

## **FUNDAMENTALS OF DIVINE SCIENCE**

### **LESSON XII**

#### **MEDITATION**

Throughout the ages, enlightened men and women have used a way of prayer that is often called *Silence*. From ancient mystics, through the Quakers and similar movements of the 17<sup>th</sup> Century, to contemporary seekers turning to Eastern teachings, countless sincere worshipers have sought to listen to the Voice within their own souls. (Our founder, Malinda E. Cramer, was from a strong Quaker background.) The Silence has always been the chosen form of prayer of the most advanced seekers after Truth of all religions.

Just as we know that God has already given us all we need in giving Himself to us, so do we know that we do not have to ask Him to speak to us. God is always speaking to us; at this very moment He is pouring out to us all that He seeks to express through us. All we need to do is to learn to *listen*.

#### **HOW TO LISTEN TO GOD**

There are many ways of learning how to listen to God. We do not say that ours is the only way, but we know that it is a good way. Sincere students all over the world have found it to be an effective one.

You are already familiar with the use of affirmations. From affirmations, it is an easy step to the technique of meditation in preparation for the Silence. In meditation we keep our mind one-pointed as we do in affirmation, but the field of thought is expanded to include several definite steps which lead us into the true Silence.

#### **THE FIRST STEP: RECOGNITION**

First, get into your favorite position for prayer. We suggest that you sit up with your spine straight; a reclining position may be too suggestive of sleep.

Relax your body. If you find this difficult in the beginning, you may wish to start at your toes and mentally speak a word of peace to each part of your body. Do this without tension or will power. An affirmative statement such as, "My feet are now relaxed," etc., will bring forth the desired result.

When your body is relaxed, you then release from your thought the mundane things that normally occupy your mentality. Withdraw your attention entirely from your body, your surroundings, your relationships, and your problems. Quiet your emotions, your opinions, and your questions. Let your thoughts be drawn together like the water in a calm tranquil pool.

Recognition of the OMNIPRESENCE OF GOD in some aspect or other is the basis of a meditation, and the initial step toward entering into the Silence.

### THE SECOND STEP: AFFIRMATION

Some think that they have had a true meditation when they have quieted their mentality to the place where they feel a sense of peace, but this is only a preparation for things to come.

When mind and body are still, you introduce into that stillness whatever thought you wish to realize. You have already recognized that God is everywhere present at all times. Now you are going to center your attention on a definite aspect of this spiritual Truth. Let us say that you wish a deeper realization of the Presence of God as Life. You now affirm the Omnipresence of Life to yourself, either inwardly or aloud. Say it until you begin to feel it; say it until you are thinking of nothing else. You need not use these exact words; put it into words that are meaningful to you.

### THE THIRD STEP: CONCENTRATION

Now let your mind go out into the invisible as far as it will go. Let your thought dwell on God Life, beyond everything, behind everything, above everything in the whole universe. Now bring your thought back to the visible universe and concentrate again upon the Omnipresence of Life. Go from point to point in all of the manifestation of God Life of which you can think; seeing, hearing, sensing God Life in everything in the visible. You know that what is true of the invisible is also true of the visible; remind yourself of it in every way that occurs to you. Also, identify *yourself* as God Life.

### THE FOURTH STEP: THE SILENCE

A true Silence is the silence of realization. After you have completed the first three steps, open your entire mentality to the Christ Mind within you, which is your first point of contact with the Father, and just *listen*. By means of the first three steps, you have lifted yourself to the level where the light of Truth can break through. You have been thinking together with God. You have become conscious of what God knows to be true. Now, as you listen with all of your being, God's own Consciousness of this Truth is released in you. There is a spiritual inflow of *direct knowing* through which you intuitively realize this Truth. *You know that you know*. This is conscious realization. You have prepared the ground; the Christ within you has provided the inner awareness. "When we place self in consciousness where God has placed us, we shall be able to hear the still, small voice, and perceive with the eye of understanding." (Malinda E. Cramer) "Man gives recognition to God; God gives realization to man." (Nona L. Brooks)

When you have reached this stage in your meditation, you will see that it is indeed the highest form of prayer. You are truly communing with your Father. It is a two-way sacrament and you will feel a double joy. Besides the happiness of your own consciousness you are uniting with God's Joy in the communion. Father and Son are one and you will find yourself on the Mount of Transfiguration, glorified as was Jesus.

### CONTACTING THE CHRIST MIND

In turning within, sometimes beginning students are disturbed to find that they have opened themselves to thoughts and impressions coming up from the subconscious levels of mind or from general mental atmosphere. A firm declaration that you are open and receptive to the Christ

Mind only, is helpful at the beginning of your meditation. It is also well to avoid falling into a passive and dream-like state; keep awake and alert mentally. The next two lessons will give you more detailed instructions on contacting the Christ Mind that indwells you.

### LIVING TRUE

When we have touched the Presence in even the slightest degree we will find a spontaneous sense of thanksgiving to the Father welling up in us. We must extend this feeling into a living gratitude that permeates every thought and deed of our daily lives. It is *essential* to our spiritual growth that we take whatever light we have received in the silence and let it shine through every word and act. We must become *in expression* whatever truth has been joyously shared with us.

### IS GOD CONSCIOUS OF INDIVIDUALS?

It is difficult for some to believe that God can be aware of each person as an individual. They may see how God might know and love people collectively, but not individually.

The difficulty arises when we try to endow God with our limitations. When we try to “make God in our own image” we project our finite concepts on our creator. When we recognize God as Universal Mind, however, we begin to understand the mystery.

Let’s think it through. The most obvious characteristic of mind, yours and mine, is the capacity for *knowing*, being aware of that which is. This is certainly true of Infinite Mind and includes knowingness in infinite intensity as well as extensity. The greater the mind, the greater the scope; and the greater the mind, the more intense is its awareness of its own ideas. Nothing could have expression in God Mind apart from God’s awareness of it. Infinite Mind is Infinite Consciousness, including all.

### A HELPFUL ILLUSTRATION

If you walk into the crowded library of a scholar, you see the books en masse; you receive the impression of books collectively. But the scholar not only knows the books as a library, he knows each individual book.

If the scholar knows his books with ease, how much more easily would the author know them! How natural for our Creator to know each creation as an individual. How natural for Infinite Mind to be conscious of Its own thoughts!

Because God is Infinite Consciousness, direct communion with Him is possible for you. God is more conscious of you than you could ever be of Him because His capacity for being conscious is beyond all human comparison. God hears you when you pray. He knows when you turn to Him. Your love for Him is met by His own outflowing love for you. Your consciousness of Him provides the entry through which His Infinite Consciousness may express more fully through you.

**May you learn to enter into living silence, and listen  
in Holy Communion to the voice of God within your soul.**

## ASSIGNMENT FOR LESSON XII

Study all of Chapter 6 in *Divine Science: Its Principle and Practice*, as well as this printed lesson. You will find some duplication, but repetition is of value.

This lesson gives excellent instruction in affirmative prayer. Start by declaring the perfection of God. Then think through from the Perfect Uncreate, out into all creation throughout the universe, and then gradually working closer until you come to your very self as a part of that creation, as a perfect manifestation brought forth by God's Law of Expression.

You will find it helpful to write out your meditations, using only one subject in each meditation. You may take each of the inherencies separately and also use topics such as peace, abundance, guidance, protection, health, etc. Work out each meditation according to the directions for each of the four steps given in the lesson. When you come to Step Four, truly let go, still all thought and enter the Silence. Become completely receptive, unresisting, and trustful.

"The soul should be held open to the Spirit, with a suspension of activity, to imbibe Its life. We enter the Silence to receive, not dictate. The Christ is already within us, and He seeks to pass outward into the soul and its body and permeate these with higher life." (Warren Felt Evans)

"In creating us the One shares Itself with us. Every living soul is God-like. Man may not know this and crawl upon the face of the earth as a weakling, a worm of the dust, while in truth he is a child of God, the inheritor of the riches of the universe. Nothing in the universe says no to him; his welfare depends upon his own decisions, his own endeavor, his own use of the heritage that is his." (Nona L. Brooks)

By faithfully working out these meditations, you will build up such a conviction of the omnipresence, omnipotence, and omniscience of God that your consciousness and your faith will *be established*.

Once you are convinced by your certainty of knowing, short meditations upon Truth will bring desirable results.

**Affirmations:** Enjoy and use the affirmation on pp. 169-189 in *Divine Science: Its Principle and Practice*.

**Bible Quotation:** "We have the mind of Christ." (I Corinthians 2:16)

**Written Assignment:** Send in one of the meditations you have written.