

# **CONTEMPLATION**

**The Activity of Mystical Consciousness**

**By:  
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THE ACTIVITY OF MYSTICAL CONSCIOUSNESS

FORWARD

The personal quest for true knowledge is everyone’s eventual story. No matter who we are, sooner or later an awakening will come which will start us on the way to self-discovery. This book by Helen Brungardt can be just the right message at the right time for may now on the path.

I know of no overnight successes on the spiritual path. There have been instances of sudden awakening, of course, but the initial awakening is but the beginning. Then follows self-examination, study, trial and error as one learns to work with newly-discovered principles of living, and the frequent realization that there is still ever so much more to know and do. Joel S. Goldsmith spent several decades in prayerful inner research; one great saint of India spent over twenty years in solitude before he began his mission; I myself, have been on the path for a quarter of a century-and still new insights are had almost daily.

A little reflection will reveal to us that we have much to learn, much yet to know about the nature of the Life Process. Only recently I happened to read an illustrated article in a national magazine that dealt with the universe. An artist’s paintings of the universe revealed our galaxy, just one of many, against a backdrop of midnight-blue space. Our solar system is located near the rim of the galaxy and we do not really know how many other solar systems are contained in our galaxy; it is estimated that over one hundred million planets similar to ours exist in it. And there are other galaxies-one is known to be over twenty billion light years distant; that is, it takes this long for light to travel to our planet. Then we learn of universes in other frequencies which we cannot now discern, black holes in space, energy-as-plasma flowing through magnetic corridors, different times and spaces than those we know of-and, even, of other universes. At least that is what the mystics say in their writings. And here we are, seemingly earthbound mortals, trying to solve our daily problems and make it through the current life-cycle. This is all very interesting; an understatement, of course, but true.

Sages teach that the human body is a smaller reflection of the cosmos; what is *out there*, is *in here*. By clearly understanding what is within, we can know the workings of that which is without. Self-realization leads to God realization. This is the premise and the declared fact. The *within*, which leads to knowledge of the *without*, is known through discernment and intuition. This is the way of the mystic. A mystic is a rational being, hopefully, but he employs a more subtle method for the examination of the *truth* about life.

Truth, as information, is *accurate data*; that which is so about a given subject. This is why to know the truth is to be liberated from false concepts. When Jesus said, “And you shall know the truth, and the truth shall make you free,” he was telling it like it is. Information which is not accurate is false, and we all know that we have had more

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than enough false information stored in the secret recesses of the mind. The subconscious memory-bank is often loaded with inaccurate data; data we use all of the time to our personal chagrin. What to do? How to change matters?" The answer lies in the *activity of mystical consciousness*, which happens to be the sub-title of this book. I wish I had thought of the title first but, now that Helen has already chosen it. I'll just have to think of something else for my next book.

I am fortunate to know Helen Brungart and her family. Helen first attended my lectures in Albuquerque a few years ago and a friendship was almost immediately formed. I am not her first teacher; she has Life for her teacher, and studied with others before she met me. Her background includes a wide reading experience, Science of Mind classes, and personal, practical, experience-the latter being one of the best teachers of all.

The thing that struck me when we first met was that she was and is *level-headed* and *fully responsible*; two characteristics I consider most useful and important for anyone on the path.

A few months after we met, she asked to be ordained into the CSA ministry. After an appropriate time, this was done. As a director of Christian Spiritual Alliance, and head of the teaching department (Center for Spiritual Awareness), I felt it to be a wise move to take this particular God-oriented devotee into the fold without undue decision. I am extremely pleased (*proud* is too touchy a word to use) to have Helen in the ranks of our most able teachers in the field. Few men would have put up with the treatment I have given her; not that I have been strict, but that I have given her freedom-the greatest test of all. To be free means that one must "go it alone, with God." This is the way an *initiate goes*, and Helen has done it! She has faced sometimes "impossible" tasks; with building an organization, working with students and disciples, facing up to "how to meet the bills when they are due," and all of this with her inner *activity of mystical consciousness*. What makes this book *real* is the fact of Helen's own experience. This is really her personal testimony, and the reader will find this true on an individual basis. In fact, although I usually cannot stand to have a book tampered with (books are, to me, sacred friends), I now suggest that you take pen or pencil in hand to underline, circle or otherwise indicate to yourself the most important (to you) sentences and paragraphs. In time, you will have underlined almost every sentence and will have to begin anew; or buy a new book, which will make the publisher very happy.

A short time after being ordained Helen formed a non-profit corporation, *Symphony of Life*, of which I am one of the directors, along with J. Sig Paulson of Unity School of Practical Christianity. From its early beginnings the movement has prospered; the Symphony of Life now offers classes, lectures, tours by Helen to various cities to teach, and finally, a permanent place for offices and classwork. A regularly printed publication is also sent to hundreds of persons. All of this has been *the activity of mystical consciousness*.

Now, read *Contemplation: The Activity of Mystical Consciousness*. Even while you are confronted by yourself, be happy. Learn and unfold. You are the *pearl of great price*. Nothing is too good for you

-- Roy Eugene Davis

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## CHAPTER 1

### THE ETERNAL QUEST FOR PEACE

All this message can do is reflect to you the answers for which you are looking-all answers ultimately come from within us. During this dialogue between us, it is really up to the Spirit within us to bring forth the questions and answers. You and I participate in this activity, on a conscious level.

Most of us come to study metaphysics because we have many questions in our minds and hearts about Life itself. It is an inner activity that takes place deep within us, causing us to ask questions-ageless as they are-such as: “Why was I born?” “Who am I?” “What am I doing here?” “Who is God?” “What is God?” “Why was I born at this particular time in all eternity?” “Why do I have certain members in my family?” “Why is my life different from the rest of mankind?” “Why are some people born into tragic situations such as poverty-stricken or war-ravaged countries?” And, “What is this urge of each individual to get more out of life?” One of the major revelations an individual has is a recognition of something inside of him which is always telling him that there has to be more. The small, quiet voice within is forever urging that there is more, more, more. So, we begin our quest. Some people delve into the realms of psychic phenomena and begin to seek out the mysteries of the mind. This search leads them to explore such subjects as ESP, prophecy, reincarnation, astral projection, mind-control and other aspects of the new directions which are beckoning us forever onward.

We find that we are drawn into contact with people of like mind and we discover the various study groups which explore these new dimensions. But even though dimension after dimension is discovered, the search still continues. As we study more and more deeply, we begin to realize that the philosophers and mystics of both the past and the present have a very real message for us. For instance, we begin to see in the teachings of Jesus a truth more profound than the ordinary mind can comprehend. Our journey leads us to exercise the power hidden within us-the power to change our lives by changing our thoughts. Eventually, we come to understand the Reality of God, and to realize there is indeed only One. We discover that there are three major approaches to knowledge operating in the world: the physical (empirical, manifestation), the mental (control of the conscious mind), and the mystical (the study of the Nature of the Universe as the sustaining Presence of God in, through, and as us). The mystical path is the journey back-into our soul nature, into the Presence of the Absolute, the Unmanifest. The journey begins in some people as a slow, evolving process, while others experience a more dramatic awakening.

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Contemplation, together with meditation, is the activity that leads us to Self-awareness. We evolve through human consciousness and realize our oneness with God. No longer does the mystic search for an answer to the questions: “What is truth?” “What is God?” “Why am I here?” The mystic does not ask these questions any longer because he knows that *he* is the answer—the answer to every question that he has ever asked. “I AM” the answer to my own question, always.

In this book, we are going to share a process of unfolding in consciousness in which we agree to participate. What we share together can result in an amazing experience at any moment. This sharing of consciousness brings forth from within us unique insights and new circumstances. We are involved in an activity of Spirit that continuously reveals more of Itself as we open ourselves to Its flow, And what It is, is us. It is flowing in us, through us, and as we are. We are infinite beings, participating in the manifestation of Spirit.

The mystical journey is the journey through our own being to that experience known as cosmic consciousness, cosmic reality, or oneness with God. The principles and the stages of this journey are not new. They have been discovered by mystics throughout the ages, but it is useful for us to learn how they were discovered, and in the following pages we will come into this understanding in our own way.

The mystical journey takes many paths, but all paths lead to the same Truth. Eventually, the student begins to hear a message, and the message is, “You are the answer that you are searching for. The Truth, the Reality, the God that you are looking for is inside of you now.”

Our progress on the spiritual path is not one of evolving, growing, or becoming more than what we already are. The process is that of clearing the consciousness so that Truth and Reality may be known. And then, we will understand and know who we are. This clearing of consciousness (purification) is a process wherein we realize our divinity and our oneness with God. This process is what we call the spiritual journey.