

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR

The Art of Meditation

PART 1: THE PRACTICE

CHAPTER 1

“The Way”

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CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING

FOR

The Art of Meditation

CHAPTER 1

“The Way”

Chapter Highlights

... Most men and women are convinced that there is a divine Power of some sort operating in human affairs; but they are not sure what it is, nor do they know how to bring this divine Presence and Power into their daily experience.

... The question is asked again and again: Why, if there is a God, does this God permit sin, disease, war, famine, and disaster? How can all these evils be, if God is good, if God is life, if God is love?

... there is no answer except that the world has not known God.

Pp 1

... As we turn to the kingdom of our inner Self, we find the reign of divine Power in the outer world. As we seek peace within, we find harmony without.

... All through the ages there have been spiritually endowed men and women—the mystics of the world—who have known conscious union with God, and who have brought the presence and power of God into their actual experience.

... The light that we have today is the result of the light which has come down through all time.

Pp 2

... With this vast reservoir of mystical wisdom available, we should expect that after all these years the world would be enjoying freedom and abundance.

... the principles of these teachings have not always been practiced as they were revealed; instead they have been crystallized into form, and gradually they were adulterated, sinking at times to the lowest level of human thinking rather than rising to the heights to which these truths ultimately lead.

Pp 3

... By whatever name It is called—God, Father, or the Christ—It is to be found within. The kingdom of God is within us...

... As we begin to recognize our good as the gift of God, we let the reasoning, thinking, planning mind relax. We listen for the still small voice, ever watching for the angel of the Lord, the Christ, the Father within.

... This listening is the art of meditation, in the learning of which we come to a place of transition where truth leaves the mind and enters the heart.

... Meditation leads us to an experience in which we know that there is a God.

Pp 4

... From the moment that we know God through experience, life changes for us, because there is a relaxation of our personal selfhood.

... This has been the experience of all mystics. They have actually known God; they have felt God's presence; and God has become an active power in their lives.

Pp 5

... To know the truth as so many words, quotations, passages, or theories is one thing; but it is an entirely different thing when, through meditation, the Word takes root in our consciousness and comes forth as spiritual fruitage.

... Our object is to attain a measure of that mind which was in Christ Jesus, and then let It do with us what It will.

Pp 6

... There is an area of consciousness revealed in meditation through which we are instantly one with God and with all spiritual being and creation, and through which we find all forms of good instantly available. This area of consciousness has been described as a Sea of Spirit, the universal or divine Soul, the Father within.

Pp 7

... It is only as we learn to look within to this Infinite Invisible that we begin to understand the nature of grace.

... The secret of grace is contact with the Infinite Invisible, the universal center of being within us. This is the experience of the Christ.

Pp 8

... The voice of Truth utters Itself within us, and It becomes the “peace be still” to every storm in our experience. It is as if there were a Presence always going before us to “make the crooked place straight,” to make the desert “blossom as the rose,” and to open the doors of opportunity, service, and welcome.

Pp 9

THE WAYS

To every man there openeth
A Way, and Ways, and a Way,
And the High Soul climbs the High Way,
And the Low Soul gropes the Low,
And in between, on the misty flats,
The rest drift to and fro.
But to every man there openeth
A High Way, and a Low,
And every man decideth
The Way his soul shall go.

—John Oxenham*

Pp 10

**Related passages for further study,
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Search: “has not known”

From *The Government of Eden*

...The secret of the world's failure for these thousands of years has been that it has not known the nature of God, and therefore it has prayed to God to “do something to my enemy”—to remove them, to overcome them, to destroy them—and there's no God to listen to such prayers. There's no God to answer such prayers. Why? Because in the entire

realm of the real, there has never been a power endowed with power against God.

The Government of Eden

Chapter 4 – “When We are Tempted by Good and Evil”

Search: “daily experience”

From The 1957 Kailua Advanced Class

...As you learn to have several periods, night and day in which you “take no thought for this world what ye shall eat, what ye shall drink, wherewithal ye shall be clothed” or how this demonstration shall be met, and take this inner, peaceful, restful attitude— “Speak Lord, thy servant heareth”—in that degree you will be so attuned to the Spirit that harmony will be your life’s daily experience in the outer world.

182A 1957 Kailua Advanced Class
“Spiritual Life Revealed”

From *Living Now*

...We have experienced, some in small degree and some in very great degree, the operation of this principle in our life, but until we consciously take it into our Self, into our inner sanctuary, and abide in it, we cannot make it practical in our daily experience.

Living Now
Chapter 4 – “The Power of Resurrection”

Search “as we turn”

From The 1952 Second Seattle Closed Class

...As we turn from the sense of seeking our good in the outer realm, we also come to a new place in consciousness wherein we find that this power within our own being is not only the source of our good, but because of the infinite nature of this

power it is the only power and beside it there are no other powers.

617B 1952 Second Seattle Closed Class
“Our Infinity Through God”

From *Seek Ye First*

...We understand that the source of good in our experience is within, and as we turn our attention to that Withinness, all the things are added unto us. We are led to them or they are delivered to our doorstep. The difficult part is in turning from the without to the within and there attaining contact with that Source that does supply us with everything from our longevity and immortality to our health, to the food we eat, the clothes we wear, and the housing that we require.

Seek Ye First
Chapter 7 – “The Practicality of Illumination”

Search “reservoir of”

From *Spiritual Interpretation of Scripture*

...Spiritual consciousness is contagious: it is impossible to be in the presence of those who are making even the slightest degree of effort towards this awareness, without imbibing some of it from them. The greatest step is found in the word “receptivity”: “Speak, Lord; for thy servant heareth... Be still and know...I will listen for Thy voice.” Always it is “be still”; always it is “listen”; always the indication is to become receptive, open consciousness to the inflow. It is as if, just outside of our hearing ear, is an infinite reservoir of spiritual good, and by opening the ear, listening, we open consciousness for an inflow of the Word, the divine Spirit.

Spiritual Interpretation of Scripture
Chapter 8 – “Scriptural Symbols”

Search “within us”

From *A Parenthesis in Eternity*

.....what we are doing in our periods of silence and quiet is maintaining a contact with this Withinness in which our entire good is already established. The kingdom of God is within us. It is within us in all Its fullness, completeness, and perfection. This means that the fullness of life, its completeness and perfection, is already established within us from everlasting to everlasting.

A Parenthesis in Eternity
Chapter 25 – “Losing I-ness in I”

Search “listening is”

From The 1962 Pacific Palisades Special Class

...How are you to receive every word that proceedeth out of the mouth of God? There is only one way. You have to listen for it. Now, listening is prayer, and listening is meditation. At any moment of the day or night you can open your ear: “Speak Lord, your servant heareth” and then listen—even for one second—you are praying. And, you know it only takes one second or one minute to bring about miracles, but remember, praying does not mean stopping your activities and going off somewhere and neglecting anything or anybody. It means the ability to listen.

465B 1962 Pacific Palisades Special Class
“The Way of Peace and Meditation”

From *God the Substance of All Form*

.....let us not attempt to get rid of the human mind or to stop thinking. Too many wonderful things have come forth through thinking, but let our thinking be inspired by the

spiritual processes of consciousness. Let our thinking mind be still while we are “listening.” Listening is an activity of the human mind, so then, even that can be used as a function with which to let Soul, or Consciousness, appear. The major point that I wish to bring out in this connection is that consciousness will reveal itself to us without the thinking mind, but it is the thinking mind that is used in carrying out the orders or the guidance received.

God the Substance of All Form

Chapter 12 – “Good Unfolding as the Activity of Individual Consciousness”

Search “through meditation”

From *The Journey Back to the Father’s House*

...So, as Infinite Way students, our day always begins with meditation. From the time we awaken in the morning, even before getting out of bed, we meditate. We meditate at breakfast time; we meditate on leaving home; we meditate at noon, at night, and when we awaken ... It is through meditation that we ultimately realize how foolish it is to pray to God in the sense of asking God for anything or asking God to do anything for anybody. Through meditation, it is revealed to us that God is not a human being sitting around waiting for us to tell Him what to do and for whom to do it. Through meditation we learn that the nature of God is love.

The Journey Back to the Father’s House

Chapter 6 – “What Have You in the House”

From The 1954 Honolulu Lecture Series

...Meditation is the great secret of this work. Any success that comes to us through our study or practice of the message of The Infinite Way must come through meditation. It will

not come through what you study in the books. These are only avenues; these are only instruments which lead us back to the kingdom of God within our own being.

78B 1954 Honolulu Lecture Series
“Importance of Study and Meditation in Spiritual Living”

Search “life changes”

From Rising in Consciousness

...I wonder if you really believe me when I tell you that at that moment when you relax your conscious thinking in the sense of dropping responsibilities and actually accepting the truth that God knows, your whole life changes. You never again have to take a thought up here in your head. You never again have to plan or think or plot. You never again have to barge around mentally or physically to achieve some good. Your good appears each day as it is needed, as it is necessary.

Rising in Consciousness
Chapter 13 – “God is Not Mocked”

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