

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR

The Art of Meditation

PART 1: THE PRACTICE

CHAPTER 2

“The Purpose”

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CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING

FOR

The Art of Meditation

CHAPTER 2

“The Purpose”

Chapter Highlights

...The purpose of meditation is to attain divine grace.

...meditation can never be used to demonstrate an automobile, more money, or a better position; meditation is for the purpose of realizing God. In meditation God is revealed as the life of individual being.

Pp 11

...It is not really we who pray or meditate at all; the Spirit meditates within us, and we simply open our consciousness to let the Spirit reveal our need and its fulfillment. Therein is the secret.

Pp 2

...Let God utter Its Word within our being—not our words, but the Word.

...One desire alone is legitimate and that is the realization of this activity of the Christ in our consciousness.

...The activity of God is within us, the presence of God, the power of God; but we have built up a state of consciousness consisting of layers and layers of material sense. We have not succeeded in breaking through these layers to reach the

atmosphere and altitude of God within us and, until we do so, we shall fail in our meditation and miss the path to fulfillment.

Pp 13

...As long as we are merely trying to exchange physical discord for physical harmony, we can have no conception of what the kingdom of God is, of spiritual riches, or of spiritual health. We must begin our meditation with the recognition that neither health nor wealth is the object of our search for God.

Pp 14

What is the best way, if there is a best way, of achieving this realization of our true Selfhood? Is there a short cut? Is there a path that leads to God-realization, a path that can be trod here on earth? Can it be achieved here on earth? And the answer is yes.

...Let us set our whole heart and soul and mind on the realization of God rather than on the attainment of some form of good.

Pp 15

...We must abandon all our previous concepts of life “for my name’s sake.”

Pp 16

...we can no more be separated from God than a gold ring can be separated from the gold of which it is formed.

...So it is with us. We cannot be separated from God, because there is no *we*.

...God is the essence of our being—the life, soul, mind, spirit, law, continuity, and activity. God is the all and all of individual being, whether of saint or sinner.

...We cannot be separated from God, but we can entertain a sense of separation from God. The moment that sense of separation begins to disappear, Christhood or divine Sonship is revealed.

Pp 17

...Let no one take credit for being on the spiritual path. Were it not for the grace of God, one would not be reaching out toward the realization of his divine Sonship.

Pp 18

...The whole purpose of our existence is to be a fitting instrument through which God's glory may appear. We shall never fulfill ourselves in life by trying to express our individuality; fulfillment lies in letting the Infinite Invisible bring Itself through into expression.

...Our function is to abide in that inner realization and let harmony appear.

Pp 19

...Everyone has the allness of the Godhead locked up within his own being—not just a part of it. God cannot be divided; God is indivisible. God is infinite, but God is indivisible. The allness of God is in one tiny leaf—in every leaf; the allness of God is in every individual on the face of the globe.

Pp 19-20

...When we no longer search for the peace that the world can give, but seek only “my peace,” the gates of consciousness open to admit the spiritual light which becomes the life of our being and our body.

Pp 20

...Grace can only be attained by a state of inner silence, a state of inner awareness and receptivity; therefore it is necessary for us to prepare ourselves for the experience of receiving that grace. This is the whole purpose of meditation.

Pp 20-21

...The only responsibility that we have is that our desire be for the Christ-experience, and that that desire be shown forth by the sincerity of our study and the depth of our meditation and devotion. That is the extent of our responsibility. The Christ-experience is purely the gift of God.

Pp 21

...Once we have achieved this contact with our inner Being, we are free: we are in bondage to no man, no circumstance, no condition.

Pp 22

...The secret is the awakening of the sleeping Christ, and that is the purpose of meditation.

Pp 22

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Search: “purpose of”

From The 1956 Second Steinway Hall Closed Class

... Meditation is for the purpose of coming face to face with God. Now that is the purpose of meditation in The Infinite

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Way. Whatever else may come out of the meditation is an added thing.

147B 1956 Second Steinway Hall Closed Class
“God Realization Is Pure Demonstration”

From A Parenthesis in Eternity

...With each meditation there must be this surrender of ourselves to the Spirit within, together with a realization that God's grace is our sufficiency and that we are in meditation for the express purpose of receiving the comfort of His presence. Nothing greater can come to us than the still small voice of assurance because then we know that all of Infinity is pouring Itself out for us, all of Omnipotence, and in that there can be no power apart from God.

A Parenthesis in Eternity
Chapter 4 – “The Journey Within”

Search: “meditation within”

From God Formed Us For His Glory

...But if you ever get to the point of meditating three times a day, you are lost: God's got you and you are “hooked but good”! This is because after you have experienced meditation within yourself three times a day, you will have to meditate four times and after you get to six, you will find that at three o'clock in the morning you awaken. You cannot sleep after three o'clock without meditating because you cannot wait until morning to meditate again. You cannot get along anymore without the realization of God than you can do without your best beloved.

God Formed Us For His Glory
Chapter 5 – “Contemplative Meditation and Healing Work”

Search: “is the secret”

From The 1962 Princess Kaiulani Open Class

...What is the secret? What is the secret to harmonious living, abundant living, gracious living? What is the secret of life without strife, without struggle, without warfare? What is the secret of harmonious human relationships? What is the secret of abundant supply? ...The answer is the attainment of the fourth-dimensional consciousness. That’s the answer.

476B 1962 Princess Kaiulani Open Class
“Living In, Through and by the Spirit”

Search: “as long as we are”

From *A Parenthesis in Eternity*

...We do not become mystics—we may never become mystics on this plane. This experience of the Christ may be only the preparation for the day when we will be mystics, but we will have the mystical experience, and it will be followed by others, as long as we are living in the awareness of the Presence. In the assurance of the Presence we rest, not on our human wisdom, our human health, or human strength: we rest on It, and It is almost like resting back on a cloud, so tangible and so evident is It.

A Parenthesis in Eternity
Chapter 21 – “The Spirit of the
Lord God Hath Anointed Me”

Search “our whole heart”

From *Showing Forth the Presence of God*

...In the books the mystics wrote or that were written about them, we cannot see how they came to that place of divine grace where the Spirit of God took over. I can tell you that

it is done in that second when we withdraw our faith and confidence from the person, thing, or circumstance outside and recognize that from now on the kingdom of God, the Christ within us, is our support. We will know that, once we really experience the flow of the Christ in our whole heart, soul, mind, and body, the feeling of that substance or essence that we may never have dreamed was already established within us, waiting to flow forth, but kept dammed up because we were holding on to something out here and thereby keeping this Christ squeezed in.

Showing Forth the Presence of God
Chapter 7 – “Freedom Through Grace”

From *Living the Illumined Life*

... In seeking God, we give ourselves—the entire fiber of our being, our entire attention, our entire longing—to that one end of knowing His presence, feeling His grace until it becomes of such intensity that our whole heart, soul, and mind are stayed on God. Then the peace that passes understanding comes as the fruitage of it.

Living the Illumined Life
Chapter 2 – “First Steps on the Path of Discipleship”

Search: “to abide”

From *Consciousness Is What I Am*

... So it is that in meditating with students, not only individually, but when we are together in classes or lectures, the object is to bring Spirit into realization, that is, to abide in the meditation until the Spirit within announces Itself in some way. As we watch this work, we can see what happens to a student who is meditating regularly with a spiritual teacher. The first day, the first week, or the first month, he may not notice any change in his life, although he may. On the other

hand, he may be aware of very dramatic changes within himself, but not necessarily. As we look back on a group of students after a few years, we begin to see the changes that have taken place in their consciousness, changes that are made manifest in their physical appearance, in their dress, and perhaps in their increased sense of supply or health. This is not the result of treatment or of a specific meditation, but it is the fruitage of continued meditation during which time that Spirit works in them and begins to change their consciousness.

Consciousness Is What I Am

Chapter 11 – “The Fourth-Dimensional Consciousness”

From *Seek Ye First*

...As we continue to abide in meditation and turn within for the realization of the Presence, a ripening process takes place. This term is not a familiar one with most Westerners, but in the East a developed spiritual person is called ripe. Being ripe means having attained this inner spiritual consciousness and the ability actually to commune with the Spirit within. That is a ripe soul.

Seek Ye First

Chapter 2 – “The Spiritual Goal”

Search: “a state of inner”

From The 1955 Kailua Study Group

...And so, since what we’re seeking is a word that proceedeth out of the mouth of God, or divine Grace, and since we know that it can only be attained by a state of inner silence, a state of inner awareness, receptivity, it will become necessary for us to prepare ourselves for the experience of receiving that Grace.

114B 1955 Kailua Study Group
“How to Pray”

From The 1956 New York Laurelton Hotel Closed Class

...Then, you learn to listen. You develop a state of receptivity, a state of inner awareness. And, it's not easy, it takes days, it takes weeks, sometimes months, and it takes hours and hours of it, until you get to that place where the flow begins to come from within you.

176A 1956 New York Laurelton Hotel Closed Class
“The Letter and the Spirit”

Search: “awakening of”

From *Consciousness Transformed*

...You know you have a body, and you know you have a mind, but you have not come to know the You that has the body and the mind. This is the You that is the adventure of life, and the adventure of life is the awakening of this You.

Consciousness Transformed
June 30, 1963 – “Discovering the Soul”

From *The Heart of Mysticism, Volume 6*

...There is but one solution to our unsolved problems: the attainment of spiritual realization, the awakening of the Christ-nature within us.

The Heart of Mysticism, Volume 6
Chapter 2 – “A Lesson to Sam”

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