

Daily Meditations



Sunday

Contemplate the spiritual fact that there is only one Soul, and the soul of man is God. It's not my soul and your soul, but God's Soul. One Soul. One life. One God. We experience the peace of Soul when our mind is completely quiet. It's not my peace and your peace. Just peace. Then we are soul conscious, one with all creation.

Monday

Being at one is atonement. The Day of Atonement, the Holiest of Holy Days,

is where this truth is acknowledged. It is the truth of Oneness. It means there is not God and man. Acknowledge this within yourself and feel the sense of separation dissolve.

Tuesday

Recognize this – when we go into the realm of Soul and experience the peace of God in the silence, everything of a material nature dissolves around us. We are at one with all spiritual creation. The power of God is in Oneness.

Wednesday

Relax and let the concepts of material life go. Experience the presence of God and realize that it is a state of peace and silence where material concepts fall away. It is a state of oneness. Don't try to recreate it. It is an attitude of abandonment. It is a state of Oneness.

Thursday

Now Consciousness does not include any opposite. It is One. Concepts of good and evil do not exist in oneness. If they do not exist, then they have no power. Our conscious awareness of this atmosphere of Oneness dissolves the belief of power in material effect. Fear and desire lose their driving force. We see another paradigm, and we are not hypnotized by the conditions of material sense.

Friday

I am God appearing as individual being. When you deeply experience this there are no words, ideas, things, or concepts in your consciousness. Feel that presence. It might feel strange because we are not that familiar with it. We might not want to step into the void, or go through the door, but the angel says, "Fear not, for all is love." Take that step and accept your spiritual inheritance.

Saturday

The substance of creation is One. I am that One. When you contemplate I, you come to the place where there is no thing, no body, and no one. Just I. I am that expression. "Thou seest me, thou seest the Father who sent me."