

FUNDAMENTALS OF DIVINE SCIENCE

LESSON XIII

THE UNFOLDMENT PROCESS

Several things should be clear to you by now. First, the good you seek is already within you. In giving you of Himself, God has given you all. Second, you are here on this planet to discover this “divine self” within you and release it into expression. You are here to learn to “be yourself.” More accurately, you are here to awaken to your Self and to act accordingly; you really could never be anything else. You are you eternally.

We know that in the Absolute sense God is one; indivisible, unchanging, eternal, and perfect. As the expression of God, we, in the absolute sense, have the same qualities. But there is a relative sense of our life to be dealt with, in which we do experience change and seeming imperfection. For some people, especially those of an analytical turn of mind, it helps to clarify the pattern of the whole to take up this relative phase in some detail.

The relative side is our unfoldment process, the process through which we become aware of our true nature as children of God. It is the way we grow. It is spiritual evolution. We are all coming to see ourselves as God sees us, each in our own way, and at our own rate of growth.

At our present level of unfoldment we see only in part. It is this partial awareness, of who and what we are, that brings about the changing conditions and appearances which trouble us so much. As we come to see the spiritual immaturity behind many of life’s problems, much of what seems unjust and unfair disappears. We no longer condemn others who have not reached our degree of unfoldment. Neither do we blame ourselves if we cannot measure up to those farther along the spiritual path than we are.

YOUR THREE PHASES OF MIND

The one self-evident truth is consciousness of being. You know that you are you. This is the only thing that you can know absolutely that is not relative or dependant on other evidence. I AM is the starting point. You know that *you are* without any other proof. Consciousness is the indwelling awareness of Self within you.

At our present degree of unfoldment, consciousness functions in a threefold way. We assure you that you have only one mind, the Mind of God. However, It expresses through you as your conscious, subconscious, and Superconscious (or Christ) mind levels. (Various schools of psychology may use other terminology to identify these three phases of mind, but we prefer the ones as given above.) We mentioned these three mind levels briefly in Lesson V, but now we will consider the function of each in some detail.

As an experiment, let us see if you can prove to yourself that your individual thinking processes are carried on in these compartments. Think of some time when there was some strong impulse in you to do a certain thing. Something in you seemed to push you; all your emotions were pointing you to this action. This was your subconscious phase of mind.

Another part of you was thinking about it, however, trying to decide whether to do it or not, arguing pros and cons, evaluating, judging, imagining, or projecting a result. This was your conscious, reasoning, choosing phase of mind.

There was also another part of your mind standing by, above the level of your thoughts and feelings, as a spectator and listener. This was consciousness itself; that in us which says I AM. It is above human thoughts and feelings, though we are aware of their activity. This was your Christ Mind or Superconscious, which “sees together with God.”

THE CONSCIOUS PHASE OF MIND

Certainly the conscious phase of mind is the most changeable of the three. It is also “off the job” more than the others, sleeping from eight to ten hours out of every twenty-four. Nevertheless, it is very important. It is the executive. It is that in us that reasons, wills, and observes; it deals with the outer world by means of our five senses. It reasons both from the general to the particular (deductively), and from the particular to the general (inductively). Its voice is REASON; it says, “I observe, I choose, I will.”

THE SUBCONSCIOUS PHASE OF MIND

The phase of mind which we call the subconscious does not need periods of rest; it never sleeps, and it never forgets. It is our computer mind. It is the seat of all memory, the center of feeling, and the source of emotions. All biological activities are regulated by it. It reasons deductively only, from the general to the particular. It accepts mechanically what the conscious phase of mind records within it. Its voice is EMOTION; it says, “I desire, I remember, I feel.”

THE SUPERCONSCIOUS PHASE OF MIND

Above these two functions of mind is the mind which gives them their power to function, the mind which is the essence of being, without which the conscious and subconscious could not exist. This is the Superconscious Mind, the God Mind, the indwelling Father. It is the mind that says, I AM. Its voice is INTUITION or direct knowing. This is the mind that heals and forgives the subconscious. It reasons from the universal to the individual. It knows that God and man are one. It is the very Name of God in you, I AM.

Some students have been confused because of certain schools of thought which make no distinction between the Superconscious and subconscious levels. Some movements teach that we are to turn to the subconscious for guidance. The subconscious, however, both personal and collective, includes a mixture of positive and negative elements. It is, therefore, *not* a reliable source of wisdom and understanding. It is our protection to pray only to the God Mind within us; only to It can we safely open for guidance.

PRACTICAL APPLICATION

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Now that you know the workings of your own mental realm in some detail, how will it change your conduct? It will change it in many ways if you follow up the implications. First of all, whenever you say “I am,” speak the truth about yourself; for when you say “I am,” you are using God’s Name. You may know of the realization that came to Moses at the burning bush in Exodus 3:14, God declares “I AM THAT I AM.” Since God *is* that I AM within you, it is most important to speak truly when you speak of Him. You will no longer say, “I am sick,” or “I am afraid,” or “I am angry.” To do so would be taking God’s name in vain. At all times, you will take care to speak the truth of that Self which is one with our Divine Father/Mother. For whatever you identify yourself *as being* will out-picture in your experience.

The indwelling Christ Mind is the perfect link between the Absolute and relative realms; it is the Absolute coming forth to express through the realm of the relative. Nor is your Christ Self indifferent to the conscious and subconscious activities that are going on within you. In fact, it is at all times ready to guide and help. True, it is not changed in any way by your conscious thoughts and acts, or by your subconscious feelings and emotions. And what a blessing that it is so! Nevertheless, the God Mind is always ready to direct and guide us. We have but to turn to it and call upon it to receive an immediate inflow of divine wisdom and power.

TRUE GUIDANCE

An obvious question is: How can I tell when I am contacting God Mind, and when I am merely dipping into the accumulated desires and impressions stored in my own subconscious, or the subconscious suggestions of others? It is indeed difficult to distinguish at times. As a general principle, however, GOD’S GUIDANCE IS ALWAYS TRUE TO, AND CONSISTANT WITH, GOD’S NATURE. The more clearly you understand the nature of God, the easier it will be for you to discern the difference between spiritual intuition and mere feedback from your own mentality. In Lesson XIV we will set a few guidelines that will be definitely helpful.

A basic guide, however, in all things, whether great or small, whether they concern our inner mental realm or the outer world of human relationships and affairs, is to study the life of Jesus step by step. In the life, words, and works of Jesus the Christ, we have a metaphoric picture of your own spiritual unfoldment and awakening.

THE LAW OF JESUS CHRIST

In the Old Testament Book of Exodus, the universal nature of God is expressed in the sense of absolute, unconditioned being: EHEYAH ASHER EHEYAH, translated I AM THAT I AM. The New Testament unites the universal and the individual, depicting the full expression of this oneness. In Jesus Christ, the universal and the individual become one. This is our goal, too. The great value to us in studying the life of Jesus is that it shows us the way, the steps we must take if we are to bring forth our own Christ nature.

There was nothing new in what Jesus said. The newness was in his living of it. The Jesus Christ principle is the principle of *living* the Truth that we know. This is his great gift to us, his

demonstration of Spiritual Principle. We can preach the Law of Moses by telling others what *not* to do; but the law of Jesus Christ must be *lived*.

MAY GOD BLESS YOU AS YOU WALK THE PATH OF SPIRITUAL UNFOLDMENT.

ASSIGNMENT FOR LESSON XIII

Study Chapter 8 of *Divine Science: Its Principle and Practice*, taking special note of pp. 126-127. Review pp. 67-75.

Affirmation: GOD IS EXPRESSING AS MY VERY SELF; I KNOW THE PERFECTION OF MY SOURCE.

Bible Quotation: “It is God who is at work in you, enabling you both to will and to work for his good pleasure.” (Philippians 2:13)

Questions:

1. What do we call the Mind that says “I AM”?
2. Is growth the addition of anything to your real self?
3. There is an Absolute viewpoint of God, life, and man, but there is also a viewpoint from the process side. Explain.
4. Could individual life be anything without universal life?
5. Could the conscious mind be anything without the Christ Mind?
6. Does the cause of things lie in the inner or in the outer?
7. Does recognizing our divinity help us act divinely?
8. Since *you are Mind*, can you control the thoughts of your conscious realm and the emotions of your subconscious realm?
9. What is the law of Jesus Christ?