

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR

The Art of Meditation

PART 2: THE EXPERIENCE

CHAPTER 6

“The Earth is the Lord’s”

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CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING

FOR

The Art of Meditation

CHAPTER 6

“The Earth is the Lord’s”

Chapter Highlights

...Meditation is a continuous song of gratitude that God is love, that God is here, and that God is now. It is resting in God’s bosom, holding God’s hand, and feeling the divine Presence. Rest in the contemplation of the Father’s love and the Father’s presence. Then you will be able to say: “My meditation of him shall be sweet: I will be glad in the Lord.”

Pp 66

...One of these days, as we are engaged in this spiritual activity of watching God at work, a second of silence will occur in which there is no thought of any kind. In that split second, the activity or presence of God will make Itself known to us. From that moment on, we know that God is closer than breathing, nearer than hands and feet, and that the kingdom of God is within us.

Pp 67

...God really is the intelligence of this universe—an intelligence full of love and wisdom. The sun, the moon, and the stars move in their respective orbits according to a divine plan that makes the moon and stars visible at night and gives us the light of the sun by day.

Pp 68

...I behold God in all things and, especially, do I behold God in Its law and in Its love.

Pp 69

...Not one of us will sit up tonight to pray that the sun will rise tomorrow. God requires no supplication, information, or advice from us in regard to the government of Its universe, and even should we pray all night in an attempt to change the hour of sunrise, there is no doubt but that the sun will rise tomorrow at its appointed time. Tomorrow night the moon and the stars will continue to move in their orbits; the tides will rise and ebb twice in every twenty-four hours. Praying to God, petitioning God, or begging God will not change God's law. God's work is done; God's law is in operation.

...In a quiet, silent walk in a park, by seashore, lake, or river, in our aloneness, we catch that vision. We look up to the hills, to the mountains, to the heights of consciousness, and behold only that which God beholds and know only that which God knows. Anything that lifts us in consciousness above the clamor of the senses and the noises of this world will serve to bring us into the presence of God.

Pp 70

We are God's greatest creation: God, the Soul of this universe, is manifesting Itself and sending Itself forth into individual expression as you and as me.

Pp 72

Related passages for further study,
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Search: “meditation is a”

From The 1959 Maui Advanced Work:

...There is more to meditation than just thinking thoughts, and that is why meditation, of itself, is difficult; but meditation is a form of prayer, and it is a way in which we can reach God in communion.

249B 1959 Maui Advanced Work
“A Meditation on Higher Mysticism”

From *The Heart of Mysticism, Volume Two*:

...Eventually we are led to that place in consciousness where meditation is a total silence of thought, a complete state of awareness in which there is an inner alertness, an inner awakening, a state of receptivity and expectancy into which flows the realization of the Presence of God. Beyond that we need nothing.

The Heart of Mysticism, Volume Two
Chapter 7 – “Meditation for Beginners”

From The 1960 England Open Class:

... Listen—listen! *I...I*, the presence of God, the Christ of God, the Son of God, the Spirit of God dwell in you. All you have to do, many times a day, is rest back in silent contemplation of that indwelling Spirit. That is why meditation is one of the most important activities of a human’s life, and until we come to understand meditation, until we come to the point

of being able to practice meditation, we will not be praying aright, because a meditation is a continuous contemplation of Truth, a contemplation of God in the midst of us, a contemplation of the truth that we live by the grace of God—not by might, not by power, but by the grace of God, by Thy Spirit.

355B 1960 England Open Class
“Prayer”

Search: “God is now”

From The 1961 Seattle Special Class

... In God there is no time. There is no past. There is no present. There is no future. There is only now. Now is the only single eye-flash, eye-wink. Now is the only time God is, and all that God is God is now. All that God is ever going to be God is now. All that God ever was, God is now. All that God was in Galilee two thousand years ago, God is right here and now in this minute. All that God did in the Holy Lands two thousand years ago through Jesus Christ, God is doing at this very moment, in this room, through you.

429B 1961 Seattle Special Class
“Demands of the Spiritual Life”

From *A Message for the Ages*:

...All that God has been from the beginning, God is now. You may come into the awareness of the harmony of God today, tomorrow, next week, in this lifetime or the next, but the truth is that harmony has always been.

A Message for the Ages
Chapter 9 – “The Simplicity of the Healing Truth”

Search: “resting”

From *Awakening Mystical Consciousness*:

...after we have come to a place in our meditation where we can sit down and slide right into the rhythm of the universe, desire disappears. There is no desire: there is just being in tune with the rhythm of perfect harmony. When I am thus centered, life flows with no conscious effort. I am not making the stars come out or the moon rise or the sun set. I am not trying to make flowers grow. I am just resting from labor. I am resting from the tiredness of thought, and I am perfectly content to let God run the universe.

Awakening Mystical Consciousness
Chapter 5 – “Our Real Identity”

From The 1953 First New York Closed Class:

...True prayer, which is communion, comes to full bloom when one has lost all sense of wanting something in this feeling of communion, of resting in the Soul. It is just as if all our wishes had been granted. It is just as if it were Christmas morning at the tree and we received all of our gifts and now just have the feeling of “thank you, everyone.” And in the moment that our consciousness is lifted to that sense of “thank you, Father, thank you everyone,” then comes the fullness and completeness of communion with God, and in that there is a resting in the Soul. There is just a resting as a little babe rests in its mother’s arms; so does that resting come to us in the Soul.

50B 1953 First New York Closed Class
“A Meditation”

Search: “make itself known”

From *God Formed Us For His Glory*:

...God is at the center of our being, and in one way or another It can make Itself known to us. It may be interpreted as sound or as light. Many persons, however, do not hear sound or see light: they merely have a feeling of the Presence. But in whatever way It translates Itself to a person, It is an evidence of Immanuel, God with us.

God Formed Us For His Glory
Chapter 8 – “Illumined Prayer”

From The 1956 Melbourne Closed Class:

...Our function is to be sufficiently relaxed so that we become aware of that government and subject to it. Therefore, meditation is not a mental effort, a striving or a seeking. It is rather a relaxing. Meditation is much like inviting God to enter us or to speak to us or to make Itself known to us. It is not an attempt to reach God since God is Omnipresence. Where God is I am. Where I am, God is since we are one, so there is no need to reach for God. The purpose is to be still and let the awareness of God permeate us. The activity is always from God to us, not from us to God.

136B 1956 Melbourne Closed Class
“The Nature of God as I” (part two)

Search: “in a quiet”

From The 1961 Waikiki Infinite Way Center

...That Light is the light of our own being, that Light is the light of our own soul, and it is never further away from us than our breathing, never further away from us than our own inner Self. It is for this reason that when we face any

problems at all, from the minor ones to the major ones, we do far better by sitting down somewhere in a quiet corner if we can, or even going to bed, and relaxing there without words and without thoughts, relaxing completely from personal sense, until a silence comes. And from the silence, a Voice, an Assurance, a Presence, a Grace, a Power—it will always come from within you. And it will always make itself evident, in the degree of your hearing ability, your inner hearing ability, the inner stillness, the inner vacuum that you set up every time you turn within to hear that “still small voice.”

386A 1961 Waikiki Infinite Way Center
“The Tree”

Search: “heights of consciousness”

From Consciousness Unfolding:

...Our entire faith, confidence, and hope must be in that Power which Paul called the “Christ [that] liveth in me.” Be assured, however, that merely saying that the “Christ liveth in me” will not bring It forth. You must contact It. Do not think that you can be in and of the world, and yet receive the divine Light flowing to you from within. But when you have made your contact with the Source, then, you can go about your business. As one approach to the making of that contact, try to meditate upon the reality of being. Then, turn within and rest; see what message comes to you from within. Never for a moment doubt but that you will receive an answer to your prayer or meditation. We look unto the hills, from whence cometh our help; we look to the hills, or to the heights of consciousness. We look up, within our own being. We look up to the highest point of our own consciousness for help in every circumstance. We never look outside or beyond the limits of our own being.

Consciousness Unfolding
Chapter 4 – “Science of Creation”

From *Consciousness Transformed*:

...You can see now the reason that angels are pictured with wings, and the reason I speak of soaring thoughts or mountaintop experiences or lofty heights of consciousness. When the Soul is released it flies upward, not in time or space, but in consciousness. It is no longer anchored to the ground; it is no longer entombed in body and mind. It is a soaring awareness, a soaring faculty.

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

Search: “into individual expression”

From The 1954 Honolulu Lecture Series

...Now, as you open your consciousness to that—all that the Father hath, all that the infinite nature of the Godhead, flows out into individual expression to the extent that you can permit it. You can write one book, and say “Oh, I’ve done a great thing, and that’s more than I ever thought I could accomplish, and I’ll rest with that.” Or you could go on and write twenty or thirty or forty—if only you could get the realization that you never wrote one, that it was the infinite inspiration of God that was pouring through, and that it had no limitation. Just as a typewriter can say, “you can write a thousand books on me if you want because I’m not doing the writing. I’m an instrument for it.” And so as you can see and I can see that I of my own self am nothing; My doctrine is not mine, but his that sent me, and then realize that we are instruments through which that Infinity is pouring forth.

67A 1954 Honolulu Lecture Series
“Meditation on the Invisible”

From *Man Was Not Born to Cry*:

... To live, it is necessary to have contact with one's source, with that great causative principle which sent us into individual expression. Each one of us has a different function and a different purpose here on earth. No one can do another's work. Each one has a reason for being born, but as the man of earth not one of us is fulfilling the mission that God created him to perform.

Man Was Not Born to Cry
Chapter 6 – “Bringing Grace into Active Expression”

From The 1960 Christchurch Closed Class

...The *I* that I am and the *I* that the Father is—is one. “Thou seest me, thou seest the Father that sent me, for I and the Father are one.” Destroy this temple, and there will still be an *I* to raise it up again. Destroy the property, there will be an *I* to raise it up again. Destroy the business—there will be an *I* to raise it up again. Destroy anything and everything, anything you call a temple, including your body, but there will always be an *I* to raise it up again, and that *I* is you. That *I* is you, heir of God, joint-heir with Christ in God. Learn to know yourself; learn to value yourself; learn to understand that the only reason, the only reason you are here is that God has sent Himself into individual expression as you. You didn't get here by accident. You didn't get here by virtue of your parents. You'd have gotten here if you hadn't had any parents, or if you'd had to find other parents. It was your time to be here. It was God's time to send Himself into expression as your being. That was your destiny.

381A 1960 Christchurch Closed Class
“Working with Specific Principles”

From *The Art of Spiritual Living*:

...In order to be alive, a mind has to think something. It will not do just to do right thinking: it has to be spiritual thinking, embracing the Spirit of God and bringing it into individual expression. What God is to us, God is because of our opening our consciousness to God. What God is not to us is in the degree of our closing our mind and our consciousness to God. Praying without ceasing is not just religious namby-pamby! Praying without ceasing means steadfastly keeping our mind, heart, and soul alive and alert in God.

The Art of Spiritual Living
Chapter 6 – “Demands of the Spiritual Life”

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