

For Study: Meditation: and Practice
"Practical Instruction On Healing Meditations"

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 3
(Principal study chapter.)

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

THE ART OF SPIRITUAL HEALING, by Joel Goldsmith...Chapters II, III, V, VI, VII, & VIII

“Choose Ye This Day Whom You Shall Serve”

The Treasures or The King

The King wanted to know which of his subjects really loved him. So he built a maze around the palace. When people explored the maze, they came across treasures on the paths, the farther they went the more breathtaking the treasures. Almost everyone became enthralled by some candy, jewel, potion, icon, or wand they picked up, forgot the King, and returned home greatly pleased with themselves. Only a handful continued all the way into the very presence of the King.

Are there treasures that hold you in thrall, and keep you from the King? When you sit down to meditate, are you so concerned with the “picture” that you forget about God? Are your “treasures” the evil you judge of yourself or others, or conditions? Temptation is legion. Are you being alert not to condemn when it comes to you, by *impersonalising*? Remember that you can never fail or succeed. It is the false sense of self, the shadow, the nothingness, that fails. You are the beloved of the Father, *I, God* individualized, and only that Beloved, God Itself, can succeed.

“Cease Ye From Man Whose Breath Is In His Nostrils”

“My Kingdom Is Not Of This World”

The more you practice The Infinite Way, the more you will value the two principles Joel worked with: “*Cease ye from man whose breath is in his nostrils,*” and “*My Kingdom is not of this world.*” Knowing these two principles, we can stop trying to improve or heal this physical sense of man, Because we do not dwell in the physical realm, but in the realm of pure Consciousness, *My Kingdom.*

“God Is Not In The Whirlwind, God Is In The Still Small Voice”

Be sure in your work for yourself, for others, or for the world, that you include these points:

1. The nature of God: as Omnipotence, Omniscience and Omnipresence.
2. The nature of individual being: as that *I* which is God, pure consciousness and not physicality.
3. The nature of error: (or “claim”) as mesmeric sense, hypnotism, or the carnal mind, a nothingness, a *no thing ness*, which has no person, substance, law, or cause.

As you work with these principles, in your meditation, they will come more and more alive to you, and no longer be mere words. You will attain the consciousness of them, and that is what does the work.

“If I Ascend Up Into Heaven, Thou Art There: If I Make My Bed In Hell, Thou Art There”

The spiritual way is, first of all, building a foundation, the take off field for that instant experience. So be patient. *Most of all be patient with yourself.* Just remember the God you seek to know is the very Self that you are. It is there within, always upholding you, always imparting Itself as fulfillment in the “need” of the moment. Now you are aware of It and recognize It and your whole life becomes an abiding in It.

*Whither shall I go from Thy spirit? or whither shall I flee from Thy presence?
If I ascend up into heaven, Thou art there: if I make my bed in hell, behold, Thou art there.
If I take the wings of the morning, and dwell in the uttermost parts of the sea;
Even there shall Thy hand lead me, and Thy right hand shall hold me.*