

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR

The Art of Meditation

PART 2: THE EXPERIENCE

CHAPTER 8

“Ye Are the Temple”

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CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING

FOR

The Art of Meditation

CHAPTER 8

“Ye Are the Temple”

Chapter Highlights

“...Know ye not that ye are the temple of God ... that your body is the temple ... of the living God.” I Corinthians 16:19

...God is life.

Pp 79

...This expression of God we have called your child and mine, forgetting that this is God’s child, and not a personal creation or a personal possession.

Pp 79-80

...We pray to God to maintain and sustain our children; but they are not our children: they are God’s children. It is not necessary to pray that God maintain and sustain His own children. It is God’s prerogative to create, maintain, and sustain Its own image and likeness.

...We call this body your body and my body, but it is not ours.

...On our Christmas trees there are lights of all colors—red, blue, purple. Electricity transmits its light through these multicolored bulbs of all shapes and sizes. The bulbs, in and of themselves, are not the source of the light; they are merely the instruments through which the light shines.

...God is the life and the substance of all form, the creative principle of all that is.

...Let us not be deceived by appearances, not even by good appearances. Let us not call one person strong and another one beautiful. We must look behind the appearance to the invisible Life which makes all this beauty of form possible.

Pp 80

...A limited human sense of life relies on shifting values and invests the forms life assumes with power for good or evil; a spiritual sense of life, however, enjoys the form while recognizing the Infinite Invisible as the essence of that form.

...If we take our eyes away from the form long enough to look behind it into the Invisible and see God as the principle of all life, we shall understand the difference between material living and spiritual living.

...My body is an expression of life showing forth all that I am, because my body is the I that I am formed, and formed spiritually, eternally, and immortally. I am true identity— eternal identity— and my body is the temple, the instrument of my activity and of my living.

...If I look in a mirror, I may see myself as young or old, sick or well, stout or thin, but I am not seeing myself at all: I am seeing my body. That is my body, but I am invisible.

...Who am I? What am I? Where am I?

Pp 81

...I am being; my being is not dependent upon body: my body is dependent upon my being. The I that I am governs my body. My body has no will of its own, no intelligence of its own, no action of its own. My body responds to me; it is governed by me. My body

is the image and likeness of me; my body is the manifestation of me, the I that I am.

Pp 82

...There is a Spirit in me: the breath of the Almighty giveth me life. The activity of God in me governs my bodily functions, organs, and muscles. An invisible Spirit acts upon every organ and function of my body to maintain it and sustain it unto eternity. Nothing from without, to defile or make a lie, can enter this temple of the living God. Whatever is of God, God will maintain and sustain. Whatever is a mortal concept of my body may pass from sight, but the truth about my body will live forever because my body is the temple of the living God.

Pp 82-83

...Every mortal or material concept which I have entertained about the body dissolves in the recognition that my body is the temple of the living God, ageless, timeless, diseaseless, deathless. God is the central theme of my being; God is the central theme of my body.

Pp 83

...Every Word of truth that I permit to fill my consciousness is the meat the world knows not of. Every Word of truth I maintain in consciousness is a wellspring of water, springing up into life everlasting.

Pp 83-84

...I am the wine, the inspiration, the spiritual wisdom. I am that which enlightens and uplifts. God it is that enlightens and uplifts; God it is that inspires; God it is that illumines.

...In this type of meditation, we drop all form and go beyond the visible to the Invisible. Then, we shall behold the Invisible upholding the visible.

Pp 84

**Related passages for further study,
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Search: “temple of”

From Spiritual Discernment

...God made all that was made, and all that God made was good. God constitutes individual being, your being and mine. Even your body is the temple of the living God. I cannot see that with my eyes but inwardly I have discerned that that is the truth. ... In reality, you are the offspring of God, heir of God, and “joint-heir with Christ” to all the heavenly riches. You are in the kingdom of God now. Your body is the temple of the living God now; your business is the temple of the living God; your family is the temple of the living God. Your home is the temple because God constitutes all that God made.

Spiritual Discernment
Chapter 8 – “Mind Imbued with Truth”

Search: “expression of God”

From Realization of Oneness

...Each one of us, as a spiritual being, is a manifestation of God, an actual expression of God-being. We have been given the full dominion of God, which we show forth in various ways by means of various talents or abilities. Each of these is a facet of God, and we can be full and complete, showing forth whatever our particular gift may be.

Realization of Oneness
Chapter 9 – “The Revelation of Spiritual Identity”

Search: “God’s child”

From The 1956 New York Laurelton Hotel Closed Class

...And so, you’ll quickly learn that prayer means coming into agreement with that. A form, a high form, of prayer is coming into agreement—why God is; God is, that’s enough. God *is*. Why do I take responsibility for myself or another? Is this my child or God’s child? Is this my world or God’s world? And this whole sense of personal responsibility drops away—not all at once, unless it comes to you through revelation, and even then, even if it comes in a blinding flash as it did to Saul of Tarsus; it may take you, as it took him, nine years before you come into full realization of what it means. And I can bear witness to you that, regardless of how many revelations that I have had, I have not been able immediately to demonstrate them. It has taken time for it to settle in my consciousness and become a demonstrable principle. I see the principle, I catch it! But it is so—well, it is so contrary to everything that I’ve ever humanly learned ...

175A 1956 New York Laurelton Hotel Closed Class
“I Say Unto You”

From *Consciousness Unfolding*

...Sometimes people say, “I got your treatment, and it was beautiful.” That is impossible. I have never given a treatment to anyone, and I have never directed my thought to a person. I have never addressed the individual consciousness of any person. Never have I said, “You are spiritual; you are perfect; you are God’s child.” Never have I allowed the name of a patient to come into my thought while I was “treating.” Never have I allowed the face, or thought, or outline of any face or body, to come into my treatment. I do not, I cannot, give a treatment until the person asking for help is completely out

of my thoughts. My treatment is based on lifting thought up to God and on eliminating any sense of person. I jump, as fast as I know how, up to the word God: I lift my thought over the person's head, not because God is up there, but because for me it eliminates personality and person, and then I am in God. Then I come out from God, and let flow out whatever truth I know about God—all the truth I know about God. I never connect it with any individual. And the reason is this: God is the only individual in the world.

Consciousness Unfolding
Chapter 3 – “God Revealing the Infinity of Being”

Search: “limited sense”

From The 1955 Kailua Study Group

...This is the “temple not made with hands, eternal in the heavens,” but your eyes are blurred, and so you see it as so many inches high, and so many pounds heavy. It isn't really your vision that's blurred. It's our mortal, material sense of things, which is universal to all of us; but, could you rise in consciousness to that place of “no thing,” nothingness, to that place of absolute attunement with the rhythm of the universe, you would then behold this body as it really is. That's what very often happens when practitioners are in treatment. Sometimes they catch, if they rise high enough, they catch a glimpse of the real body, and it isn't a physical form or a female form, or a male form, and yet it is form. It is as tangible as that which we see with the eye, only we're seeing it with the soul. We're seeing it as it is as if somebody had great enough eye vision to look out there and see the sky up in the sky, and the house down on the ground, and all that space in between. Well, of course, our limited sense of vision doesn't permit that, and so it is that our limited sense of soul vision only permits us to see the divine form, whether physical form, bodily form, or tree form, as it is, and only

when in periods of enlightenment. We are told that we will then “awake thou that sleepeth.” We will then behold him as he is, and we will be satisfied with that likeness.

124B 1955 Kailua Study Group
“Reality Experienced”

Search “spiritual sense”

From *Consciousness Unfolding*

...it is not our human mentality that will know God. Never with the human mind shall we see or know or understand God or spiritual living. But the Son of God, the Christ-consciousness, our spiritual sense, can behold God.

Consciousness Unfolding
Chapter 2 – “Peace”

From *A Message for the Ages*

...Resurrection means lifting up the Son of God in us until the Son of God, not the physical senses or the human mind, replaces our mind with that mind that was in Christ Jesus. It is also resurrection in the sense of rising out of the physical sense of body. But when the Son of God is raised up in us, and we gain the realization of spiritual consciousness as governing all form, then we have a more spiritual sense of body and the universe. Where have we left God? Spiritual consciousness becomes God in action: your spiritual consciousness, my spiritual consciousness, the spiritual consciousness of any individual who has attained it.

A Message for the Ages
Chapter 5 – “Infinite Way Pearls”

Search: “into the invisible”

From The 1955 Chicago Private Class

...Now once you recognize the Invisible to be the source and cause of all form, you're three-quarters home, spiritually. The other quarter is just resting in it until it becomes second nature to you. Just know continuously, no matter where you are or what you're doing, look into the Invisible. If there's a person around you, look into the Invisible, and see where they came from. If there's a tree around—food, money—look into the Invisible, see where it came from, recognize that as the source. That is my mode of saying “Thank you Father,” all the time; “Thank you Father.” It's a recognition of the Invisible becoming visible. That's as good a prayer as any: “Thank you Father.” It's merely an acknowledgment of the Invisible becoming visible.

109B 1955 Chicago Private Class
“Practicing the Principles of The Infinite Way”

Search: “type of meditation”

From The 1951 First Northwest Series

...Just think what happens when forty of us sit down here and forget that I, and just turn to the *I* which is God, and realize that *I* here in the center is the governing factor in all of our experience, and the power is upon its shoulder and it is the law and the substance, and reality. Just think when we've dropped forty “I's” and have found only one *I* in the midst of us, when our entire thought of all of us is on God and not on our personal problems. Do you see the miracle of that? Ordinarily even when we have groups in meditation, the groups are each thinking of themselves and their problems. That all disappears in this type of meditation. All forty of us have jumped out the window and left only one here; one

I, governing, supporting, maintaining, sustaining, feeding, enlightening, teaching, revealing, unfolding, disclosing Its own identity, and all these separate “I’s” are absent from this room at this moment...

...If you can be silent on the subject of “I” for even one half hour, drop I, Joel, completely out, or Bill or Mary, drop that I out for half an hour, and sit here contemplating the *I* which is God, we would have the kingdom of God on earth in our human experience. Does this show you anything—this meditation? Did you gain something from it? Did you gain anything new from it?

613A 1951 First Northwest Series
“The True and False Sense of *I*”

From *The Heart of Mysticism, Volume Four*

...Develop for yourself a type of meditation which ultimately will enable you to relax as if you were resting on a cloud, until the Spirit flows out from you. Then you are a witness, a beholder of that divine flow. You may not see anything; you may not even feel anything, but you will have an awareness of It, and then It will be for you the Presence that goes before you to make the crooked places straight.

The Heart of Mysticism, Volume Four
Chapter 10 – “Bear Witness”

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