

FUNDAMENTALS OF DIVINE SCIENCE

LESSON XIV

CONTACTING THE CHRIST MIND

There is an innate desire in all things to rise up, to ascend. We find this in the seed that grows upward toward the light; we find it in plants and trees. We see it in birds and mammals, and above all in humankind. In our lifetime, we are seeing the ancient dream of space travel beginning to be fulfilled. We have watched men walk on the moon, and the technology already exists to travel to Mars and return.

No outer ascension, however, can compare with rising up in consciousness to touch the Mind of our Creator. To contact the indwelling Christ Mind is the greatest experience that can come to us.

CONTACTING THE CHRIST MIND

The assignment in the textbook for this lesson is so clear and complete that we can only emphasize what is given there. It is well to note, however, that we do not really initiate the prayer process. Our very prayers are a human response to the Indwelling Spirit's movement within our own consciousness.

First, you must establish a strong, unwavering belief in the Christ Mind, which is the Presence of God in you. By means of affirmation, prayer, meditation, and study, you will release and experience a deep and abiding faith in that Mind that indwells you.

Second, you must be fully willing to grow in understanding of this Mind and the ideas that inhere within It. You have accepted intellectually that love, wisdom, knowledge, understanding, power, life, and joy are inherent in It. Whenever you come across any of these inherencies in your daily life, and there are thousands of expressions of love, beauty, and power around you at all times, recognize it and claim it as part of yourself. Thank our Father/Mother God for it and for your ability to discern its presence. We suggest that you give it more than a passing thought; turn it over in your mind, expand on it, and explore it to its furthest boundaries.

Third, be sure to keep your conscious phase of mind alert during your prayer and meditation. Your conscious mind, though detached from worldly thoughts and images, must nevertheless be more alert and dynamic during meditation than at ordinary times. We noted in our lesson on the Silence that meditation is not a state in which we invite whatever may want to enter into our mentality. If you give yourself up to apathy, you are opening yourself to a variety of confused impressions and desires that will rise like a mist out of the subconscious or psychic realms.

Fourth, remember that God has given you free will. You can choose to open to the Christ Mind and to it alone, and you can carry out this intention. Be steadfast in your study and prayer, turning deliberately and with deep earnestness, not with stress or strain, to the indwelling Presence.

Finally, you will discover that after patient practice, one day you will have an *inner knowing*, a clear conviction that it is the Christ Mind with whom you have been communing. This may sound vague now, but you will know beyond a shadow of a doubt when you have touched the Presence.

THE RESPONSE OF SPIRIT

There is no set form in which Spirit may respond to you. Some people report seeing a light, or even being surrounded and enfolded by it. Nona Brooks, at the time of her healing, was aware of a light that filled the room. Some hear voices or beautiful music. To many, there is just the deep inner knowing that is unaccompanied by any phenomena visible to the physical senses. You may be sure that Spirit will respond to you in the way that is best. Therefore, do not make any special attempt to bring lights, colors, or voices to consciousness.

Malinda E. Cramer writes of her healing illumination in this way: “The answer to my earnest inquiry, as to whether there was any power that could heal me, was an all-absorbing realization of a presence and power not before realized. This presence was more than personal, it was omnipresence; it was more than any visible object before me; it was *real* and permanent. It was so vivifying and illumining I knew that I was one with it. I realized it to be my life; the very being, knowledge, health and power that I am. It was as a ‘consuming fire,’ in that all things became It and were this One Presence manifested. Simultaneously with finding myself in God, I experienced the indrawing of all things, i.e., that all are in the embrace of one eternal Good. As I looked out over creation, I beheld a ‘New heaven and a new earth, old things had passed away.’”

THE IMPORTANCE OF BALANCE

Your understanding of the Christ Mind helps you achieve the “balanced life,” which is desirable to those on the path of spiritual unfoldment. In Lesson XIII you learned that your own mental realm works in terms of a trinity. It is important that you maintain a perfect balance between these three phases of mind. The cold intellectuality that comes from overemphasis upon conscious reason, sometimes called rationalism, must be avoided. Nor is the flood of emotionalism, which may come from overstressing the subconscious phase of mind, to be desired.

The Christ Mind should be at the helm. The inmost Self must be your guide if you are to reach your true goal, which is conscious oneness with God. It is your abiding spiritual Identity that knows all, sees all, and is all. Never hesitate to trust It! It will never usurp the functions of all the conscious or subconscious phases of mind.

Jesus saw the importance of the balanced life. He did not remain on the mountaintop of consciousness, but came down into the valley of human experience to help redeem humanity consciously and subconsciously. It is not wise to spend a disproportionate part of our time in meditation. We are to express outwardly, whatever we receive in the Silence. If we do this, our three phases of mind will work together and our life will be balanced.

PLANTING THE RIGHT SEED

Through study and prayer, we have come to know the truth of our oneness with God. But in the years that have gone before, we may have stored away, in the subconscious, much belief in things and conditions unlike God. Perhaps we accepted many beliefs of sickness, of sin, and of lack of various kinds. It is not necessary that we uproot all these false beliefs directly. It is best to begin to plant only good and true seed-thoughts into the subconscious, which will tend also to cancel out error and discord.

Jesus' Parable of the Seed Growing Secretly reads as follows: "The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. Then, earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come."

Every time you have a conscious thought of Truth, you are planting. It will fall into the soil of the subconscious and bring forth after its kind. Do you see why Divine Science stresses the importance of right thinking? Your experiences of today are determined by what you thought yesterday, but your experiences of tomorrow depend upon what you are thinking today.

SPIRITUAL TREATMENT

We have been giving our attention to prayer and meditation, and to the lifting of our consciousness to the Christ level. Now we are going to consider a form of prayer called *treatment*. Treatment is a prayer directed to a specific purpose; the changing of individual consciousness. Since everything that appears to us is an outpicturing of our consciousness, we can change outwardly only by changing inwardly. We allow the light of Truth, which we have received in the Silence, to shine upon all that comes to our attention.

To treat something is to subject it to the action of something else. We treat metal, for example, by subjecting it to the action of heat, and in this way inducing a change in the metal. In spiritual treatment, we subject a human condition of some kind to the action of Truth. We see the Presence of God in the midst of human experience.

In the appearance of illness, we are to see health; in the appearance of lack, we must know Divine abundance. We replace what we see and hear by what we know to be true. This is not wishful thinking or fantasy. We do not accept the evidence of our senses that the sun rises in the east and sets in the west, because a higher knowledge reveals that the earth revolves around the sun. In the same way, regardless of how things appear, we give full attention to God, and a higher knowledge reveals the Divine Presence everywhere.

SELF-TREATMENT

Self-treatment is rising above the level of the limited appearance that confronts us, and submitting to the will of God. Regardless of how things appear, we give full attention to God, believing in faith that with God all things are enabled. The more serious the challenge, the more

necessary it is that we do not waiver. Often it is well to have someone help us who is not so close to the problem.

DIRECT AND INDIRECT TREATMENT

Direct treatment is centered on the Indwelling Presence within the individual, the Christ within. In direct treatment, we speak the word that awakens the individual soul to its divine nature. This form of prayer is helpful to the extrovert. The 23rd Psalm is a good example of a direct treatment.

Indirect treatment is centered on the Universal Presence of God. Knowing that the individual is included in the Whole, we know that he is part of the divine nature. This method often brings results to the introvert. The Lord's Prayer is a form of indirect treatment

TREATING OTHERS

Treating others is the same process as working in consciousness for ourselves. We realize that what is true of us is also true of every living soul, and is true for the one we wish to help. We remind ourselves often, while working for others, that it is God who is doing the work.

Because distance is irrelevant in the context of Omnipresence, we do not need to send our thoughts directly to another. We give our attention to Truth, knowing that it is the Christ Mind in the other that will do the work. The more we rely on the One Presence and Power, rather than on our own personal efforts or skill, the greater are the results.

When our treatment is completed, we let go and let God. We refrain from describing or discussing the problem. Having planted the seed in consciousness, we go about our daily life, keeping our attention on what is good, pleasant, constructive, and true. We leave the outcome to God.

ASSIGNMENT FOR LESSON XIV

Review pp. 89-94 of *Divine Science: Its Principle and Practice*.

Treatment: Use the following spiritual treatment, either for yourself or another, changing pronouns as needed:

The purifying, vitalizing, healing Christ Life is now doing Its perfect work in me and through me. (or in and through _____.) All error is now eliminated from my (or his or her) mind and body, through the Indwelling Christ. I am open and receptive to spiritual thought. I live, move, and have my being in God. I breathe the pure breath of Spirit. I am filled with the vitalizing Life of Spirit. Spirit is making my way perfect. I am now made whole through and through.

Bible Quotation: "Your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory." (Colossians 3:3-4)

Questions:

1. Does the reality of you ever change?
2. What is the greatest experience that can come to us?
3. How do we establish faith in the indwelling Christ Mind?
4. How do we attain an understanding of the nature of the Christ Mind?
5. How can one maintain balance in all phases of life?
6. What is spiritual treatment?