

CHAPTER 6

“CONTEMPLATION OF REALITY”

As the Holy Spirit moves through consciousness, It becomes defined as ideas and concepts, within the mental realm of our being. It becomes defined in the emotional nature as love, joy, communion and freedom. It becomes defined in the physical body as health, harmony and wholeness. Contemplation is the awareness of the individual, witnessing the activity of Spirit within his own being. He is aware of a new creation, a new activity, a new birth within his own being. The individual is not something apart from this activity. In other words the person is not merely watching the activity as something separate and distinct from himself, but the person is aware of himself *as that activity*.

When we realize who we really are, the expression of this realization is “I AM.” This Truth expresses Itself in ways such as: “Let there be light, and there is light.” “I AM that light expressing myself as the light of this mind, as the light of these ideas, as the light of these ideas, as the light of life and love, as the light of joy and communion.” “I AM the light expressing myself here, where I AM, as the light of this body.” “I AM the wholeness, the infinity, the eternity of the light that I AM, everywhere that I AM.” This kind of expression *is* the Contemplation of Reality.

The individual has realized who he is. He knows he is an individualization of Spirit, and he not only knows this, but he accepts it. His acceptance of the Truth that he knows is dependent upon surrender. We surrender that sense of separateness. All is surrendered. We express as a flow in the stream of consciousness so that which “I AM” today may be very different from that which “I AM” tomorrow. As the individual accepts the Truth of his being and surrenders himself to this Truth, this “I AM”, he becomes less and less of himself, and, more and more, of the Spirit.

There is a very subtle distinction here. The individual does not become all there is and everything there is, in expression. He does not become God Absolute; the subtle process which occurs is that God becomes individualized. First, we must accept the Truth that we know. Then we surrender all that is not useful. This takes place from deep within our consciousness and begins to work itself out into external expression. In the beginning, we are not even aware of what is taking place in that process of surrender. As it comes closer and closer to the surface, we begin to be aware of this activity and to realize its consequences.

After the first mystical experience, the Spirit-with the individual’s consent-can increase its activity of cleansing and purifying all of the areas of consciousness which we, ourselves, haven’t been unaware. This activity takes place on all levels of our being.

It is at these times that we practice “resist not evil.” We learn just to be still inside and watch this activity take place. For example, through this activity we may discover that the desire to be loved often motivates us. This kind of revelation comes when the Spirit is working inside us to cleanse the subtle causes that keep us in a state of separation and limitation. Such false belief is erased by the Spirit. The desire to be loved is the desire of the Spirit to love our world through us. As we consent to this activity, the Spirit fulfills our desire. Consequently, we no longer feel a need to be loved. Our desire has been fulfilled.

The contemplation principles which were presented in the third chapter are simply tools to initiate the action of Spirit within our own consciousness. *True contemplation occurs when the action is initiated from the Source.* When we keep these principles alive in our minds and in our hearts, we discover that “like attracts like.” There is a stream of activity through all levels of

our consciousness. By staying centered, the activity will begin to unfold itself in our conscious awareness.