

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR

The Art of Meditation

PART 1: THE PRACTICE

CHAPTER 3

“The Practice”

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FOR

The Art of Meditation

CHAPTER 3

“The Practice”

Chapter Highlights

...There are many forms of meditation leading to the awakening of the sleeping Christ within. There is no one way suitable to all people. Each person must ultimately find the way which appeals to his particular consciousness.

...The initial stage of meditation may be a contemplation of God: the beauty of God’s universe, the law of God, and the activity of God. Our life becomes that of a beholder, beholding the glory of God in all things—in the green grass, in the gentle breeze, in the turbulence of the ocean, and in the calm of the night.

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...Contemplation lifts our consciousness into an atmosphere of receptivity, into a consciousness where miracles can take place. The conscious thinking mind comes to a stop, and the invisible Presence and Power is given an opportunity to function.

...That which imparts itself to us from the inner consciousness is power, not the thoughts we think, not our statements or beliefs; but that which reveals itself from within on the inner plane is the power, with signs following.

Pp 24

...If we are faithful in the practice of contemplation and the simpler forms of meditation, this practice will lead us from one form of meditation to another, until we arrive at the actual experience of hearing the still small voice, of receiving divine guidance from within, and of being divinely led every step of the way.

...Let us begin by sitting in a comfortable position. Some people prefer a straight chair, even a hard one, so that they are compelled to sit in an upright position; whereas others find themselves more comfortable in an armchair. Keep the feet flat on the floor; hold the body erect, with the hands resting in the lap. In this natural, relaxed, but alert position, begin your meditation with some passage of scripture that may come to your thought, or, if you like, you may open the Bible or a book of spiritual wisdom and read for a short time.

Pp 25

...peace and quiet descend upon us; and a sense of well-being and assurance well up within us.

...To expect immediate results from the practice of meditation would be the same as expecting to play Bach or Beethoven after the first music lesson.

Pp 26

...Every time we turn to that inner center, we are recognizing that we, of our own self, can do nothing; we are seeking the kingdom within.

...These periods of silence create an atmosphere of Spirit in which the activity of Spirit, without our knowing it or having any awareness of it, goes before us to make the desert blossom as the rose.

Pp 27

...Let us remember that our object is to develop a state of receptivity to the still small voice. In meditation we do not think about our problem; we turn within and wait and wait and wait.

...We are waiting until we feel the activity of the Christ stirring within us. If we do not feel the touch of the Christ within three or four minutes, we return to our daily tasks, but two or three hours later we meditate again. If it is necessary, we continue this practice for years; but if we are persistent, the day will come when there will be an inner response which will give us the assurance that there is that within us which the Master called "the Father," that which Paul knew as "the Christ."

...The beginner should meditate three times a day or, if that is not possible, at least twice a day, in the morning and at night.

Pp 29

...If we keep the Word alive in our consciousness by dwelling on it four, five, eight, ten, twelve times a day, and also when we awaken in the middle of the night, we shall find that we are meditating. We are letting the Word of Truth abide in us and Christ becomes the activity of our consciousness.

Pp 31-32

...The way is to pray without ceasing. We consciously open ourselves to the realization of the Christ until the time comes when you and I no longer have to do it consciously, because there is no longer a you or an I to do it.

Pp 33

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Search: “forms of meditation”

From The 1954 Seattle Practitioner Class

...Now you see, there are two forms of meditation: the contemplation of specific scriptural or spiritual passages and the contemplation of God and God's function and activity in life. As one sits down to meditate, it isn't necessary to decide which meditation you will use. Just be silent, and all of a sudden it will appear, and you'll follow the line that is given to you.

101B 1954 Seattle Practitioner Class
“Meditation on God and the Being,
Function and Activity of God”

From The 1957 Second Halekou Closed Class

...Now, those who are led to the point where you are today—even those of you who are just beginning on this way—you are ready for the experience of meditation and those who have it must prepare themselves for deeper forms of meditation until they arrive at an actual communion with God. Communion is meditation carried to a far deeper degree. Communion is that point of meditation where you actually come into the experience of tabernacling with the Spirit of God within you; where it is even possible to have conversations with God, or where it is possible to sit and receive these beautiful impartations, sometimes in words or thoughts, sometimes just in awareness, just in sensing. But at least it is that point of communion where there seems to

be a flow between God and me and an incoming and an outgoing, a turning and a returning, an inner communion, a sweetness, a gentleness, a peacefulness.

193B 1957 Second Halekou Closed Class
“Individual Discovery of Truth”

Search: “imparts itself”

From *The Heart of Mysticism, Volume Four*

... Truth is first of all consciously known, consciously read, and consciously declared, until there comes a transition in your consciousness through receptivity, and then truth imparts itself to you from within you: Life imparts itself; love imparts itself; and supply imparts itself—all from within you—from your spiritual consciousness to your outer awareness.

The Heart of Mysticism, Volume Four
Chapter 2 – “Major Principles of The Infinite Way”

From *The Heart of Mysticism, Volume One*

... Meditation may be long and in silence, or it may be one moment of the listening ear, or recognition of the inner Self, or Presence. That which imparts Itself to us from the inner consciousness is power—not the thoughts we think, not our statements or beliefs, but That which reveals Itself within, is power—with signs following.

The Heart of Mysticism, Volume One
Chapter 11 – “Attain That Mind”

From The 1953 Second New York Closed Class

... Every word of truth that imparts itself to us becomes a law of harmony. Every passage of Scripture that reveals itself to us from within our Self becomes a law of harmony—more than

a law, it becomes the activity of grace in our experience. In our receptivity, in our quietness and stillness, we receive divine impulsions. We receive a feeling of that divine influence. We receive the awareness of something greater than humanhood, and it is in this awareness that we are receiving the word of God, our divine sustenance, guidance, and direction.

622B 1953 Second New York Closed Class
“Meditation”

Search: “begin your meditation”

From The 1959 England Open Class

...Now do you see why I said right at the beginning, never come to any place where you are to receive a message of truth until you have prepared yourself by many, many, many minutes of inner silence and stillness, so that you can be prepared to receive God’s grace? Never sit down to your meditations until you’ve read a few pages of one of your favorite spiritual books or Scripture. Then in that preparedness, begin your meditation or your treatment. Never attempt anything in the nature of prayer or meditation until you are inwardly prepared with a bit of stillness... And then you’ll find that from there on you go to other forms of meditation.

281A 1959 England Open Class
“Developing Healing Consciousness”

From I Stand on Holy Ground

...Begin your meditation by remembering that the spirit of God is already within you, knocking at the door of your consciousness. By an act of commitment and an invitation, open the door of your consciousness to admit this Spirit. With the continuous practice of a meditation of this kind,

there comes a specific moment in your life when the new birth takes place, when the Spirit of God announces Itself within you...

I Stand on Holy Ground

Chapter 4 – “The Stature of Spiritual Manhood”

Search: “periods of silence”

From The 1955 Kailua Study Group

...We do not receive the grace of God in the outer picture. We receive the grace of God in our inmost soul. The things that follow as the result of receiving the grace of God inwardly are the tangible effects, such as happy relationships, abundant supply, successful business or art, whatever our field may be. The preparation for receiving the inner grace are those periods of silence, inner reflection or introspection, meditation or communion. And even though in those three or four-minute periods during the day, we seem to be getting nowhere, we seem to be receiving nothing, we seem to be making no progress, don't give up on that account because you have no way of judging any more than you can judge if you decided to take piano lessons and were told to do a five-finger exercise and then at the end of six hours of practice said, “Well, you know I can't do it any better now than I did at the beginning.” Probably it's true. Outwardly it would seem so. But from the first exercise of the scale, something started to take place in both mind and muscle. And it might take a whole year of this before what was inwardly taking place could manifest itself in the ability to do that—run right through that five-finger scale.

114B 1955 Kailua Study Group
“How to Pray”

From *The Only Freedom*

...Our greatest value to the world is in our periods of silence, secrecy and sacredness. Let us therefore retire to our homes, to our temples, to our hills and valleys; and let us find His peace within ourselves. Let us become the center through which the grace of God can escape and be an invisible presence that goes before us to “make the crooked places straight...”

The Only Freedom

Chapter 12 – “Peace on Earth: A Christmas Story”

Search: “three times a day”

From The 1957 Kailua Advanced Class

...So I say to you, we have paid lip service in the past to the fact that we’re not trying to change sickness into health, but I say now to you: Accept this, do not let your concern be for health. Do not let your concern be for supply. Do not let your concern be for home or companionship; let your concern be that at least three times a day you must find occasion to sit in quietness, in calmness, in peace, until you feel that surging of the Spirit within you. That’s what must be your concern. That must be your demonstration, for “where the Spirit of the Lord is there is liberty.” There’s freedom from hypnosis, there’s freedom from sin, freedom from lonesomeness, freedom from desire, freedom from fear.

181B 1957 Kailua Advanced Class

“Third Degree – Surrendering Human
Sense of Health, Supply, Peace”

From *Awakening Mystical Consciousness*

...If you want the kingdom of God enough, you will learn to sit down two or three times a day, remind yourself of every

truth you can remember about God and God's kingdom and God's universe and God's creation, and then rest back:

Now, Father, You speak. I am listening for Your voice. I am receptive to Your presence. I have only one desire—nothing out here. I am not interested in achieving place, position, wealth, fame, fortune, or happiness—not even peace, not even security. I have only one desire in life: to know You. That is my only desire. I surrender this whole world to You, Father; I will give back to You everybody and everything in it. Just let me have You. Right now I ask no blessings for myself or for anybody else. Only let me know You.

Awakening Mystical Consciousness
Chapter 6 – “The Word and Words”

Search: “consciously open”

From The 1954 Honolulu Lecture Series

...No one has a lack who has the realization of God; therefore, seek Me. Seek the realization of Christ. Seek the realization. And you see, there's only one way to do it: pray without ceasing.

This is basic in The Infinite Way. There must be one or two or three minutes of every hour in which you consciously open yourself to the realization of the Christ until the time comes when you no longer have to do it consciously because there is no more “you” to do it consciously. It *becomes* you.

67B 1954 Honolulu Lecture Series
“Meditation on ‘God is With Us’”

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