

CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING
THE ELECTRONIC SEARCH TOOL

FOR

The Art of Meditation

PART 2: THE EXPERIENCE

CHAPTER 13

“Fear Not”

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CHAPTER HIGHLIGHTS AND
SUPPLEMENTAL READING

FOR

The Art of Meditation

CHAPTER 13

“Fear Not”

Chapter Highlights

... “Fear thou not; for I am with thee: be not dismayed: for I am thy God: I will strengthen thee; yea, I will uphold thee with the right hand of my righteousness.”

Isaiah 41:10

...Receive the gift of God without labor, struggle, or strain. In quietness and confidence, in a resting from anxiety and fear, let God reveal Itself. Let God express Itself. Let God live our lives.

...In conscious union with God, the mind rests..... “Fear not,” is revealed.

Pp 113

...This state of rest is an inner peace which is not attained by anything in the realm of effect. Even a thought or a statement of truth is an effect, and that is why using the mind to repeat stereotyped statements about God often does not induce peace. It is not thoughts about God that result in answered prayer. Thought about God is not the creative principle of the universe: God, Itself, is the creative principle and God is known only when the human mind is at rest.

Pp 113-114

...No good can come to you; no evil can touch you: you embrace within your own being the infinity of good.

...good cannot flow to you: good expresses itself from within and pours out upon all who come within range of your conscious awareness of this truth. It is only necessary to refrain from taking thought, to relinquish all anxious, fearful thought—to be still.

...Drop your burdens at My feet; drop your burdens in the assurance that all good is embodied and embraced within your being. I will never leave you nor forsake you. If you make your bed in hell, I will be there with you. If you walk through the valley of the shadow of death, I will be with you—only walk in quietness, in confidence, and in assurance; walk without seeking.

Pp 114

...Never fear any effect; never fear that which is created: trust the Creator. Shall creation mean more to you than the Creator? Shall you love that which has been created more than you love the Creator? Can you fear that which God has created? Is there a creator other than God? Is there another creation, a creation apart from God?

...All evil is self-destructive. It destroys only those who contrive it, but never those toward whom it is directed. Evil is only a power to those who give it power.

Pp 115

...Do not fear any evil thought or deed which is directed toward you or anyone else. Do not fear any person, and above all, do not resent or hate him, unless you would bind him to you by the loathsome chains of hatred. You must understand that evil can touch only that person who is entertaining it: therefore, never fear evil; never hate it; never resent it; but always respond with compassion.

...Let the world entertain its own concepts of God and man, of religion and of prayer. "Bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute you." Pray for their awakening, but never fear them and never resent them.

...God is the infinity of your consciousness; God is the purity of your Soul. Nothing exists outside your own consciousness.

Pp 116

...Hatred, resentment, and fear are but figments of thought, the result of a self-created image, and are, therefore, without power, presence, or reality.

...Abide in the truth of God's kingdom established on earth. Abide in the truth that *I* am closer than breathing and nearer than hands and feet.

...Let your prayer be a resting from words, a resting from thoughts, a resting from desire. Take no anxious thought. The Spirit of Truth, the Comforter, will never leave you, even though every avenue or channel of good is closed.

...The Comforter is within you; it is the "Peace, be still" to every storm without and to every disturbance within. Open the door of your consciousness and let the Comforter speak; let the Comforter be your assurance; let the Comforter be your supply, your health, the harmony of your home, and the peace of your inner life.

Pp 117

...To live the spiritual life means to live in an atmosphere of absolute fearlessness, regardless of the circumstances.

...The circumstances confronting you may appear terrifying and disaster imminent, but the Christ says, "It is I; be not afraid."

Pp 118

...Never look upon the discords and inharmonies of your life as if they represented a lack of understanding or a lack of demonstration. Regard these unfortuitous circumstances as opportunities which will be dissolved when they no longer serve their purpose as spurs to your spiritual unfoldment.

...Fear not what mortal thought can think or do, since mortal thought is self-destructive. Fear not the thoughts or deeds of man whose breath is in his nostrils. You are the temple of God, and God is in His holy temple now. You are the temple of the living God; your body is the temple of the living God; your life, your soul, your mind is the abiding place of truth, and if you abide in this truth and let this truth abide in you, no evil will come nigh your dwelling place.

Pp 119

...Stop fearing; stop doubting. Rest in My bosom; rest in My arms; rest in My love and be at peace. Trust the I at the center of your being. Believe that I can do these things. Believe that there is a Presence at the center of your being whose only function is to bless, to be a benediction, and to be the instrument of My grace. Trust Me; believe only in Me; fear not.

Pp 121

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

From The 1961 Stockholm Closed Class

...So eventually in our meditations we sit down and we begin with a problem out here—health, supply, the nation—and because we're in meditation and we're going to God we would like this problem solved. We would like to see it dissolved. And so we say to ourselves in meditation: “Father what is this? What is the solution to this problem?” And as we meditate again, something within us reminds us: “Fear not. *I am with you. Fear not. They have only the arm of flesh. Fear not! My presence goes with you. Fear not, this could have no power over thee except the power came from God for God is the only power. Do not fear anything or anybody.*” Ah ha! This comes right into mind. Do you remember Jesus? Jesus, coming to the ship and the storm? “Fear not,” he says. “Fear not, it is I.” Right in the storm. “Fear not, it is I.” And you know in this meditation, sometimes with your problem staring you right in the face or waiting to do it when you open your eyes, sometimes in this meditation it will come to you like this: *“Fear not, it is I. I in the midst of you is the only power. Be not afraid, it is I. Do not fear any appearances. Do not fear man whose breath is in his nostril. Do not fear what man can do to thee. I am in the midst of thee. Trust thou in me.”* And in our meditation that way, the word of God comes, Truth comes, and then we find that, when we start again on living, the problem has a way of dissolving.

424A 1961 Stockholm Closed Class
“Meditation – Its Function and Purpose”

From I Stand on Holy Ground

...When we receive impartations, we begin to understand what Christ Jesus meant when he said, “I will never leave thee, nor forsake thee.. . . It is I; be not afraid. . . Before Abraham was, I am.. . . I am with you always, even unto the end of the world. . I am the way, the truth, and the life.” Ah, but what about all these germs? What about all these years of the calendar that have gone over my head? When such temptations come, we turn in meditation and again we hear, “Fear not! I am with you. I will never leave you.” What does this mean, if it does not mean that we are under divine protection, divine care, divine healing, divine love, eternal immortal life?

I Stand on Holy Ground
Chapter 12 – “The ‘Ye-Shall-Know-the-Truth’ Way”

Search: “without struggle”

From Our Spiritual Resources

...Does anyone live without taking thought, without struggle, or without strife? Does anyone live without the use of force or might, purely by the spirit of God?

...When grace touches us, we do not take thought for our life, and yet nevertheless wonderful things are taking place in our lives, things which come to us as a gift of God, and we realize, “This is something I had nothing to do with, and so this must be a pure gift of God.” Living in this state of meditation and returning to it a dozen times a day so as to reestablish ourselves in that inner peace, God's grace flows to us, and in turn flows out from us to bless others, and always without effort, without strife, and without struggle.

Our Spiritual Resources
Chapter 7 – “Living by Meditation”

Search: “no evil can”

From *A Message for the Ages*

...In the absolute sense, God is omnipresent, but God is only omnipresent as the consciousness of individual being. Therefore, if there is one person in a room with a consciousness of God, no evil can happen in that room, more especially if the others are at all attuned. God is the spirit of man, and therefore, the only place that we can bring God-power into expression is from within ourselves. That is where It is. It is not floating about in a room, but It is in any room, as the consciousness of man, where It is realized. Without this acknowledgment and reliance, however, It does not function....In some of my deep meditations I have seen the soul of man as if it were a tiny, closed-up bud. As I have worked with students or patients over a period of time, I have watched this opening, just like a rosebud coming into full bloom, and their whole nature changes. Because they had no access to God before, they could not receive the things of God, but now they can. There must be a God-faculty in order to receive the things of God; there must be a means of Its entrance into our consciousness. We must know the truth for the truth to make us free.

A Message for the Ages
Chapter 2 – “God and Prayer”

Search: “never fear”

From The 1955 Cape Town Series

...Never fear to make a mistake. Never fear, while following God, to make a mistake, because any mistake you make will be corrected without injury to anyone. Most of the failures in life have been people who were afraid to make mistakes.

They felt that everything they had to do must be perfect, and that isn't true. That isn't true. Place your whole heart, and soul, and mind, your whole reliance on the Infinite Invisible, and then dare to do and to be, and fear no mistakes because God will correct them in time to save you and all others from any serious tragedy. Learn not to be afraid of mistakes, and you'll make less of them. Never fear to dare, because in the name of God, in the nature of God, with a complete confidence of God at hand, we can dare, we can be original.

708B 1955 Cape Town Series
“Being Taught of God”

Search: “fear not the”

From The 1960 Lausanne Class

...Well, as we read the newspapers today, and we read of this great new problem in the world, and the words, the thoughts that came to me were...that here is an irresistible force meeting with an immovable object. And now what can happen? And you know it just looks as if two powers must destroy the world and now you want to pray. I know I did. And then comes this: In the human world, force is power. In the human world the more force you have the more power there is. But here we have come to an irresistible force and an immovable power. Here we come to the absolute extremes of power and now what must happen? And the answer comes back: *“Not by might, nor by power, but by my Spirit.” Fear not the armies of the aliens. Fear not temporal power. Fear not the weapons of this world for I say to you that life is not lived by might or by power but by my Spirit.* And with an assurance like that you rest. You rest. You rest. You must rest because if it isn't true, nothing is going to help you. If it is true, you're going to see a whole new dimension in life. But only those can usher in this dimension who have come to the place of recognition that life is not lived by might or by power but by

My Spirit—and then stand aside and see the salvation of the Lord. Stand aside without fear, without anxiety, and believe only that life can be solved by the Spirit of the Lord and see what happens.

344B 1960 Lausanne Class

“Prayer – The Upward Dimension: Earthbound – Landlocked”

From *Invisible Supply*

...Since The Infinite Way teaches us that we must not take up the sword, we do not exert force to gain control or dominion over the mind and body. Instead, we use the same gentle, loving discipline that a wise, mature parent exercises over a child. It is a discipline of love, gentleness, peace, and patience. We gently and quietly address our minds in this manner (*I am addressing my mind*): *“Peace! Be still! Fear not! God in the midst of thee is mighty. Fear not the armies of the world, for God in the midst of thee is mighty. God's peace give I unto thee. God's grace give I unto thee. Peace! In quietness and in confidence shalt thou meditate. In stillness and in joy shalt thou receive God's grace. Peace be unto thee! Peace!”*

Invisible Supply

Chapter 9 – “Principle of Treatment”

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