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BASIC PRINCIPLES

We have touched upon some of the basic principles of mysticism and we have also experienced and touched upon the essence of Truth. What we are now going to do is discuss six principles, the knowledge of which are keys to living the mystical life.

There is only one Presence.
There is only one Power.
There is only one Intelligence.
Spirit is the Nature of all Things.
I AM.
Thou art That.

Those of us involved in the practice of meditation know that as we enter into meditation we usually have an experience of peace and calmness and a feeling that everything is right with the world. We come out of this beautiful experience and go into the world. Then, before we know it, we are back into our same old patterns. This entering into and coming out of harmony can continue for a long time. However, I have discovered that there are ways and techniques which can help us to stay unified while we are moving through our daily activities so that we can be in touch with our true self. Then we can move through this world in a balanced way, sustained by our own integrity, and moving as a whole person.

Let us consider these six basic principles. The first is that there is only one God, one Presence. Everything that was created was created by God. The basic principle of Oneness has been taught by all great teachers as being the key to living from the Truth or Reality of our own being. It is living in this conscious realization that there is only one Presence, that is crucial. It has been discovered that many people enter into the experience of mystical consciousness, yet find it very difficult to live in the experience continuously. To begin the process of moving into a state of living in the Truth, one thing is required: the full and total assumption of our own authority, I can, I will, and I do. Once this authority has been fully assumed, then we must also practice and remember what we already know.

Many years ago when I was trying to clarify my understanding, I came up with a phrase that helped me very much. It is, "I want to live in the house of total remembrance." This statement helped me to remember who I was, not just in meditation, but all of the time.

When we adopt these principles, we ignore the influences of the conditioned mind. The key to understanding is: there is only one Reality, period. Why don't we want to accept it? What is it in us that keep us from accepting, knowing and living this Truth? When we say, "I want..." we add countless items to that sentence and come up with a thousand bondages. When we do adopt this principle of Oneness, It is only a mental

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concept at first. But then the Truth behind the principle reveals Itself to us. This is how we begin. And then we ask ourselves, what about the presence of our mind? If there is only One, then there isn't any other presence on the mental level either. The presence of thoughts, concepts and ideas are also contained in that Reality. This one Presence is the Truth and the Reality that unites all things. Otherwise, there would be no relationship; there would be no order at all. But there is order in the unifying factor –One. It is the essence of all that is. All religions teach this, but humanity has not wanted to believe it, to experience it or to know it. That is why we still experience pain, strife, anxiety and various other forms of confusion and turmoil. There is a tendency within us to separate ourselves and say, “Well, this is true and this is not true, and this is God, and this is not God.” The Truth is that there is only One, and if we adopt this first as a concept and begin to live with it, we find out from within ourselves that this is so. This Truth always comes from within. A mystic knows this and he lives in the consciousness that there is only One. Because he does so, he has no need to prove anything. Because of this, there is nothing to become. Instead, there is All to be.

Oneness. Almost every book we read in the field of metaphysics teaches the same basic principle. You will no doubt agree that the principle of Oneness is fairly simple, but our ego doesn't like that. It is the tendency of our individual minds to think, so we allow our mental nature to be agitated by keeping it in motion. The ego, the little self that we think we are, doesn't even exist, except as the accumulation of past experiences known as conditioned consciousness. Because we believe in these past experiences, we believe in a pattern of memories. The mind, filled with emotion and energy, behaves as if it were something tangible and permanent, so we have an “I,” which houses an assortment, many assortments of past memories, experiences, thoughts, ideas, images and desires. If we just had one pattern, it would not be so difficult, but we have many. These patterns all exist in the conditioned consciousness of the individual. What we are trying to do is transcend conditioned consciousness, to realize the Truth, that there is only One: one Creator, one Creation, one World, one Universe, one I AM, and that all things are formulated out of this one Reality.

There is only one conclusion to be drawn from the principle of one Presence. Regardless of all apparent dualities, there really is only One. The presence of your body, mind and soul, the room where you are right now, the city where you are, are all of this same one Presence. Even the worst enemy you have ever had is still of this same Presence of God. There is only one Presence and you and I are It. We cannot change the reality of this truth in any way.

The second principle with which we are concerned is that there is only one Power. The only activity in the universe is the activity of God. There isn't any other activity. There isn't any other power. The physical universe moves by the power of God. The activity of your body in your world, your job, and your society is the power of God. Anything else we may believe about the nature of power is an illusion. There is only one

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Power which moves the whole cosmos on all levels: causal, astral and physical. Any power that manifests is of the one Power. The power that is encased within the atom is of the one Power. The powers of thinking, reasoning, discerning and remembering are the activities of God in which we participate. We are not separate and apart from this Power. We are in the midst of It all of the time. And It is in the midst of us. It is the Presence through which we experience, and the Power through which we experience.

Our third principle is that there is only one Intelligence. This Intelligence knows Itself to be what It is and knows Itself as the Creator, as the process of creation, and as the created Thing Itself. All creation is a manifestation of this one Intelligence, whether that creation is an idea in the mind, or a relationship between ideas in the mind, or a process of the unfolding of an idea into physical manifestation. This creative process takes place as universal law. This one Intelligence is omnipresent. It is everything that is present as an expression of Itself. There is nothing outside of the one Presence. It is that one Intelligence within us that knows the Truth. It knows Itself to be the intelligent manifestation of all creation: of harmony, of beauty and of right relationships.

“There is only one Intelligence.” How many times have we heard this? We often let it pass us by, because the intellect doesn’t have any work to do if there is only one Intelligence. The ego is left without anything to ponder. And we say, “No, I’m not ready for the Truth because I want to think about it for a while. I enjoy thinking and reasoning and being agitated. Because when I am agitated, I know that I exist. If I adopt this principle of Oneness, what will happen to me? What will there be for me to do? I might not be so important.”

Our fourth principle is that Spirit is the Nature of All Things. Everything we perceive in the physical universe is Spirit made manifest. We know through the discoveries of modern science that the substance of the physical world isn’t really solid; it is energy in constant motion. For example, each thing created begins as an idea. Energy moves according to the pattern of that idea, and becomes manifest as an object. When an individual *knows* that the universe is energy, he knows that by changing the idea the pattern of energy-flow is changed. And therefore the object is transformed. What happens is that there is a movement of the Spirit within Itself to rearrange Itself. Spirit, being the Nature of all Things, is constantly in motion expressing Itself, as the thing Itself. Physical Science has demonstrated that everything in the relative world is in the process of becoming. This is an eternal movement. It is happening every second. If we were aware of this, we would discover that we exist as spiritual beings on all levels. If we want to be true to ourselves, we can never really name or define ourselves as anything fixed or permanent. We refrain from this because the ego wants to know what it is going to be tomorrow. If there is only one Intelligence, the Spirit knows what It is doing. The Spirit knows where It is going. Do we trust God? This fourth principle is the turning

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point in our entire encounter with this contemplation material because if we adopt the principle of Spirit as the Nature of all Things, It will take us beyond the barriers in our own consciousness. But we have to live it. We can't play intellectual games with it because that won't work. If we really have faith and trust in God, then we can live truly in Spirit, because we don't have to know what the next moment will bring. For Spirit reveals Itself as Itself, moment by moment. What does It reveal? It reveals an individualization of Itself, known as the Son of God, or the Christ Consciousness. It was this Christ Consciousness in Jesus which revealed Itself: Jesus said, "verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise." (John 5:19) It was the Christ Consciousness that revealed, "These things have I spoken unto you, being yet present with you. But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. (John 15:25-26)

Our fifth principle is I AM. I AM is the name of God, the name of the Reality within every individual. This principle is sometimes expressed as, "I AM the individualization of Spirit." We are not separate and apart from the Spirit. We are the Spirit Itself, identified as persons, as you and me. It is important that we start to work with this principle and leave out any qualifying remarks or statements. We work simply with the statement, "I AM." What we are concerned with here is opening the doors of our minds and hearts so that the Truth can reveal Itself to us from moment to moment. Then, the I AM that you are will reveal to you what I AM actually is. And if it needs to be qualified, it will be done so from the Truth within you, and not from some subconscious memory. We must open ourselves to revelations. Spirit is the Nature of all Things, individualizing Itself as the Son of God or "I AM." The Spirit is always individualizing Itself as, "I AM something." This creation, ideation, is the bringing forth into manifestation.

Our sixth and final principle is Thou art That. This principle brings us full circle in our living experiences as we allow ourselves to recognize and remember that the one Presence is each member of our family, each person with whom we work, and everyone we meet. This awareness extends to all of our memories as well, and we watch with fascination as our new perception transforms the understanding of our past. To respond consciously to the one Presence in all relationships is the experience of joyous, delightful living.

By adopting these various principles, one at a time, and in conjunction with meditation, we will be brought into a transcendent experience. These principles enable us to become more confident and stabilized and we become more aware of the integrity of our own being. Not only do we discover what this integrity is, but we also learn to trust it.