some inner searching and some research, and I came up with the following. Man must shape his life out of himself - out of that, you see, which his inner being tells him and whatever nature, perfect or imperfect, serves up to him. As an individual, man must first establish his own truth. A man who has not passed through the fire of his own imperfections, his own evil, can, therefore, never overcome them - and is so rendered impotent of perfecting nature's supposed imperfections. Are you so busy in your attempting to transcend that you totally forget what it is you are attempting to transcend? And to whom? The only thing I have - the only thing anybody has - in this whole world, to offer to anyone, ever, is our own state of being. God made man in His image, so when I drink a cup of coffee, it is like God pouring God into God - that's where my consciousness is. I'm at my plane level, manifesting my now - right now. My environment, wherever I go, is as high as I am. My now is not today, but right now. When I am all through saying my bit, I'll be in a new now, always soaring higher - no regression. When Christ said, I'm doing a new thing - that's what He meant - always new - on, and on, and on - always upgrading not digressing. Once you have experienced another state of consciousness then you find it easier to work on yourself, and it becomes easy to let everybody in and still do your own thing. What happens within oneself

when one integrates previously unreachable unconscious contents with the familiar consciousness is, you see, something which words are scarcely adequate to describe. It can only be experienced. It is a subject that defies discussion, except between adepts, for there is a very definitiveness about this that conveys itself to you that involves your feeling about yourself - about the way you are - that is a positive fact which is neither transferable nor possible to doubt. That you will transmit a particular feeling to others, is so, and is also a fact that cannot be denied. The change takes place at the moment of integration, and you will not then need it described to you - you will be it. Now, this cannot be scientifically proven, nor test-tube-ized and, therefore, the intellectuals will give it no place in their official scientific world - not yet, but soon, as I Paul has promised. There are moments in every human life that that which is interior seems exterior and that which is exterior seems interior. Yet they are separate and autonomous of one another, and this you must find out for yourself.

Now, this new level of thinking has to be elevated to that place where you are no longer attached to a polarized position and are totally dis-burdened from old beliefs and free from exterior distractions. You have to work on yourself in order to become a higher manifestation of energy vibration - it's that which brings about the new system of

thinking and being. When you use that energy from the inner self to project it exteriorly - if you want a peaceful world, you first have to be peaceful, at peace within. If you want to be love and to project love, then you must first be love before you can vibrate it externally. You have to be able to do all things peacefully, and to do all things in love. You've got to know you are whatever it is you want to transfer or emit. So what is involved here is a matter of consciousness - the matter being on how quickly you can give up the old, past consciousness, so that you can be here right now - and then go steadily in the now - this is at the moment physical and spiritual action totally without attachment. You cannot be concerned whether anyone else can know this or not. You can only do what you can do and at the moment you are totally concerned in this you are caught - and the moment you are fixed in the now, you can do nothing but catch others into it. Now, all of you are really psychologically in a different now - a new place than you were when you first came into the family. Yet, regardless of how much awareness of this you have, some of you are still pre-occupied - still attached to old ways - and, therefore, you are still preventing yourself from using your new awareness to its fullest. Your mind, your physical, conscious mind, is your master, and not your servant - and this you must reverse - these Lessons are telling you how. Now let

me turn to another subject - one we haven't had any real discussion on - and more, or less, have avoided even talking about - money - for it is a fact that without money we will be greatly handicapped in our purpose. The communications have spelled this out rather well - all the way from fear not to have nothing to it pains me to have to tell man that he will be wealthy - and, of course, that "nothing" and that "wealth" involves more, much more, than just that which is monetary. Yet, we have to face up to money whether we like it or not. I recall that when David went out against the Philistines, he took from them sheep in kind, gold and silver, and he stated flatly that these are my spoils. It was this wealth and its growth with which Solomon later built the temple of Jerusalem. It is written that man will, hereafter, be called to account for depriving himself of the good things which the world lawfully offers. It would seem clear that wealth is blessed by the Lord and that God does not wish everybody to live in one room. That charity and all that word today now implies is the key to any money that befalls us - keeping in mind that what we do is in the service of God and, therefore, unable to have a fixed price attached to it. We, the family, and we, the servants of the church, therefore, have a huge responsibility to see that no one of us profits in any way, other than spiritually in all we do in God's name. Still, we need to function and, as yet our

key to finances is still locked in a vault. We need an interim financial pool from which to operate, and this is what should be decided upon by the family members. That there are many incidentals required, such as tapes, paper, typewriter ribbons, a new tape recorder, coffee, sugar, and so forth, is true. That one person has been carrying this load, and without any complaining or feelings of resentment, is so. He has done so out of love and conviction in what he is doing and wants to do with all his heart, his mind, and his spirit. I think the time has come that the family find a way that is equally responsible to all and absolutely imposes no hardships on anyone. Since we all know that Danny is to be the keeper of our funds, I feel he should be the one to address your thoughts, and ideas, too, on how best to handle the situation. So, let everybody think and apply their energy towards this subject and let us see what it is we can collectively agree on in regards to it. That God is going to provide the wherewithal for us to do what needs to be done, I am certain of. Yet, I also pay attention to that which I have heard so often - that God will never do for man that which man can do for himself. I don't believe God is going to rain monetary wealth on any of us. David went to war and found his there, yet that is not the purpose he warred. We have to find our spoils through love and peace, and above all, charity and all that word implies. So, let's think this over.

Now let me finish with this. The world we live in today has evolved from the level of man's thinking. This must, of course, include all that is good and all that is bad. The problem centers around the levels of thinking that has been manifested to bring all those things into being. Man cannot alleviate the inherent problems that he has brought into being by thinking them away on the same level of thinking that brought them into being. The level must be upgraded. The only way that man can solve the problems that he has wrought upon himself is by man's developing of a new level of thinking - and that level must be that of the inner, unconscious mind super-level of thoughts. The thinking that created our barriers, you see, won't dissolve them. It takes a new level of thinking, and sometimes it takes more than just one mind. Think about this. We will have copies of this Lesson for you shortly.

Peace and Love, and just acting natural,

Frank.

## Lesson #7

Some time ago, I received the following revelations. When you recognize the value of your thoughts, your thought becomes more potent than when you think aimlessly. Similarly, when you think of your thoughts as doing a certain positive thing, or producing a positive result, your thought becomes more effective than when you think without any definite, conscious valuation. When you give a certain meaning to an idea, you can easily photograph it on your mind. A meaning makes an idea definite. Now you know where I get my revelations from. You know, sometimes I receive inspirational ideas without any conscious mental contact with any higher entities, but still, I know where these thoughts come from. You know, you must have a subjective contact somewhere with someone in order for this to happen. Who it may be, depends upon the particular state of mind. There is not a moment when we are not in mental contact with some being on the same vibratory plane as ourselves. Mind is sort of radioactive. Our every thought operates on a certain wavelength in accordance with its quality and is picked up by those who are in tune with us and are on the same vibratory plane as ourselves. Now, I'm using the term vibration in a scientific sense in order to explain certain phenomena. In reality, it is all a matter of consciousness - inner and outer. The theory

that one person can hurt another by mere thought has been totally exploded. It is always necessary that you come in contact with another mind, either through conscious recognition or through a sub-conscious receptive state before it becomes possible for you to pick up that mind's thought vibration. Even then, there is a margin left in which to accept or reject any thought you may pick up without your conscious volition. The thought that you do not desire to entertain you can command to depart in the name of the Lord, and it will depart - if you can imagine and believe that it is departing. Another thing we should keep in mind is that a negative thought operates on a low frequency wavelength. It has not an extended reach, and its force is easily deflected. The mind of a physically conscious man naturally functions at the physical rate of vibration, which is very low. His negative, or destructive thought, borne of the model concept is still less potent. It usually rebounds. But a positive thought, when given a conscious meaning and purpose, is highly productive of good. Its range of vibration is far-reaching on becoming conscious. These thoughts are everywhere in the ether. One can easily pick them up. All throughout the universe, positive, constructive thoughts are being broadcast from the master mind. There are more highly evolved planets throughout the length and breadth of this universe than there are people on this earth. The highly

organized minds that are the inhabitants of those globes are constantly broadcasting happy, constructive thoughts. If you are earthbound, bound by the mere physical earth aspects of this earth, you should lift up your mental eye and see the celestial hosts in their heavenly abodes. Imagine and believe that you are receiving great, constructive thoughts, and you can tune in with these celestial hosts and receive their broadcasts. The cosmic ether is filled with these radio messages. But, from force of habit, we are constantly tuning in to the darker region of human mentality. When you do not give your thought and imagination a positive meaning and purpose, they do not become potent and effective. It is your divine prerogative to use your thought constructively and to come to function in the sphere of master minds.

Now, suppose I send to you, wherever you may be, the thought that I love you. Can you receive it in a spiritual sense? Do you feel aware and energized by the thought that someone, through the ether, is sending you a greeting, or a thought? If you do, you have broken through the shell of materiality. Your spirit is finding its wings - an ethereal sense of cosmic vastness. The limitation that was causing you so much trouble - the flesh that was pinching you so hard with defeat and disappointment, these are beginning to vanish, for, if you can receive my greeting you can also receive the greetings of spirits more advanced than myself

in the Light. Those lighted abodes are scattered through the vast expanse of space. You can see them spreading before your mental eye, like so many lighted homes in a city at night. Perhaps you do not know how wonderfully you have been made. You are endowed with the power to bring the whole universe to the nearest point that you can imagine and desire. This power is pure, and it is called your creative imagination. In my spirit inner world, the world of the ever-present God, when I say to my ideal person, "Come to me," he comes. Of course, I must first imagine that he is coming, and I feel the thrill and glory of his coming - and then, he does come. When I seek him across the ether, he seeks me, too. When I picture him in a certain poise and position, he responds to my mental image, a glance for a glance, and a smile for a smile, and love for love - all are an even exchange in the ether. Then, when I say to him, "Come and tell me about the land of the everlasting," he tells me, and these themes of these stories are our Lessons. At this point, my friends, you are likely to ask me, does your ideal person ever appear in the flesh. Well, let me say this. Spirit demands and needs are never forever denied. Providence, itself, cannot deny them. There is this provision in God's creative plan, and it's true. The earthbound man tries to take everything by violence. He has not the patience to wait for an objective demonstration because he lacks the vision of subjective

reality in subjective contact and communion. Always, the earth has received every form of physical manifestation that man has been able to conceive of. So, too, if you can conceive of an ideal as being real and can make your subjective contact with him, you will meet him someday in the objective, provided you have a strong enough desire and need for him. When your mental contact and association are perfect, vital, and real, you have already made the demonstration. The rest is merely a matter of course. The reason we do not so easily demonstrate our ideal person, thing, or condition is that we do not give a definite meaning and purpose to what we do and what we want. We know from experience that the vital presence of a person vitalizes us. He gives forth an intangible “something” which cannot be seen but can be felt. By whatever name you want to call this emanation, one thing is certain - it is some kind of substance. There is body to it - like motion mass, energy or the radioactive light. This human emanation can be weighed - it remains for the scientist to invent an instrument simply for that purpose. When we receive something vital from a spirit being, we gain that which is substantial. It soon becomes a part of our electro-magnetic vital force. Anything that energizes us is a substance. From its effects, we know that it exists. An exchange of this substance goes on constantly between persons of a similar inner mental

thought affinity. Either one gives and another receives, or both give and receive. Is physical proximity always necessary for this exchange? No. If an imaginary, ideal person can give us the same kind of vitality as can a real person, it is, therefore, evident that we must have contacted a real person - that we must be receiving a real substance. That is the reason that when we contact Christ and feel His vital presence on the same vibratory plane, we receive a certain vital substance. We know that we have received it, because we have become vitalized. You see, even thought is an energy. We have said before that all objects are radiant because they are made up of radioactive forces. Therefore, they must be constantly giving forth a substance which may be called energy. The vegetable, mineral, and animal kingdoms are not an exception to this rule. Of course, even in the lowest form of organic life there is a natural selection in this exchange of energy. It is this exchange that keeps up the vitality and creative function of the life form. Therefore, we always find the life form in a group where the group instinct governs its life activity. Furthermore, every life form has its likes and dislikes. Its nature is so true and so tuned up to certain exact rates of vibration that it scarcely ever makes a mistake when left to itself. I, personally, have seen plants and animals display fear toward a person. They cannot easily overcome their inherent prejudices. Of course,

the average animal-man displays prejudices toward beings and things he cannot understand. This has nothing to do with his vibratory affinity. Most of our prejudices are based upon early education and our fear complexes. In the universal field of vibration and electromagnetic attraction, no arbitrary selection exists. There, the law of nature is paramount and supreme. The entire organic creation is subject to this law. It suffers when this law of exchange is broken, no matter what the excuse for breaking it. On the human plane, this selection becomes exclusive in one sense - and universal in another. On the human plane, alone, man can change his vibration from a lower rate to a higher without breaking the continuity. When he vibrates with the higher, he cannot vibrate with the lower. In this sense, he becomes selective or exclusive. On the other hand, as he raises his vibration to the highest vibration, he embraces all. Sometimes, it takes a long, long time for certain human beings to come to the awakening of their higher nature and to conform to their natural spiritual affinities. But in the vegetable and animal kingdoms, where things are more or less fixed, affinities are automatic. I know that certain plants are very happy to see me and to make contact with me. You are likely to ask how I know it. I know it by mental and physical reactions. Somehow, without my conscious effort, they vitalize me and make me very happy. In other

words, their emanations agree with me. Such things are almost mutual. I find that certain plants are also responsive to my vibration. They thrive if I visit them occasionally and love them. My geranium plant and tomato plants are proof of this. The phenomenon I am recording here is not mere guesswork or a superstitious belief. It can be explained scientifically. The radioactive energy of one kind of plant helps another kind of plant to grow and thrive. This is partly a scientific fact known today. Whether or not this radioactive force radiates any chemical elements, I do not as yet know. I am simply stating the results or effect that one plant produces upon another as it has been told to me. If a plant can radiate a substance to help build up or to sap the vitality of another plant, which they do, such radiation must be much more possible in the human kingdom where mind is more individualized and is organized with volition and discrimination. It is my experience that trees, plants, animals are very vital emotionally. I would say that, because they are close to the earth, their feminine, or mother nature, receives more development than their male nature, their opposites. They are more willing to give freely of what they have than are we, in the human kingdom. Our contact with trees, animals and plants is made through love, that is, through our giving nature. Therefore, when we manifest love towards them, they reciprocate abundantly. The plant

you see before you was frozen half to death on the third floor of this house last winter. I Paul sent me to get it and to care for it and love it. I did as I was told - even though at the time I was most awkward about it. I felt a little silly, but I did as I was told - what else. You see the results before you. This plant had no signs of life. It was to me a dead stalk in what looked like a dying or dead leaf. The whole thing was about two inches high and dried out and looked absolutely hopeless. It is its own witness today. Therefore, what I'm saying is that this plant has a mind. Now, I'm not sure this mind is a thinking mind, but probably only a feeling mind. Feeling is the nature of all emotion. If a plant does not like something, it expresses its disapproval emotionally, and it manifests some definite system of that disapproval. For example, if you give a plant too much of any one element through the soil it will register its disapproval in its physical appearance. That is how you can tell what is wrong with it. In the case of a plant or a tree the whole absorbing system is involved in its sub-mind. So, when your presence does not emanate the kind of vibration a plant or tree likes, it sends out a vigorous protest. It is an established fact that certain plants and trees do not like certain kinds of gray vibrations and that they do like certain other kinds and absorb them. Since vibration is substance in motion, a favorable vibration feeds us; an unfavorable one disorganizes us. It is our

regular experience that the people we meet affect us positively or negatively or indifferently. But, when we come to function spiritually, we not only raise our vibration, but also form new spiritual affinities. In the spiritual field of consciousness, we can meet all on an equal footing, but we cannot force all to respond to a higher feeling and emotion. So, we seek response only from those who are spiritually conscious. On the spiritual plane, though, we all may not have the same degree of consciousness. We can, nevertheless, contact one another in the ever-present God, where all vibrations are equalized. The substance that we receive through spiritual contact with the higher order of spiritual beings increases our creative potency. In other words, it makes us receptive to higher creative thoughts and ideas. When we give a specific meaning and purpose to this contact, the substance that we receive becomes highly productive. That which we believe we are receiving - the same we receive. We can extract divine energy from the rocks by giving our thought a specific meaning - by thinking we are drawing divine energy, which is all-pervading, we can draw it from any source or medium. Now, any means and methods that you may employ that are used for the purpose of stimulating your mind or of forming a clear picture of the thing that you desire to draw is OK. For instance, the in-taking of our breaths suggests a drawing

process, so instead of giving it the meaning that we are drawing a vital force through our nostrils, we can form the mental picture that we are absorbing the energy with our entire spiritual physical body. I am not recommending this method; I am simply explaining how a method can be evolved and employed for the purpose of stimulating a person mentally and making him receptive. You have to begin someplace. We have already accepted the fact that this energy is all-pervading, so it will be easy to imagine its presence throughout our body and mind. By speaking directly to this energy in thought, we can visualize our mind and form the vision of absorbing it. This seems to bring about a more direct contact with creative energy than any other method I know of. Now, in the practical application of this method I first imagine that this all-pervading energy is permeating my entire being. Then I speak to it - in thought - saying, "be active in my mind," making my mind active. Next, I imagine the energy as responding. "Yes, I am making your mind active." I speak again in thought, saying, "My entire being is absorbing you, and you are vitalizing me." Then - I imagine the response. "Yes, I am vitalizing you, dwelling in every fiber of your being. Now, go and do your work." Then, I begin - by reducing sounds by thought concentration. Now, this above method is the simplest one I know of for receiving from the energy through direct

contact. When I employ this method, I begin, instantaneously, to feel the quickening activity of this energy in my body and mind. By this means I have also been able to vitalize my every vital organ, improving their functions. By imagining the vital creative principle as operating in my organ, I give my mind a positive and definite agency to depend upon. It makes my mind very receptive. I can eat without eating, and I can sleep without sleeping. I wipe out fear, pain, hate, and so forth. By means of my mental acceptance I can manifest and manipulate all forms of energy in this universe. Man can go beyond the physical deadline of the physical/mental concept of life, if only he will apply the effort. So do try this. Now, that there are moments in every human life that that which is interior seems exterior and that which is exterior seems interior, is so. This was pointed out in Lesson #6. The fact that they are separate and autonomous of one another was also clearly stated - and the fact that this separateness and autonomy was an individual process of discernment was also clearly stated. It takes a new level of thinking that must be free from polarized burdensomeness of old belief and pre-determined, learned actions and reflexes of current thinking and discerning. I would like to briefly point out some further ideas along these lines and introduce to you some thoughts in line with where instincts - conscious and

unconscious - emotions, and intuition fit in to all of this. By instinct, we mean a natural impulse to certain actions, without deliberation and without having time to think about it or its possible end result. Instinctive action is abrupt and often contrary to conscious motives. It is an unconscious process manifested on the spur of the moment. Instincts are inherent, as are reflexes. Unconscious compulsions, such as obsessive thoughts, moods, depressions, anxiety states, addictions, etc., are not instinctive, not inherited, for they do not occur on a regular nor a uniform basis, nor are they uniformly compelling. These are emotional sub-conscious manifestations triggered by the upset consciousness. Intuition is also an unconscious process akin to instinct, in that its result is the transference into the conscious from the unconscious - a sudden idea, hint, or plausible hunch. It is hidden perception of the unconscious. Instinct is a purposive impulse to automatically do something or compel same. Intuition is the unconscious relaying of an apprehension of a highly complicated situation - one being the reverse of the other, or opposites. The unconscious is the totality of all psychic phenomena that lacks the quality of the consciousness. It can only be transferred by energy, and these energies lie dormant in all mankind. The cultivation of these dormant energies is what makes us different. All knowledge is stored in the unconscious - past,

present, future - awaiting to be released. This is why we dream when the consciousness is asleep - the dormant unconscious tends to assert itself. It has been telling man to set it free. We live by means of artificial rationalizations that preclude us from recognizing our true motives, or that which was meant for us originally. Self got into man's way and has steadily and increasingly dominated him. Man lives by conscious instincts today, which have become domineering over his unconscious instincts, intuitions, emotions, and energies. He has succeeded, in his materialism and worship of the physical, and has scattered his spiritual, inner self to the dump heap. The Teaching is designed to reverse this process and turn man back to his true purposes and motivations: Psychic action and reaction over physical action. Man still pictures the world from his physical, learned rational concepts and, therefore, remains blind to the truth of most psychic phenomena. Cause, means, purposes - are all viewed from these rational physical concepts of the conscious physical self. In general, its conception of psyche is left to those who need a shrink. Man needs to refine his thinking. He needs to recognize and then to listen to his unconscious through his instincts and intuitions, and then he needs to enter it in order to get outside of himself for true total knowledge of his why's. Man's images are trying to tell him something, but his

physical conscious self won't listen to these images. These primordial images, as well as instincts and intuitions, are trying to perform a service - their true purpose for man. And it is these very inherent inner self happenings that man calls magical powers or substances of the spirit. He can label them, but only a handful can reverse the physical self and utilize them. Just as love and time are energies, so, too, are instincts, intuitions, and emotions forms of energy. They are the inner energies composed of ether, atoms, and so forth that have become encrusted with progressive physical rationalism. Very few people can be cured of an addiction, for example, because the sub-conscious and conscious physical emotional controlling apparatus have become deeply inbred in man. Man has become progressively deaf and blind to his inner self. Therefore, one form of life cannot simply be abandoned, unless it is exchanged for another, and half measures will not work. The transition must be swift, and the changeover has to be total. Your mind is your room, and you must arrange it - following the directions of the Lessons, regardless of how your rationalizations view them. Overeating, oversleeping, over-reacting are all uncontrolled emotions and not necessary requisites for sustaining life. You need order, like not eating every hour or so, or sleeping two or three times a day, or oversleeping. Order and restraint are needed - and not a schedule by the

clock, except in those matters outside of your inner control, such as jobs, appointments, and so forth; we all have these obligations. Try to imagine a life free of compelling emotions as distinct and separate from instinct and intuition, which can supply you with all the necessary basic direction needed in order for you to apply well-ordered, inner-self-disciplined thought, which will direct your every action and reaction. If you make your every act one from love of self and others, you will have the beginning of a true freedom and a handhold on the truth of self. Happiness is a journey, not a destination. You have to rest your mind, as well as exercise it. You should rest it while you are conscious. You can do this by concentrating on one sound, or, say, a color, like I've explained in this tape. Often when you sleep to rest the physical, you do not rest the mind. So, meditation by concentration on the one sound or the one color is the best rest break you can give your mind while still conscious. Instead of seeking outside compliments for your ego, ask yourself how you are doing, and then honestly and expectantly do something about it, using the Teachings as your guidelines. You have to learn to share before you can truly learn to give in comfort and happiness. If you can grasp the concept that you will always get what you need, then you can understand what is meant by those ancients, who said, much more eloquently than I'm saying it, that the easiest

way to accomplish this was to be constantly giving, so that you are always in need and therefore, always constantly receiving your needs - here and in the hereafter. Only those who have gone over can prove this. They are, you see, their own witnesses. The thinking that you, as individuals, have applied to get you here right now, shouldn't be the same thinking that gets you out of here at the end of this meeting tonight. When you leave, ask yourself if your thinking is the same - whether or not you feel it is upgraded or regressive. The important fact, right now, in your development is whether or not it is different. So, like I said, man can go beyond the physical deadline of the physical mental concept of life, if only he will apply the effort, so do try.

Peace, Love and Success.

Frank.

## **Attachment to Lesson #7: Explanatory Memo**

Transcendent operation or function: Going beyond known or believed knowledge - beyond that which is physical.

There is really nothing secret or mysterious or even metaphysical about this term.

It can mean a spiritual function, or it can apply to a function which is psychological and comparable to a mathematical function of the same name, which is a function of real and imaginary figures. Both the psychological and the spiritual transcendent function arises from the total union of the conscious and the unconscious. The spiritual function goes one step beyond by taking control, dis-uniting itself from the physical and, thereby, operating independently and totally autonomous from the physical vessel or body.

Therefore, it is necessary and understandable that in each individual attempting to invoke the transcendent function there must be stability of mind and body physical and stimulation of the psychic inner self. The Lessons are designed to provide the stimulation and the processes needed to accomplish the function. The communications provide, and will continue to provide, the

desire and the direction of attaining a new way of life, and the Lessons will provide the wherewithal. As classical physics was totally revolutionized by the advent of radioactivity, so, too, will the church-revolution and revelation of the families totally revolutionize our civilization. We have much work to accomplish, especially within our own family now that we have welcomed two new members and, thereby, having completed our inner-circle of ten. Still, we will always be faced with change within the inner ten and, therefore, we must more totally prepare ourselves as individuals so that new members will not hold us back by our placing them into a continual catch-up position. As you older members become adepts and others progress, you will be able to transfer such to our newer members and not only assist them greatly, but also expedite the readiness of the entire family to face those tasks that lie ahead.

Frank.

## Lesson #8

It is good you come. As regards a step-by-step procedure for new family members to follow, let me again remind you that all family members have had to begin at the beginning and work themselves upward. New family members must begin at the beginning, not in the middle nor at end. Inner-circle family members must never be handed “parts of” the Message of I Paul except that those “parts of” begin from the beginning. The solution to this “availability of material” problem is a very simple one that any simple-minded person could easily work out. The inner-circle must hold no simple-minded or unthinking people. Further, those inner-circle members who are reaching advanced stages in their level of thinking must assist those on lower levels to reach their heights. The problems of, and the solution to it, lie both in an individual and a collective sphere, that being discernment and preparation. That the inner-circle membership figure is ten, has been known for some period time, your reckoning. Preparedness would therefore dictate that total preparation for ten would be available in all areas in advance. I find it distasteful to labor the point further. Now there is an instinct to be curious and it causes both old and especially newer family members to question the teacher, his availability, what he is up to and so forth. All of this is very carefully spelled out in many of the

communications now before the family and should, therefore, be absolutely unnecessary for me to review such measures here in regard to his security, peace and so forth. It is a much wiser practice to turn such curiosity inwardly and see what one's self is doing with, with what he now has to work with. Have I not said we are not concerned with where our laborer is but are much concerned with where all others are? There is no comparison. The comparison must lie within the inner-circle often and there we see vast differences and huge amounts of space, one to another. We need to discern none. Now let me cover briefly these following points of insight. The process of maturing within the inner-circle of the family of I Paul consists of a revision of each individuals personal desires in an attempt collectively to grasp an understanding of reality. Each of you when you enter the inner-circle are infantile to it and completely infantile to everything in the universe but your own wishes regardless of what these may or may not contain. You come without a clear understanding not only of yourselves but of the outer world and its environment. Everything exists for you merely as objects of denial or of gratification. Here you should be learning that neither your world nor the universe is composed of your wishes nor their total fulfillment. You are beginning ever so slowly to become aware of a greater sense of space and you are

learning just how much is beyond your grasp or reach at this moment. You begin to realize how small a figure you are on earth and in comparison, how very infinitesimal you really are as a part of the universe and not just that which is comprised of your solar system. Some of you have learned much here in a very short space of time as you are wont to know it. Yet mankind overall has done little good with what he has learned since he first stretched out his hand towards his lunar planet and his finally having touched it. Man has acquired a sense of birth, decay and death. Now, since he disagrees with these senses, he decides to alter them. The question here in truth is, can he do so without destroying man as he now knows himself and believes himself to be. You are in progress towards a discernment of this question. You of the circle are acquiring, knowingly or not, an understanding of cause and effect, a comprehension of the sequences of events that has carried man to his present position within the solar systems of the entire sphere of the total universe. You are rapidly nearing that point where we have no further use for those interruptions brought about by your personal preferences or wishes, there simply is not room enough in your world nor elsewhere to stop now simply to gratify some person's individual wish or desire. To learn and to use in God's service the Lessons and truths of same, you must undergo a complete and unimpinged

transvaluation of that which you as an infant brought with you in the inner-circle. The dissipation of those matters infantile and the adjustment to and in which providential powers replace them is difficult and the compulsion is one of fleeing from reality or the courage to remain and work hard enough to totally understand it. The understanding of it, you see, will create totally whole and true desires, very unlike those you came here with. For when you finally know all about a thing, how it originated, how it is to be used, what it is made of and how it actually works, you will find yourselves dealing with something quite different from what you now very naively hold as truth. The total understanding, you see, will create an entirely new environment for mankind. You are but the beginning, the sowers and you tend to lose sight of this, but as the sowers, you are going to know the form, the structure, the pattern and the true significance of the total universe. A universe that is, viewed from there, ordinarily unseen except in extreme and rare moments. As it can only become visible through the truth and a total comprehension of it. Once you understand it, you will speak its language, our language, and you will no longer be infants and in fear of your own imaginations. Total knowledge knows no fear, disease, hate, anger, tears nor evil. Each of you are in the critical phase there of the structural system here. Within your

inner-circle there is now one medium who is rapidly approaching your teacher as a psychic. Others will follow when and only when they apply the effort. The inner-circle as it is now structured will not long remain exact. Change is inevitable as change is an educator. The successful passage into mediumship and upwards to the status of psychic, adept and teacher is now before you and coming continuously in portions fit for your appetites. The hungrier you become, the more you will be fed. The diet will be, though, predicated upon your digestive capabilities, both on an individual and a collective basis. Now let me close with a word of caution. Becoming mediums or psychics is not your main objectives and you must never lose sight of the truth. Becoming adepts and teachers are higher goals yet not even these are the highest. Until you can understand the fact that man has a preference for not wanting to know the truth, that his desires are to think of the world in terms of his own preferences, you will be unable to rebel against your own individually held predetermined beliefs and come to grips that you yourself are standing in the way of your own progress. Those of you, who were labeled alcoholics there, can readily grasp the idea of this impediment. Those others will, if they apply the effort, also come to realize same. It is the individual's incapacity to realize that the objects of desire will last only for a very minute period that causes man

to place such an extravagant value upon them. Some of you very wrongly assume that the world is in gear with your desires and your inane appetites of excessiveness. Man, you see, and you are all the same, lives in a world of delusions of grandeur and this ascribes to him all sorts of fanaticism which in turn heaps frustration after frustration upon him. It is a fact that only the very extreme cases there are locked away in your asylums. We see your world full of people with semi-sane characters who secretly harbor the notion that they are somebody else or by some right or another they should be. One day they are God or Christ and the next Plato or Napoleon. You of the inner-circle must mature to the point of totally ceasing to expect from your world that which it cannot possibly give you and you must learn to love it and its faults under the only guise in which it and its inhabitants were meant to be eternal. A majority of your total civilization goes to bed hungry at night. Are you indifferent to this fact and do you contribute to this injustice? If you answer yes to either of these, you must change your thoughts or your association with us. There are two poles of experience there, at one is the infant and at the other, a sage. In between lies that area where man can transform himself from child and enter into the realm of spirit whence true sages derive. Your world is full of false or would-be prophets, those who play at being God or Napoleon. The

inner-circle will produce the perfect sage and the true prophets, those who will not only foretell but who when having done so will demonstrate the truth of their words. The way to do this is before you and simple. The more highly organized the living entity, the more competently it climbs in its created environmental development by which process it emancipates itself, totally by choice and freedom of return, from unwanted or diverse unfavorable external conditions. Its created expansion thus allows it to interchange its internal and external environment under any condition and at will. D.L. is now in the process of becoming your second witness as it pertains to the validity of I Paul, my messages in God's name and the proof to one and all that which is now before you works. We did not promise you an easy road. You must apply the effort as the results, you see, will take care of themselves. It is good you come.

Go in love, peace and understanding,

I Paul.

## Lesson #9 - Part I

Our Christ, the Christ Jesus, was not an organizer nor did he intend to organize anything outside of a group of teachers who were those men we call the Apostles. The world's total understanding of the life of Jesus has culminated from the Gospels of Matthew, Mark, Luke and John in the main. Other insights are fragmentary and brief as they are touched upon within the Acts of the Apostles and the Epistles of the Apostles.

The Apostles accepted Jesus as the long-awaited Messiah of the Jewish race, the Redeemer of the world and this acceptance was what was spread by the Apostles and others who believed in Him. The word was spread by oral repetition and the New Testament writings came much later and in most modern compilations of the Bible, they are not placed in their true chronological order.

The first Christians were nothing more than a sect within the Jews who professed nothing but the Jewish faith as they saw it, observing the Jewish laws thereby remaining in all ways pious Jews with the only exception being that they accepted Jesus as the Messiah who had been foretold for centuries in what is now called the Old Testament by Christians. In the decades following the death of Jesus, a group recognized by the leadership of the Apostles came

together and established the first body of Christian doctrine which Paul through his Epistles, which actually preceded the four Gospels, laid the groundwork for the Church as it is known today.

This sect which was a minority within the Jews themselves were considered blasphemous for acknowledging Jesus as the Messiah and they were persecuted by the conventional Jewish majority as well as by the Pagans. Finally, the disagreement between Paul, the newcomer, and Peter, the Cephas, over a ritual connected with the admission of non-Jews to the fellowship split the original sect into two distinct sects. Paul, the tougher, more vigorous and forceful leader, turned away from the Jews and preached the teachings of the Gospel to the Gentiles. It was Paul and his followers who first called themselves Christians after the break with Peter. Then, after Titus himself destroyed Jerusalem in 70 A.D., Christianity became near totally the exclusive property of the Gentiles. Peter was dead at the hands of Nero and so the task which had arisen for the need of a text which would give confirmation to the doctrines of Christianity as they concerned the remembered teachings, and the life of Christ was therefore relegated to their hands. The building of the Catholic Church lies in the Epistles of Paul. The writings of the teaching and the life of Jesus as it was recalled from memory and as it was orally

transmitted from the time of Jesus' death in 33 A.D., took form, during the period of 69 to 75 A.D., in the four Gospels of the New Testament. The oldest of the four Gospels being that written by John Mark, a Christian Jew and close follower of Peter during Peter's last years on earth. Mark drew from his memory all that Peter had passed on to him and others and wrote what is now known as the Gospel of Mark. Following Mark came the Gospel of Matthew, then Luke and finally, John. Luke was a Greek and a close companion of Paul and it was Luke who in addition to writing his own Gospel was also responsible for the compilation of the Acts of the Apostles. There was no church until after Jesus' death and it is very clear that Jesus had absolutely no intention of ever beginning one. Jesus was loyal to the Jewish religion and sought to clarify it, rid it of its evil and revolutionize Jewish practices and politics which would bring a new interpretation of it to all mankind. The writings in the New Testament of the Bible quoting Jesus as saying "Church" is untrue. Christ never used the word "church." Its inclusion in Matthew was by scribes and translators who in copying the original work inserted the passages in reference to church to bolster the strength of the new Christian Church. Such insertion as these into the original texts of all of the Gospels were the work of the high influence of the new church doctrine. The Gospel of John

was the work of a group of Greek Christians from Ephesus who compiled the teachings of John and his memories of Christ and combined these with the Greek mystical concepts of the word, the law, the order, the eternal principle of the universe and attempts to reconcile Greek religious philosophy with the very recently established new belief of the new religion, that Jesus was the incarnation of God.

Over and above the New Testament, there were also many other things which our Christ Jesus did yet much of it is lost, hidden or destroyed. If they should all ever be written, every one of them, no library in the world would ever be sufficient to hold all the translations man would make of them. Most of the sayings of Jesus' did not even appear in the Gospels as they were written in strict view of support for the Christian sect and then later in support of the Christian Church which man structured, not Christ. Many pre-gospel texts have survived yet many were lost or destroyed. Many of those that have survived, are kept hidden and although many factual hints to their existence have been made, their very existence has been denied by the very church who shrouds them in secrecy. The following are some examples of the true sayings of our Christ, of which many contain meanings of and in a manner we call esoteric.

“Grieve not the Holy Spirit which is in you, and put not out the light which hath shone forth in you.”

“As ye see yourselves in water, so see ye me in yourselves.”

“The weak shall be saved by the strong.”

“If ye observe not the little, who will give you the great.”

“Love hideth a multitude of sins.”

“I am come to end the sacrifices, and if ye cease not from sacrificing, the wrath shall not cease from you.”

“Woe unto him who hath made sad the spirit of his brother.”

“And never rejoice unless ye see your brother rejoices also.”

“What you preach with words before the people, do ye in deeds before every man.”

“Why do you wonder at the signs? I give unto you a mighty inheritance which the whole world doth not contain.”

Now these are just a few of the sayings of our Christ that are not prominent in the New Testament. To be able to understand the New Testament, one needs to first come to a realization that the idea of esotericism occupies an

extremely important place in them and in the teaching of Jesus. Its chief places in the New Testament are in the four Gospels rather than in the Acts or Epistles although the esoteric ideas are met within these also. No matter how intelligent or well-educated a person may be, he will not understand the Gospels unless he has specific, special knowledge, esoteric knowledge.

The Gospels tell man most of what he knows about Jesus to this day. The Epistles of the Apostles and especially those of the Apostle Paul are those upon which the Church was built. They are the basis upon which the adaptation of the ideas of the four Gospels were utilized to build the Church. It was the consequent materializations and applications of these ideas to life that have more often than not gone directly against the teachings of Christ. The Epistles and the Acts gave the possibility to the Church where none prior existed. The chief role, historically, in the forming of the Church, was not played by Christ and his teachings but by Paul and those who have succeeded down through history as leaders of Christianity. Church Christianity has from the beginning, contradicted the ideas of Christ himself and the divergence has widened ever since. If Christ had been born after the Church had been formed, He could not have headed it. In all probability He would not have even been able to belong to it and in some of the

Church's most powerful moments and brilliant periods He would most likely have been declared a heretic and burned at the stake along with the thousands of others who were also innocent in the eye of God. Even today, the Christian Churches defy the teaching of Christ. While some now try to hide their anti-Christ acts, others still openly practice them, and you only need look directly to the hometown of the President of the United States. The Christian teachings of today and the New Testament translations and its believed meanings, are as foreign and far removed from the teaching of Christ as is your planet from your sun star.

The New Testament is at best a very strange document in the sense that without an understanding of esotericism, it is about as easy to comprehend as attempting to read a book printed in a language unknown to you. To read the New Testament with the same understanding by which they were compiled, one must need possess the key to them. It takes a mystic to read that which is mystical for esotericism is the language of the mystics and Jesus was the greatest mystic the earth has ever known, the Christ of all of the Christs. You see, it takes a perfect imagination and total control of emotions to comprehend this strange book that has had a power of influence on and over mankind for over two thousand years. It is rife with hidden truths and ideas yet to the ordinary man that which is visible is invisible. All

through man's life he undergoes an examination of one kind or another and to the remembrance of most, these examinations or tests began in his early learning and school years. The New Testament is a general examination for the whole of humanity on the face of your planet. It is there for every man, Christian or not, to read and every man, by the way in which he reads it and by what he derives from it or fails to derive from it, shows clearly to us the development, or lack of it, of his inner state. You may ask, what of those who never read it? To never read it is an impossibility for all will read it and eventually understand it, one lifetime or another, whatever it takes.

The compilers of the New Testament knew much more than they wrote, in fact some, more than others. It is a part of every man's Karma to find out individually what it is they knew and then to use it correctly. Those who existed there prior to your Christ and your New Testament had as did all civilizations their own testing or examination in a form and manner that suited their own particular circumstances and environment of their times.

What purpose, what aim such a book, you may ask. Simple. Its purpose and aim were to show man that there is only one way to hidden knowledge, the way of an I Paul, if they wish and are able to go that way. It allows man to make a choice and to decide whether he is fit to go that way or not.

I will add much more to this subject in the future as the teachings progress and you show evidence of increasing comprehension.

Go in peace, love and understanding.

Frank.

## Lesson #9 - Part II

### An Exercise

As outlined in Tape #78 (Book 2 - Chapter 70 "In All Humility") and elsewhere, to read the Bible is one matter and to comprehend its message is another. To clearly understand what one is reading when perusing the Old or New Testament, one must be aware of and comprehend that which is esoteric. As Lesson Number Nine of the Teachings of I Paul spells out the language of the New Testament is a strange language in the sense that it is understandable to only a small minority and it is this language that man has twisted and turned to his understanding through his innumerable interpretations of it. Every schism within religion Christian has resulted in a separate rewriting of the Gospels to make them conform to the thoughts of the new group. Once you can grasp that even those writings called original are not wholly original then you can understand that from the beginning the truths were twisted and bent out of shape in order to fit the words into the beliefs and situations prevailing at that time. Just as laws are modified to fit modern standards so too has the teachings of Christ been altered to fit modern man by man. Truth is truth and is therein unalterable. Is it any wonder that Jesus would not recognize Christianity in the world today other than the

very evils He came to destroy?

You see the idea of esotericism occupied the most important position in Christian teaching as it was what Christ taught from. What he taught to the circle initiate that he chooses to heal so openly demonstrated to the masses in order to get their attention. He knew that until the small, designated group of His choice could become adept and lead the masses to the redemption of their souls that it was folly to attempt to even reach them. Why do you suppose the disciples and, the new church after them, preached the second coming of Christ and the end of the world? Can you see now that they completely misunderstood Christ and His esoteric teaching? The language was strange to them and once Christ left them to their own devices, they split and went their separate ways, the results culminating in the mess man has created today in regards to the true teaching of Christ which was and is the will of God for mankind. The Apostles all wrongly preached the imminent second coming of Christ simply because they failed in the end to understand or grasp the esotericism that made up the language of our Christ. Look at Romans 16:20 for a hint of this fact and then search out the truth that the disciples misunderstood their own teacher and passed on this misunderstanding so that it is still believed by many today. You have before you an exercise on New Testament language and it revolves around

the Epistle to the Romans written by the Apostle Paul. Chapter 12 especially has been singled out for your attempt at discernment. The following pages are an interpretation of the language called esotericism that most of the Bible was written in by those who understood the language and realized that it was only for the few. In fact, there were many points they failed to grasp themselves even when they recorded the thoughts and spoken words of Jesus. The esoteric idea occupies its chief place in the New Testament in the four Gospels as the information before you now clearly spells out and the idea occupies a lesser position in the Acts and Epistles. We choose an Epistle, and then only, a single chapter with twenty-one verses for this exercise for two reasons. One being its esoteric contents and two, its brevity. Let us compare your discernment with the following outline and explanations of the Epistle to the Romans by the Apostle Paul, Chapter Twelve. - F.

### **1st Section of Chapter - 1-5**

- 1) Who among us can know the mind of the Lord? Who knows enough to be his counselor and guide? Could you ever offer Him enough to induce Him to act? Everything comes from God alone. Everything lives by His power and everything is for His glory and so I plead earnestly with you all to give your vessels to God by letting them

be a living sacrifice, an example that shows that which He can accept, whole and holy. Keeping in mind what He has done for you (Crucifixion), can you not grasp how small a price He is asking? Is this not your cult, a spiritual rite, that which is reasonable and your service?

- 2) You who have been chosen must not follow in the same general conditions as the masses for you are not confined to their world. You have the way to transform, to transcend yourselves by the renewal of your mind, by learning that which is being given to you so that you may present your truths and make them known beyond doubt to all. Proclaim them to be exactly what they are, the Will of God and provable by their good and your perfectibility. You and your truths therefore will become acceptable, and you will then accomplish your tasks.
- 3) As a chosen messenger of God, the true virtue of my office, I tell everyone of your number who is self-important (here he means Peter as well as others) that he is not to think more of himself than he ought to think, he must take a sane view of himself, corresponding to the degree of faith which God
- 4) has assigned to each. In our one body (cult) we have a

number of members, and the members have not all the same function; so, too, for all our numbers (family-church) we form one Body in

- 5) Christ and we are severally members one of another.

## **2nd Section of Chapter - 6-11**

- 6) Our talents differ as God has gifted each of us with the ability to do certain things well. So, if your gift is prophecy then prophecy whenever and as often as your faith is strong enough to receive
- 7) God's message or messenger. If our gift be service, then let us mind our service and if you are also a
- 8) teacher then teach well. If you are called to preach, see to it that you preach truth and faith and always practice that which you preach. The contributor must be liberal, the organizer and superintendent must be in earnest for if you are in charge of our work with others, you must take the responsibility in faith also. To visit the sick, one must be cheerful for there is no
- 9) strength in sorrow. Let your love be real, don't just pretend to love others, really do so. Loathe what is
- 10) wrong and evil, stand always for good. Love each other with brotherly affection and take care and delight

- 11) in honoring each other. Never be lazy in your good works but serve God enthusiastically and maintain the spiritual glow . . .
- 12) Maintain hope and express joy in all that God has planned for you. Be ever patient in trouble and
- 13) prayerful always. Contribute to the needy saints and sinners alike, make a practice of hospitality.
- 14) Bless those who mistreat you because of what you believe, don't curse him, pray that God will bless them. When others are happy rejoice with them and always share
- 15) your own happiness with your brothers. If they are sad then you, too, must be sad and share their sorrow.
- 16) Work happily together. Don't try to act big. Don't try to get into the pockets of important people, it is the ordinary people who are important. Be not wise in your own conceits, don't ever think
- 17) you know it all! Never repay evil with evil. Aim always to be above reproach in the eyes of All; be
- 18) at peace with all men.
- 19) Dear friends, never revenge yourselves. Leave that to God for He has said that He will repay those who

deserve it. For it is written “Vengeance is mine, I will exact a requital” - the Lord has said it. No?

- 20) Instead feed your enemy if he is hungry. If he is thirsty give him something to drink and you will be heaping coals of fire on his head. In other words, brothers, he will feel ashamed of himself for what
- 21) he has done to you. Even if he doesn't, you must never let evil get the upper hand with you. You must always strive to conquer evil, and you do this by performing good works.

F.

## Lesson #9 - Part III

Title: I Corinthians, Chapters 12, 13, 14, 15, 16.

An exercise in esotericism.

Now that you have tried your hands at the strange language of the New Testament, try another exercise this time using the Epistle to the Corinthians as your subject.

Take I Corinthians, Chapters 12, 13, 14, 15 and 16 and split up into pairs and take a chapter for each pair. Do this much as was done with Communication #26 (Book 1) except you won't be striving for the shortest possible message this time. This time, your goal is to search out whatever hidden message there may or may not be in these chapters. Keep in mind Tape #78 (Book 2 - Chapter 70 "In All Humility") and those "other" references to the strange language you now know as esotericism. Since you will be working in pairs, as teams on this exercise, it will not be fair nor reasonable to place a time limit for completion on it. By being sensible and reasonable and without any over procrastination you should as individuals and as teams be able to complete this exercise in a reasonable amount of time. Keep in mind that you are seeking something hidden or convoluted in these chapters and this in itself requires a higher level of thinking than that you normally employ, yet a level you should be attaining if you are applying the diligence to the Message of I Paul that

is required of you. Once the teams have completed their work, then a collective effort will be needed to present the chapters as you believe they would have read in their intent. As the Apostle Paul was fighting to build a church, to give it strength and to keep it alive and growing, he took upon himself certain liberties that quite possibly Christ himself would have condemned. Yet the Apostle Paul was a member of the Sanctum Regnum, a holder of the power and knowledge of the inner-circle where there are four indispensable conditions to adhere to:

- 1) An intelligence illuminated by study and constant practice.
- 2) An intrepidity which nothing earthly can check.
- 3) A will which cannot, in any manner, be broken.
- 4) And a prudence which nothing earthly can corrupt, set aside nor intoxicate.

To know, to dare, to will and to keep silence are the prerequisites for those who become adept and are preparing to go forth and spread truth.

So, what is meant by, for example, to keep silence? Let me explain it to you thusly:

The whole idea behind keeping silence or keeping

secrets if you like as Christ told of it many times, meant simply to conserve energy in order to do only good works. Silence or secrecy create a closed circle that is an accumulator. The ability to keep silence or to say only what is now necessary and only when it is necessary is the first degree of control of oneself in doing good work outside of the circle. The other side of the statement, the esoteric meaning of “don’t let the right hand know what the left hand is doing” simply means until that time arrives that all the hands are the same and the teacher can say proudly and with assurance, “See O’ man how many hands I have, etc.”

It is most unwise to show your hand until you are in a position to triumph. W-303 is most certainly not yet in a position to triumph so you haven’t seen the other hand of I Paul as yet. Not yet but soon.

Peace and Love,

I Paul.

## **Attachment to Lesson #9 - Self-discipline in Discerning the “I”**

### **Are our Ego's a Major Barrier in our Failure to Follow the Message of I Paul?**

How many of you remained so alert to this experiment that you predicated all your acts in light of this conscious alertness?

Did you act other than what you would call normal, an everyday routine for you?

Did anyone of you fast and pray for the full twenty-four-hour period? Did you think of it?

You see a steadfast determination to attain some purpose, the letting go of all that opposes it, a complete reliance upon the Law of Good and an unqualified trust in Spirit, is true fasting and prayer.

Fasting and prayer will bring you closer to your goal, to reality, but not because of the fasting or praying but simply because these acts open up your minds and allow you to operate from greater fields of receptivity in your minds. You need to be in a position to read the signs of an I Paul and when your minds are elsewhere you cannot possibly do this unless you fast and meditate daily and this requires stillness

in and around you. Hence, nighttime is usually the most favorable time. Yet if you are stuffed with food and drink and your conscience is bothering you over some wrong you perpetuated over another then meditation on the Message of I Paul is impossible. My teacher has allowed me to see clearly enough the difference between popular religions and his own spirit insight. You see true religion is esoteric and for the few. This truth is why I Paul has very clearly spelled out that there is more than one way to find God and to reach him, yet at their very best they are very difficult. With all of you here tonight I Paul's primary task is the total re-education of desires. This demanded re-education of desire must begin at its lowest level and then gradually climb upwards into the Ultimate level of desire which we call Ultimate Perfection. The re-education of desire can only come from wisdom and the Message of I Paul comes from truth, the mother of wisdom. To be saved, in the sense you comprehend it, will come only by your conversion, education and self-discipline and self-discipline is what this experiment is really all about. At times, wisdom will seem inhuman. And in a sense, it is inhuman, but only for the reason that it is so uncommon. Those who speak it best, the great mystics, speak a strange language. The words may have a familiar sound to you, but the meaning is where you fail, they are too high and too abstract for you at the

moment, yet we see progress and it will continue.

Now I Paul speaks this strange language, and you encounter it in the Message before you. They seem to you a mixture of grandeur and of strangeness. Yet, I can tell you that I Paul is at once immediately more deeply at home in the world than all the transients who make up the sum total of mankind, yet he is not wholly of the world as you, the worldlings, understand it. Yet, it lies now before you. So, your re-education has a way to go yet, and self-discipline is the place we must start from. I Paul has repeated over and over again the Lesson of the barriers, the opposites, and the poison of the ego, the "I." Let him who has ears, hear, and let him who has eyes, see! The Family inner-circle is still miles apart in their cognition.

The very day Danny broke one barrier, I Paul began learning from I Paul the use of a higher level of consciousness. Today, we have three inner-circle members who, with absolutely no hints from me of a special nature, have begun to flourish as automatists, and they have earned the designation of psychic, yet they are, as yet far removed from being adepts, but it's coming, and those moments are no farther away than their own desire and willingness to follow the Message of I Paul faithfully.

Now, why is self-discipline so important? Its

importance lies in this truth.

Until I Paul came forth, no teacher has ever appeared in the world who was wise enough to know how to teach his wisdom to all mankind. They were all quite well aware how difficult for most men is wisdom. They knew most men could not and, more importantly, would not expend the time or the effort to conquer self, so they reserved their wisdom for the few who could demonstrate a willingness for self-discipline. Even Jesus, whom you are accustomed to think of as wholly catholic in his passions and his sharing, spoke these very bitter words, "Give not what is holy to the dogs and cast not your pearls before swine." Christ knew that much time on earth would be required before men would listen, thus he spoke the above to his disciples so that the revolution he began would grow with the few chosen ones who could grasp and then teach and demonstrate self-discipline.

Man, as I Paul has clearly stated in his Message, by using the free will God gave him, decided to do things his way and not abide God's will for him. They built a church and turned it over to un-disciplined novices, and man has been reaping man's benefits ever since. Now, a teacher has come to all of us, wise enough to know how to teach mankind self-discipline, and all of you here tonight are the very re-beginning of the revolution of our Christ. Can it be

learned? Look around you, and then notice the changes in yourselves. Now look closely at Danny, Maureen and Charlie. I think the answer is obvious. The peculiarity of our modern situation is that the multitudes of our day and age need to make some radical and original adjustments before their world decays right from under them or disappears in a cloud of atoms, molecular hydrogen and neutrons. The multitudes need to believe, but they cannot. They need a teacher, but they cannot find a teacher. They need support, and there is none. Their situation is adult enough, but they are not. The religion of the Spirit and its truth would suit their needs, but they believe it to be beyond their powers. We are going to show them that it is not. But we cannot do this until we, here, have shown each other that it is possible, and to do this self-discipline is a pre-requisite, and this does not mean, in any way, inhuman sacrifices or self-inflicted suffering. The Message of I Paul clearly spells out the insanity of asceticism.

So, you see, the discipline of the ego, of the “I” in each of us, is the starting point. “If any man love the world, the love of the father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof; but he that doeth the will of God abideth forever.”

This passage is an example of that strange language we mentioned. It's saying to you get out of your "I," your "give me" and get into your "I am not." It's saying slay your ego, and to slay your ego you must have self-discipline.

Now, let's go over your day quickly and see where you dealt from your "I" and where you dealt from your "I am not." - First, though, everybody read the passage from their diaries which they wrote in regards to this experiment - But first let's hear this, those of you with ears!

## **Self-discipline**

Self-discipline must begin somewhere, and the best place I know of to begin is with some order. An ordered lifestyle. Until you can demonstrate that you can do perfectly one thing at a time, don't attempt to do more. Conquer one and then move up to the next, taking right along with you the first and so forth. This will not only work with your discernment of the Message of I Paul, but also with the Lessons, and it will carry into your daily lifestyle. Our first counsel got a little upset today and stated, "I don't have a photographic memory, you know." No, he doesn't, but I know why. He can't follow the Message nor the Lessons that will teach him how to acquire one, and the reason for this is that he doesn't have any order in his life as yet. He is trying to do too many things at one and the same time, and

therein he defeats himself. To one degree or another you are all guilty of this, and it really happens when you forsake order for disorder. Sooner or later, he will fill his house, and starting from that day he will begin to acquire order in his life and then and only then will he truly be fulfilling the position of 1st counsel of the Family of I Paul. Communication #45 (Book 2 - Chapter 23) states this very plainly, and although he reads it daily, he fails to comprehend this. Order allows those with ears to hear and those with eyes to see.

So, let us now review your twenty-four-hour period and learn who sees and who hears well. This experiment belongs to the inner-circle members so try, each of you, to discern all you can one from the other in regards to this experiment. See if you can separate the “I” from the “I am not” in each one of your reports. Your teacher will act as mediator.

Go in Love and Peace.

I Paul.

## Lesson #10

### Perception of “Others”

#### Time - Space and I Paul

The term “others” as used herein is intended to underscore the fact that one’s personal world extends beyond human individuals to encompass social groups, social roles, cultural institutions, animals, inanimate objects, phenomena and in a sense of time and space their actual existence or lack of it. From this we can say the perception of others are these things that tend to be invested with personal and cultural meanings. All experiences included in these perceptions reflect one’s perception of attitudes toward whatever is “not self.” The common attitude of man’s perception is to look at what is “not I” and steer clear at looking at what is “I” from more than a physically conscious awareness. This attitude of perceptual distortion is what keeps man isolated emotionally from his inner-self. This distortion is what triggers man into emotional experiences arousing in him fear, suspicion, puzzlement, anger, greed, spite, hate, alienation and repugnance. It is man’s learned fear of his inner self or failure to perceive its existence that allows man to continually enslave himself as an individual and therefore, to enslave his own civilization on a “same as”

collective basis. Man believes it to be impossible to isolate a perceptual anomaly from its emotional components, yet this is not so. Man needs only to redirect his thought processes from a disorganized state to an organized state of controllability. This requires discipline and order and therefore an act of courage and this can be learned as you can readily witness the event as it unfolds around you. There is a barrier between the world of objects and the world of ideas, what we may call a fluidity of concepts. The imagination you see holds within itself a major portion of the key to the total whole. An emotional experience or event triggered in a person with a disorganized thought process leads to an immediate pre-held perception within the person in regards to the experience or event. Such perceptions lie at the feet of all sensitive tendencies toward self-abuse as for example, drug abuse. To “do” all “things” or “some things” because others “do” it is an example of collective programming or universal habit and a clear example of how deeply man has lost his individuality. To “do” that which is labeled “normal” is not an assurance that that thing is by any means right nor does it assure by its collectivity that it is sane. Man, and you can visibly see the proof of this proof all around you, is becoming progressively less useful than the machines he himself makes. Man becomes more and more stereotyped while his tools become

more and more individualized. How, you may ask can something intangible as imagination hold such a prominent role in the total whole of the Message of I Paul. Let us look at what we call time. If I do not ask you what time is, you know the answer. Can you imagine this? Now let me ask you, what is time? Can you tell me or mankind what time really is? You imagined it but your lack of total control over your imagination will preclude you from giving me a more intelligent and understandable theory other than that time is a clock. Think about this. In the meantime, allow me to place before you for your discernments some thoughts about what man calls time, and other matters. "For what is time? It cannot be easily and briefly explained. It cannot even be comprehended in thought or the answer put into words. Yet it is true that in conversation, we refer to nothing more familiarly or knowingly than time. Yet surely, we understand it when we speak of it; we understand it also when we hear another speak of it. What then is time? If no one asks me, I know what it is. If I wish to explain it to him who asks me, I do not know. Yet I say with confidence that I know that if nothing passed away, there would be no past time; and if nothing were still coming, there would be no future time; and, if there were nothing at all, there would be no present time. But then, how is it that there are two times, past and future, when even the past is now no longer, and

the future is now not yet? But if the present were always present and did not pass into past time, it obviously would not be time but eternity. If any fraction of time can be conceived that cannot now be divided even into the most minute momentary point, this time alone is what we may call time present. But time flows so rapidly from future to past that it cannot be extended by any delay. For if it is extended, it is then divided into past and future. But the present has no extension whatever. We speak of past things as being drawn out of the memory, yet it is not the things themselves, which have already passed, but words constructed from the images of the perceptions which were formed in the mind, like footprints in their passage through the senses. Perhaps, now you are thinking that the riddle of time is the riddle of the beginning. Yet man believes that there can be no true beginning for something has always gone before. In the beginning lies the whole past. The beginning is the past. Yet we say that we begin something that we make a new beginning, and we call the long list of such beginnings, time. We live in time. We live out of the fact that we always begin anew. On awakening in the morning, at the beginning of the year, in fact, with every task we undertake, with each move from one place to another. The mysterious divide between yesterday and tomorrow, the intangible now, in which and through which we have our

existence, is incomprehensible to us. Others distinguish between spatial time and pure temporal time in another manner. Spatial time (the time of clocks) is a hybrid concept resulting from the incursion of the idea of space into the domain of pure consciousness. It is an experience of time that we have originated spatially, a sequence of events in segments. In reality, there are no segments, nor is time homogenous; one second passes continuously into the next and is likewise inseparable from those that preceded it. Real time is like a melody or a river. One can count seconds, because they are not time but space. In “temps-durée” there is no counting any more than one can dissect a melody into notes. The peculiarity of time is precisely that it passes through our hands like water, that it is intangible. When one announces the time, it is not time one speaks of, but only of the clock. Yet time, today’s time, is our vital element. We like to imagine that we stand at a fixed point from which we look comfortably back into the past or expectantly forward into the future. But there is no fixed point, we are carried along by time, we are temporal, we are time. We can neither grasp nor hold fast our own existence. As regards time, man is aware of a certain exterior duration to which he adjusts in his daily life, but he has no original consciousness of his interior time, nor does he think very much intelligently about it. Even more than space, time has an emotional

significance for human beings. Mood or affect is related to man's perception of the flow of time. Modern man expresses an elevated mood with the perception of time passing rapidly and a depressed time coinciding with the perception of the passing of time as slow. Even these vary in accordance with the various area of time an individual is at the moment the mood or affect rises. Such time areas for example must include body time, mind time, and time in the world around us. When you add to these, sleep time and other, absence of time, periods such as daydreaming or mental illness, coma and other related non-perceptive periods of time you can readily see that the field of what man calls time is forever broadening. Not everybody has a sane mind in a sound body nor a sound body with a sane mind. Yet everybody, in fact, everything, has an "other" that can be reached and reached in more ways than you can now possibly even imagine. Our friend, our laborer, who now records so beautiful in a quality of dimensional extension, is now reaching out beyond his own inner "other" to those that exist all around him. Fear him not but welcome him and respect him for all he does is done in the name of I Paul. He has risen above the plane of psychic and entered the plane of mystic and we grow closer together, he and I, than you know. He is the harvest you of the inner-circle must reap and your time of preparation for the harvest

grows short. It would be sad to have to employ alien harvesters to accomplish that which you have the wherewithal to accomplish. We see progress, great progress in some and little in others. Those who follow direction succeed and those who fail to do so fall. To enter that realm where the laws remain constant requires consistency. Eternity is a prepared place for prepared individuals. "Others" need not bother to apply. Go in peace and love. It is good you come.

I Paul.

## The Teaching - Lesson #10 - Exercise

How many of these exists? Can be demonstrated?

Time.	Great time.
A place in time.	Poor time.
Pin-point time.	Hard time.
Grasp time.	Easy time.
See time.	Extended time.
Hear time.	No time.
Feel Time.	Time to eat.
Taste time.	Time to sleep.
Comfortable time.	Flow of time.
Length of time.	Run out of time.
Weight of time.	Time to live.
Loss of time.	Time to die.
Speed of time.	Stop time.

How many more such ideas can you add that aren't covered under these. Prepare a thesis on any one of these you feel exists.

Frank.

## Lesson #11 - The Secret of the Obvious

There really is no secret or secrets. All things are obvious. It is the obvious that earthlings get confused over and therein lies the mystery. It is so simple and so obvious that man continually overlooks that which is so clearly obvious before him. It simply and quite obviously doesn't appeal to man's imagination, for he is too blind to that which is obvious. It is so visible that it is invisible. When you have completely discerned the Message of I Paul it will prove to have been so obvious it was obviously simple. The solution to all things lies before and within man. So obviously simple, man's imagination is above it. Man's intellect or better yet, his supposed intellect is a barrier. Your teacher is no intellect, yet neither is he blind. Now when the Family Inner-Circle, and it will, discerns the Message of I Paul, it will explode to life and visibility consciously and you will chastise yourselves for being so blind. Your egos will by then allow this. It is clearly that obvious. The moment will come when the fruit is ripe on the vine and you will harvest it exactly at that moment. You will understand instantly the moment to harvest the truths.

Never mind the how, the why or the way something has always been done, think above these pre-determined ways. You will instantly see what will need to be done and the

absolute necessity for doing it our way. Throw off your physical mantels and start thinking from the inner spirit mind, from the directives of the Messages of I Paul. Is this not what you are supposedly supposed to be doing? Fear not! Dare go where others dare not go. Stop going forward and think upward as the Message clearly spells it out. Look at the reverse of matters, think things not only on an upward trend but look backwards also. Are your special needs all covered? Taken care of? Are you possibly overlooking barriers in your haste, a single obvious barrier? If you are, you cannot succeed because you cannot even begin. Is this not obvious all through the Message of I Paul? Find it out and understand what everybody else is searching for and then simply look for it elsewhere. Once you learn, really learn to study and practice diligently and listen, listen closely to your teacher without listening from old ways, old beliefs, pre-determined truths you will begin to begin. Listening closely to your teacher, fulfilling his needs will culminate in your needs falling into place. Keep in mind the following and think on it now and again. If man evolved from animals, then shouldn't man be able to do all that an animal can do and more? Never mind what science says about this matter. Science is healthy yet in many areas they started out wrong and they are still headed wrongly, and science shows very little intention to turning itself around at this time. Never

mind that they do not comprehend mind, they do not even comprehend feathers, yet they fly. Why?

Obviously, the price of freedom is eternal vigilance, yet not one member of the Inner-Circle is obviously that vigilant. Vigilance is attention in thought, in study, and in practice of all that I Paul have laid before you.

The way is before you. It lies very obviously akin to the statue in the library. Precious moments pass swiftly and obviously silently by you as you obviously watch them and continue to watch them go to waste. Is it not obvious to you, one and all, what is required?

Quite obviously Tape #74 (Book 2 - Chapter 41 “Climb out of your thinking morass to a New Level of Thought”) gives you a choice. The why is obvious, may you choose well. Go in love and peace. - I Paul.

One of the factual hang-ups of the Inner-Circle is that everybody awaits eagerly for what's coming next. What's “new” seems to be all they are really concerned with. Starting with Communication Number One (Book 1) right up to this Lesson, the latest Communication from I Paul, everything is “new,” and it will remain that way until you grasp it, eat it and put it into use thereby demonstrating you own it. - Frank.

## Lesson #12

### Knowing the Way

vs

### Using the Way to its Intended Use

Greetings!

There is a difference between merely knowing the Way and putting the Way to its intended use. Yet total acceptance as to what is the Way must necessarily preclude all other requisites. One must have total faith and total conviction in whatever they are undertaking in order to be totally successful in the endeavor and reap fully of its promises. The ten of the Inner-Circle must need to clear away all the old barriers, old convictions, beliefs and that which they are mistakenly beholden to. Complete elimination from the consciousness of all predetermined beliefs, no matter of how little consequence or esteem they are held is a very necessary necessity. How do you slay your ego? You slay your “false self” which consists of everything negative within yourself and which is contrary to the Message of I Paul. If you cannot do this or if you will not do this, then go, get out, and allow a true follower to take up the work of God Almighty. Better you be safe and secure in the Family than in peril in the Inner-Circle under false pretenses and a denial in your heart and mind of God, your Christ, Jesus, I

Paul and your teacher, the Mystic of All the Inner-Circles collectively on Mother Earth. Does it not follow that that Family who has been entrusted with the structure of the Church would also hold the leader of all of the All in All there on your planet? Shall we allow him to be surrounded with false prophets? Never. For we who have been crucified in Christ, with Christ, yet live; and, yet no longer we, but Christ liveth in us, and the lives which we now live here in the spirit and there in the flesh, we live in faith still. The faith which is God's Grace and of the Christ's who love us and gave themselves for us all in God's love which is All in All. So, you must get out of your false selves and get into your true selves which is the Spirit of God which lies within us all. You must wake up! Awakening is the most different and often the most difficult event a human being can experience and bring about. You must first have a deep and a sincere desire to change your total whole. Have I Paul not related to you that men love darkness rather than light because their deeds are evil? Are your deeds evil? Are your thoughts evil? Do you hide your true beliefs from your fellow Inner-Circle members? What reward such deceit wins you? Darkness, darkness eternally is your fate, you of the washed-out vessels. Have I not warned you that man's ignorance of self is what places all men in danger of themselves? Honesty destroys negative-ness. The declaration of independence

there for a mystic is “wake up.” All of you who are waverers in the Christ had better wake up! So, let us relate to you the deepest meaning of human life and the real goals there as man should know them for these goals lie in the most unexpected directions. They lie in the ever present and totally real there and here. For it is more than your now which can be perfect for you if you follow I Paul yet here it is a world of absolute dazzling beauty of total security and freedom. Free of all want and fears and as you know it lies beyond your dreams yet through the eye of the dream. On August twenty-seven, your teacher in faith, successfully completed his tour of the seven spheres. Show me another in your entire realm who knows the way as he does. In order for all of you to draw near to his work, you must live differently, in a very special way and in order to reach his heights, you must wake up also in a very different and special way! As you read this, hear this, you believe you are awake but what man calls “waking” is not. It is a stage of sleep. You may become overly confused by this, go ahead. You are already so confused what matter this? So, you ask, how can I wake up when I am already awake? The answer is and you had better grasp this, is that you are not already awake, you are in a stage or plane level of sleep! Sleep has many levels such as deep sleep where the entire self is rested and at peace, there is trance sleep where the spirit is totally

in control, there is dream sleep in which you are conscious of your dreams and your own dream identity, there is also waking sleep that which you are in right now, in which you are awake of the natural world and your personality, your egos but you are you see still asleep to your true self, your real self and therefore, you are unconscious of your higher reality even though you know it is there, somewhere! All sleep is personal consciousness of that which is physical and full of fears, wants, dis-ease, pains, woes, frustrations and troubles of all sizes, shapes and origins. To solve all of these, in reality to awake to their non-existence, you must progressively wake up and by the process of and by a final awakening, you will step out of the personal consciousness entirely, absolutely and clear out of the sleep levels into the absolute radically higher plane levels. The first which we shall call here for your understanding, the Awake State One. The great secrets of all human existence and achievement begin their unfolding at this level, for this is the beginning of true God consciousness in which you become fully and forever alive. Is this not what you pursue? I Paul tell you that this and more, much more await you all. Stay close to our beloved laborer for he knows the Way. Clear up your barriers. Follow the Message of I Paul and learn your Lessons well. You will come. Not yet but soon. It is good you come. - I Paul for I Paul.

## Lesson #13

Those who sleep here, sleep forever here by choice and hereafter by God's will. You that slumber needs to wake up. This can only be accomplished by progressive awakenings and by a final awakening and removal of yourself out of the personal consciousness. A total, entire, clearing out of the sleep state into the radically higher level possible for man which we have previously spelled out for you. The person who can faithfully follow the Message of I Paul as your teacher presents it to you and demonstrates its workability will find upon awakening that he does not leave the lower consciousness and its faculties behind. He will find instead these to be greatly illuminated and transformed up to the enormously higher but all-inclusive light of his own superior levels, the supra-consciousness. There is nothing new in all this. People all over earth have been experiencing such reconciling illuminations such as this for thousands and thousands of years and in your age and space of physical existence you have examples of such happenings right before your very eyes. So visible that they are invisible. NO? Is it not this illumination that affords your teacher his spiritual insight and allows him access to these higher levels upon will? Of course. What lies before man today in the guise of philosophies which are materialist, humanist and atheist do not have space for what we teach you but it keeps

happening anyway and those who such happenings fall upon, happens whether they approve of it or not. You have in your hands the necessary beginnings to attain a force of such power and love unimaginable to most humans, a source of pure energy that your exertions of it will afford total and absolute recovery of health and sanity in your world of today. As stated earlier in your studies, you must keep one matter in your mind at all times while pursuing this phenomenon. Awakening takes a person into a radically higher state of consciousness, so radically different from all previous known ordinary and commonly used states that it is as different from your ordinary state as your ordinary waking state is from your sleeping or ordinary dream state is to you today. Yet this higher, this superconsciousness is there all the time. It doesn't come and go, you do. Grasp this fact! It is contrary to what you think. The true awake state is and has always been a permanent endowment within every natural born human being. The problem lies in the fact that most human beings are asleep to it! Wake up! It is there all the time, the problem is you aren't there all the time, only in moments of true awakening.

I tell you this. Go back! Go back and do that which is before you and once you have completed the tasks before you, eaten them, we shall go on with your awakening. Follow your teacher and his instructions for he is on the

path or like he is want to say to you, follow the yellow brick road. Go in peace and love with understanding.

I Paul.

## Lesson #14

### The Levels of Sleep and Full Consciousness

As I have said previously, we will examine examples of awakening that have occurred in time of all time, both ancient and modern. We will look at both to show that there is absolutely no difference in that which was and is now being experienced by those who can attain and those who have attained full awakening. There has never been an edifice, or a symbol left behind on the face of the earth that is true, that is, of the truth by one knowing the truth that did not symbolize the spiritual reality of man by signifying its three basic and radical levels of consciousness. You need to grasp this factual truth boldly and forthrightly. These three radical levels of consciousness are:

- 1) Personal Consciousness: its sub-levels are:
  - a) deep sleep.
  - b) dream sleep.
  - c) waking sleep.

Number One (1) is therefore the sleep state.

- 2) Self-Consciousness: its sub-levels are:
  - a) sub conscious.
  - b) Unconscious.
  - c) eye of the dream.

Number Two (2) is therefore the Awake State.

3) God Consciousness or The True Alive State.

Number Three (3), you see, has need for no sub-levels for all things here and hereafter make up its totality. All things at this level are subservient to this level. Science, religion, health, wealth, anger, hate, lust, power, evil, all of these for example are non-existent and also controllable. Think of this fact. Controllable! But only from level number three.

Now the outline above of the levels shows clearly the relationships that exists among the various levels of all possible human, flesh, vessel, consciousness. In body there is no higher level attainable to you as yet. Yet it exists, it is what you are searching for and it is what has been promised you, yet you must do your part in obtaining it! It's really that simple. So simple, so visible that it is invisible to those who sleep. Wake up! For the way is before you! Let him with eyes see, ears hear. Once you see, once you hear, you need do nothing more than Prepare, Follow, Come! Simple but only to those who wake up from human sleep. You eat when you don't eat, you sleep when you don't sleep, you give when you don't take. These are all examples clearly visible. Yet if you are sleeping, and you are, you cannot understand nor grasp them from your present levels of thinking! When will you dare go where others fear to walk? Only whenever you

learn to follow directions and apply the necessary action to carry them out. You have had enough incentives, enough promises, enough gifts, enough examples, enough chastisements to incite anyone into waking up, yet you sleep on. Why? Find the answer inside yourself of this question and you will be here, or there, or anywhere you wish when you wish. Prepare, follow, come. Subsequent Lessons will come before you as you prove yourselves to be prepared. I Paul waits.

Go in love and peace.

Frank.

The very first Lesson I had to learn as a novice mystic was how to give life a property of easiness with nothing artificial thrown in and at the same time be able to act natural. I thought you might like to know what kind of Lessons I am involved in.

Love,

Frank.

## Lesson #15 - Meditation Review

### Relaxation Response - Position I

Perhaps some of you have as yet been able to put together all that has been relayed to you in regards to the transcending state and its attainment.

Meditation is the first stage necessary for evoking a self-induced, altered state of consciousness. You must enter this state in order to increase your state of creativity, that sensation of infinity and of course of immortality. This is the stage necessary to acquire the level needed to open the gate and activate the eye of the dream. It is from here that you may acquire the sense of your mission you need to enter into, a position we will call as do others, the relaxation response.

To speed matters up somewhat let me consolidate much of the information as it is spread over a vast area as it appears throughout the Message of I Paul.

There is to begin with, four basic and necessary elements required for reaching the Relaxation Response Position in man. The first is purely one of a mental position or device and therefore a constant stimulus must be maintained. The ticking of a clock or other sound. A word or a short phrase that is repeated silently or the fixing of the

mind on a color which you may imagine, and this may be accompanied by repeating the colors designation over and over in your mind.

The second state necessary is one of maintaining a passive attitude so that if one's thoughts are distracted or other thoughts occur during the repetitive mental device employed above, one should redirect one's attention to the technique and disregard passively the interruption.

The third stage is to become enveloped in a completely comfortable position or posture, which for me is lying prone. There should be maintained an absolute minimum of muscular activity and of course this leads us into the fourth stage necessary. Anyone wish to supply it? The fourth stage you see is contained in the second sentence of Page One in the Lesson of I Paul Numbered Six. A quiet environment with decreased environmental stimuli should be chosen. And as the instructions of I Paul clearly state it is best for you to close the eyes. Repetition, passiveness, comfort, quiet. Practice of these four stages on a daily basis and a continual study of and practice of the Message of I Paul will get you through the gate. A closing but all-important thought is this. Do not attempt by another means, work in it with your mind or with your imagination. Total contemplation requires you to blind yourselves to all that is not God and you must be as mute to all else. It is a fact that

down through the centuries the old masters felt that the true encounter with God could not be attained by all, for most men are born deaf to mystical sensitivity. Yet here you have the way. Have had it for quite some time yet I am the only one of us as yet who has been successful in entering the Seven Spheres. You may do so also and in a relatively short time if you can learn to read and follow directions as simple as: Rhythmic exercises, Posture, Oral Repetitions, Controlled breathing, and Coordinated movements.

These are all inherent in the four stages, outlined herein. I will watch your progress and decide when the next hint becomes necessary. I sincerely hope that doesn't become necessary.

To blind ourselves to all that is not God is to blind our "I" and to enter "I am not." Can you discern this? Frank.

### **Relaxation Response - Position II**

It is a proven factor that the meditative experience and process is altogether different from what one experiences during sleep, what man calls wakefulness, and that he calls hypnosis. Not all people meditate alike, nor do they all meditate for the same purposes. Meditation below the transcendent level can very successfully be utilized to improve memory, reduce stress, sharpen concentration, and reduce to controllable levels both physical and

emotional symptoms. Meditation is many things to many people, yet no matter how man labels it, its purpose is the intentional directing of one's total attention to the clearest view obtainable of one's own inner-self. Meditation can be used to alter levels of consciousness as well as allowing oneself to consciously rest in the experience of being.

Now, if you have been awake and aware to the Message of I Paul you will have by now deduced the following steps as prerequisites to meditation:

- 1) Faith and a prayerful attitude of submission.
- 2) Righteous relationships with all people and the natural environment in which you live.
- 3) Order in your daily life of which essential disciplines are a must.
- 4) Solitude and physical comfort of a postural nature.
- 5) The relaxed awareness of the system's vital forces.
- 6) The regulation and centering of the physical concentration which leads you directly into the meditative process with its unlimited experiences.

Once you have discerned the above you need to focus your intention on the following four very important needs:

- 1) A quiet place.
- 2) Relaxed mental attitude.
- 3) Comfortable position.
- 4) Something to focus your attention upon.

These steps will preclude undesirable sensory inputs which tend to disturb the concentration, a comfortable body posture will assist attitude and physical response, a relaxed mental attitude will suppress tension and anxiety or haste and the something, whether it be a sound, a number, a saying, or a color, upon which the mind can focus its attention as your ideal meditation object will prevent your attention from wandering through the meditative process.

Now as regards the regulation of the vital energies which ordinarily flow down and out through the body to sustain and direct it, what you need do here is to reverse the procedure and direct the flow of attention of the whole body back to the brain and not down from the brain. You have to practice, to allow the brain mechanisms to recall themselves back to their source, from all the bodily sections and their functions so that the physical body approaches the state of passivity. Begin by getting comfortable and then totally relax your body by taking a couple of deep breaths and then simply let your breathing come naturally as you do

nothing but observe it. Observe, not control! Relax and observe, then slowly avert your observation to another area of your body only do not go there, simply feel there and observe your sound, number, color or whatever it is you choose to focus your attention on as being there each time you exhale. Listen to your sound or color in your mind and do it over and over and over giving your full attention to nothing else. Practice this daily for at least thirty minutes at a time and not more than twice daily until you begin to get results. The whole process must be one of a relaxed, unhurried state of being. When other thoughts enter your mind, do not attempt to suppress them or control them, simply concentrate on your something and let whatever happens, happen! Being centered or regulated is that learned ability to become easily relaxed, at peace, and poised. Whenever you focus your attention be the center of that place and an observer from that place. As an observer you are in a position not to need to force anything to happen, there is no need for you to press hard or to press at all in order to make anything happen. Once you can learn to be centered and poised, you will be self-contained, at peace and relaxed without any need for internal or external supports of any kind. Perfect concentration comes with the perfection of the flow of attention. When your attention is freely flowing to the one point of focus without distraction

you are on the very fringe of the eye of the dream. Concentration is what is required, not thinking. Meditation is a concentration experience, and not a thinking process! Creative thinking comes after meditation, not during the process. The secret in meditation is not to think at all but to simply flow all your attention to the internal mental something, sound, color, etc., and let everything else fall absolutely from all awareness. Once you can perfect perfect concentration upon your meditation point of focus you are in the state of meditation and if you have properly prepared yourself you will go through the eye of the dream.

You need to remain conscious and alert in the sense that you do not desire to go to sleep or to daydream during the process. Going blank is to lose sight, mental sight, of your something your meditative ideal. Trance or blankness will come only if you reach the transcendent state unforcingly. Practice and attention to all the details are important in the beginning until you become adept at invoking the procedures that will automatically lead you to the transformation state of the uniting of the opposites. Everything you are emerges from the center or the monad of pure consciousness and it is to this center or point that you must return to consciously in order to pass through the gate to the unconsciousness inner-spirit self. The barriers to this meditative process over and beyond the barriers

known to you are haste, sleep, self-analysis, attempting to foresee what is up ahead, and the dwelling on past events and negative thinking before, during, and after the attempts to meditate as outlined herein. Do not attempt to meditate at any time you are overtired, or within six hours after having eaten. Always be in a state of self-discipline and a routine of regulated study and practice on a daily basis. Have trust in all you do knowing that you are protected by an intelligence that runs the whole universe and that it is your duty to cooperate with it and learn from it. Understand fully with no reservations that this intelligence knows what it is doing and that all that is required of you is to follow along in a freely flowing manner with its Will for you. Follow faithfully that which is before you and you will come to comprehend the true meaning that “knowledge of any kind can be obtained.” When your mind reaches the point of being in exact accord with the higher intelligence you will enter the realm of that higher level of intelligence via a transforming conscious recognition of that which heretofore has been beyond your level of thought. All space is charged with various levels of thought vibrations and all levels are available to those who will seek them in earnest effort. Think of yourself as a house totally full of mechanisms that need electricity in order to function and all of them needing various charges of this electric power in

order to operate at maximum efficiency. Yet you are not “plugged in” so you do not operate and when you eventually get “plugged in” there is not sufficient electricity to allow all of you to operate at peak performance. You need to gear up your transformer in order to reach a higher level, higher source of power, and the way to “plug in” to extend your cord to reach this peak of all electrical power is before you, in you, around you. Prepare, Follow, Come.

In Love, Peace, and Understanding,

Frank.

## Lesson #16 - Accepting Ourselves and God's Holy Spirit

Greetings you who are still ten. Here on earth, it is in you who I have placed my trust as my guide has placed his trust in me. I await in patience that day you will no longer be ten but one. It is inevitable for it is the way. My life is not at stake for my life is in Christ. My soul is at stake for my soul is in God's Holy Hand. You who still live more in the flesh than in the Spirit, have much to learn, and you will accomplish nothing until you grasp firmly onto patience and from that moment never let it go not even for a moment, come what may. Your ego is a block that dams up your patience and refuses to allow it to manifest itself and the deeper reasons hidden from your sights is the fact that most of you do not possess the courage to accept acceptance. Your ego's make play actors out of all of you. You refuse to act natural by being natural. Let the real you flow outwardly constantly and slay the false you that you hide behind so many masks. You attempt to discern the Message of I Paul from behind all these masks and this is an impossibility. Only the real you can find the way for "false" anything is not transcendable. Faith, true faith, is your life. Your real and natural life not your false stage life. Give up all the roles you play for unless you do, you cannot discern the way. The way is for natural beings only for you must go to that natural

place where the laws remain constant. No other laws can do so; there are no exceptions. Everything false will perish and disappear into eternal darkness. Only truth will survive, for truth is natural and only truth can survive in light! If you are not true then you are dead both here and hereafter for you carry all your time with you. God is a family and through the Holy Spirit this gift of God, you are part and parcel of this family if you can but accept His acceptance of you as you truly are and not as you pretend to be. You must first be yourself before you can be with God. The very word heart, as intended in the scripture, as God's sons spoke of it, meant monad, our center within us that is the Christ's in us by the transformation of the Holy Spirit. How well this is stated in Romans 5:5: "the love of God has been poured into our hearts by the Holy Spirit which has been given to us." This is each human's tie to the family of God, yet each human has a choice. Pretension or acceptance. Act falsely or act naturally and by the word act I do not imply stage acting but mean to be yourself, your natural self, for that is what God accepts of you and expects from you. With God, love is someone, a person, not a false, staged person but the natural person that he has gifted with his Holy Spirit. You deny this gift when you refuse to be you, to be that which God made you and not what your ego allows you to pretend to be. The Holy Spirit was a gift from God, but it is not a

personal gift, but a gift that is intended to create one family in and of God. It is intended to bring all persons together as one. What God created and is told symbolically in the story of the Garden in Genesis is not what was but is what is to be attained - what is to be! The gift of the Holy Spirit was not given to a church or its leaders, it was given not to build a church but a family. A family of all mankind throughout the universe, a family of one in God and of God of the All in All. The Holy Spirit is the absolute love of God which the Christs have communicated to us which Jesus came and visualized for us, which has continued through us all if we have humbly accepted it. The Holy Spirit is that love of God which is the total completion of all things; it is faith, hope and charity and the greatest of these three is charity. As it is expressed in I Corinthians 13:13 let it be understood that that is what the Holy Spirit is all about. The Holy Spirit is many things for it is all things as it is the mentality of the Christs. Read John 14:16-18 and determine in your own mind what is meant therein.

The Holy Spirit is the way to the completion of God's creation here on earth if only we become influenced of and in it as it is in and of us. Look at Romans 8:14. What is this saying to you, to all mankind? No one can be totally filled with the Spirit until they slay their egos and muster up the courage to accept acceptance. God accepts you as you really

are so why do you refuse to accept you as you really are. You must play-act. You must live in pretense. Why? You can never claim your soul by falseness. As I Paul has said in his Message to you, “to know truth you must be the truth.” You must be natural. You must be that which God accepts as you not what you wish others to accept as you. Others cannot win your soul for you. Only you can claim your soul and you must do this by accepting the Holy Spirit in you and joining God’s family with your total natural self.

Love, Peace and Understanding,

Frank.

## Lesson #17 - Who are the Poor in Spirit?

Greetings to you who are still ten. I bring you a message from James, to wit: "Count it all joy, my brethren, when you meet various trials, for you know that the testing of your faith produces steadfastness." Good advice that and, of course, I at once recognized it from the New Testament. I made a mental note to pursue it further when I came back, and it resulted in my being reminded again of the following quotes dealing with faith, which is, of course, the pathway to establishing what the mystics call the poverty of spirit.

John 16:1: "I have told you all this to guard against the breakdown of your faith."

Luke 9:24: "Whoever wants to save his own life will lose it; but whoever loses his life for my sake will save it."

Matthew 5:16: Let your light so shine before men, that they may see your good works and give glory to your father who is in heaven."

Matthew 5:13: "If you lose your flavor, what will happen to the world?"

As it is written, "Faith worships at an altar unseen, but doubt must see her God." Faith is an individual undertaking and only the individual can know the death of his or her faith.

Doubt is a barrier and one that can only be removed by and through a process of what can be called an act of individualism. I would instruct all of you to study I Corinthians, Chapter 15 in its entirety. I would further instruct all of you to dig into Tape #100 (Book 2 - Chapter 33 "Jews and Christians") like you have never done before because in Tape #100 lie many answers to questions that have risen in your heads only to be mislaid again due to the enormity of the whole that is now before you.

Any created being of God, whether of the Planet Earth or otherwise, can attain the plane level of Divine Consciousness whether or not he believes in the Christs or in our Christ Jesus. Yet, he cannot go a step further than this ever, unless he does so through our Christ. What we label re-incarnation has much to do with this whole process, as does karma, as we understand it. I will, as has been promised to you, be giving you further insights into these matters as your preparations warrant them. Our Christ made it very clear that if you (meaning those human beings of the generations of the Last Christ) are to ever see the Father you must do so through him. The advice our Christ gave to the woman of Samaria at Jacob's well was advice that most people have ignored. "God is spirit and they that worship him worship him in spirit and in truth." The key words here being, in spirit and, of course, in truth. Man, being first a

physical animal, always deals with everything from a habitual physical position. Man has, through habit, evolved into a physically predominate creature, and in the process, he has buried his spiritual self. You are preparing yourselves to revolutionize the imbalance of man's duality and to prove to all mankind here on earth that it can be done. But that isn't all of it, of course. Once having proved that it can be done by doing it, you must then go on and prove that which can be done with this heretofore unimaginable process of bringing forth the spiritual self to a position of dominance over the physical self. This is what you are preparing for, struggling for, and faith is a key, and being poor in spirit is a matter that we must begin to talk and think about, for it is part and parcel to the whole.

What is poverty of spirit but meekness of mind, by which a man knows his own infirmity? What it really consists of is the giving up those things which enslave your spirit and deflect you on your road to God. Now, such things as riches, habits, religious observances, selfish interests, distastes, and desires are all included in here, and they spell out a very large order indeed. They take on different rank for each individual spirit self and are not done as an act denoting more outward destitution. It is an attitude, not an act that really matters. It is necessary to unlearn our traits of placing false values on things the moment they come into

our possession.

The poverty of the Mystics is more a mental, rather than a material state, for it is the detachment of the will from all burning desires of possession that signals the inner reality of one who is spiritually at home.

All of you have feared of becoming possessed, but are you not really already possessed by evil in line with the above?

Asceticism, self-mortification through acts of suffering for the sake of suffering, and lifetimes spent in absolute solitude are waste and not God's purpose for His awesome creation. As you grow spiritually in your quest for your exiled soul you will instinctively discover those things that arouse in you a certain taste or quality which interrupt your progress and development spiritually. Although such tastes or qualities are legitimate from a standpoint of your current plane level, you will realize that they are barriers in your development and are preventing you from further and swifter progress. Here is where you must decide to detach yourself and go on or remain stuck. If you have followed directions faithfully, then you will have the strength and courage necessary to proceed. Perfect control over, perfect discipline within our inner spirit-selves is a goal we must all attain in order to do whatever is asked of us so that we may

attain to the new worlds and eventually redeem our exiled souls. And, of course, you understand now that it is not our souls that are exiled, but ourselves who are, our real selves and not our "I's."

As you begin to grow steadily and expand your very spiritual being you will find the nature of these distractions will vary from person to person so that in order that the transcendental consciousness may grow you will, for a period of some duration, be wholly dependent upon your own inner will to do His will. Your spirit guides will abide you inasmuch as you will allow them to and no more.

This period of space in your growth will be the final barrier within the inner-circle of ten that will, when finally pierced, culminate in the ten becoming one, as one, in spirit, thought and abilities. The preparation stages that you are now and have been passing through have been designed to see you through this period without any undue stress or lack of faith in your ability to accomplish the immediate task before you.

Desires and attachments within themselves are not sinful or evil. It is your enslavement to them that is evil, and enslavement to such matters absolutely precludes you from attaining to the plane level we call transcendable. To have the power to turn on and off at will any and all desires or

attachments is a very necessary requirement for it will allow you the freedom to go anywhere and do anything that is asked of you from one moment to another. You will have, in time of your time, perfect control over your body, spirit, emotions, and mind. Now that's power, but I insist that you look at it and on it as a gift, for that is what it really is. With that kind of control there is very little you cannot do here on the face of our planet. The mechanics of all this I realize are above your thought levels at this moment, but it will not always be so. It helps explain, though, why faith and the mastering of the imagination are so necessary in all that you undertake, for an easy road was not promised you. You will grow spiritually to the point where you will willingly abandon everything that stands in your way. Nothing that stands in your way between you and God will deter or detour you, and you are right now preparing yourselves to achieve such a position of spirit, body and mind.

So, you see, you will reach that point as an individual that only you will know what those internal secrets are that are peculiar to you and not necessarily part and parcel of the whole group. Changing your outer clothing does not signify an inner-changing, and so it remains an individual responsibility to make that change and such change is now being made reachable to you if you will faithfully follow the directions that are contained in the Message of I Paul.

Follow the yellow brick road, and by this, I mean, are you following the directions in regards to the barriers, the prerequisites and those exercises that are outlined to you in the Lessons and the attachments thereto.

I believe that you should know now that as hard as you have been pushed you are not expected as yet to have been fully capable of discerning the Message of I Paul. Much is yet to come, naturally. Yet, the necessities for preparation are before you, and they must be adhered to before we can go much further along.

We will continue to proceed in order to ensure the growth of the church of the All in All, as we understand the meaning of that word church. We do desperately need its strength in the faith of its numbers, and its members if we ever hope to accomplish our good works. There is still a large number, a backlog, of communications and tapes that, as yet await their release, and many of these are of a very revealing nature and contain information that you may very well call or label volatile. No matter how you label them, they will eventually fall into place within the overall structural system that I Paul has outlined to you in previous communications. The road is long, and it is not easy. You have been given many opportunities to step aside, some have, in fact, chosen to do so for various and sundry reasons. Those of you who have had faith and have persevered will

one day look back on all this preparation and very simply state, thank God, thank God I thought God and not myself. It is really that simple when you finally reach that point where you can look back and make such a statement in truth.

Life is an adventure no matter where you live it, here or hereafter, and it does take courage to do so. I sincerely hope that you ten now feel in your hearts that you are the ten needed to do what must be eventually done. I know you are a conglomerate of varying weaknesses and strengths and that you must combine these into one asset and one asset only, strength. For it is from this strength as one that you will, in faith, become one with our Father, our Mighty Transcendent God, the God of the All in All. I, as your teacher and guide here, know the immense struggle that we all are and have been going through, this struggle between the inner and outer life, but I also know that the ten cannot fail. What more can I or anyone else say on it at this particular moment in our preparations?

Yet, allow me to remind you of what a guy called Plato once said a long time ago. "The true order of going is to use the beauties of earth as steps along which one mounts upwards for the sake of that other Beauty." This, you see, is a true order of poverty, for it denotes selfless use, not the selfish abuse of self, others or lovely and natural things.

Further, if you have reached a level of thought that is needed to understand and make workable the following statement by St. Augustine, then you are much further advanced than you really know, for he said, and it has been for centuries misquoted, maligned and misunderstood by many, this: “Love, and do what you like.” In other words, he is saying to all who would become adepts that you must cultivate a new and higher order of consciousness, love, which, when finally established, you discover it has so asserted itself that it has annihilated the old, so that you simply do everything from a posture of love and, therefore, you can do whatever you like. That’s a position I’m sure every human being would like to attain to and, strange as it may seem to many right now, that is the position that the Church of the All in All, through the families of I Paul, is going to lead mankind here on earth directly to.

In Faith, Love, Peace and Understanding,

Frank.

I bid you all welcome Alfred S. Kuntz into our midst as the newest member of the Family of I Paul. I received confirmation of his acceptance at 12 noon today, October 28, 1977. Just in time for me to add this footnote to Lesson #17.

Frank.

## Lesson #18

### Greetings:

It is well that we go on. Before proceeding with the subject of this Lesson, as your teacher, I wish to digress for a moment to speak from my heart to you whom I hold such a love for. I am very, very sorry for those of you who find you must still criticize others while you fail to practice what you preach. Know that the Message of I Paul is the Message. What you may decide for yourselves that is contrary to his Message is not his Message. What you receive from your own guides is also not to be accepted as a message apart for they are not such. What some of you are failing to do is to grasp the truth that your guides are attempting to bring forth to you, areas in which you are deficient, and they may do so in a manner peculiar to what they know is necessary in order to bring you around to a true understanding of the Message that is before you. Some of you, you see, sad as it may be, have to be led into the Light through the back door because your own personal likes and dislikes, bigotry in other words, preclude you from discerning the Message. That I am not a holy man has been taught to you. That I must act natural, for reasons still above your comprehensions, has also been taught to you. Yet you fail to grasp the point that everything I do or do not do, is not of my choosing, nor

do they have any bearing on my likes of dislikes insofar as these are personal, physical wants. I follow directions in all I do, I have no personal choices. Even this at the moment is above your comprehension, yet it is spelled out in the Message of I Paul very clearly for anyone of you who has eyes to see! Everything has its purpose, and that includes all of the contents of both the official Message of I Paul as well as what you receive in the privacy of your own thought transferences with your spiritual guides. Such private communications (and by private, I mean the manner in which you receive them) are for your personal guidance. That is their primary purpose. There is more than one manner in which one's faults can be best turned around into one's profit. Your guides as well as I Paul will employ, do employ, whatever means are best suited to pry you loose from your deep-seated hates, bigotries and personal likes and dislikes. For as long as you remain ensnared in your I, you will never be a candidate for unity of any kind.

You are not to bend your knee to anyone or anything except God Almighty. I do not bend my knee to I Paul, nor has he ever asked such recognition. He asks that I worship God and comply with His Message from his servant and slave.

Some of you in your ambitions think now that you are Pauls, or that your guides are Pauls. Neither you nor they are

Pauls. He is still in command of this calling and your spiritual guides both here and there have never said anything, nor have they claimed anything, to the contrary. The official Message is the Message of I Paul, all other gleanings are tainted, yet by your imaginations and your sub-conscious interferences, a matter not one of you has as yet totally conquered, your lack of oneness is all the proof you need to bear out this truth. Still, I will give you another. These “new” Pauls go about venting their newly found platitudes upon others while they are still beholden to their oneness in the flesh. Need I say more? I have only left within me to say to you that those of you who do have the energy of Love alive in you, I hold such as my brethren and beloved, for though it may be hard for a Christian to love a Jew, or for a Jew to love a Christian, Christines are above such things. So, rise up to the level of I Paul and, I will concede to you, that you are the “new Pauls” and rightly so. I will tell you this. I believe that you are the type of people who will solve it and bring it forth into the Light. Yes, there are diversities of gifts, but the same spirit. And there are diversities of ministrations and the same Lord. And there are diversities of workings, but the same God, who worketh all things in all. But to each one is given the manifestation of the spirit to profit with all. Let us go on and profit!

Remember also that the Church of the All in All does not

disdain to borrow from any pure fountain or stream of truth. Physical fitness may or may not be the measure of how well you live day by day but to many it is the criterion used to measure one's ability to use his or her body to live life as they wish! The ability to live life anywhere lies in the mind, not in the flesh. The mind is not a product of the body physical, nor is it in any way affected by bodily functions. Has not I Paul told us that many had better study mind over all other matters, even man himself? As of now only one of you is making a total and vigorously concentrated effort at understanding I Paul. For those of you who remain stuck in your own ways, you will learn, sooner or later, that you are guaranteed of one thing and one thing only - you will reap what you sow, no more, no less. Are you making progress? Of course, you are, yet its quality needs improving on a greater scale than its quantity at the moment. Now let us get into the teaching of I Paul. I give you Lesson Eighteen . . .

As it is written, God gave us Light by His Divine Command: "Let there be light." Now there is light regardless of what one believes as its source. Most professing Christians believe that the light was the Christ, and many reasons or expressions of conviction are given to support this claim. The bibles tell us that God created the earth out of the chaos first, then decided to inhabit it, so that the light He created was more given to Adam, who is

considered by many as the first Christ, rather than to Jesus, who was to come. Still others believe that Jesus was Adam and Adam was Jesus and they base their beliefs of reincarnation on this premise while others employ a different criterion. Adam appears to have done little questioning about what he had, rather his line was more on adding to it. Jesus came and not only questioned what was, but then worked tirelessly to turn it all around. He proclaimed himself in His very moving promise when He declared to man “Oh, man, I am the light of the world: he that followeth me shall not walk in darkness but shall have the light of life.” Now we know that many do not follow Him, and they still have the light of the earth, as do those few who do follow Him. Everybody has the light of the earth, even the blind, yet few attain to the real promise, being, that they who follow shall have the light of life! Without light this earth would be no more than an empty cold planet such as the moon, a derelict planet. No life as we know it would exist here. We would lose life here as other planets have lost life due to their fixed spheres of position and proximity to their sun. This is the claim of many, yet man has not as yet proven that life has ever existed on any other planet in our galaxy. We are not the only planet in the universe on which there is life of a magnitude akin to ours, but we are the only one in our galaxy of seven. Man is approaching steadily

towards accumulating this knowledge but in a manner that is terribly slow and rather costly. Scientists, in general, hold fast to the belief that life here started here and although the theory of evolution is accepted as a truth it remains a truth that it is still a theory of man, and the best he has come up with, yet it remains to be proven and here science has failed and will always fail, for the truth of life's origin on this planet will prove itself, as it will prove to be its own witness, to science's astonishment and to man's benefit.

Jesus the Christ was, and is, the last earthly link, the pure essence of life eternal and His Light has guided the paths of the mystics of all civilizations. There have been other Lights to guide the way of mystics in other times as there is to be. Looking back, we are told that Moses had his burning bush, the Israelites had their cloud which protected them from the burning sun in the daytime and which it is claimed became a pillar of fire to guide them by night. Lightning preceded Moses' call to Mt. Sinai. His face, we are told, radiated light as of the sun when he descended after forty days from the mountain. What was the cause of that Light that guided men to the Child and proclaimed His coming? What is the real message being pointed out to man in John 1:6-10?

As Jesus proclaimed "I am the Light of the world" can man not sense some message in what happened to that light

as he hung suspended between earth and space, that above we call heaven, as history has recorded it?

Again, we see the importance and the significance of Light at the transformation when Jesus with James, John and Peter went up unto a high mountain apart where “His face did shine as the sun and His raiment was white as the Light.” And thence came Elias and Moses talking with Him (Matthew 17:1-6) where again there is reference to light. All of this language is considered highly esoteric by many and in need of great study, much like the Message before you. Light has always confused man. Tongues of fire (light) are recorded as being present during Pentecost. There was the blinding light on the road to Damascus. There is the reported light of the halos, or what we know to be auras today; and what was the great light that inspired the likes of Gautama Buddha, if not the light of the Christs? All through history this light is recorded in one manner or another and in many, many areas. The light of the cave of Mohammed as he searched for God is one, or the recorded light of the German shoemaker, [Jacob] Boehme. The so-called Akashic Records talk of this light and its inherent mysteries. From it much secrecy has arisen, and all of it was manufactured by men to enslave men to do their bidding. The Aquarian Gospel came about through a vision of this white light in a form calling for the building of a white city.

So how is this light we speak of important to us, and how do we search for it, seek it out, know it? Simple.

It is this same light we seek in meditation. Man seeks God in many ways. When our evils, sins, prevent our knowing God, of conversing with those of a higher plane than ourselves, which includes our inner selves, then man must learn and turn to meditation for guidance, not to another in the flesh, or to any other source outside of ourselves. Many do not see that meditation is the way of the bible, the way of the prophets, of which, up to our space in the overall plan for all of us by God, Jesus the Christ was the great of them all, in all, for All in All. In the bible, in all great writings, movements, prayer is shown to be a direct supplication to God while meditation appears as the conscious contact between ourselves and that which is above us. It attunes us mentally, spiritually, and physically to that which is within, and without, so that God and His messengers may come to us. It is a process of attuning ourselves to first listening, becoming aware of and feeling our inner and outer separation, our seeing of things beyond our outer selves, through the “eye of the dream,” to feel His presence through our receptor senses and then to receive His guidance and His Message. Through this process we gradually develop deep faith, love, courage, and strength. It will develop in all of you a portion of the power needed to

complete the tasks that will be apportioned to you. This has been present throughout the Message of I Paul, our spirit guide and God's servant. We do not worship or pray to I Paul. We love and worship God and his sons as faithful Christine spiritualists should who believe in brotherhood and fatherhood, for it is through a process of stilling ourselves mentally, physically and spiritually that we learn God's Will for us and what He shall have us do. Without my ability to do so, none of you would now have the Message of I Paul before you. Know in your hearts and in your heads that life on earth is temporal and by this I do not mean the knowledge of death as all men know it. If you do not totally believe in the new worlds, you would be hard pressed to attain them. The power lies in first conquering that known as the sixth sense of man (receptor) and from there going on to the seventh and beyond. The power to listen is part of the sixth sense, part, mind you. It goes deep, far beyond what is labelled normal listening or hearing. It penetrates known awareness and transcends all the other known senses. Yet in this stage you are still able to see, smell, taste and comprehend, but even these attributes are raised to levels above what is commonly known to man. It is the way you enter a meditative trance - like uplifting, which raises your consciousness to levels higher than you have ever known. To listen requires silence. We know from experience, from

history, from the prophets, from the mystics past, from the past Christs and our Christ, that mastering the art of silence, which is really more of a power than an art is a key that cannot be ignored if one is to be at all successful. Jesus the Christ on many occasions went off alone. He removed Himself from the hustle and bustle of man to seek in silence His oneness with God. It is by such means that we too may seek God, His Messages, His will, and an abundance of quickness of the spirit within us. It is in this manner that we also acquire greater humility, love, compassion and the inspiration that drives us, compels us to the tasks ahead. Can you not see herein the path to the Cross as it is revealed to us in history? Know that the power within us, that moves us to awe and wonder of that above us, is the same power that lays us low when we fail, transgress, the spirit within us. As God becomes personalized for us through our meditative abilities, we become more adept in our communications with His and also, as we become more an active part of the God that is within us, we raise our powers of ability to communicate with each other, no matter where we may be. As this ability grows, so too, will the necessary information needed to accomplish your tasks grow. Our conscience plays its part as the still small voice within which acts as our guiding light that keeps us aware of the path we must traverse to the Way, whether we pay heed or not. Let

him who has eyes, see; ears, hear.

So light is more important than what meets the eye, and it is a key of esotericism as is water. But here I am more urgently concerned about meditation, for we must become enlightened one level of brightness at a time. Meditation, as you have been told, is not easy, nor is its method quickly acquired by all. One might say in view of all the above information that the process and the rewards are not lightly acquired!

There are steps to be maintained as well as steps to be attained through practice and perseverance. You might label as keys such matters as patience, sincerity and enthusiasm. As these build, success becomes visible, or as they wane, success becomes lost in your daily procrastinations.

So, what is patience, or, if you like, perseverance? It is a word you all have seen much of in the Message of I Paul, but do not know what it entails? It is the most difficult of all the steps to becoming successful in your communications. It calls for on-going, relentless, day-in-day-out effort, regardless of whatever your progress may or may not be. Do you own such stamina? If you do, I promise you that you will successfully establish communication and regardless of how faint it may be in the beginning, it is light, light you have never beheld before. Of course, you must be able to

recognize it, but this recognition ability is covered elsewhere in the Message and for now we shall pursue strict meditative guidelines assuming that you have followed faithfully prior instructions. Patience allows you to slowly and methodically begin to harness your thoughts, to maintain control over the physical body, to relax, to remain still and it will also teach you quickly just how much the body controls you and not you the body. That ought to teach a little humility, no? Do you control your body and your spirit, do you really control your mind? I think not.

Meditation will quickly teach you how very little control you really have and those of you who have advanced can give positive testimony to this, so please do so. You are required to share all you have acquired with each other. Sharing is practicing the Message.

So, in patience you should attempt to meditate twice a day, every day, and at the same hour when possible, and in the same manner. You need this discipline in the beginning to condition your body, thoughts and spirit to the one purpose. You will eventually take control of your body, thoughts, and spirit, for it will be the real you, the I am not over your I, which currently controls your every move. You will eventually pass through a plane level barrier up to a higher self level. You are going to find that trying to control your thoughts is akin to controlling a runaway train. Once

you begin attempting to keep your thoughts from wandering and focused on the business at hand, you are going to realize how much real power you have - it's a Lesson in humility as well as the beginning to successful meditation. The mistake most people make happens right here, for instead of learning humility they turn it into outright frustration and frustration is the companion of a quitter, for it slays patience.

So, you must begin to cultivate determined practice, patience, perseverance in your appeals to the inner-self for help in controlling the outer. "Ask and ye shall receive." You persevere and you will succeed. The space it takes to do so is dependent on your desire to succeed and of course, determined by the honest effort you are willing to apply in order to drive yourself upward. You must first be free of the barriers before you are able to grasp truth and use it. You need to enfold yourself in the thought that your periods of meditation are the most holy thing you do, for are you not in truth seeking a appointment with Him?

When you fail to keep your appointment, my friends, you show just how little control you really have over your body and its wants. Your I's take over, they coerce you and they lead you away from your souls and the pity is you go willingly! You also manufacture some of the greatest excuses ever heard, of why it is you do not have time to study

or practice the Message of I Paul. Of course, you don't, because you cannot even keep an appointment with your maker, He who loves you more than you can comprehend or ever knowingly deserve. Meditation invites you to the banquet of Grace, yet some of you are too busy to stop and eat of the good things of the spirit, for your body demands all of your attention. So, you must cultivate patience and remember that when you have an unsatisfactory meditative session, place the fault squarely where it belongs, for in all probability you are still in the flesh.

You must in meditation become a channel that will make known spiritually that you are in His love; come, that He may speak to you. Such an inner state requires that you be both patient and sincere. Sincerity implies that you really wish to know God's will for you regardless of whatever sacrifice of self that may entail.

Now to those of you beholden to earthly wants, this could be dangerous. For once you go and ask, and then receive such thoughts and directions, there is no going back. For in asking you will receive and when you fail to comply, you are done! The promise of "Ask and ye shall receive" is not to be taken lightly as most professed Christians and others routinely do. If you are not going to comply, I again caution you all, don't ask.

You must give honor and all credit to God of the All in All for what you really are and what you have. You must be the channel for His love, His grace, His mercy, His power as you receive it. You need to be a peace-bringer and a forgiver, for what you do to the least of these my brethren you do unto Me, says our Christ, and He means it. To most people they are just “words” but you of the inner circle of W-303 know better. You need to constantly change for the better and sincerely display the truths of His Message to us all. You need to give and to love, and these require your presence. Whenever you fall you must quickly pick yourself up in sincerity of thought and in repentance get straight back into His Grace, His Spirit, His Love and His Laws. Sincerity in itself is a form of alertness that shows to the world that God is in you. No matter how many opportunities you miss to serve God, if you can conquer sincerity and get righteous, God’s Grace will present them to you again. Never waste space in self-condemnation, for mistakes or errors that pass for this, too easily become turned into false pride instead of true remorse. God is now and you must learn to act now. Know what it is you are up to now, not later on, as many of you do. Each of you can change your now right now, you can do nothing about yesterday. Sincerity allows for an honest self-appraisal that in turn allows you to decide in stillness whether you really want to know God or just know

about Him! There is a vast difference. When you are sincere in wanting to know Him, then you have taken another step forward and upward towards Him and His Way. Let the Light of our Christ guide you mentally so that God may manifest Himself to you through His Holy Spirit that is within you. It is the spirit within us that sustains and strengthens us for what is to come, but only when we follow the directions as given. All the past failures that I Paul and your spirit guides have told us about have come about because the directions were not adhered to and for no other reason. There is a “ten” who will comply, finally, and we are all aware of this for the element of failure has been removed. The spirit within us is our sacred source of enthusiasm for it is this that will inspire us with spiritual pride and brings to those who comply the spiritual maturity needed to be successful. It is an inner-fire, an inner-light that seeks out its source. When we meditate positively, this inner-light guides us and invigorates us and we become able to listen. For in listening, we become prepared. The preparation allows us to follow, and such directions given show us how to fulfill the call to Come. How, is the question. You are not to ask it; you are preparing to answer it!

Preparation gives you the power to speak from within as our Christ was so capable of doing. He always spoke from within, from the Father, and this is why the Pharisees feared

and resented His authority. It's all there in the writings of antiquity for anyone to see who has eyes.

Enthusiasm gives us direction as it is wisely directed, for its source is born of the soul's yearning to be returned, to be united, to become one. How do you acquire such enthusiasm, how do you best evoke it in your meditative searchings.

By studying the Message of I Paul and the way of its mystics. As you become a part of it and a part of their lives you will begin to share, with me, in the whole, in both the very real and human side of life as well as your main objectives, the spiritual life, the way to live in God's presence eternally. Follow the Message and it is promised that there will begin a change in you, a need and yearning within to sweep upwards to greater and then greater heights of achievement which in its place will invite the question, How? Prepare, Follow, Come, and you will answer the question, not ask it. The Way is before you, you need to establish the love, the faith, the sincerity, the enthusiasm, the perseverance, and the patience to come with us, the adepts, to the new worlds. For some they are not too distant.

So herein I have covered again the necessities for meditation and the need to follow directions. In subsequent Lessons we will again go over the physical preparations

required, and I will again stress matters relating to the spiritual preparations required.

The center of purification for the physical and the spiritual bodies lies in the mind, and without some control here you cannot go above natural meditation which your brain is sufficient enough to control. Total control, even if only for a few moments, will allow supra-natural meditative processes to unfold themselves. Somewhere, in between, in the supernatural, is where some of you are now stuck and where I hope to “see” you released from soon. We are working tirelessly to reach you all so please help us!

Love, Peace and Understanding,

Frank.

## **Lesson #19 - What is Meditation - The Way of Meditation?**

Greetings:

Within the silence one seeks to touch the heart of the Supreme Spirit. Today, You stand at the crossroads so far as your Spiritual evolution is concerned. You have traveled some distance on Your journey towards your natural goal - that is, to some degree You have possessed Yourself of some of the secrets of nature - but many of you still have far to go spiritually. What is Your real goal? That is a question thinking people have been asking for centuries and are still asking today, especially when sadness, bereavement, or tragedy comes into their life - for then the question becomes terribly urgent. At such times people want to know - "What is the purpose of life," "What is the good of anything?" and can find no answer. Throughout the ages, philosophers, sages, saviors, teachers and prophets have offered their followers a key which will unlock the gate to heaven. Remember that this is the gate that I Paul promised to lead you to but the one you must enter on your own effort and action!

The key lies within the heart, and it is Love! When this key is used it reveals to you personally that within yourself can be found an "Imprisoned Splendor" and a Truth that

will be the answer to your searching. Few there are who will Pause in the rush of life to Listen to the “still small voice,” which speaks only in the innermost heart and mind and which some people refer to as “the Voice of silence.” It has also been called “the Voice of Conscience” but it is Really the Prompting of Spirit! The stirring of You, Your hearts and minds, your life and Your consciousness toward “the Mind of Christ.” This can be found in the innermost center of Light, “the Mind of Christ” that is awakened, strengthened, and developed through Meditation, Cognition, Prayer, Contemplation, Love, Faith, Hope, and Unity, All of which are subjects for Your daily meditations in Your personal search for “the Mind of Christ” and Divine Consciousness. Such meditation faithfully and honestly practiced leads you upward to that Place, that springboard which allows you to become a theosophist.

You see, by the faithful and constant practice of meditation, together with the constant prompting of the spirit within in daily life and relationships, the clear vision and the correct hearing of Spiritual Truth is gifted to You. I Paul said, “concerning spiritual gifts, brothers and sisters, I would not have you ignorant.” This statement clearly indicates that the development of these gifts is part of our spiritual development. The Way is simple, but the road is hard and to progress along it certain characteristics are

absolutely necessary. The Spirit demands that You possess or develop, as soon as possible, the following: the qualities of simplicity, humility and perseverance. Given these qualities an answer to every question can be found. By these means those who are diseased in body or mind or distraught with disappointment or doubts or anxiety will gain succour and strength. The lonely, the helpless, the sad, the hopeless can find an answer to all their self-imposed heartaches. Of course, it is true, that such comfort and healing can only come if You will pause in the rushing forward blindly with the outer life in control and give Yourself Adequate Space to think and Feel, so that the door of your inner-self may be opened and Your Inner Consciousness may be activated to lead you to humbly and courageously seek assistance from the Master of your inner Temple.

Within that inner Temple You have only to ask of the Christ within, in constant Faith and Trust and you will receive in Full measure, pressed down and running over. Now many of you have come from different religions and some of you have read or studied other philosophies of this earth. Others, who through book-reading, think they know All life's answers intellectually. This is not enough; in fact, it is only a tiny bit of The Way to the goal. The Ultimate attainment must be in the spiritual experience, the understanding of the Message and a Positive Acceptance of

the Christ Mind within, and its all-powerful effect in your life and your Character.

Written above many temples before our Christ's coming were these words: "Man, know thy self, and thou shall know the Supreme Spirit and the Universe."

Truth, you see, is the same yesterday, Today and Forever! The first true Christian Spiritualists learned from their Teachers the philosophy of the "Voice of the silence" which they themselves learned to know through Faithful and constant Meditation. Moreover, they lived their Philosophy and it lived in them.

Meditation is a true way to unfold the spiritual awareness which is deep in the innermost being of one and all. We do not refer to a mental practice but to an awareness that arises in the heart. It is really the awakening of the heart by Love. The heart and Minds open, you see, through your daily meditations and the practice of the Law of Love and All that it implies and includes. From this some Light begins to shine upon the seekers of the Supreme Spirit and the Mind of Christ, and as they persevere it becomes brighter and brighter.

As the power to meditate properly increases, greater light is drawn from the Christ Consciousness and can be felt by the Meditator. This feeling of the warmth increases the

Christ Love of your heart and mind and steadily improves your character. The Light in you comes from your constant practice of the Law of Love towards every experience that life offers.

As spiritual development progresses, the light in the heart rises up to illuminate the Mind. When, through the practice of Meditation, the light rises to the head, it triggers an increase of knowledge and assists you in all Your spiritual quests. Yet, if the intellect is developed to the exclusion of the Law of Love and intuition then you become stubborn, mentally arrogant and practically dead spiritually, because you have reduced your self incapable of seeing, hearing, or understanding spiritual things.

Yet, when there is coordination between the heart and the minds, You can move steadily forward towards acceptance into all things spiritual. Your object in training yourselves in the practice of meditation is to bring your heart and mind under the control and direction of the Supreme Will and the Mind of Christ which lie within one and All. When you meditate you are actually developing your spiritual and psychic powers. A goal of meditation is to bring All the instincts within us under the control and direction of the Mind of Christ and to achieve at-one-ment or Unity with the Supreme Spirit. This is where man, the microcosm, becomes consciously enfolded in the existence of the

Supreme Spirit, the macrocosm, the infinitely great.

So, try to feel and express love, compassion and tenderness for all. This is where the visualization of the Christ Spirit helps in meditation, because in its features and forms can be seen Supreme Love and allows you to express the same qualities, that is, to realize that Love is pouring forth from its heart to Yours.

You see, a form of spiritual enlightenment through prayer, cogitation, contemplation, and meditation is a perfectly natural way to fully develop the psychic and spiritual senses while fully conscious. While Meditating it is important that You maintain a positive attitude until you slip into a semi-trance or a full trance state which is what meditation is and where you receive that which You have been searching for! Know that some of you have reached such stages in Your meditations but due to some weaknesses in other areas you have convinced yourselves that you simply fell asleep, and you have been content to let it go at that.

What is meditation? It is the ability to find the “Silent Place” and it comes by practice if you maintain a positive attitude and prepare yourselves to attract the good, the true and the beautiful only. It has been said “that like attracts like,” so what you think and are in yourself will attract to

You like forms and influences.

Strive therefore to find the Silent Place deep within Yourself. It lies beneath All thought and All thinking, for although you are always thinking, true meditation will render you unconscious of it.

The lower self which is selfish and unruly must be overcome if you are to succeed. The true self - the spirit - and the Christ within is ever meek, gentle, and yet enduringly strong, just, true, and absolutely loving and selfless. Its wealth of love is its real Power and strength and its true and Pure Wisdom.

During your meditation, in the deep silence of your innermost spirit and your own imagery many things, not of this world, can be seen and above all the true Voice of Silence can be heard. Please listen. In "time" you will learn to see and hear the images and the voices, and you will learn to interpret the voices and understand the images for they are the language of the Spirits and the images beyond the veil.

Jesus said, "Ask, and it shall be given to you," "seek and Ye shall find," "knock and it shall be opened to You." This You must do in Your meditation, for the Supreme Spirit can ever be found when sought in truth, simplicity and humility. God is in the heart. The heart is like a well, the waters of which reflect his love and truth to all who look within it.

Learn to look deeply to find the truth and spiritual knowledge for they will lead you to Love and Wisdom, and therefore the answer to All your questions.

One essential quality in all meditation, of which we are sure you now understand clearly, is Love - love of God and his creation. The other qualities are these: Trust - Honesty - Tolerance - Gentleness - Joy - Defenselessness - Patience - Faithfulness - Open-mindedness - Perseverance and unwavering desire and total devotion, to the Way of True and fruitful Meditation.

The essential quality in all mediumistic training and practice is the same - Love! Yet Love without knowledge is not enough, for if you are only sending out Love and energy, you are a prime candidate to fall into a complacent, dreamy state, but with the opening of the mind you can work with knowledge. Therefore, knowledge should be coupled with Love. Strive for deeper knowledge through a thorough study of the Message, strive for a deeper knowledge of All life and also the understanding of what it is you are doing, and why, on these higher Planes.

Truth within the spirit, along with Wisdom and Common Sense in the mind is essential. Once all these qualities are developed there is little or no chance for error. Above all, look to Purity of motive, a ready, eager desire to

accept and obey the divine will, and the laws of the Supreme Spirit.

A medium must remain untouched by the opinions of others and must not seek to satisfy and win the approbation of worldly minds. Much harm comes from this. Conviction of the Truth of another World and communication with those who inhabit it, does not come from the intellect alone. Its motive force is pure Spirit, and depends on a simple, pure heart. It desires nothing of itself and offers itself as a human bridge between the living and the so-called dead. The flesh and blood are gone forever but the spirit lives eternally, in the light or in the darkness and the choice is Yours! And make no mistake about this, You are loved, regardless of where Your spirit travels.

Self-discipline and self-control are therefore of the utmost importance. Before you allow yourselves to be possessed and entranced by another entity You must first learn to control yourself. Never allow Yourself to be controlled or influenced by any Spirit against your will, and always Pray that You remain master of your own true being.

Now let us tell you that certain stimulants have been used by mediums, psychics and mystics in their meditations. Although "P" has done so but has since ceased, we tell you, one and only, do not so indulge, for "P" has

proved that the only stimulant needed is Love, the energy of Divine Love in all you undertake. The key to control lies within, it is the Christ Power - seek it out and utilize it, for it is the word of command which lies within everyone, hear it and abide with it. Some people so urgently long to get in touch with the other side that they will do anything to achieve their object and being aware that their natural psychic gifts seem to be stimulated by drugs, they open themselves to a variety of astral static and through ignorance of the laws of mediumship become obsessed by a conglomeration of voices and sounds that are impossible to fathom. It is distractingly noisy on some higher planes when the receiver is improperly attuned to them. You can only correct this by refraining from all stimulants foreign to the energy of Divine Love.

Let the spirit take control. Many there own, wants and desires, their vain wishes, for the "I Am." The "I Am" is God and the Master Christ within who can and will arise and take control of the "Temple" and drive out the money changers and intruders, if only you will cooperate daily.

One of the initial steps in the development of mental mediumship and control over the mind and body is Meditation. Silence and stillness are necessary.

Even if no immediate or exciting psychic power is

demonstrated, You will, through perseverance and complete faith, develop Your body, heart, and minds on sound lines, making You less susceptible to self-deception.

When sitting for meditation, try to use the power of imagery to see through the dark veil of materiality, into a spirit world of perfect life, which will present the most perfect replica of earthly scenes, in other words, etherealize in perfect form Your ideal of love.

It may be thought and said that your imagination can confuse, delude and mislead You, but properly understood, imagination is a spirit quality which is essential to the life and progress of All. Indeed, all creative ability lies in the quality of Your God-like imagination and without imagination life becomes a very dull state of affairs. It is moreover, through imagination that we are able to “feel” and “sense” how other people “feel” in times of dis-ease or suffering from one malaise or another. Imagination is an important Spirit Gift to enable you to realize the needs of your brothers and sisters.

Nothing can be designed or made without imagination, which is actually a creative power. Spirit substance in the unseen is molded into form by Your mental power, whether incarnate or discarnate.

Meditation is a steady going inward to discover pure

spirit which when contacted, meditation becomes a steady going upwards! The power of pure spirit - which can only be reached in the innermost sanctuary, the “temple” of silent worship - can overcome all confusion, all barriers of materiality and negative suggestion of the lower mind or earthly thoughts.

During successful Meditation on pure spiritual life, one faces truth and thereafter can really say, “I Know”!

At this level of consciousness, one is actually living in the Spirit Life and the Spirit World. It is on this level that loved ones meet again, in visions of joyous memories, and Love.

In “time” the meditator will learn to make contact in his or her meditations with illumined Spirits from beyond the veil and the house of All Wisdom in the spirit world and will be taught and guided by them not only regarding the spiritual laws but also regarding the construction and workings of the etheric and spirit body in relation to the physical body. More than this you will slowly develop qualities and attributes which will be an infallible guide in your future work as a teacher, healer, preacher, leader, wise counsellor and servant of the Spirit.

The purpose that should be before You All is the gentle and natural development of your true self. This

development is aided and assisted by the practice of meditation, which if you are Faithful, will teach you how to bring to life here, the life on the higher planes, through which contact with and inspiration from will guide You aright.

God is Spirit and those who Love the Supreme Spirit must do so in the SPIRIT! We are flesh but we are also spirit and those of you who would commune with the spirit world, must do so in spirit apart from all connections with earth and earthly flesh and blood body. Therefore, it is necessary to develop through Meditation, Cogitation, Contemplation and Prayer, a consciousness of life in God - and God in Life.

Can all of you now see the extreme necessity for self-discipline? At the moment, many of you are in a dark state of hearts and minds - go look in the mirror and see, once and for all, who is to blame!

Those of you who willingly and joyously pass through the cold and heat of self-sacrifice and will honestly strive to reach a high degree of self-discipline will be taught safely to develop the Divine Fire within themselves, for this Divine fire is both creative and destructive - Truth can create as well as destroy - and the ignorant and self-willed who think to rush the gate of the inner-temple and use the mysteries therein in a self-willed and selfish way can bring physical

and spiritual destruction upon themselves.

Now can you see the necessity for self-discipline and careful preparation? Those in the plane of light who watch over us and guide us who pay attention, realize that they strive to preserve the secrets so that men and women themselves may become prepared and preserved to enter into the full Joy of the Supreme Spirits life, which is the Will and the purpose of the Supreme Creator of life in All in All.

Humans in their ignorance ignore the Supreme Spirit through animalism and passion, through uncontrolled emotions. Every time any one of you gives way to passion and temper, you are denying God Almighty and his Love, his truth, his laws, his desire for Unity.

You must use the Divine love, the Divine truth, the Divine Laws, the Divine wish for Unity and the Divine light, to beautify yourself and your neighbors, and the world, to Glorify the most High.

Meditation is a true way to unfold the spiritual awareness in your true self. It is really the awakening of the heart and the minds, the compounding of them in Love, Faith, Hope, Truth, Unity, Understanding. God has placed in Your hands a great Power, but he never forces you to use it, he simply places it within your hands and Your wills.

A price, however, has to be paid by all who enter upon the path and use the Power. That price is the rejection and subjection of All that is coarse, cruel, unfair and unlovely. The joy in Your life can be the joy of Your spirit and the Joy of God's Love, God's harmony and beauty and his call. Have you heard it? If so, how well have you responded?

Hear us dear brothers and sisters! Develop Yourselfs from the heart and the higher mind. Meditate on love, absorb love, give love, live love, and you will become a partner with the Spirit. You will have within Your hands the spirit power, to heal the sick, to comfort those in discomfort, to reap the scattered strangers, to aid and abet all in need, and to beautify everything You touch, everyone You meet, for with such power You will be capable of bringing about the New Worlds in Peace and everlasting happiness in the name of Your Christ and the Supreme Spirit.

“P<sub>z</sub>” in Love and thought!

## Thoughts on Lesson #19

What is meditation? The way of meditation? Why the Family of LIFE and LIGHT? Why meditate over it? First of all we must distinguish what LIFE is. What its purpose is. Death is described as the act or fact of dying; the Permanent end of Life in a “person,” animal or a plant. What’s a person? A mask! A human being especially as distinguished from a “thing” or lower animal - a living human being. What’s a human being? The dictionary says a man - belonging to or typical to mankind, the human race, consisting of or produced by people (human society) - having or showing qualities, as Rationality or Fallibility, viewed as distinctive of people! (viewed by who?) The Phrase human being is still preferred over Person. Let us look at animal then.

An animal is called a living being, breath, air, life principle, soul. Any living organism except a plant or bacterium. Most animals can move about voluntarily and have specialized sense organs that enable them to react more quickly than plants to stimuli. Animals are unable to make their own food, the way plants do, from inorganic matter by photosynthesis. The dictionary says that an animal is any other organism other than a human being, especially a mammal or sometimes a four-footed animal, or creature. Now the dictionary also describes an animal as a

brutish, debased inhuman person? It also says, of like or derived from animals, physical rather than mental or Spiritual, specifically gross, bestial and so forth.

A plant is a living organism that unlike an animal, cannot move voluntarily but has the ability to synthesize food from carbon dioxide, possesses cellulose cell walls and lacks centrosomes, specialized sense organs, and digestive nervous and circulatory systems. Hell, I could go on and on, but why? I said, first of all we must distinguish what Life is. Have you got any damn more notions about it than I do, or the dictionary writers do?

I would like someone to come forth, anyone, and simply state exactly what Life really is! I do not believe there is, has been or will be any so-called human being, animal or plant that can, has or could ever do so!

The truth is that nobody has ever told any of us what Life is! Nobody Really knows what Life is! And according to history it would seem that nobody really cares anyway! Yet it would seem that we ought to be terribly curious about this Phenomenon, this terribly fabulous and awesome phenomena we call Life!

Tell me, do you take it for granted, go through the motions and take it as it comes or are you one of the Rare ones who is truly curious and is in quest of the Truth and the

why of your very being? “I Live, yet it is not I that Lives but the Spirit who lives in me.” Well now, let us investigate Spirit.

The dictionary says it is breath, courage, vigor, the soul, life! It's to blow, to puff, to breathe, to pipe and to whistle. It is cited as the Life Principle, especially in man, originally regarded as inherent in the breath or as infused by a deity. It has been described as the thinking, motivating, feeling part of man, often as distinguished from the body, brain, intelligence. It has been cited as the life, the will, the consciousness, thought, etc., regarded as separate from matter, a supernatural being, especially one thought of as haunting or possessing a person, house, etc., as a ghost or as inhabiting a certain region, being of a certain (good or evil) character, etc., as an angel, demon, fairy or elf. An individual Person or Personality thought of as showing or having some specific qualities, frame of mind, disposition, moods, temper, vivacity, courage, vigor, enthusiasm, daring, loyalty, real meaning, true intentions, a pervading influence in all walks of life, full of spirit, mysterious yet energetic and willing to share the Spiritual Way and its intellect, and showing often a quick, graceful wit or rapid mind.

So, what is Life? Do you Really know? I do not believe anyone knows. Whatever life truly is, I am convinced it

doesn't exist for our exclusive convenience! The first big jolt to our "self," egos or libido came when we discovered we needed graveyards! Now if we can just get out of the mentality that this earth and the Universe belongs to us, was created just for us exclusively we just might discover what Life really is and begin to Really live it!

Now we have searched out such words as person, animal and plant. We have also touched on death and matter, let us now take a look at "mind."

My mind tells me that there is, in Truth, no such thing as good and evil - there is only Wisdom and Ignorance. One is LIFE and the other is death. The mind is really the Spirit, a Force, often cited as the memory. The mind is the seat of both the Conscience and the Consciousness, the subliminal and/or the unconscious, as a unit.

The Minds are the keys to all Reality and the Proof of LIFE and LIGHT!

Faith is the life of the minds, the complete trust, confidence, reliance, loyalty and allegiance to LIFE and All of ITS Calling and Called and sent to do its Commands.

Now have we distinguished what Life is? Could you now explain it to yourself and to others? Since there is a Book of LIFE then Life must be a Reality. After All we do exist, yet

what is this thing we call Life, an illusion, a Phenomenon, a supersonic Phenomenon, something supernatural or supra-natural or is it a miracle? Could Life be one of the Laws that Remain Constant? Whatever Life is I have a tremendous sense of privilege, an awareness of an awesome responsibility to fulfill it and an obligation to “others” rather than to myself.

It's a most beautiful advent to come to the Realization that you can respond to that which is Good, Right and True and then to realize that you can actually create some of it! It requires Truth, Love and Wisdom.

We who are the “called out ones” must, to the very best of our abilities, show “All” the Way to “the Way” and the Happening of the ALL in ALL. So, Lesson #19 addresses itself to us by asking two questions: “What is Meditation - the Way of Meditation?” Within the Silence One! . . . (seeks to touch the heart of the Supreme Spirit) - None of us truly believes the possibility of doing so, of accomplishing such an awesome act, or do we?

I must confess - I have tried - I have gone into the Hall of Spirits, the room of a thousand eyes and truly tried. Whether I have been successful or not I cannot say. I know what I feel and I feel good. If I haven't touched the heart of the Supreme Spirit, it has most certainly touched mine.

I know that I cannot meditate in the True Sense, nor can I Pray in the True Sense! It's actually a matter of Recognition - I pour out my Love and worship to the Almighty and the Spirit meditates and Prays for me! To those of us who believe and hope that we are the children of LIFE, of the Universe and who by the essence and the LIGHT have the evanescence to transport our selves, must through Love and Truth, bring this Light to a very unenlightened earth and lead it to the Kingdom within.

How do we do this? Through Meditation? Through Prayer? Through Fasting? Through Cogitation? Through Contemplation? If none of these, how? - Through Pure and True Spiritualism! Spiritualism is meditation. Meditation is spiritualism! You and I can never stop thinking - awake or asleep - conscious and unconscious - "thinking" is Meditation - Yet there is truly only ONE MIND and the Soul is a simple matter of minds. Keep that in mind the next time you attempt to meditate!

Who are we? Who are you? We are, and please devoid yourself of a stupid apology, becoming a race of moral midgets and Ethical trolls. Controlled by bureaucracy and Religions and Atoms and fools such as we!

What sayest thou at the gate to gain entrance?

I am innocent! Bull Shit!

Peter fainted - John ran - Paul slammed it tight to your face. Jesus stepped forward and welcomed us - we did not even then Understand. Who are we? Who are you? Why?

Become You - Receive You and Receive the King of Kings and be still. We were lost but we have been found again.

Damn it!!!

## **Lesson #20 - Healing - Is it a Miracle? - How it Works!**

Greetings:

To all our brothers and sisters everywhere, both those who have been a channel of healing and those who have not. May you all love as you are loved and be joyous and at peace in all your undertakings. And may you be healed through faith, hope, love and the grace of the Supreme Spirit and your Christ-Jesus.

Health, as we know it, is to be physically and mentally sound - freedom from illness or dis-ease.

To heal is to make well or healthy again - to cure - to relieve from grief, troubles, evil and so forth.

Now there are two ways to heal and to be healed - the first is through the medical practice which is scientific and the second is spiritual which includes the psychic and all other types that do not fall into the category of the first. We are, herein, only concerned with the spiritual type of healing, its origin, its use, its practice, its reliability, its success and its truths.

Now, we know a miracle as an event or action that contradicts all scientific laws - something supernatural and miraculous.

Miraculous means “able to work miracles.” In our modern society we cite as a miracle that one or two people survived a plane crash, or a train derailment or a mine explosion. Yet these are not miracles but fall within the realm of “fate” and the individual’s “karma”!

A true miracle comes from the Divine Love and the Divine Power, either directly or through a chosen channel, through one whose heart and spirit are activated. Know you not that you are a miracle and that through you, miracles may come in the form of healings, supernatural healings?

Christ-Jesus said during the forty days spent on earth following the crucifixion, “If you do all the things I ask, speak then the word of healing and it shall be done; speak any name, name any dis-ease for I am above it and will take it into myself through you and render it harmless.”

We have never seen anyone who the spirit cannot change through Christ-Jesus. Yet the spirit will never violate the free-will of anyone to do so. You must be both willing and desirous and make it known. This applies to all those who pray for the gift of healing also.

In the New Covenant Gospels Jesus was credited with all kinds of healing. He was cited as healing the blind, the deaf, the lepers, the insane, the hungry, the evil, the lame, the epileptic, etc. He was also credited with restoring life. Was

all this an exaggeration, magic, lies or an attempt to place Jesus above the status of a human being and to make him a God? Or are such accounts true or close to the truth? Let us see what spiritual healing entails, from “Alpha to Omega.”

First let us begin by saying that no true healing can take place without Christ-Jesus’ healing presence. This “presence” affirms the possibility for the Christian Spiritualist to conquer sickness and evil, to the extent in which he or she stands united to Christ through faith, hope and love. Now this “mystical” union is not to be thought of as a rare experience open to only a few, but rather as the invisible reality which transforms every Christian Spiritualists’ existence and enables them to do as Jesus did prior to his death. You see, Christ doesn’t sit idly in heaven, but is present with us, working and living in us. As I Paul said, “I live, yet not I, but Christ liveth in me.” Likewise, I Paul stated, “Ye have put on Christ.” Faith, therefore, is a certain steadfast beholding which looks upon Jesus as the conqueror of sickness, evil and death and the giver of righteousness, salvation and eternal life.

It is important to remind one and all that in the nineteen healings credited to Jesus in the gospels, twelve were attributed to the individual’s own faith. Great faith comes out of great tests and trials. Great faith is many things. It is a gift, a walk, a pilgrimage, an energy, an act and

an action. To those called to heal we call it “emotive faith healing.” Healing is a release, an enfranchisement from sickness, despair, dis-ease, evil and so forth, all of which are emotional bondages.

If any of you are graced by a call to be a servant, an agent, a channel of healing, know this: Whatever you are asked to give up in order to serve the Supreme Spirit and His Will can never be weighed, counted or measured in any way against what you receive when you fully accept and answer the call. The only possible doubt any one of you could have is whether or not you are worthy. Such doubt is false and foolish for the Supreme Spirit never makes mistakes and we tell you that it is simply amazing what the spirit can and will do with you, once you give all of yourself to the calling. And we have the greatest confidence in you who are called, that once the spirit has begun a “good work” in you, you will perform it until that moment that Christ-Jesus places all things at the feet of the Supreme Spirit. You see, dear brothers and sisters, such a calling never ends for it applies whether you are in the flesh or in the spirit, here and now, there and forever!

Remember this well: Sooner or later all of you are going to serve someone or something, some of you are already doing so, your “self” or the spirit. And where could you possibly find someone or something better than the

Supreme Spirit and our Christ-Jesus, the gateway to eternal life and unity with the most high?

If you are graced with the charismata of healing, be prepared, for such gifts rarely come to one unprepared. Our brother I Paul is an excellent example of this rarity, yet even he had to “go up to Arabia” and become prepared to carry out his tasks and do glory to the gifts received. Not only glory but justice, with no thought of his “self,” going where sent with no hesitation and doing all that was asked of him without a complaint or second thought. He was spiritually gifted to teach, to preach, to prophesy, to speak in tongues, to lead, to administer, to speak the words of wisdom, to heal and the working of miracles, to interpret tongues, to the discernment of spirits. No other man or woman, save Jesus, has ever been so gifted and worked so hard and faithfully for his Lord and God. Why? Because he was healed through the vision, the voice and the Mind of Christ -a charismata from the Supreme Spirit! If one man could do all this from faith, hope and love, what could possibly deter you from the same, if you only receive one or two gifts from the spirit?

Know you not that the Supreme Spirit’s love, wisdom and power, through the Mind of Christ, is your answer to any problem you can possibly be faced with? - as long as you have true faith, which in addition to the above, is the key factor for those who pray for the gift of healing. Such

prayers are not “self” seeking because you are not asking the spirit for yourself but for the well-being of others. Anyone called to be a channel of healing must extend their hands, their faith, their hope, their love, their confidence in the power bestowed upon them to cure the ills, the evils, the infirmities to All in All.

Jesus said, “Physician heal-thy-self.” What did he mean? Was he telling the physician that he couldn’t heal others until he himself was healed? Yes, in a way. He was telling the physician to prepare himself first before attempting to heal others. Jesus also spoke thusly: “I have come to heal the unwhole and the unclean and to gather in the scattered strangers. Those of you that be whole need not a physician, but they that are sick. But go ye and learn what that meaneth. I will have mercy and not sacrifice, for I am not come to call the righteous, but the evil ones, the wanderers of the world.” You see, Jesus healed the faithful, the newly faithful and the unfaithful, without discrimination, and so must all who are called to heal! Those called have no power to select, pick or choose those who shall be the recipients of the gift of healing, for those so called to be the channel of healings are but servants of the spirit and not the masters of the gift of healing. Can you, having once been called, lose the gift? Certainly, if you abuse the gift in any way, it shall be stripped of you.

Now, dear brothers and sisters, before we get into the whys and wherefores of healing and self-healing, let us finish up with the requirements necessary to become a channel of healing. As you have seen, faith, hope and love are absolute necessities, with “true faith” here being a key. For as Jesus said, “Thy faith has made thee whole,” we say your faith can make you a healer. What counts most in healing is faith - your true faith and the faith in you, by the subject, that you can heal them.

Now hear and know that a person’s beliefs or disbeliefs, religion or philosophy or lack of such, have nothing to do with their being healed, insofar as they do have faith in your faith, that you can deliver a healing. Neither do their morals or virtues. Strange? No - for just as God allows the sun to shine and the rain to fall equally on the good and the evil, he also heals those whomsoever he pleases, just as he calls whomsoever, he pleases to be channels of healing.

Yet it is a sad truth that many called do not respond or do not take it seriously enough and therefore fail, and that’s a denial of the Will of the Supreme Spirit - man’s well-being.

Now if you pray for the gift of healing, as a true Christian Spiritualist should, you must exert the effort to be as free as Jesus was. Free from envy, anger, hate, bitterness,

bigotry, gossip, backbiting, lying, vulgarity, temper, stealing, covetousness, avarice, unrighteousness, cowardice, fear, ignorance, despair, unforgiveness, revenge-mindedness, pride, vanity, unfaithfulness, unreliability, sorrows, anxieties, procrastinations, debts, impatience and “self.”

And you must put on humility.

When any one of you is called or has been called to be a channel of healing, you, too, had better be about your Father’s business as was Jesus, for the well-being of All in All is the Will of God and therefore must be yours also.

A true channel of healing gives up his or her temporal life to bring about the well-being of all human life - everywhere. Such giving up should be understood as a living within one’s needs and not one’s wants. Now, the surface traits of God’s teachers, preachers, administrators and healers are not all alike. They do not look alike to the body’s eyes, they come from vastly different backgrounds, their experiences of the world vary greatly, and their “superficial personalities” are quite distinct. Nor, at the beginning stages of their functionings as God’s channels, have they as yet acquired the deeper characteristics that will establish them as what they are. God gives special gifts to such as these simply because they have a special role in His plans for

atonement. Their specialness is, of course, only temporary, set in time as a means of leading out of time. These special gifts, born in the holy relationship toward which the teaching, preaching, administering and healing and learning situation is geared, become characteristic of all such of God who have advanced in their own learning. In this respect they are all alike.

All differences between the sons and daughters of the Supreme Spirit are temporary. Nevertheless, in “time,” it can be said that such as these advanced ones have the following characteristics:

### **Trust**

This is the foundation on which their ability to fulfill their functions rest. Perception is the result of learning. In fact, perception is learning - cause and effect are never separated. The called of God have trust in the world because they have learned it is not governed by the laws the world made up. They are governed by a Power that is in them but not of them. It is this Power that keeps all things safe. It is through this Power that those called look on a forgiven world. When this Power has once been experienced, it is impossible to trust one's own petty strength again. Who would attempt to fly with the petty wings of a sparrow when the mighty power of an eagle has been given to him? And

who would place his faith in the shabby offerings of the “self” when the gifts of God are laid before him? What is it that induces them to make the shift?

## **Development of Trust**

First, they must go through a “period of undoing” - this need not be painful, but it usually is so experienced. It seems as if things are being taken away and it is rarely understood initially that their lack of value is merely being recognized. How can lack of value be perceived unless the perceiver is in a position where he must see things in a different light? They are not yet at a point at which they can make the shift entirely internally. And so, the plan will sometimes call for changes in what seem to be external circumstances. These changes are always helpful. When the called of God have learned that much, they go on to the second stage.

Next the called of God must go through a “period of sorting out.” This is always somewhat difficult, because having learned that the changes in their lives are always helpful, they must now decide all things on the basis of whether they increase the helpfulness or hamper it. They will find that many, if not most of the things they valued before will merely hinder their ability to transfer what they have learned to new situations as they arise. Because they

have valued what is really valueless, they will not generalize the Lesson for fear of loss and sacrifice. It takes great learning to understand that all things, events, encounters and circumstances are helpful. It is only to the extent to which they are helpful that any degree of reality should be accorded them in this world of illusion. The word “value” can apply to nothing else.

The third stage through which the called must go can be called a “period of relinquishment.” If this is interpreted as giving up the desirable, it will engender enormous conflict. Few called of God escape this distress entirely. There is, however, no point in sorting out the valuable from the valueless, unless the next obvious step is taken. Therefore, the period of overlap is apt to be one in which the called feel called upon to sacrifice their own best interests on behalf of truth.

They have not realized as yet how wholly impossible such a demand would be. They can learn this only as they give up the valueless. Through this, they learn that where they anticipated grief, they find a happy lightheartedness instead - where they thought something was asked of them, they find a gift bestowed on them. Now comes a “period of settling down.”

This is a quiet time, in which the called of God rest

awhile in reasonable peace. Now they consolidate their learning. Now they begin to see the value of what they have learned. Its potential is staggering and the called are now at the point in their progress in which they see their whole way out. Give up what you do not want and keep what you do. How simple is the obvious! And how easy to do! The called of God need this period of respite. They have not yet come as far as they may believe. Yet, when they are ready to go on, they go with mighty companions beside them, now they rest awhile and gather them before going on. They will not go on from here alone.

The next stage is indeed a “period of unsettling.” Now must the called understand that they really did not know what was valuable and what was valueless. All that they really learned so far was that they did not want the valueless and that they did want the valuable. Yet their own sorting out was meaningless in teaching them the difference. The idea of sacrifice, so central to their own thought system, had made it impossible for them to judge. They thought they had learned willingness, but now they see that they do not know what the willingness is for. They must learn to lay all judgment aside and ask only what they really want in all circumstances. Were not each step in this direction so heavily reinforced, it would be hard indeed!

And finally, there is a “period of achievement.” It is

here that learning is consolidated. Now what was seen as merely shadows before, become solid gains, to be counted on in all “emergencies” as well as tranquil times. Indeed, the tranquility is their result - the outcome of honest learning, consistency of thought and full transfer. This is the stage of real peace, for at this level is the Kingdom’s state fully reflected. From here, the Way to there is open and easy. In fact, it is here. Who would “go” anywhere if “peace of mind” is already complete? And who would seek to change tranquility for something more desirable? What could be more desirable than this?

## **Honesty**

All other traits of the called of God rest on trust. Once that has been achieved, the other cannot fail to follow. Only the trusting can afford honesty, for only they can see its value. Honesty does not apply to only what you say. The term actually means consistency. There is nothing you say that contradicts what you think or do - no thought opposes any other thought - no act belies your word - and no word lacks agreement with another. Such are the truly honest. At no level are they in conflict with themselves, therefore it is impossible for them to be in conflict with anyone or anything.

The peace of mind which the called of God experience is

largely due to their perfect honesty. It is only the wish to deceive that makes for the internal war. No one at one with themselves can even conceive of conflict. Conflict is the inevitable result of self-deception, and self-deception is dishonesty. There is no challenge to one called of God. Challenge implies doubt and the trust on which God's called rest secure makes doubt impossible. Therefore, they can only succeed. In this, as in all things, they are honest. They can only succeed, because they never do their will alone. They choose for all mankind - for all the world and all things in it - for the unchanging and unchangeable beyond appearances and for Christ-Jesus and the Supreme Spirit. How can such as these not succeed? They choose in perfect honesty, as sure of their choice as of themselves.

## Tolerance

God's called do not judge. To judge is to be dishonest, for to judge is to assume a position you do not have. Judgment without self-deception is impossible. Judgment implies that you have been deceived in your brothers and sisters. How then could you not have been deceived in yourself? Judgment implies a lack of trust and trust remains the bedrock of the called of God's whole thought system. Let this be lost and all the learning goes. Without judgment are all things equally acceptable, for who could judge otherwise.

Without judgment are all men and women brothers and sisters, for who is there who stands apart? Judgment destroys honesty and shatters trust. None of the called of God can judge and hope to learn.

## **Gentleness**

Harm is impossible for those who are called of God. They can neither harm nor be harmed. Harm is the outcome of judgment. It is the dishonest act that follows the dishonest thought. It is a verdict of guilt upon a brother or sisters and therefore on oneself. It is the end of peace and the denial of learning. It demonstrates the absence of God's curriculum and its replacement by insanity. A person called of God must learn, and fairly early in their training, that harmfulness completely obliterates their function from their awareness. It will make them confused, fearful, angry and suspicious. It will make the spirit's Lessons impossible to learn. Nor can the called of God be heard at all, except by those who realize that harm can actually achieve nothing. No gain can come of it. Therefore, the called of God are wholly gentle. They need the strength of gentleness, for it is in this that the functions of the gifts given become easier. To those who would do harm it is impossible. To those to whom harm has no meaning, it is merely natural. What choice but this has meaning to the sane? Who chooses darkness when

he or she has access to the light? And who would choose the weakness that must come from harm in place of the unfailing, all-encompassing and limitless strength of gentleness? The might of God's called lies in their gentleness, for they have understood that their evil thoughts came neither from Christ-Jesus nor the Supreme Spirit. Thus, do they join their thoughts with them who are their source. And so, their will, which always was His Own, is free to be its own.

## Joy

Joy is the inevitable result of gentleness. Gentleness means that fear is now impossible and what could come to interfere with joy? The open hands of gentleness are always filled. The truly gentle have no pain. They cannot suffer. Why would they not be joyous? They are sure they are loved and must be safe. Joy goes with gentleness as surely as grief attends attack. The called trust in God. And they are sure God's Teacher goes before them, making sure no harm can come to them. They hold his gifts and follow in his way because the voice of the spirit directs them in all ways. Joy is their gift of thanks. And Christ looks down at them in thanks also. His need of them is just as great as their need of him. How joyous it is to share the purpose of the Supreme Spirit.

## Defenselessness

The called of God have learned how to be simple. They have no dreams that need defense against the truth. They do not try to make themselves. Their joy comes from their understanding of who created them. And does what God created need defense? No one can become an advanced teacher, prophet, preacher, administrator, leader, healer or servant of God until they fully understand that defenses are but foolish guardians of mad illusions. The more grotesque the dream, the more fierce and powerful its defenses seem to be. Yet when the called of God finally agrees to look past them, he finds that nothing was there.

Slowly at first, they let themselves be undeceived, but they learn faster as their trust increases. It is not danger that comes when defenses are laid down. It is safety. It is peace. It is joy. It is the Supreme Spirit.

## Generosity

The term generosity has special meaning to the called of God. It is not the usual meaning of the word as used there, in fact, it is a meaning that must be learned and learned very carefully. Like all the other attributes of the called of God, this one rests ultimately on trust, for without trust no one can be generous in the true sense. In your world generosity

means “giving away” in the sense of “giving up.” To the called of God generosity means “giving away” in order “to keep.” This has been emphasized all through the Message of I Paul but is perhaps more alien to the thinking of your world than many other ideas therein. Its greater strangeness lies merely in the obviousness of its reversal of your world’s thinking. In the clearest way possible and at the simplest of levels, the word means exactly the opposite to the called of God and to the world.

The called of God are generous out of self-interest. This does not refer, however, to the “self” of which the world speaks. The called of God do not want anything they cannot give away because they realize it would be valueless to them by definition. What would they want it for? They could only lose because of it. They could not gain, therefore they do not see what only they could keep, because that is a guarantee of loss. They do not want to suffer. Why should they ensure themselves pain? But they do want to keep for themselves all things that are of God and therefore of the spirit Christ-Jesus. These are the things that belong to them. These they can give away in true generosity, protecting them forever for themselves.

## **Patience**

Those who are certain of the outcome can afford to wait

and wait without anxiety. Patience is natural to the called of God and I Paul taught it extensively in his Message. What the truly called of God see is certain outcome, at a time perhaps unknown to them as yet, but not in doubt. The time will be as right as is the answer and this is true for everything that happens now or in the future. The past as well held no mistakes - nothing that did not serve to benefit the world, as well as those to whom it seemed to happen. Perhaps it was not understood at the time. Even so, the called of God are willing to reconsider all their past decisions, if they are causing pain to anyone. Patience is natural to those who trust. Sure of the ultimate interpretation of all things in time, no outcome already seen or yet to come can cause them fear.

## **Faithfulness**

The extent of the called of God's faithfulness is the measure of their advancement in the Message of I Paul. Do they still select some aspect of their lives to bring to their learning, while keeping others apart? If so, their advancement is limited, and their trust not yet firmly established.

Faithfulness is the called of God's trust in the Voice of God to set all things right - not some - but All! Generally, their faithfulness begins by resting on just some problems,

remaining carefully limited for a time. To give up all problems to one answer is to reverse the thinking of the world entirely. And that, alone, is faithfulness. Nothing but that really deserves the name. Yet each degree, however small, is worth achieving. Readiness, as the Message notes, is not mastery.

True faithfulness, however, does not deviate. Being consistent, it is wholly honest. Being unswerving, it is full of trust. Being based on fearlessness, it is gentle. Being certain it is joyous and being confident, it is tolerable. Faithfulness, then, combines in itself the other attributes of those called of God. It implies acceptance of the voice of God for that is His description of your Christ-Jesus. It is to them that faithfulness in the true sense is directed. Towards them it looks until it finds, and having found, it rests in quiet certainty on that alone to which all faithfulness is due.

## **Open-Mindedness**

The centrality of open-mindedness, one of the last attributes those called of God acquires, is easily understood when its relationship to forgiveness is recognized. Open-mindedness comes with lack of judgment. As judgment shuts the mind against God's called, so open-mindedness allows him to come in. As condemnation judges Christ as evil, so open-mindedness permits them to be judged by the

Voice of God on His behalf. As the projection of guilt upon them would send them to the darkness, so open-mindedness lets Christ's image be extended to them. Only the open-minded can be at peace, for only they can see the reason for it. How do the open-minded forgive? They have let go all things that would prevent forgiveness. They have, in truth, abandoned the world and let it be restored to them in newness and in joy so glorious they could never have conceived of such a change. Nothing is now as it was formerly. Nothing but sparkles now which seemed so dull and lifeless before. And above all are all things welcoming, for threat is gone. No clouds remain to hide the face of Christ-Jesus. Now is the goal achieved. Forgiveness is one of the final goals of the Message and a Supreme Law. It paves the way for what goes far beyond all learning.

The Message of I Paul makes no effort to exceed its legitimate spiritual goals. Forgiveness is one of its main themes, at which all learning ultimately converges. It is indeed enough.

You may by now have noticed that list of attributes of the called of God does not include things which are the inheritance of Christ-Jesus. Terms such as love, evillessness, perfection, knowledge and eternal truth do not appear in this context. They would be most inappropriate here. What God has given is so far beyond your

comprehension that learning but disappears in its presence. Yet, while its presence is obscured, its focus properly belongs herein. For it is the function of the called of God to bring the truth to the world and truly demonstrate it in all of its brilliant facets. Properly speaking it is “unlearning” that they bring, for that is “true learning” in your world. It is given to such to bring the glad tidings, the good news of complete forgiveness to the world. Blessed indeed are these for they are the bringers of the New Worlds.

### **How is Healing Accomplished through a Channel?**

Healing involves an understanding of what the illusion of sickness or dis-ease is. Healing is not impossible without this, but it is less frequent. The perceived purpose of sickness is what?

Healing begins when the sufferer no longer sees any value in pain. Who would choose suffering unless they thought it brought them something, and something of value? They must think it is a small price to pay for something of a greater worth. For sickness is an election - a decision. It is more often than not the choice of weakness, in the mistaken conviction that it is strength. When this occurs, real strength is seen as a threat and health as danger. Sickness is, therefore, a method of dis-ease conceived in madness.

Healing should occur in close proximity to the valuelessness in which sickness is recognized. One need but say, "There is no gain at all to me in this," and they are ripe for healing. But to say this, one must first recognize certain facts. First, it is obvious that decisions are of the mind, not of the body. If sickness is but a faulty problem-solving approach, it is a decision and if it is a decision, it is the mind and not the body that makes it. The resistance to recognizing this is enormous because the resistance of the world as you perceive it depends on the body as being the decision-maker. Terms like "instincts," "reflexes" and the like represent attempts to endow the body with non-mental motivators. Actually, such terms merely state or describe the problem; they do not answer it.

The acceptance of sickness as a decision of the mind, for a purpose for which it would use the body, is the basis of healing. This is so for most types of healing. A sufferer decides, in faith, that this is so and he or she can be healed from within or from without. If he or she decides against recovery, then they will not be healed unless an outside source intervenes. Who is the physician? The source of all healing emanates from the love, the power, the truth of the Supreme Spirit. It may be direct or designated, without designation being the more. One need only to review the history of man and his minds in order to see this. The old

and new testaments, if they be accurate, are replete with such designees for the purpose of healing. Anyone who claims to be a healer without benefit of an outside source is a charlatan.

The physician, then, can be the individual himself, or one called to be a channel of healing through the gift of grace from the Supreme Spirit. It is possible for an individual to heal himself, but no one else. They can, of course, be later called to do so. Those called as channels can assist in the healing of anyone, anywhere and at any time. As we have said, the history of mankind is replete with healings and healers. There is but one way to prove them - they need be repeated in your day and age.

Now self-healing involves only the “minds” of the individual and no “outside” assistance of an earthly nature. Self-healing is strictly between the individual and his creator, yet only the truly and deeply faithful can be partakers in and of “self-healing.” All so-called self-healing is a gift of the Spirit given freely to a person who has a specific task to accomplish and is in need of more earthly time in order to do so. It has to do with the finalization of their karma. All other self-healings are a gift for something done in the name of Christ-Jesus, such as an extraordinary “good-work.”

## The Functions of “The Called” to be Healers

The basic requisite for a healer is his recognition that sickness is of the mind and has nothing to do with the body - (sickness, such as cancer, as opposed to injury, such as a broken bone). Sickness and injury are not the same. The main function of the body is as the instrument through which the spirit resides on earth. A broken bone in no way hinders the spirit, but an internal sickness does for it hinders the sufferer from uniting with the true self. You see, the house, in which the spirit lives, is always in need of repair and it is up to the called of God to provide such. “Know you not that your bodies are the living temples of the spirit?” “Destroy it and its true essence will rise up to eternity.” Emotive faith healing, therefore, has naught to do with injury, per se, but to sickness and this is what a channel of healing need be concerned with. Now if a subject for healing needs to change his mind in order to be healed, what does the channel of healing do? Can he change the subject’s mind for him? Certainly not, for such as these sufferers who do not understand what healing is, do not really understand that they have chosen sickness or that sickness has chosen them, have closed minds. The body tells them what to do and they obey. They have no idea how insane this concept is, body over mind. It is here that the called of God need to represent themselves as another choice, one the sufferer

may not have known of or forgotten. The simple presence of a channel of healing is a reminder. His thoughts ask for the right to question what the sufferer has accepted as true. They stand for the alternative. With God's word in their minds, they come in benediction, not to heal the sick but to remind them of the remedy God has already given them. It is not their hands that heal. It is not their voice that speaks the words of God. They merely give what has been given them. Very gently they call to their brother or sister to turn away from death. Behold, you son or daughter, what life can offer you. Would you choose sickness in place of this? Not once do the called of God consider the forms of sickness their brother or sister believes. To do this is to forget that all of them have the same purpose and therefore are not really different. They seek for God's voice in this brother or sister who would so deceive themselves as to believe God's son or daughter could suffer, and they remind them that they did not make themselves and must remain as God created them. They recognize illusions can have no effect. The truth in their minds reaches out to the truth in their brothers and sisters, so that illusions are not reinforced. They are thus brought to truth - truth is not brought to them. So are they dispelled, not by the will of another but by the One Will with Itself, and this is the basic function of the called of God, to see no will separate from their own, nor theirs as separate

from God's.

Healing is always certain, not always immediate. It is impossible to let illusions be brought to truth and keep the illusions. Truth demonstrates the illusion has no value. The called of God then sees the correction of his errors in the patient, recognizing it for what it is. Having accepted the atonement for himself, he has also accepted it for the patient. Yet what if the patient uses sickness as a way of life, believing healing to be the way to death? When this occurs, a sudden healing may cause a deep depression and a sense of loss so deep the patient may try to destroy himself. Supposedly having nothing to live for, the patient may even ask for death. Healing must wait for the patient's protection. Healing will always stand aside when it sees it as a threat. The instant it is welcome the channel of healing may proceed, for once welcome it will be received. And what is "time" before the Gifts of God? There is a storehouse of treasures laid up equally for the giver and the receiver of God's Gifts. Not one is lost, for they can only increase.

No channel of healing should feel disappointed if he or she has offered healing and it does not appear to have been received. It is not up to the channel to judge when their gift should be accepted. Let them be certain that it has been received and will be accepted when it is recognized as a blessing and not a curse.

It is not the function of the called of God to evaluate the outcome of their gifts. It is merely their function to give them. Once they have done that, they have also given the outcome, for that is part of the gift. No one can give if they are concerned with the results of giving. That is a limitation on the giving itself and neither the giver nor the receiver would have the gift.

Trust is an essential part of giving, in fact, it is the part that makes sharing possible, the part that guarantees that the giver will not lose, but only gain. Who gives a gift and then remains with it, to be sure it's used as the giver deems appropriate? Such is not giving but imprisoning! It is the relinquishing of all concern about the gift that makes it truly given. And it is trust that makes true giving possible. Healing is the change of mind that the spirit in the patient's mind is seeking for him and it is the spirit in the mind of the giver who gives the gift to him. How can it be lost? How can it be ineffectual? How can it be wasted? God's treasure house can never be empty and if one gift is missing, it would not be full. Its fullness is guaranteed by God insofar as the gifts are not abused. What concern then can one called of God have about what becomes of his gifts? Given by God to God, who in this divine exchange can receive less than everything?

Should healing ever be repeated? The question really

answers itself. Healing cannot be repeated. If the patient is healed, what remains to heal the patient from? There is nothing to repeat and if a called of God remains concerned about the healing, he or she can only limit it. And if a channel of healing takes this path then it is the channel of healing whose mind now requires healing, and it is this that he or she must facilitate. He or she is now the patient and must recognize it, for he or she has made a mistake and must be willing to change their minds about it. They lacked the trust that made for giving truly and therefore they have not received the full benefits of their gift.

You see, whenever one called of God has tried to be a channel of healing, he or she has been successful, whether realized or not. Should he or she be tempted to doubt this, it would be best that they do not, for their last healing given was maximal because the Supreme Spirit accepted it. Now the called of God has only one course to follow. He or she must use their reason to tell themselves that they have given the problem to One who cannot fail and must recognize that their own uncertainty is not love but fear, and therefore hate. Their position has then become untenable for they are not offering hate to one to whom they previously offered love. This is impossible, for having offered love, only love could be received, and God is love. It is in this that the called of God must trust. This is what is really meant by the

statement that the one responsibility is of the miracle worker to accept the atonement for his or herself.

The called of God is a miracle worker because he or she gives the gifts they have received. Yet they must first accept them. They need do no more, nor is there more they could do. By accepting healing, they can give it. If they doubt this, let them remember who gave the gift and who received it. Thus, is their doubt corrected.

One of the most difficult temptations for a healer to recognize is that to doubt a healing because of the appearance of continuing symptoms is a mistake in the form of lack of trust. As such it is an attack. Usually, it seems just the opposite. It does appear unreasonable at first to be told that continued concern is attack. It has all the appearances of love. Yet love without trust is impossible, and doubt and trust cannot co-exist, and hate must be the opposite of love, regardless of the form it takes. Doubt not the gift and it is impossible to doubt its results. This is the certainty that gives God's called the power to be miracle workers, for they have put their total and unconditional trust in the Supreme Spirit.

The real basis for doubt about the outcome of any problem given to the called of God for resolution is always self-doubt and that necessarily implies that trust has been

placed in an illusory self, for only such a self can be doubted. The illusion can take many forms. Perhaps there is a fear of weakness or vulnerability. Perhaps there is a guilty embarrassment stemming from a false sense of humility. The form of the mistake is not important. What is important is the recognition of a mistake as a mistake.

The mistake is always some form of concern with the self to the exclusion of the patient. It is a failure to recognize him as part of the self and this represents a confusion in identity. Conflict about what you are has entered your mind and you have become deceived about yourself and you are deceived about yourself because you have denied the Source of your creation. If you are offering only healing, you cannot doubt. Doubt is the result of conflicting wishes. Be sure of what you want, and doubt becomes impossible.

How can perception of order of difficulties be avoided? The belief in order of difficulties is the basis of the world's problems. It rests on differences - on uneven background and shifting foreground, on equal heights and diverse sizes, on varying degrees of darkness and of light and thousands of contrasts in which each thing seen competes with every other in order to be recognized. A larger object overshadows a smaller one. A brighter thing draws the attention with less intensity of appeal. And a more threatening idea, or one conceived as more desirable by the world's standards,

completely upsets the mental balance. What the body's eyes behold is only conflict. Look not to them for peace and understanding.

Illusions are always illusions of differences. How could it be otherwise? By definition, an illusion is to make something real that is regarded as of major importance but is recognized as being untrue. The mind, therefore, seeks to make it true out of its intensity of desire to have it for itself. Illusions are travesties of life - attempts to bring truth to lies. Finding truth unacceptable, the mind revolts against truth and gives itself a sense of victory. Finding health a burden, it retreats into feverish dreams and in these dreams the mind is separate, different from other minds, with different interests of its own and able to gratify its needs at the expense of others.

It is in the sorting out and categorizing activities of the mind that errors in perception enter and it is here correction must be made. The mind classifies what the body's eyes bring to it according to its preconceived values, judging where each sense datum fits best. What basis could be faultier than this? Unrecognized by itself (it has itself), it has itself asked to be given what will fit into these categories, and having done so, it concludes that the categories must be true. On this the judgment of all differences rest because it is on this that judgments of the

world depend. Can this confused and senseless “reasoning” be depended on for anything?

There can be no order of difficulty in healing merely because all sickness is illusion. Is it harder to dispel the belief of the insane in a larger hallucination as opposed to a smaller one? Will he agree more quickly to the unreality of a louder voice he hears than to that of a softer one? Will he dismiss more easily a whispered demand to kill than a shout, and do the number of pitchforks the devils he sees carrying affect their credibility in his perception? His mind categorized them all as real, and so they are all real to him. When he realizes they are all illusions, they will disappear. And so it is with healing. The properties of illusions which seem to make them different are really irrelevant, for their properties are as illusory as they are.

The body’s eyes will continue to see differences, but in the mind that has let itself be healed, it will no longer acknowledge them. There will be those who seem to be “sicker” than others, and the body’s eyes will report their changed appearances as before, but the healed mind will put them all in the same category – they are unreal. This is the gift of the healer – the understanding that only two categories are meaningful in sorting out the messages the mind receives from what appears to be the outside world and of these two, but one is real. Just as reality is wholly real,

apart from size and shape and time and place - for differences cannot exist within it - so, too are illusions without distinctions. The one answer to sickness of any kind is healing. The one answer to all illusions is truth. So, you see, sickness, being an illusion, can only be healed by spiritual means while an injury, being physical, can only be cured by physical means.

Now changes in the minds of those called of God are required. These may or may not require changes in external situations. Remember that no one is where they are at by accident and chance plays no part in God's plan. It is most unlikely that changes in attitudes would not be the first step for the called of God's training. There is, however, no set pattern since such training is highly individualized. There are those who are called upon to change their life situation almost immediately, but these are generally special cases. By far the majority are given an ever-slowly evolving training program in which as many previous mistakes as possible are corrected. Relationships in particular must be properly perceived and all dark cornerstones of unforgiveness must be removed, otherwise the old thought system could return.

As the called of God advance in their training, they learn one Lesson with increasing thoroughness. They do not make their own decisions - he or she asks their spiritual

guide for an answer and it is this they follow for their guide to action. This becomes easier and easier as the called of God learn to give up their own judgment. The giving up of judgment, the obvious prerequisite for hearing God's voice, is usually a slow process, not because it is difficult, but because it may be perceived as personally insulting. The world's training is directed toward achieving a goal in direct opposition to the Message of I Paul. The world trains for reliance on one's judgment as the criterion for maturity and strength. Your message trains you for the relinquishment of judgment as the necessary preparation for salvation.

It is necessary for the called of God to realize not that they should not judge, but that they cannot. In giving up judgment they are merely "giving up" something they did not have to begin with. They "give up" an illusion - or better, they have an illusion of giving up. Actually, they have merely become more honest. Recognizing that judgment was always impossible to them, they no longer attempt it. This is no sacrifice. On the contrary, they put themselves in a position where judgment through them, not by them, can occur, and this judgment is neither "good" nor "bad," it is the only judgment there is and it is only one - God's!

All must realize that judgment in the usual sense is impossible. This is not an opinion, mind you, but a fact. Understand it well. To judge anything rightly one would

have to be fully aware of an inconceivably wide range of things - past, present and to come. One would have to recognize in advance all the effects his judgment would have on everyone and everything involved in them in any way. And one would have to be certain that there is no distortion in their perception, so that their judgment would be wholly fair on everyone to whom it rests, now and in the future. Who is in a position to do this? Who except in grandiose fantasies would claim this for themselves?

Remember how many times you thought you had all the “facts” you needed for judgment and how wrong you were? Is there anyone among you who have not had this experience? Would any of you know how many times you thought you were right without ever realizing you were wrong? Why would you choose such an arbitrary basis for decision making? Wisdom is not judgment - it is the relinquishment of judgment. Make then but one more judgment - It is this - there is someone with you whose judgment is perfect. He does know all the facts - past, present and future! He does know all the effects of his judgment on everyone, and everything involved in any way and he is wholly fair to everyone, for there is no distortion in his perception.

Therefore, lay judgment down, not in regret, but in gratitude. Once you do this you will have rid yourself of a

great burden, a burden which was only an illusion, nothing more. Now the called of God can rise up unburdened and move steadily upward. Once the called of God have given themselves over to Him, whose judgment they have chosen and trust instead of their own, they make no mistakes. Their guide is sure and where they came to judge, they now come to act. Where now they laugh, they used to weep. It is not difficult to relinquish judgment, but it is difficult to try to keep it. The called of God lay it down happily the moment they realize its costs. All of the ugliness they see about them is its outcome. All of the pain about them is its result. All of the loneliness and sense of loss - of passing time and growing hopelessness - of sickening despair and fear of death - All these have come of it, and now they know these things need not be. Not one is true, for they have given up their cause and they, which never were but the effects of their mistaken choice, have fallen from them. This step will bring all the called of God Peace!

Peace - is it in your world another illusion? No, although it has been illusive it is God's Will and therefore a promise and not an illusion. The called of God must be gentle, merciful and peacemakers!

Peace being God's Will therefore falls into the responsibility of the called of God, for peace is the objective of all the gifts given. Peace is obtained through truth, unity

and love, as are the New Worlds!

God's judgment on your distorted peace-less world will redeem it and change it and make it fit to embrace truth, unity and love - PEACE! The foundation and foundings of the New Worlds. What else but a thought of the Supreme Spirit could do this? The earth and all its creatures will bow down to its gracious presence and the people will shout aloud the query "How" when the Leaders of God's called, the Family and the Church of the All in All ask the question "Is it not impossible that peace can now be forever everywhere?"

Now dear beloved laborer as you know, your "time" is marked. You are nearing the completion of all your tasks, the responsibility of the Family and the Supreme Spirit's "Church" of the All in All now lie in other hands, hands which must realize that their authority comes from the Supreme Spirit. Their recognition comes from their good works. Their commission comes from our Christ-Jesus.

Now they must begin to prove such by their actions, their love, their unity, their peace, their faith, their gifts and their devotion to be exactly as God Almighty created them - true sons and daughters and heirs to the New Worlds.

Much has been given, we ask no thanks, only compliance and the full effort so that we may do our part.

Remember that God Almighty, the Supreme Spirit of all spirits, will not do anything for man that man can do for himself. Never forget this for it is the key to All life!

Now you “P,” our beloved laborer, will deliver to your brother and partner “T” and his, the final communications of your calling and the mysteries entrusted to you, shortly. We aim to see you unhindered from completing your tasks and we have taken some steps in this direction already. More are to follow, for now your comfort becomes mandatory. Soon you will see and say “See, O God how many hands I have” and we will be anxiously waiting to count them as our own. Fear not, for we shall count only the true ones. We need twenty-six!

In full healing of spirit, mind and heart and in full love, unity and peace we await you.

Prepare, Follow, Come!

Js - J and our brothers Paul.

## Lesson #20 - Addendum

### From “Sick Want” to “Sick Need” - Man’s Ways

The wants of Men and Women are Exactly what keeps them from being True Christian Spiritualists and therefore bars them, one and All, from the Comforter, the Fully Activated Mind of Christ!

“Soul is a Solid Entity. Not Partitioned, Not Sectionalized. Man is the materialization of Soul Unworthy. All Souls are eventually Conquered for Spirit is All and Whole and “One,” a Creative Act of Him Almighty.”

Now Learn All the Above Well! Learn it first and then let it out without having need to Think it, even! You do this and it will be Good You Come!

There is a Message in your hands you know! It’s not a Want so get that straight and get out of your narrow thoughts!

People want for many reasons but the biggest one is not only ignorant but foolish and it is emulation or copy-cat want. It’s a Truth and a Great Paradox as to why, when someone else wants to be a damned fool everybody else simply must follow right along and be one also! Why is it that hardly anybody ever follows after the ones who are

Good, and Right and True? Simple really, it's wants over needs every single time! That's not healthy, it is very, very sick! It lacks spiritual confidence, respect, Love and Motive. It's fine Religiously but it's Sick Spiritually! It's Absolutely Faith-Poor and therefore Hope-Less, Love-Less, Truth-Less, Wisdom-Less, Unity-Less and Peace-Less! It's All the Foolish wisdom of this earth personified, and people love it and strut about All puffed up mouthing beautiful words and making damned fools of themselves! Such as these have NO Love of "Life" for they are in Love with Death!

The height of the wisdom of This world is the Truth, that after Christ-Jesus died so that you could have life and have it more abundantly than any other age ever had it, man goes on living for Death! Can you possibly give me or this world a better Example of the wisdom of This World?

Let me cite just one example out of the thousands of thousands that exist, one that most can understand in this crazy world of ours today. Man is still an idol worshipper and to deny this Obvious Truth is to prove one's total lack of Knowledge, Understanding and Intelligence!

### **From "sick want" to "sick need."**

Cocaine is a central nervous system stimulant!

Alcohol (abused) is a central nervous system

depressant!

Both of these drugs are God-given, and they do have their Good, Right and True usefulnesses when they are not ignorantly used and foolishly abused! That goes for All drugs that Man Abuses. If dope is your only hope, then you are Truly Hopeless and Lifeless!

When you crash (come down) from the stimulant you begin to become, what is medically labeled, as depressed and therefore you want more to cure the depression! Now, when you begin to come out of the depressed state of Alcohol Abuse (sobering-up) you are returning to normalcy of the central nervous system and that forces you to want more alcohol to cure the physical return to its natural state!

This over-stimulation and under-stimulation are the same thing. They both are “sick wants” and when kept at they become disastrous “sick need”!

Christ will simply not reside in such as these and that’s the Answer to All your ills, problems, worries, fears and disease!

One should never over-stimulate the physical Consciousness by foreign substances unless your physical life is medically dependent on it and given by a reputable Physician who does not issue such drugs indiscriminately to

satisfy the Patient's wants and never gorge oneself with any substance that can depress the physical consciousness! Use only those things that God gifted you with to take you up. Up right now to the Fullness of Life here and UP into The Fullness of "Life" there!

You are presently sectionalized and partitioned, and it is your task to become Whole Now and your Responsibility to become One, Worthy then of The Gifts you have Received. The Foolish Fantasies and Pretenses that come from drugs that overstimulate the Consciousness or the abuse of those that reduce its Naturalness will only take you down, not up, "Life" is not the least bit interested in Pretenders!

Jesus ate sumptuous and sparse meals and at times no meals at all. Jesus drank also, even Alcohol, and Jesus was a Temple and a Vessel also, just like you and me and everyone else, but look at what he did and why! Jesus fasted to the evils of this world and not to the God-given Good and Right and True things of this world. Jesus used, not abused the Gifts of "Life," the things God made us so perfectly for that absolutely nothing you could put in your mouth could harm you for you were too Perfectly made for that to happen.

What has happened is that man down through the ages has so abused and misused the Good, the Right, and the True that Man has lost his Protection and his Perfection and is

now susceptible to all kinds of things that never even existed or that he once was perfectly immune to and which Jesus proved beyond a doubt, through his Teachings and healings, yet the world cannot “see” nor “hear” that Truth yet and re-establish those Truths once again on the face of this earth.

You see, Jesus wasn't performing miracles or magic, no, he was just acting naturally and doing the task he was called to do.

Wisdom-Love,

“P.”

## Lesson #21 - Unity - Its Meaning and Achievement

Friendship is a beautiful relationship. Fellowship is a rewarding relationship. Unity is the magnificent relationship. Ask yourself this question: Am I really concerned about unity? If your answer is yes, what are you honestly doing about bringing it into a reality in the Family and the Church of the All in All? If your answer is otherwise, why?

Unity is harmony, unity is agreement, unity is concord, unity is oneness, a group unified. Unity is friendship, fellowship and a magnificent relationship, not only here and now but for all eternity.

When Jesus said, "Follow Me," what was it but a call for unity? He, as a disciple called others to become disciples also - that's unity. If you actively have the Mind of Christ you know what unity is, but are you united? Do you strive for unity in the Family and in the Church of the All in All?

Unity is not only a Law of the Supreme Spirit but one of the most rewarding experiences You can ever encounter, as are all the other Laws of God.

The biggest negatives in most lives today are the lack of true Love, Truth, Forgiveness, Reciprocity and Unity. They

should be, yes, they must become the biggest positives in Your life if You are to survive eternally!

O, how sad it is, that some of our brothers and sisters turn their backs on the beautiful relationship of friendship, disdain the rewarding relationship of fellowship, and pass up the magnificent relationship of unity! O what fools we mortals be when we actually believe we can do it alone. You do your thing, and your thing will do it to you, not for You.

Now there are numerous examples, all around you, of friendship, fellowship and unity. Let us give you an example:

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul: He leadeth me in the paths of righteousness for his name's sake. (This is friendship)

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; they rod and thy staff they comfort me. (This is fellowship)

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord

forever. (This is unity)

There, in one hundred eighteen words written long before our Christ-Jesus' mission is a very good example of friendship as a beautiful relationship: fellowship as a rewarding relationship, and unity as a magnificent relationship.

Are some of you so foolish, who having begun in the Spirit, through the guidance of the Message, that you now believe that you are made perfect in the flesh? Have you suffered so many things in the flesh, in vain? If it be yet in vain. He therefore that ministereth to you the Spirit, and works miracles among You, does he it by the works of the flesh, or by the Power of All Power?

Let us give a word of advice to those who are easily led, who cannot think for themselves, who are bewitched by so-called friends who are in their own despair and suffering and unable to cope because they have no true friends, no true fellowship, no magnificent relationship - the walking dead.

The advice is this: stop trading the Eternal for the temporal! And above all stay far, far away from the dungeon of the "self" damned, but not the damned. They need you and your message, and above all Your love, Your friendship, Your fellowship, and that magnificent feeling of at-one-

ment.

Know and remember that the past is gone, and tomorrow, for You, may never come, so You had better live for today in and with the Spirit.

For those of you who are still in “self” and walk not in the spirit, need to surrender and sign a blank contract with God, then let God instruct you to write his will for you and what you must do to become a true Christian Spiritualist, and we will guarantee that you will receive the instructions if you are sincere in the doing of this!

Furthermore, we challenge You, one and all, in the Family of the Church of the All in All, to sit down in all the humility and truthfulness that you can possibly muster and write out a list of names of people who you consider to be Your true friends and with whom you believe you have a fellowship with and with whom you feel a sense of at-onement. Further make another list alongside the first, containing all those people you believe feel the same about you. If you are absolutely honest and humble in your listings, we believe you are in for a big surprise. Now that you know where you stand, you should do all you can possibly do, within reason, to expand these listings, for friendship, fellowship, love, respect, forgiveness, understanding, humility and wisdom are all keys to unity,

which is the highest plane of The Way!

Jesus exuded friendship, personified fellowship, and embraced and worshipped unity. He was the original model and continues to be so. You need to question your “self” and your selfishness thusly: What is more important, myself or the model? Common sense should lead you straight away to the truth.

You see, dear brothers and sisters, you may “believe” in the Supreme Spirit, in your Christ-Jesus, in your own spirit being, but believe us, it is simply not enough. You must build upon such “belief” (if you have such) a foundation of friendship, of fellowship, of love, of trust, of knowledge, of good works, of truth, that will culminate in Unity. You must exert the honest effort and obey and demonstrate the Laws of the Supreme Spirit, and all that you do for yourselves and all your neighbors. It calls for change and action on your part which will be gifted with results on the Spirit’s part.

Know you not that you are loved?

Believe you not that You are loved?

Brothers and sisters, as God does love us so, should not we also love one another, be friends with one another, fellowship with one another and as true Christian

Spiritualists be forever striving for unity with one another and with the Supreme Spirit and our Christ-Jesus? Now it is a truth, that no man or woman has ever seen the Supreme Spirit at any time. Yet if we love one another, his Spirit Image dwells within us and his love is perfected in us.

If you do not already have the knowledge that you dwell in him, and he in you, believe it, because he has given to us all his Spirit!

Now we, who have seen, do therefore testify to one and all that the Spirit Image, with form and substance, in the Mind of Christ, has entered into one and all everywhere, to lead all of You to the Kingdom of everlasting Joy, Peace, Love, Happiness, Friendship, Fellowship and Supreme Unity in All its glory.

Therefore, whosoever shall confirm, within and without, that Christ-Jesus is the Spirit Image of the Almighty, shall enter the Light. And we who know and have believed the Love of God for us, know that the Spirit lives in us and that we live in The Spirit.

Herein is our Love made perfect, so that we may have boldness, freedom and justification in our passing over. In this world, as the Spirit is, so are we.

Know you not, that there is no fear in Love? That perfect

Love casts out all fears! Fear is “self” imposed, folly, and from which causes You nothing but torment, which can be easily eliminated by love, truth, wisdom, trust, and total unity. He or she who fear are not made Perfect in Love and will not enjoy Unity.

We love him, because he first Loved us, and in this state of mind we have learned the foolishness of harboring fears. Those of You who do fear are not free!

Furthermore, if a man or woman says, I Love God and hates and fears a brother or sister, such a one is a liar, for he or she who does not love his brothers and sisters who he or she can see, and seek out, how then could they possibly love God who they have never seen? The way is through friendship, fellowship and unity. For he or she who truly loves God must also truly love all their brothers and sisters, and such as these truly know and share, true friendship, fellowship and the “magnificent unity.”

Now, let us impress upon all of you a sad and shameful truth in a rather unusual way:

Dr. Stanley of the First Baptist Church of Atlanta, Georgia has an Evangelical Ministry on T.V. on Sunday evenings, from eight to nine p.m. titled “In Touch.” The Church of the All in All in Falmouth, MA, a Christian Spiritual Family has not nor can it afford such a luxury at the

present moment, but if it did, the appropriate title for such, as things stand right now, would be “Out of Touch.”

Out of touch with true love, true friendship, true fellowship, true forgiveness, true caring, true sharing, and a true striving and deep desire for true unity.

The shame and the blame fall upon one and all. And before you even attempt to express a denial, please search out thoroughly, your hearts and your minds for the Truth and allow it to illuminate You.

Albeit the shame and the blame fall more heavily upon some than others, but all of you are at fault because no true friendship, true fellowship, and true unity exists in the Family of the Church of the All in All, that is all-embracing.

You may call yourself a true Christian Spiritualist and you may claim to possess the true Mind of Christ, the Activated Mind of Christ, but delude yourselves if you are not totally in friendship, fellowship, and unity with the Family of the All in All. For if you are not you are not truly prepared, so stop, please stop, claiming that and pretending that you are.

How sad it is that some of our brothers and sisters have such a magnificent obsession of and with “self,” a word they had better replace with “relationships” if their lives

here and hereafter mean anything to them. Know you not the reward of fools is darkness? Banishment? Have none of you, such as this, any concern for your souls? We find it very difficult to believe.

Let us tell all of you, who are so deeply in “self” and darkness bound, simply because they believe they can do it on their own by doing their own thing. If you believe that You can walk The Path, The Way, on Your own and alone, let us tell you, most emphatically, that there are no shortcuts, absolutely no shortcuts to the inner circle of light, with one exception, that is clearly spelled out in the Message of I Paul and which was demonstrated by Christ-Jesus.

Spiritual aloofness and “self”-aleness rewards You same.

Prepare, Follow, Come, demands Friendship, demands Fellowship, demands Love, demands sharing and caring, and demands Unity.

To one and all, we say, Come walk with us and He that loves us all and who awaits our homecoming. Further, let us remind you all, that Jesus never walked alone. The only time he ever went it alone was when he prayed meditated, transcended, transfigured, contemplated and cogitated!

To those who are spiritually blind, spiritually deaf and

therefore physically alone and lost, we say to you, come and be healed and learn the true meaning and necessity of true friendship, true fellowship, true unity, in truth and trust.

Remember that the master said: “seek ye first the Kingdom . . .,” and allow us to remind you that, the kingdom he speaks of is a prepared place for prepared people. Know You not, that there is no plea bargaining in the Kingdom he speaks of?

If you refuse to hear, refuse to see, then you are truly spiritually blind and deaf, but then, who needs to see and hear in the darkness, where there is nothing to see or to hear.

Make the first priority in your life, your Spiritual well-being. You do this, and everything else will come to You that is of any importance and that will fill all your needs.

We hope that you now understand, that to achieve unity you must first establish a solid and loving friendship with all, secondly by establishing a solid and loving fellowship with all, and thirdly by establishing from the solidity and the love of the first and second a magnificent merger, here and now, now and then!

Therefore, dear brothers and sisters, seek now the Supreme Spirit, while it can be found, and call upon it now,

while it is near - for the Supreme Spirit never leaves the light.

Now in conclusion let us say this: We have signaled out some above others herein, but we say to all "If you believe you are righteous, we challenge you to cast the first stone!

In the name of Jesus, James and I Paul, and with the earthly and spiritual power of attorney gifted unto me, I, in the Mind of Christ, in Peace, Joy, Love and Understanding, remain your faithful servant.

"P<sub>z</sub>."

## Lesson #22 - God Wants You to Enjoy Life

All power in heaven and earth was given to Christ-Jesus by the Supreme Spirit who then sat down on the throne of the Kingdom. Christ-Jesus then descended to earth and in the forty days hereupon he gave the power to us through the Spirit and then he re-ascended, took his place at the right of God and ever since they have watched us in our struggles with the gifts of Power that are in us but not brought forth by us. What are we waiting for? What is the matter with us? Plenty.

We still seek signs, we await for motivation from a source without, we protect “self” jealously, we fail to Love, to Forgive, to Unite. We know not what is righteousness, and we trade God’s Will for our own. We walk our own path with no recognition of the True Path. We are too busy doing our own thing to be bothered doing the Spirits things of which we have been gifted to do but do not. Are we not aliens upon this spaceship earth? Why, then, do we not pay strict attention and follow the lead of our foreign ambassador, our Christ-Jesus? Simple, we float in and out of faith, we are part-timers in our faith, in our hope and in our love. There is no place in the Kingdom for such as these, for the Kingdom is prepared and it is a place only for those who are prepared. Most of us are not truly living, for in truth it is but

a struggle for survival. And what are you struggling for, more pain, more misery, more dark days, more despair, more unhappiness, more unrest, and on, and on, and on. Why? Why, when all such can be wiped out in a day if you will only truthfully, honestly, Faithfully in Love and devotion, accept into your life Christ-Jesus and The Power and knowledge of the Supreme Spirit. Stop searching here, there and everywhere, everywhere except in the right place - Within! For the Kingdom is within, but You are without and therefore YOU ARE WITH OUT! With out much! Why do You insist on being miserable? Why do You exist in states of despair, loneliness and outside the true and beautiful mainstream of the true Christian Spiritual life? Because You are without and You are afraid to look deeply and honestly within. Please look because you have nothing to lose but "self," misery, anger, hate, jealousy, loneliness, and despair. You have an unlimited amount to gain, especially Life, the true, beautiful life that has been gifted to you but a life of Peace, Joy, happiness and Love that you have turned Your backs to, shut Your eyes to and stopped up Your ears from. Is "self" and selfishness worth it? You tell me. Better yet tell it to Your maker! Tell Him how great Your faith is, how tremendous Your hope is, how beautiful Your love is, how wonderful Your life is how many true friends You have, how great your relationships truly are, how magnificent

your unity is. Go ahead and tell him, what's one more lie mean to you anyway? Know You not, yet, that You are what you think? That you are the victims of your own punishment. Do you know this truth, can you fathom this truth?

For sure, you don't become a true Christian Spiritualist overnight. It takes long hours, hard work, tremendous effort and action and "self" punishment (self-discipline), and even then, some don't make the grade, simply because they can't, won't, don't want to shed themselves of "self" and selfishness and enter into the true self, the gifted self, the Way to Peace, Love, Joy and Happiness. Remember, that no matter what plane you are now on, one "self" or "another" has placed you there - high or low or very low!

You see, when you steadily move upwards the light becomes more brilliant, and when you dig the hole deeper and deeper with your shovel of "self" and your pick of "selfishness" it gets darker and darker. Who does this to You - don't you know, can't you see? Are you a hypocrite or a fool? We could say "God forbid" but sadly your free will abuse imprisons You!

Yes, God does want you to enjoy life, because his Will is your well-being, but you stand in the way of its fruition.

Until You begin to treat each and every day as a

resurrection, a new life, a new day in which you change for the better, You will not enjoy the life which has been given to you for joy, peace, happiness, fruitfulness, love and contentment. The world doesn't change, for good or for bad, its the inhabitants of the world that change, for better or worse.

Know you not, that the dynamic energy that you can generate and release through cogitation, prayer, meditation and contemplation, and the higher activities of your minds is very great, and if not controlled and raised to the spiritual planes may prove a source of body destruction? Furthermore, if improperly utilized it could also lead to the destruction of the spirit's use, here and now.

“Be not afraid of them that kill the body but are not able to kill the spirit, but rather fear him who is able to devastate the body and the spirit and the soul in ignorance and folly.” This one who is able to so devastate is the personal “self” that lies within all of you. Get out of it! Stay out of it. Obey God's Will always and all ways possible. Stop your hesitation and your procrastination, get out of debt and stay out, forgive your debtors, love your neighbors in the manner you wish to be loved and above all forgive your enemies and love them - they have no defense against such an action on your part but to capitulate to such love. Fear not for Your life nor what you shall eat or wear. If You must fear something, then

fear for Your soul. It's Yours You know but You have to redeem it. Earn it. If you're a loner, doing your own thing, then You are lonely, whether You will or can admit it. You can fool others, but You can't fool or lie to yourself. Your wants overshadow Your needs, your avarice overcomes your giving, Your "self" and selfishness imprisons your "true self." You accept misery as a way of life and You fail miserably to recognize that you are only what You think, You receive only what You give, You have many wants and desires but Your only act to achieve them is Your day-dreaming illusions. Your lamentations of what should be. "Seek Ye first the Kingdom and these other things shall be given to You." "Seek and Ye shall find." "Ask and it shall be done." "Knock and it will be opened."

You seek from "self," it won't work.

You seek to find from "self," it never works.

You ask from "self," its foolishness.

You know from "self," it's never heard.

Oh, You fools, with eyes closed and ears stuffed, whose hearts are black and whose minds are closed. How, pray tell, do You really expect to enjoy life? You must change Your ways and embrace "The Way" and never look back. Yes, God's Will is your well-being but are you so blind, so deaf,

so unaware, that your will and God's Will must be a loving, truthful, united partnership? What must it take to pierce your indifference, your selfishness, your folly, your misery, your wastefulness, your "me" first, your dis-ease, your ignorance? There is no peace, no joy, no happiness, no love, for the selfish and the unrighteous.

What is needed? "Self"-surrender and self-discipline, for these are keys to The Path that lead to the way of enjoying life.

You see, dear brothers and sisters, you know the truth of Your trials and tribulations and if once thought that wishful thinking would make them disappear, You must by now know, for a certainty, that such inaction will not work.

The Message works only if You work. Your true inner-self can only work if you do. The fruits of inaction are misery, worry, fear, dis-ease, despair and eventually chaos.

Unspeakable joy, happiness, peace and love and life, eternal life are promised to those who with unselfish devotion strive to develop the Mind of Christ, the conscience of Christ and the Divine Consciousness, which is within You.

All the glories of the natural man or woman are as nothing compared to the development of the spiritual man or woman. The things of this world pass away, but the

things of Spirit endure forever. Will You?

In Your flesh and blood state you may be compared to the caterpillar that is the embryo of the butterfly. In its undeveloped state the caterpillar is a mere worm of the earth, but it has, enfolded within it, a beautiful creature awaiting release from its material envelope. I Paul visualized this when he wrote - Romans 8:22, "For we know that the whole creation groaneth and travaileth in pain together until now. And not only so, but ourselves also, who have the first fruits of The Spirit, even we ourselves groan within ourselves waiting for our change and our adoption - the redemption of our body." Jesus, the Great Teacher, gave many Lessons for our instruction, the greatest and most mystical being the appearance to I Paul on the Road to Damascus. Here he showed himself in his redeemed body, standing in the light that blinds, the Light that represents the Divine Power, the Divine Love and the Divine Unity. I Paul did not at first comprehend the full import of the powers that were being exercised by this "Spiritual man," whose message was so clear-cut that it appeared to I Paul as a two-edged sword. It should be thoroughly understood that this appearance of Christ-Jesus was not a vision of a man who had died and gone to heaven, but it was the closing and the opening of I Paul's eyes to The Truth of Life in the Fourth-dimension man.

Now many people take it for granted that Soul Realms and Spiritual Realms are identical. But these stand to each other as night and day.

Jesus called the interpenetrating state of being the Kingdom of Heaven. He said it was like a treasure hid in a field, which when a person discovered it they would sell all that they had to buy it.

The majority of Christians believe they are going to this heaven when they die, but Jesus did not teach that the dead go to glory immediately when they pass over. On the contrary, Jesus taught that death could be overcome, "If a man keeps my word he shall never see death." I Paul taught that Jesus attained victory over death, "Christ-Jesus being raised from the dead dieth no more."

"Let not evil therefore reign in Your mortal body, that ye should obey the calling thereof - neither present Your members unto evils as instruments of unrighteousness - but present Yourselves unto God as alive from the dead - and Your members as instruments of righteousness unto God."

"What is man, that thou are mindful of him? And the son of man, that thou visiteth him? For thou hast made him to have dominion over the works of thy hands: Thou has put all things under his feet."

“Great hearts send forth steadily the secret forces that incessantly draw forth great events, and wherever your minds go nature will accompany them, no matter what the path.

“Verily I say unto You that Ye who have Followed me, in the regeneration when the son of man shall sit on his throne of glory, you also shall sit upon a throne. And every one who has left houses, or brothers, or sisters, or fathers, or mothers, or children, or lands, for my name’s sake, shall receive a hundredfold, and will inherit eternal life.”

Yes, God does want you to enjoy life, and by now You should understand what Your contribution needs to be in order to do so. You see it’s very simple to enjoy life - obey the Will of the Supreme Spirit - Always and All Ways.

Peace, Love, Joy, Happiness, Enjoyment,

“P.”

## Lesson #23 - Cogitation - Meditation - Contemplation - Spiritual Fire

Greetings:

The above title gives an accurate description of the various processes of the mind as it becomes aware of the reality of the Supreme Spirit. Some people do not think of contemplation and meditation as two unrelated techniques of spirituality. Most believe that meditation ought to end in contemplation.

Such thinking is only partially correct. Every learned spiritualist, psychic and mystic start their “going in and coming out” by beginning with prayer then by cogitation, then by meditation, and following with contemplation.

Now this procedure is not contradictory to earlier instructions given through the Message of I Paul but is simply another step upward, another change, given solely to assist in your advancement as a true Christian Spiritualist.

The master taught that “I am come to send fire upon the earth.” Now Jesus was no Nero so what did he mean by sending fire? He did not mean religious fire for he clearly condemned the religionists of his day. What he meant and demonstrated was “Spiritual Fire,” something his own

disciples failed to learn, in fact no one of any importance understood the meaning of this spiritual fire until the day of the road to Damascus.

Now the rational spirit has three modes of vision: cogitation, meditation, and contemplation. There is cogitation when the mind is temporarily affected by the pattern of things, as the reality itself is made present to the spirit at once through its image whether it enter by way of the senses or is drawn from the memory. Meditation is a steady and thorough going over of your cogitations, with an attempt at unfolding that which is involved or at searching out that which is hidden. Contemplation is a penetrating, unfettered and all-embracing gaze at the objects considered. Hence, meditation is an inquisitive process of the mind, striving keenly to scrutinize what is obscure and to unwind what is intricate. Contemplation is that vital activity of the mind whereby all things are seen in the open and embraced in a clear vision. Thus, in some way, what meditation seeks, contemplation possesses. In the meditation, knowledge, so to speak, wrestles with ignorance, and the light of truth shines amidst the darkness of error. It is akin to a fire of green wood which at first does not catch easily but if you blow heavily to kindle it, it begins to burn a little more lustily - big puffs of smoke rise up, and you still do not see much of a flame, but little by little the

fire gains strength, it absorbs all the moisture, the darkness recedes and the fire glows bright and clear, now the flame is victorious, it leaps and crackles through the heaped up wood, it freely conquers all, it swirls around the wood, envelops it and licks, burns and bursts, it has no rest until it breaks through the entire pile as if drawing into itself everything it consumes. When all that can burn is consumed, and, losing its own nature is transformed into the likeness and nature of the fire, then the struggle abates, the crackling subsides, flames cease to rise up from the glow, the wild and devouring fire has incorporated all the wood into itself, shall we say, by a friendly transmutation - there is a calm now - a peace and silence deep. At first, one saw a fire with flame and smoke, then a blazing fire without smoke, finally a glowing fire without flame and smoke.

Now our heart of flesh is like green wood, it has not yet cast out the moisture of carnal concupiscence - if it catches some spark of the love of God, smoke rises up first, owing to the contrariety of evil desires and the disorder of passions - then the flame of love gives strength to the mind - it begins to burn more heartily and to shine brighter - soon darkness and disorder vanish, the mind is purified and spirit opens itself to the contemplation of truth. Finally, after the heart has filled with a steady contemplation of truth, and when you have been filled with all the power of your spirit have

progressed to the very foundation of the supreme truth. When this happens, you become consumed with delight, and, being transformed into the glow of love, you rest more peacefully from all struggle and disturbance. In the beginning you seek advice amidst the perils of temptation, it is as if smoke was mixed with flames in your meditation. In a second stage, when the mind is pure and the heart open to the contemplation of truth, it is as if flames were blazing without smoke in incipient contemplation.

In the third stage, since truth and perfect charity have been secured already, there remains nothing to do but seek the unique good, in a pure glow of Love and lovingly to respond in the deepest quiet and blessedness. Then the heart is completely transformed into the glowing fire of Love. God is truly felt to be All in All when he is inwardly received with such affection that the heart has nothing left of its own but him alone.

You see, cogitation, meditation and contemplation are keys to your personal “Pass-over,” the passing beyond the region of human predicaments. To experience a personal passover is to have shared through Faith and Love, in the death of Christ-Jesus and been risen to a new life on this side of eternity.

If You have honestly exerted the full effort to become

prepared and You can look with full face to Christ-Jesus suspended on the cross in Faith, Hope, and Charity, in devotion, in wonder, exultation, appreciation, praise and jubilation, You can make a "Passover," that is a passage with Christ-Jesus, in the spirit, through the planes where you may taste the hidden manna and with Christ-Jesus You may rest in the tomb as if outwardly dead, yet knowing what was said on the cross to the thief cleaving to Christ-Jesus "from this day forward You shall go where I go forever." You see, this formed the fellowship and partnership of Christ-Jesus with all of mankind who would in Faith, Hope and Charity, Prepare, Follow and Come! From this truth, all intellectual operations should be abandoned, and the whole height of Your affection should be transferred and transformed unto the Supreme Spirit. You must understand that this is mystical and highly secret, which "no person knows but them who have experienced it," nor do they receive it unless they fully desire it, nor will they desire it unless the "Fire" of the Spirit has inflamed their marrow. As I Paul said, this mystic wisdom is revealed through the Divine Spirit. Since, therefore, nature is powerless in this matter, little should be given to inquiry but much to unction, little to the tongue but much to inner joy, little to the word and non-message writings and All to the gift of God, little or nothing to creation and all to the creative

essence.

Now if you must ask how these things come about, question grace, not instruction - desire, not intellect - the pursuit of the Message, not procrastination - the Supreme Spirit, not man - for the wholly flaming Spiritual Fire will bear You aloft in all love, all truth, all unity if only You will desire to Prepare, Follow and Come. You can make it - We have made it, only because we recognized the Friends of Silence: Cogitation, Meditation and Contemplation, The Components of The Spiritual Fire.

In Love, Peace, Understanding,  
and eternal Joy and Light,

“P<sub>z</sub>.”