

***For Study: Meditation: and Practice***  
**"Discernment Vs. Judgment"**

Select from this sheet what is most spiritually inspiring to you, meditate upon it and work with it until it bears fruitage.

**THE ALCHEMY OF AWARENESS by Lorraine Sinkler, Chapter 5 (Principal study chapter.)**

Important Related Chapters: (These are optional study chapters, related to this lesson.)

REALIZATION OF ONENESS...by Joel Goldsmith...Chapters 2, 3, 5, and 6

THE ALCHEMY OF AWARENESS...by Lorraine Sinkler...Chapters 8, and 9

PRACTICING THE PRESENCE...by Joel Goldsmith...Chapter V

**Impersonalization...Nothingization...Reinterpretation:**

These are principles that bring us to the crossroads between human experience and spiritual unfoldment.

Because they are so important, let us ask ourselves these questions:

\*Do I know these principles so well, in so far as the letter of truth is concerned, that I can now begin to practice them without fear that some fuzziness about *exactly* what to do, will mar the demonstration of them?

\*Do I also know enough about the nature of God, about God appearing as individual being, that when I impersonalize some aspect of "this world" appearing as person or condition, I find myself once more resting in God, resting in God's spiritual universe?

\*If there is any doubt in answering these questions, let us go back over the letter of truth; let us meditate upon it; and let us above all, practice what we have learned.

**Impersonalization:** having no person but the one, divine Self, no matter what the appearance.

**Nothingization:** having no powers but the One Power, which is God, and dismissing any contrary appearance as the nothingness (no thing ness) it is.

**Reinterpretation:** seeing through human "good" and "evil" to the spiritual reality, which is that God is the only good, the only presence, the only power, the only law, substance, and effect; God is the only reality, no matter what picture presents itself to our five physical senses.

**The Nature of God**

*God is omniscient, omnipotent, omnipresent, the Infinite Invisible, and there is nothing else.*

There is only God appearing, God manifesting, revealing and disclosing Itself as individual being, and *I am That*, and so is everyone else.

*The only state of being there is, is God-Being---unfolding, revealing, and manifesting Itself as individual being, thing, and condition---only God-Being expressing through a person (through individual being, thing, condition) has power, nothing else expressing through a person (through individual being, thing, condition) has power.*

**"God created man in His own image."**

**"The Earth is the Lord's and the fullness thereof."**

And now, to start this practice, have a meditation in which you take the person (thing, or condition) that you have found "difficult," and begin to impersonalize and nothingize so that you see the nature of the problem as mesmeric sense, hypnotism, or the carnal mind, that which has no person, substance, law, or cause. See that what you have called a person is really that I which is God, pure consciousness and not physicality. Realize that the nature of God, the nature of the I of all being, is Omniscience, Omnipotence, and Omnipresence. Be a transparency for God's light to shine, and let It dissolve all the shadows of human sense.

Work with this principle patiently, persistently, perseveringly, until you attain an inner freedom from human judgment, until you really experience the one spiritual I-identity, and your oneness with It, until there is nothing else but the One.

***"I and my Father are One,"***

***and so is my neighbor, and so is my enemy, and so is this picture before me.***