



Monthly Lesson
January 2015

“Be Faithful Unto Each Moment”¹

The students with us today have been together many times; we are the Tree of Life made manifest. The Bible says, “*The leaves [of the Tree of Life] were for the healing of the nations.*”² I know there are many students in this class who are so grounded in truth that every meditation will be dedicated to the realization of the Christ, dispelling material sense and revealing harmony, the Kingdom of Heaven on earth. So many here have few “problems” so this activity can be a gift to the world, a Divine influence that will awaken those who are still yoked to material sense and the belief in a selfhood apart from God.

In giving our attention in the now, we receive inspiration when we are not thinking of improving our humanhood but instead are aware of this wonderful relationship of Oneness with God that is ours by divine inheritance. Truth can then unfold and disclose Itself in a fresh way because the fundamentals of mysticism are always the same. The inner Man and the outer man are one. The inner Man, the Christ, governs, maintains, and sustains the outer man. Our struggle is to let go of that outer man. One of our Wisdoms is “I die hard,” and all of us to some extent die hard. We

feel guilty if we relinquish too much mental effort – we think we are not *doing* enough. As we live the mystical life, the greatest temptation a newborn mystic will experience is a sense of guilt and belief that he or she is not *doing* enough; this is because “being a beholder” is not yet understood.

But Life is living Itself, expressing Itself, unfolding Itself, and revealing Itself as we are *watching*. It seems so strange not to be *doing*, trying to get or achieve instead of beholding this inner Man at work. This inner Man or Presence is not only the Christ of Jesus, but is also the Christ of you and me, the living Soul. The natural man is trained to be a doer, an achiever, one who *attains*, but Spirit reveals that the Christ of our being is fulfillment. There is really nothing spiritual we can attain through personal sense. Only as we turn to the spiritual realm does Christ reveal Itself to each and every one of us. Words and thoughts may bring revelations to us, but enlightenment is a moment-to-moment experience of Soul wedded to Spirit in the mystical union.

As I prepared for this class, I felt empty for a long time. Each day, I would take a walk, staying alert and listening continually. Each day, one idea would come to me. One day as I agonized over my emptiness, this came to me quickly and gently: “Without doing anything, everything is being done.” How wonderful! Fish are swimming, birds are flying, rain is providing water, the sun is making everything grow – how could we add to this universe? There is not one single thing we can add – this universe is in its total perfection right here and now, and we see only the finite sense of this perfection. But without our doing anything, everything is being done. Our hearts are beating, we don’t have to

¹ 1983 Asilomar Retreat, Tape 1 (8347), Side 1

² Revelation 22:2

pray for oxygen or water, and fruit trees are providing fruit – all without our doing a single thing. The manna that came to me that day was glorious! But we can't live on the same manna every day – each day there must be fresh manna. I realized that each day, one beautiful gem had been given to me, keeping me in the *now* moment, alert and free from anxious thought or turning to the external.

There are so few who can live the mystical life – it requires no mental or physical action other than extreme alertness and attention to living in the *Now* moment. The mystical life requires us to be beholders of God in action. This is very difficult for most of us because we want to be doing something! We have been taught that we must accomplish or achieve something. As I looked back in my human experience, I realized that every time I pushed or did something, I slipped. But every time I was content to be a beholder of God's universe in action, to be a witness of God's omnipresent perfection here and now, I flowed with Life and the most unexpected events took place. Another wonderful gem was given to me during this period – “Wonderful things are happening *now* because your name is writ in Heaven!” Immediately, I turned to the Bible passage that says, “*For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.*”³

When I saw the word “wonderful,” I thought, “Yes! Isn't it wonderful now that our name is writ in Heaven?”

“*Beloved, now are we the sons of God.*”⁴ It doesn't matter what we have been or what we shall be – *now* are we the sons of God. That means wonderful things are happening right *now*. With that realization, each day is marvelous, so daily we must remember, “Wonderful things are happening right now for our name is writ in Heaven!”

We know what our name is; God has given us His name. The word “name” also means “nature” so God has given us not only His name, but also His divine nature. He has given us His Love nature, the forgiving nature that is full of gratitude and wonderment. Isn't it wonderful that this Truth is taking place right *now*? A mystic must live with the word *now* – no one can live mystically in the past or future because God knows nothing about a past or future. God is “is-ing” right *now* so the mystical life cannot be one of planning and outlining. We make plans such as travel reservations when necessary, but we make those plans in the *now* and then forget them as fulfillment is always *NOW*.

Everything functions in divine order when we live in the *now*. In the Infinite Way, we have four little words to keep us attuned mystically - *as, is, one* and *now*. These words are fundamental to the nature of God. Love is not a future or past act but is always an activity of the *now*. So when we are thinking of God's nature as Love, that little word *as* appears. God's nature *as* Love *is* the divine nature of us. We do not have to learn to love, but only to accept our relationship as the child of God, the heir of God. The mystical principle is that God appears as individual being; this means the divine nature and character of God appears as the divine

³ Isaiah 9:6

⁴ 1 John 3:2

nature and character of our inner being or Soul. The natural man doesn't know this, but it is true because scripture tells us that what God has done *is* forever; nothing can be added or taken away. God is our being.

Human nature is an old costume we put on to cover up our real self. Some may wear a clown costume, a beggar's costume, the sores of a leper – it makes no difference what the costume is because that outer appearance is an acquired form that has no intrinsic reality. Your inner Being, your Soul, is intact and whole; It co-exists with God and It is Love. So actually, we can never learn to love, but we act on the holy assumption of that which already Divinely *is*. If we try to learn love, we are using the mind and it is not an instrument of Love. Even the expressions of affection we have toward our family, especially children, are never through the mind, but are spontaneous and free, coming through Soul. It is our divine nature to love. No matter how much someone else loves you, you will never be mentally satisfied. It is the love that without taking thought, you spontaneously release from the wellspring of your divine nature that satisfies the longing of your heart. When Soul and Spirit are One, Love is present.

So we return to those four little words – *as*, *is*, *one* and *now* – just living with these four little words will usher us into the Kingdom of Heaven. We know that *is* precludes trying to “accomplish” – the minute we bring to our awareness *is*, All already *is*. Because God *is*, wonderful things are happening *now* - life is full of wonderment, newness, and unexpected revelations. Why? Because the Divine Nature is your spiritual nature. God appears as individual being, individual consciousness, and so we must learn spiritually to be more aware of Being.

Meditation is the way we become acquainted with our divine Nature. It is already within us in Its fullness because the Christ, the divinity within us, was never born and never dies.

The experience of the Immaculate Conception was veiled by the human history and crucifixion of Jesus. Resurrection and ascension were Jesus' spiritual experience that revealed to us man's divine nature as Soul and not sense. A Divinity is hidden or veiled within our humanity and It needs only be recognized and acknowledged by us to release this Hidden Splendor. With acknowledgement, the realization eventually comes to us and we see “resurrection” demonstrated as “*the Word made flesh*”⁵ revealed in our experience. This revelation of our spiritual nature is a *now* activity of Divine Love.

So when we meditate, we are meditating to experience the resurrection revealing our incorporeal nature. Joel uses the word “contact” frequently in his writings, but in one of his monthly letters, he said, “I wish I could take the word ‘contact’ out of my books - a better word is ‘awareness’.” In meditation, we proceed through stages of awareness. In the first stage, we are very conscious of how mental we are, of how much thought we take, and the thought taking is usually about yesterday or tomorrow. If we are not busy thinking, often we are watching television or using the computer or phone so that there is so much human activity running through our mind. The mind is never free or pure. It has the conditioning that we have put into it, so the first step is turning within to our inner being and becoming conscious of what is happening in our mind. When we

⁵ John 1:14

become conscious of this, we naturally want it to stop, but this immediately sets up a sense of resistance – we're want to "get rid" of this constant mental activity. As we sit down to meditate and we resist the content of our mind, we're exhausted. We soon realize the mystical principle, "resist not evil."⁶ The reason a mystic can live with a silent mind is they have realized that their Divine Nature is omnipresent and they are living in the resurrection. To discover and experience inner silence and peace is a gift of Grace for every individual. Therefore, we do not have to resist what is running through our mind. We "wait upon the Lord"⁷ and in the Silence is freedom and joy.

This comes as our first love of our true Being. Very few people know their true Being and they love an *idea* of God, not realizing this Presence is within them. But if we really know our Self, we know that God is being *US* and we are so satisfied that we do not want to return to personalization of the One *I* or *US*. We prefer to live our lives in our own within-ness of inspiration and peace. I don't mean that we prefer to sit in a chair with closed eyes. As we begin to function spiritually, we realize the world we live in is a spiritual one and it begins to reveal its laws, designs, art, mathematics, and patterns. We begin *to see with new eyes and hear with new ears*, but this only comes to us when we love our Self enough to sit down and listen with no resistance – before long, the mental gyrations stop, a calm comes over us, and we experience the mystical union of Soul/Spirit. Then we enter a higher state of awareness and recognize newness of Life unfolding. "*I am come that they might have life, and that they might have it more abundantly.*"⁸

⁶ Matthew 5:39

⁷ Isaiah 40:31

⁸ John 10:10

Dear Friend,

We welcome the New Year as we continue our inner journey from sense to Soul, from living time-bound and earth-bound to living in the Eternal Now with unlimited opportunities. Each day must be new as we live out from the mystical awareness of only One I or US, knowing that God Is, "All in all."

To know our Self is the way of freedom and fulfillment. So each lesson this year will be opening new horizons to all of us on our journey.

Many thanks for the beautiful Christmas cards and messages of love!

Happy New Year and Aloha to all,

Virginia

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