

Using Your Higher Mind Powers

Lesson 14

The God SELF and our own smaller self, or SELF/self, are inseparable. Also inseparable are Mind/mind — the One Mind, which is God's, and our own individual mind. No matter where we are in mind, no matter where we are in a state of being, we are never separated from our Source or from the One Mind.

As we have previously discussed, you and I control our own destiny *almost* completely. We are in control. We use the larger SELF, expressing in the ordinary self; we use the One Mind, expressing our individualized thoughts. But our mind is never separated from the One Mind.

Another basic idea is that our individual mind is the connecting link between God and ourselves. *God is the One Mind.* The connecting link is our own individual mind — yet the two are truly inseparable. There is only One Mind. And here is an important fact:

We are intelligent to the degree that we allow the Mind of God to be active in us.

The One Mind and our mind are inseparable, but we do have a certain amount of free will. We can block the flow from the One Mind and not allow it to come forth from us, or we can refuse to use that flow.

For discussion only, we have separated the mind into three phases: the conscious, the subconscious, and the super conscious. These are manmade separations, man's labels. There is no exact place where we can distinguish between them.

I talk often about conscious control, yet I recognize that it is a relative rather than absolute statement. There is nothing in the universe such as pure super consciousness, unless you are talking about SELF/self, the totality of God. So when we use these labels, we must take care not to become an "absolutist." We do know, however, that we live primarily in the conscious mode, yet we are also using a great deal of our subconscious

experience, our training, and the sum total of all the experiences we have ever had. We also use the super conscious when we allow ourselves to *receive*. Yet there is no dividing line — it is a *continuum*.

What is thought? It is an active mind force, a form of radiant energy. If I speak to you, the totality that is me goes forth to you. If you speak to me, the totality that is you comes forth to me. We are actually one, yet we are each cells in a larger sphere.

Here are the guidelines previously mentioned for using your higher mind powers:

Do not wallow in self-pity.

Do not bury yourself in self-imposed fear.

Do not fence yourself in.

Do not crystallize your thinking.

Do choose to think positive, constructive thoughts.

Do reinforce those thoughts.

Do allow those thoughts to come into manifestation.

Further Views of Your Higher Mind Powers

Beware of Absolutism. So often, we become confused between simple choice and complex choice. Most of us want to reduce everything to very simple terms — black or white, right or wrong. We attempt to simplify so that we can make easy decisions . . . "I am right! I am absolutely right! You are absolutely wrong!"

Yet as we begin to recognize our higher powers of mind, we gain an enlarged view of the universe and of all that happens in our lives. No longer do we see in terms of "black" or "white" — we see in shades of gray, for nothing is as it appears to be. In relative terms, there is no color as black or white. Black is black because it *absorbs* the light rays of all colors of the spectrum, and white is white because it *reflects* all colors of the spectrum.

Looking at a finely polished, smooth walnut table, we may all agree that the wood is smooth as glass. Yet if we look at that wood under magnification, we see ridges, depressions, and discover that the wood is not smooth at all. Placed under an electron microscope and magnified 10,000 times, we then see enormous mountains and valleys in

the wood. We have changed our level of observation. How could we say absolutely that the wood is smooth?

So when you begin to look at your life and the difficulties and challenges you face, you may believe that "this" or "that" is absolutely the cause of the problem. Yet that is an oversimplification, for there are many levels of understanding and observation.

How does this apply to using the higher powers of the mind? It applies because when we are absolutists, and believe, for example, as do many new Truth students, that "God provides all; I don't have to do anything," we quickly get into trouble. We certainly must accept SELF — the larger SELF. Yet in believing that God will provide all, and we need do nothing, we are ignoring the smaller, individual self. And we cannot forget that SELF/self — the larger Self and our own individual self are inseparable. God gives to us abundantly and we must re-give the abundance to maintain the flow. Giving and re-giving is an active process and not a passive one.

Consider Your Thought Process. How do you think? Have you ever asked yourself what goes on in your mind? Electrical impulses pass through the neurons and apparently result in continuous movement along a straight line. Yet that is incorrect; that is *not* what happens. There is a synapse between every neuron, a break in the process. In science, everything is in quantum's — on/off, on/off. Quantum physics has proven this in many ways.

If we are sitting by a pond in the early morning, before dawn, we can see that dawn appears slowly, imperceptibly. We can never tell the exact moment at which the light begins. The light itself is appearing in "quantum jumps" — a proven physical fact. If we said that the time was 6:21.05 a.m. when it became light, we would probably be wrong. The beginning of the light is only our own perception. Your perception, then, might be different from mine.

What does this mean? It means that when we begin to judge other people or even our own spiritual progress, we must be careful where we "draw the line." There truly *is* no absolute line. Everything appears as a continuum, yet there is always an "on/off," always a moving in and a going out. If there were no spaces between notes, there would be

no music. So, too, there must be "spaces" in our thinking process. [Scientists label this process as quantum jumps of light and recently it was reported that even photons pulsate.]

In our meditation time, for example, we could probably take conscious control and begin to lengthen the interstices, or silent spaces, between our thoughts. If we say to ourselves, "Oh, stop thinking!" we cannot do it. But what we *can* do is to begin to focus and concentrate in a gentle way on the silence, the spaces. Begin to let them spread out.

Recognize that there is such a thing as the Silence, the Source from which everything comes. This is the great mystery; in the Hindu, it is called the "Void." The Source is One. It becomes two or dual as it manifests. We can experience movement, which is always polarized, but we can never fully comprehend the Absolute One.

Transcend the Basics. In the beginning it may be necessary to use denials and affirmations, structured meditations, to read books, attend lectures, and seek guidance from gurus, teachers, and ministers. Yet if we are to truly progress on our spiritual path, we must ultimately *transcend* all of these.

When we were babies and learning to walk, we kept falling down. After a while, however, our bodies began to memorize the correct posture and balance, and stored them in what is termed in physiology a "loop reflex." The body memorized each step, and as the stimulus occurred, the body performed the necessary functions — an automatic process —and we learned how to walk without thinking about each step. Now, we cannot easily take that function "off of automatic" and put it on "manual." If we do, we begin to stumble. People who have had cataract surgery, for example, cannot judge distances well. Before receiving the new glasses, they cannot automatically see the steps ahead of them, and they have to go back to "manual" mode in walking. It can be very difficult for them.

If you have been using a specific affirmation or intention since the first day you became a student of Spiritual awakening, and you have not gone beyond that, ask yourself, "Why haven't I gone beyond square one? Why haven't I put this process on "automatic"? Why hasn't it become a part of me?" We can put it on "automatic." We need not meditate in the same way, go through the same process every time. We can change -- go beyond. We can transcend all the methods and techniques.

This does not mean we will never again need to use denials or affirmations. There will always be a new problem or challenge we do not know how to handle. We go back to "manual" mode. Sooner or later, however, we can put that on "automatic" also, and transcend it.

It is up to each of us to transcend the message, the book, the denial, the memorized prayer, the structured meditation, and become a living example of a spiritual individual. We can *experience* spirituality.

Our Minds Control Our Bodies, Our Thoughts, and Our Feelings.

What our minds believe and produce "automatically" is what produces the "meat" of our lives. [I am attempting to indicate that *knowingly living* in the Presence of the God Source **can** become an automatic process, which we do not have to think about every moment. It is a higher level of consciousness. So if there is a difficulty, we can retune, change, take the process off automatic and go into manual mode temporarily to resolve the situation.

When the lunar module was first designed, many scientists wanted nothing but a computerized landing system, with human beings playing no part in the process. Yet in the first moon landing, it would have been a disaster if there had been no manual control, for the computer system was heading the module toward a huge rock. The module was landed safely only because it was performed manually. It was not easy, and it was quite costly to design a manual pilot controlled system. So, too, it is often difficult, when in our lives, we must put the process in a manual mode. And it can be painful. Yet it helps us grow in stature. At some point, we can once again turn ourselves on "automatic" and we feel spiritually expanded in knowing that the process is working for us.

Growing Into Spiritual Maturity

The goal of all spiritual growth is to experience Oneness with our Source and to experience the reality we call "God." The Silence, the interstices between thoughts, becomes the *realized reality*. We bask in the wonder of the Silence. The true mystic experiences the Silence as the fullness of spiritual reality. Sooner or later, beliefs turn into

certainties. We *know*, not merely believe; we *experience*, not merely talk about. Spiritual reality awaits us as we let go of our juvenile training and enter the world of a "master."

A master recognizes the difficulty of growing to maturity, and rarely condemns or judges because he or she has become aware of a larger view. The master gives up dependence upon early practices and allows freedom of expression to surface. A master controls his thoughts and feelings and centers upon the freedom to *be* — fully alive to the moment. A master does not fear silence; it is welcomed as a spiritual reality. A master becomes one with all that appears, and recognizes it as spiritual.

When we learn to use the higher powers of mind, we let go of our childish ways and practices, and move toward the experiential, we begin to recognize the meaning of spiritual maturity. We do not force it; we go gently, softly, but steadfastly into the spiritual realm. We release our dependence upon the "props," and fearlessly face the openness of spiritual reality. We see God as Source, and ourselves as expressions of that Source. The darkness becomes light — and then, on either a clear day or a cloudy day, we can see forever.

Spiritual maturity is *a beautiful way of life*.