

A change takes place in our life when we accept the one universal mind as a pure instrument, a reflector of what we hold in consciousness. If we hold a lie in our mind, the result will be two times two is five. If we hold truth in our mind, we will watch harmony brought forth in our experience. "Choose you this day whom ye will serve."⁴ Our mind cannot choose: we choose, and then we hold the truth in our mind and it becomes a transparency for our experience.

That is why, when we are in meditation, the ear is open as if we expected to hear something audibly, but that is only symbolic of the inner ear that is attuned to God. When I am giving a class, I am not thinking nor am I using thought. I am keeping my mind a clear transparency to receive God's thoughts. "For my thoughts are not your thoughts, neither are your ways my ways."⁶ It is not your thought that adds a cubit to you, nor your thought that makes a white hair black, but when you are recep-

tive to that which comes from the depths within you, the earth melts.

When we are in meditation, we work first with specific statements of truth. These help to settle our mind into a listening attitude, and then follows the listening period when our mind is ready to receive whatever message, impulse, or feeling God has for us. We are receiving God's thoughts, God's words, God's truth. Sometimes there will be messages entirely different from any we have ever heard or read.

In a measure everyone who has been led to a truth-teaching is already prepared to receive truth. And from where will he receive it? "The kingdom of God is within."⁶ It is only as he learns not to take thought, but to be still, that he will receive impartations from within, some of which will be messages, some impulses, some feelings, but all will bring forth definite fruitage in his life. One thing is certain: from the time he contacts the Source of life, It begins to feed, clothe, house, instruct, guide, maintain, and protect him.

Consciousness

Is What I Am



Joel S. Goldsmith
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