

Grace Awakening

Christa & Jerry Sanders

GRACE AWAKENING

1993 Edition

Prepared by:

Prayer Department

Unity School for Religious Studies
Unity School of Christianity
Unity Village, MO 64065

Revised 1993

TABLE OF CONTENTS

Chapter One—UNDERSTANDING GRACE	Page 1
Grace as Love	
Grace Is the Nature of Being	
Grace Functioning as Salvation	
The Relationship of Law and Grace	
Chapter Two—COOPERATING WITH GRACE	Page 15
It Begins With Prayer	
Accepting Prosperity as God's Grace	
The Gift of Grace	
Grace and the Creative Process	
The Creative Process Through Law	
The Creative Process Through Grace	
Chapter Three—GRACE AND THE HEALING OF CONSCIOUSNESS	Page 29
Healing Through Grace	
Water Baptism: John the Baptist	
Baptism of the Christ: The Fire and the Holy Spirit	
"Christ Prayer"	
Blocks in Consciousness That Resist the Activity of Grace	
Methods for Self-Help	
Chapter Four—GRACE AND THE WILL OF GOD	Page 43
Will and Grace	
Learning Through Grace Is the Will of God	
Crucifixion and the Will of God	
Grace Teachings of the Crucifixion	
Forgiveness Prayer	
Grace Prayer	
Grace Prayer Explained	
A Word to the Wise	
Grace Is the Will of God in Regeneration	
Shifts of Focus as We Awaken to Grace in the Regeneration	
Call Upon the Consciousness of Jesus Christ	
The Word <i>Grace</i> in the Bible	

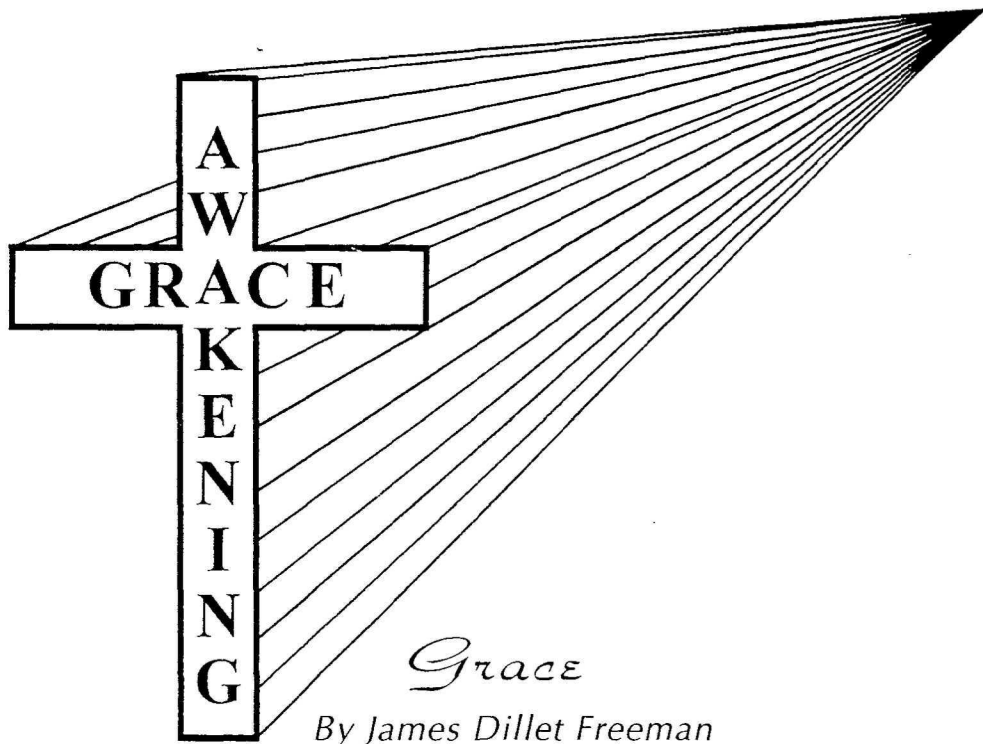
KEY

The resources used in this course of study are identified by means of the following initials:

ASP	<i>Atom-Smashing Power of Mind</i> , Charles Fillmore
BWT	* <i>Beyond Words and Thoughts</i> , Joel S. Goldsmith
CY	<i>Celebrate Yourself!</i> Eric Butterworth
GP	<i>The Great Physician</i> , Ernest Wilson (out of print)
HBD	* <i>Harpers Bible Dictionary</i> , Harper & Row, 1973
HPP	<i>Handbook of Positive Prayer</i> , Hypatia Hasbrouck
JCH	<i>Jesus Christ Heals</i> , Charles Fillmore
KL	<i>Keep a True Lent</i> , Charles Fillmore
IOVC	* <i>Interpreter's One-Volume Commentary on the Bible</i> , Charles M. Laymon
LL	<i>Laws of Love</i> , Margaret Pounders
MBD	<i>Metaphysical Bible Dictionary</i>
META 1	<i>Metaphysics 1</i> , Unity School for Religious Studies
MG	<i>Mysteries of Genesis</i> , Charles Fillmore
MJ	<i>Mysteries of John</i> , Charles Fillmore
NAU	<i>New Age Understanding</i> , Donald Curtis (out of print)
NMB	* <i>No Mutiny From the Bounty</i> , E. R. A. Crichton
P	<i>Prosperity</i> , Charles Fillmore
RW	<i>The Revealing Word</i> , Charles Fillmore
SSK	<i>Steps in Self-Knowledge</i> , Leddy and Randolph Schmelig
TM	<i>The Twelve Powers of Man</i> , Charles Fillmore
TUP	<i>Teach Us to Pray</i> , Charles Fillmore
WU	<i>Weekly Unity</i> , Charles Fillmore (out of print)
YGGP	<i>Your God-Given Potential</i> , Winifred Wilkinson Hausmann (out of print)
YHG	<i>Your Hope of Glory</i> , Elizabeth Sand Turner

*Non-Unity publication and cannot be ordered from Unity School

A COURSE IN PRAYERFUL TRANSFORMATION



Grace

By James Dillet Freeman

Though God, God only, can create,
I till and weed, and then I wait,
And in the thicket of my thought
Bloom flowers that I never wrought.
I stand in wonder and behold
Beauty I never sowed unfold,
Visions of faith, insights of love,
Truths that I had no forethought of.

Somehow there is in me yet more
Than I myself might settle for,
A faith that brings perfection out
Past my own powers. I have no doubt
One day all unexpectedly
The rose of Christ shall bloom in me.

GOALS FOR THIS COURSE

1. To more fully comprehend what grace is and to be able to recognize its activity in your life
2. To awaken to any resistance within you to this activity
3. To understand the process necessary on your part to become more fully cooperative with the healing, forgiving, prospering, transforming power of grace
4. To understand the will of God and its relationship to grace
5. To be able to see the crucifixion experience of Jesus Christ through the eyes of grace
6. To fully comprehend the statement, "Grace is the fulfillment of the law" (See p. xv)
7. To become more aware of living the "grace-full" life

INTRODUCTION

Lowell Fillmore, one of the sons of Charles and Myrtle Fillmore, co-founders of Unity, helps us understand the concept of grace when he says, "Remember that the grace of God is God's love in action. God's grace is unlimited and so wonderful that words can scarcely describe it. We can use such words as mercy, forgiveness, compassion, good will, kindness, inspiration, and generosity to describe God's grace, but they are hardly adequate to cover the fullness of its meaning" (WU, October 14, 1956).

The important thing to remember is that the above-mentioned attributes of God are being expressed toward every human being in this present moment and in every moment to come unto eternal life. This benevolent activity of love cannot be earned by any action on our part, nor is it more or less available to some than to others. Grace is the pure unconditional love of God, which is perpetually operative and perpetually expressive toward all humankind.

It is very important, however, to be aware that certain states of human consciousness can become blocks to the fullest realization and experience of grace. The purpose of this course is to become aware of these blocks and learn how to consciously cooperate with the activity of grace, which is always ready to remove them.

In the past we have concentrated very diligently on learning how to cooperate with God's law. This has been good, for it has brought us a long way in understanding our relationship to God as cocreators, and it has helped us see that we are never punished *for* breaking the law but *by* the law itself, which will not be mocked.

The consciousness of humankind has now reached a degree of enlightenment that is ready to grasp the concept of grace, which is the law's fulfillment. If we will enter the study of grace with as much diligence as we have the study of the law, seeking to cooperate with it in every way, we will take a quantum leap in our spiritual journey toward Christ consciousness and help bring into manifestation the kingdom of heaven, which Jesus promised was at hand.

A LOOK AT "GRACE" IN THE BIBLE AND A LITTLE HISTORY ABOUT THE GOSPEL ACCORDING TO JOHN

1. GRACE IN THE BIBLE:

The word *grace* is mentioned in the Bible many, many times. There are a few references in the Old Testament, but most of them appear in the New Testament and can be attributed to Paul. Oddly enough, the word *grace* is only mentioned in the Gospels seven times: once in Luke and six times in John.

Jesus never spoke the word *grace* in the Gospels and only once is reported to have used the word when He appeared in a vision to Paul. In that vision, Paul relays the message of Jesus in these words:

"My grace is sufficient for you, for my power is made perfect in weakness."
—2 Corinthians 12:9

2. HISTORY:

The book was published in Asia not later than the early years of the second century. Its sources and circumstances of origin remain veiled in mystery. The gospel itself encourages an ever-deepening search for meaning. It is believed that "John the apostle dictated the gospel in old age, independently but with knowledge of the other gospels, from his reminiscences" (*IOVC*, p. 707).

Even the name of the gospel conveys the meaning of grace. John is a Hebrew name meaning "Jehovah bestows mercifully; Jah is gracious; grace and mercy of the Lord; dovelike; meekness; compassion; fertility; fruitfulness; love" (*MBD*, p. 357).

WHY IS THE GOSPEL ACCORDING TO JOHN CONSIDERED TO BE THE GOSPEL OF GRACE?

The following quotes from The Gospel According to John will help bring enlightenment to this question:

"The true light that enlightens every man was coming into the world.... And the Word became flesh and dwelt among us, full of grace and truth" (Jn. 1:9, 14).

"And from his fulness have we all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ" (Jn. 1:16-17).

The consciousness that Jesus demonstrated in The Gospel According to John is called grace consciousness because it exemplifies a mind and heart fully awakened and expressing from the nature of being, which is the nature of love. This is the "fulness" that is spoken of in the Scripture.

"The law was given through Moses." The law referred to here is understood as "an eye for an eye and a tooth for a tooth" (Mt. 5:38). This is known as even exchange. In Unity, we refer to this law as the law of mind action: Thoughts held in mind, produce after their kind; like begetting like, like attracting like. What you sow in consciousness, you reap in manifestation. This law, Jesus tells us, will not be mocked.

When Jesus came to earth, however, He brought a greater understanding of this one great law. He brought the understanding of its fulfillment. He said, "Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them" (Mt. 5:17). How does He fulfill the law? By expressing, on every level of being, pure, unconditional love to all humankind. "Love does no wrong to a neighbor; therefore love is the fulfilling of the law" (Rom. 13:10). We can always interchange the word grace for love, and it is for this reason that we make the statement: "Grace is the fulfillment of the law!"

As a human race, we are now awakening to the fullness of grace consciousness, and the book of John reveals this awakening as a progressive process beginning with the baptism of John the Baptist and ending with the Resurrection and Ascension of Jesus Christ. It is our story, so let us begin!

CHAPTER ONE

UNDERSTANDING GRACE

INTRODUCTION TO CHAPTER

Grace has many definitions because it is so multifaceted. In this chapter, we will discuss grace as the love of God expressing as God's divine nature, which must also be our nature. We will also take a look at the activity of this love expressing as true salvation from error thought and the conditions brought on by those thoughts.

Understanding grace would not be complete without a discussion of the counterpart of grace, which is law. We will see that they are two aspects of one divine principle at work in the universe and in our lives to bring forth God's divine plan of creation.

UNDERSTANDING GRACE

1A GRACE AS LOVE:

1. "Remember that the grace of God is God's love in action. God's grace is unlimited and so wonderful that words can scarcely describe it. We can use such words as mercy, forgiveness, compassion, good will, kindness, inspiration, and generosity to describe God's grace, but they are hardly adequate to cover the fullness of its meaning" (*WU*, October 14, 1956).
2. "Grace is God's gift of love and mercy, given freely to us whether or not we deserve it. We cannot steal, borrow, buy, or earn it. We can only accept or refuse it" (*HPP*, p. 151).
3. "The grace of God extends to all people, not alone to one sect or creed. All men are equal in favor with God" (*KL*, p. 169).
4. "The true nature of God as law is realized not through merit, but through grace—love. No one really feels he has earned love, for love from any source is felt as a free gift, as grace" (*SSK*, p. 89).

The word *grace* is synonymous with "love." It is unconditional, impartial, and unsolicited. It is perpetually operative and fully accessible to all. There is nothing we can do that will increase its availability; but we can resist it by holding thoughts and feelings opposed to the nature of love or the nature of being.

1B **GRACE IS THE NATURE
OF BEING:**

1. "God's grace is the gift of Himself appearing on earth as us. God, the Father, is appearing on earth as God, the son; and these are one, not two. Therefore, all that the Father has is ours; all that God is, we are, once we have overcome our religious superstition and ignorance" (*BWT*, p. 118).
2. "Grace has nothing to do with anything that anyone else has ever done, nor with any outward activity on our part. Grace is an inner realization that we are *already* one with God, always have been and always will be; that the only separation is a false belief in our own mind. Grace is simply the Truth of Being that which we are" (*LL*, p. 222).

We are created in the image and likeness of God; therefore, our true nature is the same as God's, which is love. When our consciousness expresses from its true nature, grace is the experience; but when it expresses from some other state, such as unforgiveness, fear, anger, resentment, and so on, then pain and suffering result. We can never be separated from the activity of grace, but we can feel as though we are whenever we function from a level of mind-heart energy that is foreign to our Christ nature.

1C GRACE FUNCTIONING
AS SALVATION:

1. "Grace is always present and available whether we realize it or not" (*NAU*, p. 90).
2. "Grace—good will; favor; disposition to show mercy; aid from God in the process of regeneration. 'By grace you have been saved' (Eph. 2:5). 'Grace and truth came through Jesus Christ' (Jn. 1:17); that is, the real saving, redeeming, transforming power came to man through the work that Jesus did in establishing for the race a new and higher consciousness in the earth. We can enter into this consciousness by faith in Him and by means of the inner spirit of the law that He taught and practiced" (*RW*, pp. 88-89).
3. "Salvation— ... it comes as the result of redemption; the change from sin to righteousness. Salvation comes to man as a free gift from God [grace]. It embodies a knowledge of God that frees one from all limitations and points the way by which mind and body may be lifted up to the spiritual place of consciousness" (*RW*, p. 173).
4. "The grace of God is ... that quality of God's nature which is the source of men's undeserved blessings, in particular those blessings which have to do with their salvation from sin" (*HBD*, p. 236).

5. "Jesus raised the blood of His body to spiritual potency. This purified blood was sown as seed in our race thought and can be appropriated by anyone who raises his thoughts to those of Jesus. This is accomplished through faith in Jesus to save one from sin, to inspire one with His Spirit, or through asking Jesus to come to the aid of the sin-sick mind or suffering body. A single atom of the purified blood of Jesus can begin a vitalizing and purifying work in mind and body that will continue until the Christ man appears" (*KL*, p. 28).
6. "The body receives the benefit of salvation through prayer and spiritual meditation. In this way the substance of Spirit is carried by living words of Truth into every part of the body, and its quickening power makes alive the whole organism" (*RW*, p. 27).

In Unity, we understand salvation as a literal freeing of the mind and heart of the burden of past sins (error choices). We are freed from the energies of these error choices by the grace of God every time we enter into the inner spirit of the law that Jesus taught and practiced, which is love. Grace redeems the soul and saves it from the constant merry-go-round of karmic law. Grace is the most benevolent activity of God known to humankind. It is the regenerative power of love that literally saves us from the full measure of our mistakes. It is the power within us to overcome and transform any negative state of consciousness or outer manifestation. It heals, purifies, regenerates, and restores us to our natural state of wholeness.

1D THE RELATIONSHIP
OF LAW AND GRACE:

1. "Grace is God's love in action, and since God is love and God is law, then the law is love and love is the law" (*SSK*, p. 80).
2. "Grace is the fulfillment of the law" (See p. *xv*).
3. "Grace is the name given to the aspect of divine law which does not deal in "even-exchanging," but in the increase of good through greater giving" (*META 1*, p. 13).
4. "We do not hold ourselves as bond servants of the law, but as recipients of the grace of God, as sons of the Most High" (*KL*, p. 169).
5. "The plane of activity for life and strength at a certain stage of man's development is the physical, material plane. During this stage God in His grace grants to man, when his motive is pure, a degree of immunity from the effects of his ignorant transgression of the divine law" (*MG*, p. 138).
6. "By the grace of God, a criminal is still loved by God and can find forgiveness and ultimate rehabilitation through an activity of love that transcends law" (*CY*, p. 128).
7. "Grace explains the inadequacy of the idea of 'karma,' the endless cycle of cause and effect. It is true that 'as you sow so do you reap.' Yet, God's desire to express completely through you and as you is so great that you never completely reap the harvest of error, and you always reap more good than you sow. This is grace" (*CY*, p. 127).

8. "Grace is attunement with law in its perfect working" (SSK, p. 89).

There is no such thing as a perfectly linear law of cause and effect. Grace doesn't deal in even exchange but in the increase of good; therefore, we never quite reap the harvest of our error thought or action, and we always reap more good than the positive we express.

CHAPTER TWO

COOPERATING WITH GRACE

INTRODUCTION TO CHAPTER

In the past we have concerned ourselves with learning to cooperate with God's law. By understanding and working with this law, we have come to the realization that the law is perfect and good and that life is consciousness. Now we have reached a new level of spiritual awareness which enables us to see that we must learn to cooperate with the higher dimension of spiritual law, the law's fulfillment, GRACE! This chapter will help us understand what our part is in cooperating with this benevolent activity.

COOPERATING WITH GRACE

2A IT BEGINS WITH PRAYER:

1. "The more we pray, the more we experience the grace of God, until we finally realize that we live by grace" (*HPP*, p. 151).
2. "We are the offspring of ... Spirit and can make conscious contact with it by turning our attention away from material things and thinking about Spirit. As we practice this kind of prayer our innate Spirit showers its life energies into our conscious mind and a great soul expansion follows" (*TUP*, Foreword).
3. "Prayer is more than asking God for help in this physical world; it is in its highest sense the opening up in our soul of an innate spiritual umbilical cord that connects us with the Holy Mother, from whom we can receive a perpetual flow of life. This is the beginning of eternal life for both soul and body, the essential teaching of Jesus, which He demonstrated in overcoming death" (*TUP*, Foreword).
4. "You do not have to win God over. Grace is not a magic spell that God may or may not place on you. Grace is simply a decision to change your mind" (*LL*, p. 234).
5. "Remember that God answers even before you ask. Your part is to make prayer an open channel through which God's answer shall come with harmony, grace, and power" (*GP*, p. 29).

6. "All so-called 'levels' of spiritual development can be transcended at one split-second touch of divine grace. All are free and pure already in Spirit, and the goal is to know and live this Truth" (*SSK*, p. 140).

Making a commitment to prayer is the quickest way of releasing any resistance to grace (love). When the conscious mind is quieted and the focus of attention is turned inward, we become an open channel through which grace (love) can flow. Any mind-heart energy that has been resistant to grace then gives way and is healed by the activity of grace itself.

2B **ACCEPTING PROSPERITY
AS GOD'S GRACE:**

1. "To become recipients of that which the Father would bestow, we should take the element of grace into consideration; that even beyond what we ask, seek, earn, or deserve under the law, God is more than willing to give" (*KL*, p. 169).
2. "God, as the great creative principle of the universe, will always meet us more than half way. By becoming receptive to the 'grace of God,' we receive the measure of God's provision, which exceeds any of our imaginings" (*KL*, p. 169).

Grace is always seeking to express as an abundance of good in our lives whether we think we deserve it or not. The nature of God is always GIVING! When we accept this truth, believing that God knows ways to bless us that we don't know of and that God is the source of those blessings, we open ourselves to the divine flow of opulent good, which far exceeds any good we can imagine for ourselves.

NOTE: God's grace manifests for us in many ways. Remember, it is always expressing as the increase of some good. As conscious cocreators with God, it is important for us to name and claim that good when we feel the impulse from God as heart desires. Charles Fillmore tells us that "desire is the onward impulse of the ever-evolving soul. It builds from within outward and carries its fulfillment with it as a necessary corollary" (*P*, p. 27).

On page 23, we suggest that you write down some of the desires of your heart as a way of claiming your good for the glory of God. Beside your desire, write today's date. Then, when the gift is received, put that date in the next column. This will help build your faith in God's grace to provide for you.

THE GIFT OF GRACE

"[Grace] is ... the natural flow of the creative process in the individual" (CY, p. 126).

"Grace is the name given to the aspect of divine law which does not deal in 'even-exchanging,' but in the increase of good through greater giving" (META 1).

"Grace is the fulfillment of the law" (See p. xv).

THE GIFT OF GRACE DESIRED	TODAY'S DATE	DATE RECEIVED
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____
16. _____	_____	_____
17. _____	_____	_____
18. _____	_____	_____
19. _____	_____	_____
20. _____	_____	_____

THIS, OR GOD'S EQUIVALENT OF SOMETHING BETTER! THANK YOU, GOD!

2C GRACE AND

THE CREATIVE PROCESS:

1. "Few words in Christian theology are used more or understood less than *grace*. What does it mean? How does it work in our lives? Though this word has been wrapped in mystery, it is really a very simple explanation of the *natural flow of the creative process in the individual" (CY, p. 126).
2. "When grace is felt to be in activity, the flow of life freely follows the underlying current of Spirit, which leads always to freedom" (SSK, p. 90).
3. "Grace is not a special activity of God reserved only for human emergencies. It is omnipresent. As the principle which governs the cosmic process and as the cosmic process itself, God is always pouring out love and mercy" (HPP, p. 152).

We are cocreators with God. When our consciousness is aligned with the nature of being, which is love, we are in the natural flow of the creative process of grace. Every thought and feeling attuned to love brings into manifestation an increase of good. This is the way creation was meant to unfold. The natural flow of the creative process frees us from bondage of any kind.

For every idea that is brought into manifestation, there is a creative process of mind involved:

First: An idea, dream, desire is conceived in mind. In this stage, the idea is not yet visible or part of the conscious experience.

Second: There must be a movement of energy in order to bring this idea into visible manifestation or experience. This movement of energy may be expressed as faith, a change in attitude, forgiveness, doing something physical, and so on. But, there must be a movement of energy.

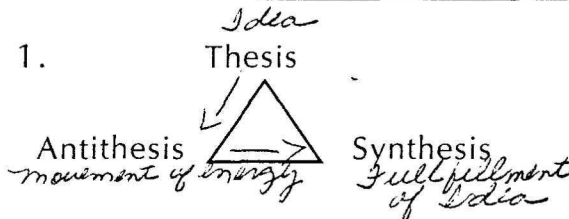
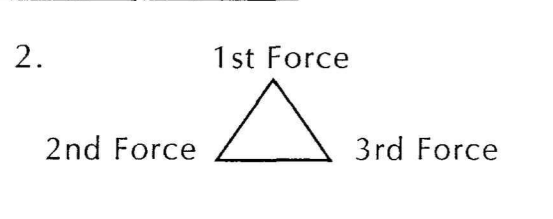
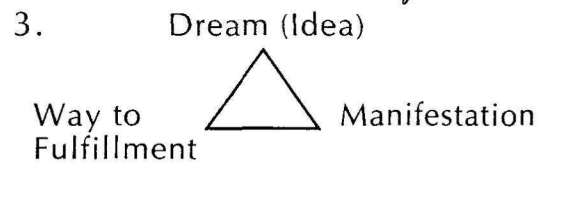
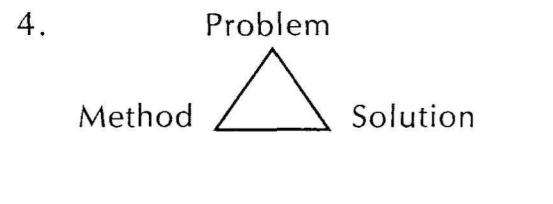

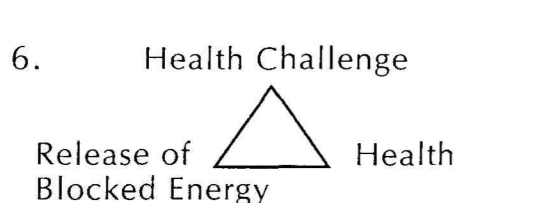
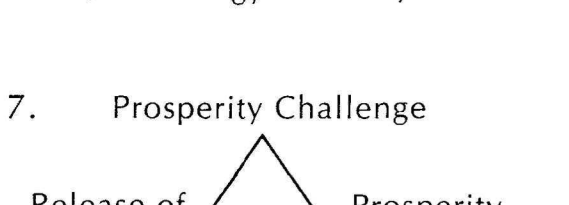
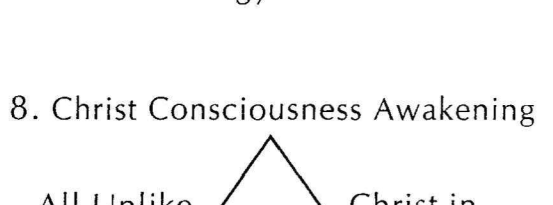
Third: The idea becomes manifest.

This is a very simple explanation of the creative process through law. This creative process fulfills itself through grace when the movement of energy in the second step is centered in TRUST IN GOD.

The illustration on the next page will help clarify this process.

NOTES

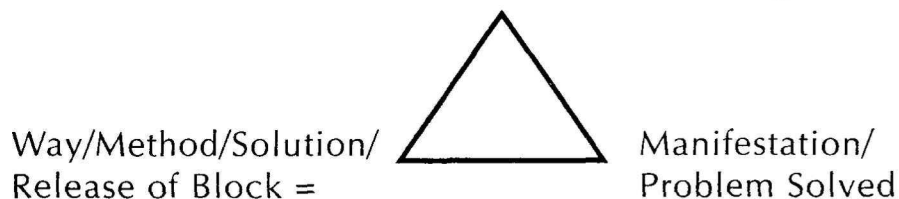
THE CREATIVE PROCESS THROUGH LAW

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 

***Antithesis or 2nd Force is simply the movement of energy that must take place for like to attract like or for any new manifestation to be brought forth from the unmanifest or idea stage into the manifest. It is often experienced or perceived as "pain and suffering." In this process, it may appear that opposites attract but this is so *because* like attracts like!

THE CREATIVE PROCESS THROUGH GRACE

Dream—Problem—Prayer Request—Challenge
Christ Consciousness Awakening



TRUST—FAITH—SURRENDER (Into thy hands I commit my spirit, problem, dream, and so forth.)

***Antithesis or 2nd Force carries no pain and suffering with it ... only peace of mind and fulfillment. This is the key to living a life of grace. Jesus told us about it in the book of John!

CHAPTER THREE

GRACE AND THE HEALING OF CONSCIOUSNESS

INTRODUCTION TO CHAPTER

Grace consciousness is a consciousness that is vibrating on all levels of being according to the nature of God within, which is love. This love vibration is continually being released from within us at the level of Spirit. It perpetually seeks to flow through the soul (subconscious and conscious levels of mind) in its purity to bring forth into manifestation, our world, according to its likeness.

The conscious mind, however, being pivotal, has chosen not to turn to Spirit for all its perceptions and instructions, but to the manifest world without. Because of this free will, error choice, we have absorbed into the cellular memory structure of the body and the mind, many error perceptions. These misperceptions have accumulated in the deep subconscious, forming a wall of resistance to the pure vibrations of Spirit. This wall is known as the “facade barrier.” It is often referred to in Scripture as the veil that must be rent.

Ironically, the only way to rent the veil is through the activity of grace itself, which is experienced metaphysically as baptism. The following chapter deals with Unity’s understanding of the two baptisms, that of John the Baptist and that of the Christ, and how they are related to healing through grace.

GRACE AND THE HEALING OF CONSCIOUSNESS

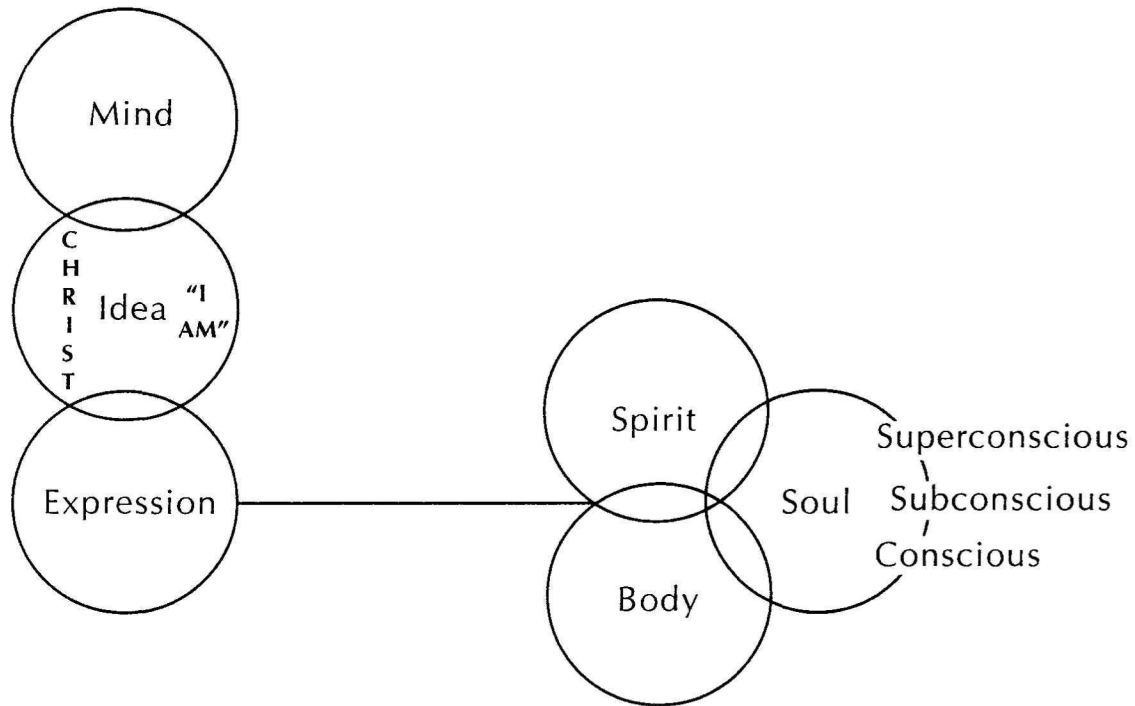
3A HEALING THROUGH GRACE:

1. "Man's body represents the sum total of the animal world, because in its evolution it has had experience in nearly every type of elemental form. These memories are part of the soul" (*TM*, p. 79).
2. "This process of restoration of the body of man to its original purity is the basis of divine or spiritual healing. The complete redemption of the body may not be accomplished in one incarnation, but whoever accepts the Christ as life and substance, and conforms to righteous living as taught by the Spirit of truth, will finally sit with Jesus on the throne of dominion over disease and death" (*TM*, p. 120).

The body is the outpicturing of consciousness reflecting the mental and spiritual ideas contained within the soul. When the soul is filled with memories of pain and suffering, it outpictures these memories as inharmony and disease in the body. Healing through grace comes when we make contact with the Christ mind within us and allow it to pour its transforming energies into the deep soul levels of consciousness. Prayer and meditation are the ways to make this Christ connection. The only other requirement is that we become willing to surrender all memories that are not of the Christ vibration.

DIAGRAM OF THE FULLY CONSCIOUS SOUL

“In that day you will know that I am in my Father, and you in me, and I in you.”—John 14:20

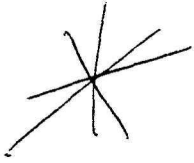


“The soul is the sum total of consciousness and its great goal is a consciousness of eternal life. Through his I AM or Jehovah God man enters into his soul realm and rebreathes into it the true ideas of Being until these ideas quicken his consciousness to a response that harmonizes it with the underlying Christ principles” (*MG*, p. 34).

“Spirit exists eternally in God-Mind, of which we must become conscious. This consciousness is soul and is the tangible part of soul” (*ASP*, p. 151).

“The soul touches both the inner realm of Spirit, from which it receives direct inspiration, and the external world, from which it receives impressions. But as man brings into expression the original purity of the divine consciousness his soul is purified and established in its primitive innocence” (*MBD*, p. 628).

“The real object of existence is to bring forth the perfect man and attain eternal life. Eternal life must be earned. It is usually assumed that man does not die, and this is true of the I AM; but how about the consciousness, the soul? ‘The soul that sinneth, it shall die’ is the testimony of the Scriptures. That only lives which conforms to the principle of eternal life” (*ASP*, pp. 150-151).



THREE PHASES OF MIND AND THEIR FUNCTION IN THE PRAYER PROCESS

The following quotes from Charles Fillmore contain great wisdom about the three phases of mind and their true function. Careful study of these quotes will reveal much insight about the power and true purpose of prayer.

"The subconscious mind is the vast, silent realm that lies back of the conscious mind and between it and the superconscious.... The subconscious may be called the sensitive plate of mind. Its true office is to receive impressions from the superconscious and to reproduce them upon the canvas of the conscious mind. Man, however, having lost the consciousness of the indwelling Father as an ever present reality, has reversed the process and impresses the subconscious from the conscious mind" (*KL*, pp. 87-89).

"The superconscious mind lifts up, or regenerates, both the subconscious and the conscious, transforming them into the true image and likeness of God. The conscious mind must be faithful during this transformation. It must look ever to the superconscious for all direction and instruction. It can of itself do nothing with assurance, because the Spirit of wisdom rests in the super-conscious" (*KL*, p. 89).

"The regeneration of the subconscious is not the work of the conscious, but of the superconscious mind acting in harmony with the conscious" (*KL*, p. 91).

THE PROCESS BY WHICH CONSCIOUSNESS IS HEALED IS CALLED

BAPTISM

3B WATER BAPTISM: JOHN THE BAPTIST

1. "Water ... represents material cleansing" (*MBD*, p. 676).
2. "When the baptizing power of the word [affirmations and denials] is poured on a center in consciousness, it dissolves all material thought, and through this cleansing, purifying process, the individual is prepared to see and to discern spiritually" (*RW*, p. 21).
3. "He [John the Baptist] signifies a high intellectual perception of Truth, but one not yet quickened of Spirit. John represents that attitude of mind in which we are zealous for the rule of Spirit. This attitude is not spiritual, but a perception of spiritual possibilities and an activity in making conditions in which Spirit may rule" (*MBD*, p. 356).
4. "God's grace is free to all, but it can be consciously accepted only by those who have prepared to receive it by erasing errors in consciousness and building an inner ability to start fresh" (*YGGP*, p. 196).

John the Baptist represents the illumined intellect within us, which realizes that if we are to begin living in the consciousness of grace, we must change our way of thinking. This is signified by John the Baptist who says, "I am the voice of one crying in the wilderness, 'Make straight the way of the Lord' " (Jn. 1:23). "Repent, for the kingdom of heaven is at hand" (Mt. 3:2). Repentance is "a turning from a belief in sin and error to a belief in God and righteousness; a reversal of mind and heart in the direction of the All-Good" (*RW*, p. 167). This is done through affirmation and denial, which makes conditions in consciousness in which Spirit may rule. This activity prepares the way for the spiritual baptism of the Christ.

"I baptize you with water for repentance, but he who is coming after me is mightier than I, whose sandals I am not worthy to carry; he will baptize you with the Holy Spirit and with fire."—Matthew 3:11

NOTES

3C BAPTISM OF THE CHRIST:
THE FIRE AND
THE HOLY SPIRIT:

1. "Water ... represents material cleansing, and fire represents spiritual cleansing. When John the Baptist baptized with water, he washed away the sins of an external character. He did not enter into the subconsciousness. It takes something more powerful than water to purify the error conditions accumulated by the soul in its many incarnations. The presence of God through Christ is necessary to purify this part of man" (*MBD*, p. 676).
2. "The regeneration of the subconscious is not the work of the conscious, but of the superconscious mind acting in harmony with the conscious" (*KL*, p. 91).
3. "The superconscious mind lifts up, or regenerates, both the subconscious and the conscious, transforming them into the true image and likeness of God. The conscious mind must be faithful during this transformation. It must look ever to the superconscious for all direction and instruction. It can of itself do nothing with assurance, because the Spirit of wisdom rests in the superconscious" (*KL*, p. 89).
4. "A quickening from on high must precede man's realization of his innate control of thought and feeling. The baptism of the Holy Spirit is a quickening of the spiritual nature" (*TM*, p. 61).
5. "The forces of Spirit at the center of man's body are so intense that the outer consciousness cannot stand the current and hold itself together; absolutely pure in essence, this inner fire must be approached by the pure spiritual thought" (*TM*, p.124).

6. "In its true essence it is the fire of Spirit, or the divine energy, which never ceases [grace] its life-giving, purifying glow; when its cleansing work is completed in man's mind and body there is no more error to be consumed, and it then manifests in purified man as his eternal life" (MBD, p. 217).

Jesus said, "If I do not wash you, you have no part in me" (Jn. 13:8). Once the conscious phase of mind begins to cooperate with the superconscious phase of mind by holding thoughts that are true to the nature of Being, this prepares the way for the spiritual baptism of the Christ. This baptism is experienced as a healing or regenerating of the subconscious level of mind which has absorbed error thoughts. Jesus reminded us, it is "the Father who dwells in me" (Jn. 14:10) who does this healing work. We of ourselves cannot do it. All permanent healing takes place from the level of Christ mind. This does not usually happen overnight, but is the result of the continuous activity of Spirit. Have faith that one day there will be no more error to be consumed, and you will be expressing, at all levels of mind, the consciousness of grace, or Christ consciousness.

"And God himself will be with them; he will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain any more, for the former things have passed away. And he who sat upon the throne said, 'Behold, I make all things new.' "—Revelation 21:3-5 *Christ Consciousness*

NOTE: The following is a healing prayer that will help the conscious mind prepare the way for Christ baptism.

"CHRIST PRAYER"
CHRIST HEALS AND REVEALS, I AM SILENTLY TRUSTING

C	Christ
H	Heals &
R	Reveals
I	I am
S	Silently
T	Trusting

STEPS IN THE CHRIST PRAYER

I. "C" for CHRIST

Come forth, O Christ, and manifest Thyself in me
Christ control ... to Thee I surrender ... Thy will is my will
Christ, clear my mind
Christ presence of love, peace, and healing power moves
through my mind, body, and affairs

II. "H" for HEALS

Heal me at depth
Hold me in Thy will
Have Thine own way, Lord
Holy is Thy name

III. "R" for REVEALS

Reveal that which needs to be revealed
Receptive is my soul
Revelation rents the veil
Reality fills the vision

IV. "I" for I AM

Inspired with divine ideas
Infilled with divine love
In tune with the Infinite
Informed of my divine plan

V. "S" for SILENTLY

Sweet, sweet Spirit
Softly sweep my soul
Speak, Thy servant heareth
Silently I wait on Thee

VI. "T" for TRUSTING

Truth is revealed
Thy will is done
Thank You, God!
Trusting, I am

BLOCKS IN CONSCIOUSNESS THAT RESIST **THE ACTIVITY OF GRACE**

1. Negative thinking resulting from human perceptions or judging by appearances
2. Insistence of even exchange all the time
3. The belief that we of ourselves must do all the work
4. The fear that the will of God might cause us some pain and suffering

METHODS FOR SELF-HELP

Do this at the end of every day until you feel yourself transformed:

1. Make a list of as many negative attitudes and thoughts you can remember having during the day. Write out an affirmation of grace-full truth that will replace each negative remembrance. Meditate on each affirmation with feeling.
2. Make a list of the actions and attitudes you have had during the day that insist on even exchange. What attitude or action could you have engaged in that would have eliminated even exchange and called forth grace? Write the grace attitude or action and visualize yourself redoing and rethinking from the consciousness of grace.
3. Make a list of all the ways you insisted on doing all the work to-day. Make a list of the ways you could have accomplished the same work or perhaps even more work if you had been conscious that it was the grace of God within you doing the work. In your imagination, visualize God doing the work through you.
4. Affirm every day, as many times a day as you can remember: *Thy will is my will; Thy will be done through me this day.* At the end of each day, make a list of any feelings associated with this statement. Was there any fear? If so, write out what you know to be the truth about God's will. Reaffirm the statements of God's will being your will until you feel a deep sense of peace, joy, trust, and excitement about the will of God being done in your life.

CHAPTER FOUR

GRACE AND THE WILL OF GOD

INTRODUCTION TO CHAPTER

We cannot become fully receptive to the activity of grace until we completely surrender to the will of God. The will of God is always expressing as GRACE, the increase of good. Many of us are confused about the will of God and fear that it will be less good than our will, or that the will of God would have us suffer in some way in order to receive our good. Much of this misperception has evolved around the Crucifixion experience. This chapter will dispel the error perception of the Crucifixion and bring it into a true perspective of grace.

GRACE AND THE WILL OF GOD

4A WILL AND GRACE:

1. "*God's will* is another confused religious term, the understanding of which will help us to understand grace. The will of God is the ceaseless longing of the creator to fulfill Himself in and as that which He has created. This will or creative intention is so great that it even seeps through one's willfully closed mind" (CY, pp. 126-127).
2. "Some Christians believe that God's will toward men varies, that His will changes, that He chastises the disobedient and punishes the wicked.... He [Jesus] bore witness that the will of God is that men should not suffer—that through Him they should have complete escape from sin, sickness, and even death.... The sin, sickness, suffering, and death that men experience are not punishment willed by God; they are results of broken law" (TM, pp. 106-107).
3. "When we have resolved to be attentive to the voice of the Father and to do His will at any cost, we are freed from the bondage of all man-made laws" (TM, p. 116).

The will of God is absolute good. God's will contains no pain or suffering, lack or limitation. The greatest prayer that can ever be spoken is, "Thy will be done!" This prayer of the heart always brings healing, harmony, abundance, peace of mind, pure guidance, and so on. The only prayer Jesus gave us is "The Lord's Prayer." It contains the words, "Thy kingdom come, Thy will be done" (Mt. 6:10). It is the only prayer we need; it is full of grace and truth.

"For I have come down from heaven, not to do my own will, but the

will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day.”—John 6:38-40

NOTES

4B LEARNING THROUGH
GRACE IS THE WILL OF
GOD:

1. "The gift of grace is the awareness that the all-knowing Teacher of all teachers is with you always" (SSK, p. 140).
2. "Must one experience evil in order to appreciate good?... Does the child that burns its hand on a hot stove have a larger consciousness of health when the hand is healed? Has it learned more about stoves? Unnumbered illustrations of this kind might be given to show that by experimentation we learn the relations existing between things in the phenomenal world. But if we apply this rule to sciences that are governed by absolute rules, it becomes evident that there is no necessity for knowing the negative. To become proficient in mathematics it is not necessary that one make errors. The more closely one follows the rules in exact sciences, the more easily and successfully one makes the demonstrations" (TM, p. 42).
3. "Grace transcends all toiling effort, all condemnation and self-condemnation; does not know wrong, nor resistance to wrong, nor punishment for wrong, but shines steadily on, the glory of God's love manifest; *eases all our struggle, stills all strife in our life, comforts all our sorrow, wipes away all our tears—knows nothing of such things and erases them from our mind and heart* when we are receptive to its distilled loveliness" (NMB, p. 107).

4. "Grace gives God, not hardship. Struggle is not the way to realization of God, since in Him there is no contending. Crying is not the *high* road to laughter. Sometime the cry must cease before the laugh begins" (NMB, p. 106).
5. "Man arrives at consciousness of truth about anything in one of two ways: by means of the slow, often struggling, always hard way of overcoming the negative concepts in consciousness by just mental denial of the negative and affirmation of the positive; or by choice of the speedy, airborne, no-stress way of acknowledging that, through Christ Jesus' truth within, the goal of purified soul is already wholly reached. If soul redemption is man's goal, is his soul any the less pure because it's been washed clean by the Blood of the Lamb, rather than by man's own hard scrubbing—divinely mind-washed and heart-washed by His pure consciousness, instead of laboriously worked over by only mental denial and affirmation?" (NMB, p. 106)

The will of God has never been, nor will it ever be, that we learn through suffering. Yes, of course, we grow in wisdom and understanding when we make mistakes and error choices that cause pain and suffering. But learning in this way has nothing to do with God's will. The more we align our choices with divine principle, love, faith, and trust, the less suffering we will encounter. Love, faith, and trust in God are all energies aligned with the nature of our being. When we choose to center ourselves in these energies and live from a consciousness of them, we perpetuate accelerated spiritual growth and learning from the inner teacher, the Holy Spirit, who Jesus said would teach us all things.

4C CRUCIFIXION AND THE WILL OF GOD:

1. "In the mystery of the cross is hidden the overcoming of Satan. The crucifixion of Jesus is the symbolical representation of the crossing out ... of the carnal mind ... in the redeemed man's consciousness" (*TM*, p. 70).
2. "The intellect and the pseudo-spiritual must be crucified, and the great I AM elevated to the high place" (*MJ*, p. 162).

The metaphysical symbology of the Crucifixion story of Jesus Christ is the ultimate crossing out or healing of consciousness of anything that is not of the Christ vibration. In the process of healing these energies, we may go through many experiences that feel like crucifixion. The ego resists the love vibration of the I AM and struggles profusely for a stronghold in consciousness; but through the activity of grace, which is perpetually operative, this transformation of consciousness does not need to be a painful experience. Call upon the activity of grace by saying, "Thy will be done!"

NOTE: In the process of transformational healing, it is often scary for an individual to say, "Thy will be done!" The reason for this is the mental association we have with the words spoken by Jesus in the garden of Gethsemane. He said, "Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done" (Lk. 22:42). This statement is found in all three synoptic gospels. It was very shortly after making this statement that Jesus was crucified. Because of this, we have a tendency to think that the will of God often carries with it a crucifixion experience before resurrection or healing. This is an error perception of the Crucifixion story and a gross misinterpretation of the teaching expressed by Jesus in the statement concerning God's will.

In reading The Gospel According to John, which is the book of grace, we do not find any statement similar to the one in the

synoptic gospels. Instead we have these statements: "And what shall I say? 'Father, save me from this hour'? No, for this purpose I have come to this hour. Father, glorify thy name" (Jn. 12:27-28); and "Put your sword into its sheath; shall I not drink the cup which the Father has given me?" (Jn. 18:11)

These statements clearly indicate that the Crucifixion was a planned event for a very important spiritual message to all humankind. What was it? There are many messages in this event, a few of which are listed on the next page. But let us be assured that one of the main teachings is to show us the step-by-step process of surrender the ego goes through in order to trust the will of God to establish resurrection without crucifixion.

In the statement, "not my will, but thine, be done," Jesus was showing us what happens when we think our will is separate from God's will. What happens? Crucifixion! This statement implies there are two wills. Ours and God's. This will always cause a battle of Armageddon in consciousness, creating the feeling of crucifixion.

If you are going through what feels like a crucifixion, for this you came into the world; not to be crucified but to be resurrected, healed, so that God can be glorified. Stored memories contrary to divine law are causing the crucifixion, memories like, "God's will is separate from my will, and God would have me suffer to grow!" No, No! God would have you resurrected unto eternal life. This is why you are here ... to heal the memories. Let the grace of God resurrect you by healing the memories of your soul! The following pages contain a forgiveness prayer based on a metaphysical interpretation of the seven last words of Jesus. If you will incorporate this prayer into your last thoughts before falling into sleep at night, you will begin to experience a healing in consciousness at the deepest level of your soul.

GRACE TEACHINGS OF THE CRUCIFIXION

1. To prove to us there is eternal life.
2. To prove to us that in that expression of eternal life, we retain individuality.
3. To help us understand that even though we may experience death of the body, it is possible to create a new one.
4. To show us that individuality consists of a spiritual body.
5. To show us that we will someday have the power to transform the molecular structure of the body from a body of flesh into a spiritual body of light.
6. To teach us that the belief of two wills, ours and Gods, will create a crucifixion experience.
7. To teach us what state of consciousness must be entered into in order to overcome crucifixion and experience resurrection (forgiveness and surrender).
8. To show us what crucifixion feels like.
9. To assure us that even if we do experience crucifixion or physical death, there is a resurrecting power of grace that will bring us into eternal life.
10. To help us realize that if we are in a painful situation or going through a painful experience, the only true purpose or meaning it has for us is that it is an opportunity to glorify God (know God ... for this I came into the world) ... know the truth that will set us free.
11. To let us see that it is humankind that crucifies the Christ, not God.
12. To help us understand that we must surrender whatever it is that is our greatest possession.
13. The Crucifixion is symbolic of the final crossing out of all error states of consciousness which are not patterned after Christ awareness. Crucifixion is symbolic of the deepest level of forgiveness.

FORGIVENESS PRAYER

(Based on the seven last words of Jesus)

From CRUCIFIXION TO RESURRECTION

The last seven "words" of Jesus represent a healing and resurrecting prayer process that we must enter into as a part of the regeneration in consciousness necessary to awaken to Christ consciousness. These words are the keys to resurrection and eternal life in Christ.

1. "I THIRST." (Jn. 19:28)

While it would not have been unusual for Jesus to have been thirsty at that time, He was also giving to the world the metaphysical message that the beginning of forgiveness is to "thirst" for the "living waters" of Spirit, the "living waters" being conscious awareness of the continuous flow of our oneness with the love of God. (FOR AWARENESS OF MY ONENESS WITH THE LOVE OF GOD, I THIRST.)

2. "WOMAN, BEHOLD, YOUR SON! ... BEHOLD, YOUR MOTHER!" (Jn. 19:26-27)

These words represent the uniting of the masculine and feminine aspects of consciousness represented by the conscious and subconscious or thinking and feeling natures. Our thinking and feeling natures must be united in the desire to forgive and move from pain and suffering to resurrection, healing, and wholeness. (THY WILL IS MY WILL.)

3. "MY GOD, MY GOD, WHY HAST THOU FORSAKEN ME?" (Mt. 27:46)

Scholars believe that Jesus is referring to Psalm 22, which begins as a cry of desperation and ends by praising and glorifying the power of God to deliver us from affliction. George Lamsa, in his Bible, gives this translation from the Aramaic, "My God, my God, why hast thou let me to live?" (Ps. 22:1) The words of Jesus found in Matthew are given: "My God, my God, for this I was spared!" with a footnote that reads: "This was my destiny." It is our destiny to know our oneness with the love of God and in that awareness to forgive or give the truth for every error. (MY GOD, MY GOD, THIS IS MY DESTINY!)

4. "TODAY YOU WILL BE WITH ME IN PARADISE." (Lk. 23:43)

Jesus told the criminals being crucified beside Him that no matter what they had done in the past, they would be with Him TODAY ... NOW! They needed to do nothing more than ask in faith, believing. The criminals are any thoughts within us that have broken spiritual law and robbed us of the forgiving love of Christ. We bring these thoughts to the Christ NOW, asking in faith, believing they will be RESURRECTED into CHRIST CONSCIOUSNESS, having eternal life through the forgiving love of Christ mind.

(I BELIEVE IN THE HEALING, FORGIVING, RESURRECTING LOVE OF CHRIST WITHIN ME.)

5. **"FATHER, INTO THY HANDS I COMMIT MY SPIRIT!"** (Lk. 23:46)

This is ultimate surrender of the self to God. I of my little self can do nothing, only the Father (God, Christ) within can do this forgiving, healing, resurrecting work. I LET GOD BE GOD IN ME! (INTO THY HANDS I COMMIT MY SPIRIT, MY SOUL, MY MIND, MY BODY, ANY UNFORGIVEN STATES, AND SO ON.)

6. **"FATHER, FORGIVE THEM; FOR THEY KNOW NOT WHAT THEY DO."** (Lk. 23:34)

Those who have done something against us do not know what they are doing, for they do not know their oneness with God as love. When we hold something against someone, we do not know what we are doing, for we have forgotten our oneness with God as love. Let us now entrust all forgiveness to the healing, forgiving, resurrecting love of God within. (FATHER, REVEAL THAT WHICH NEEDS TO BE REVEALED AND HEAL THAT WHICH NEEDS TO BE HEALED ... HEAL ME AT DEPTH.)

7. **"IT IS FINISHED."** (Jn. 19:30)

I am now free from all unforgiving thought vibrations. Forgiveness is complete. I am the LOVE of God. It is finished! (I AM THE LOVE OF GOD ... IT IS FINISHED.)

FORGIVENESS PRAYER

1. FOR AWARENESS OF MY ONENESS WITH THE LOVE OF GOD, I THIRST.

2. THY WILL IS MY WILL.

3. MY GOD, MY GOD, THIS IS MY DESTINY!

4. I BELIEVE IN THE HEALING, FORGIVING, RESURRECTING LOVE OF CHRIST WITHIN ME.

5. INTO THY HANDS I COMMIT MY SPIRIT, MY SOUL, MY MIND, MY BODY, ANY UNFORGIVEN STATES, AND SO ON.

6. FATHER, REVEAL THAT WHICH NEEDS TO BE REVEALED AND HEAL THAT WHICH NEEDS TO BE HEALED ... HEAL ME AT DEPTH!

7. IT IS FINISHED!



Grace Prayer

For Thee I thirst.

*Into Thy hands I commit my spirit
(my soul, my body, my life,
this problem, all unforgiven states).*

Thy will is my will.

Thy will be done through me.

*Heal me at depth. LOVINGLY &
Reveal that which needs GENTLEY
to be revealed.*

*Heal that which needs
to be healed*

*so I can glorify You, God,
and live in the fullness of grace.*

It is finished.



GRACE PRAYER EXPLAINED

The grace prayer is based on the teachings of Jesus Christ that were expressed in the garden of Gethsemane and on the Cross. These teachings emphasize states of consciousness that must be transformed by the activity of God's grace.

The prayer could be called, "The Surrender Prayer." Its purpose is to bring you into total surrender to the power of God within to heal and transform consciousness into the awareness of Christ consciousness. There are two lines in this prayer that we feel need additional explanation:

1. "Heal me at depth."

This statement indicates your willingness to be healed and transformed at the deep subjective or subconscious level of mind. You are asking for God to be revealed in all the memories and perceptions of reality that your soul has accumulated in its many incarnations.

2. "Reveal that which needs to be revealed."

This states your willingness to become fully conscious of any memories or perceptions of reality that need to be known by you for whatever purpose God deems necessary for your continued unfolding into Christ consciousness. This statement also indicates that you *do not insist* on knowing everything in your consciousness that has been the cause of your pain and suffering or your misperception. This statement relieves you from even exchange demands.

NOTE: These statements express the meaning of the words from Jesus, "Father, forgive them; for they know not what they do."

NOTE: As you continue to work with this prayer, you will come to understand the ultimate grace teaching: There is nothing to be healed, only God to be revealed!

A WORD TO THE WISE:

Once you begin to use this prayer, you are asking for transformation at the very deepest levels of your being. You are asking for the healing of the mental, emotional, and physical bodies. Purification of the soul begins.

This will begin to take place immediately. In the process of healing, there is always a spiritual transformation of negative energy into positive energy true to the nature of being.

As this energy transforms, you may experience what is called *chemicalization*. Chemicalization is simply “a condition ... that is brought about by the conflict that takes place when a high spiritual realization contacts an old error state of consciousness. Whenever a new spiritual idea is introduced into the mind, some negative belief is disturbed. It resists. With this resistance comes more or less commotion in the consciousness. This is called chemicalization.” (RW, pp. 32-33).

Chemicalization, as the result of using this prayer, has been reported by some students to be experienced as the following:

- | | |
|--|--|
| 1. A cold, resulting in the release of a lot of mucus from the physical organism | 8. Shaking or rocking in the body |
| 2. Diarrhea | 9. The breaking out of a rash |
| 3. A flood of tears or laughter | 10. An old disease pattern may surface for final expulsion |
| 4. Loss of excess weight | 11. Rapid or deep involuntary breathing, holy breath |
| 5. Bizarre dreams—even nightmares | 12. Dietary changes |
| 6. Waves of heat or cold | 13. Seeing light or colors |
| 7. Tingling sensations | 14. Feeling confused or disoriented |

But please note: We have never heard of a case where this prayer caused a disease. It has only been reported as a powerful healing prayer. Spirit will work with each individual in the way that is right and perfect for that individual's mental, emotional, and physical structure.

As chemicalization comes to pass, and it surely will, you will experience the following:

1. You will wake up feeling lighter, happier, and full of energy.
2. It will take less effort to accomplish your goals.
3. Blessings you didn't even ask for will appear.

4. Your mission and individual purpose will be revealed and accomplished through you.
5. You will know your oneness with God.

NOTES

4D GRACE IS THE WILL OF GOD IN REGENERATION:

1. "Regeneration—a change in which abundant spiritual life, even eternal life, is incorporated into the body. The transformation that takes place through bringing all the forces of mind and body to the support of the Christ ideal. The unification of Spirit, soul, and body in spiritual oneness" (*RW*, p. 165).
2. "When the soul is ready for its next step in the upward way, a great change takes place, known as regeneration. Jesus referred to this when He said to Nicodemus: 'Ye must be born anew.' In one of its phases the new birth is a resurrection. All that man has passed through has left its image in the subconscious, wrought in mind and matter. These images are set free in the regeneration" (*TM*, p. 80).
3. "The first coming is the receiving of Truth into the conscious mind, and the Second Coming is the awakening and the regeneration of the subconscious mind through the superconscious or Christ Mind" (*TM*, p. 15).
4. "Through grace the Christ in you is the saving, redeeming, transforming power that enables you to rise and overcome, and to experience regeneration in mind, body, and spirit" (*WU*, July 23, 1972).

The process of regeneration is going on continually because of the activity of grace. This is a renewing and restoring of the mind and body to its original state by the energies of the Christ mind. We can help accelerate this healing process by surrendering all personal effort for this restoration to the higher power within us. It is in the regeneration that the

quote from Jesus to Paul becomes so significant: "My grace is sufficient for you, for my power is made perfect in weakness" (2 Cor. 12:9).

NOTE: In the regeneration of the subconscious mind, a new perspective of life becomes the focus of attention. It is the concentric perspective wherein we seek to let God be God in us. Awareness is centered within and moves outward. The following page gives attitudes of mind that reflect this new perspective.

SHIFTS OF FOCUS AS WE AWAKEN TO GRACE IN THE REGENERATION

The heart and soul of one entering into the awakened state of grace:

1. No longer is continually seeking the kingdom without, but has found it within and now seeks to *live from* the consciousness of it.
 - a. In John, the book of grace, Jesus never says for us to seek the kingdom. Instead, when making reference to the kingdom, Jesus uses the words “see” and “enter” (Jn. 3:3, 5).
 - b. The way to enter and see is expressed by Jesus in the words, “unless one is born anew” and “unless one is born of water and the Spirit” (Jn. 3:3, 5).
 - c. Metaphysically, this means being willing to change our way of thinking at the deepest levels of consciousness. That change can only be brought about by the conscious mind (using affirmations and denials) working in harmony with the superconscious mind. This is seeking to *live from* the consciousness of the kingdom.
2. No longer seeks God for the reward, but rather seeks to reward God.
 - a. You no longer give from the consciousness of even exchange, or holding the thought of return, but give from the nature of your being which is to give because you can’t help yourself.
 - b. You do not seek any personal reward or glory, but you seek only to glorify God ... to let God be God in you.
3. No longer seeks to be transformed by outer means, but to be transformed through regeneration from within.
 - a. This is the stage of awakening to the reality that I of myself can do nothing; it is Christ within me who does all the work.
 - b. In this state of consciousness, you know with Jesus, “If I do not wash you, you have no part in me” (Jn. 13:8).
4. Seeks above all else the baptism of the HOLY SPIRIT.
 - a. This is the cleansing, purifying, regenerating process that only the Christ within can administer.
 - b. Seeking the baptism of the HOLY SPIRIT means to become willing to have all resistance to grace removed. For an in-depth understanding of HOLY SPIRIT baptism, we recommend reading the *Holy Spirit Regeneration* syllabus.

- c. Your heart and soul crave this baptism as much or more than your original longing to find the kingdom of God; for now you realize that to be able to live from the consciousness of the kingdom, all thought forms in the mental, emotional, and physical bodies must be transformed.
5. Ultimately proclaims THY WILL IS MY WILL. THY WILL BE DONE THROUGH ME THIS DAY.
- a. This state of mind expresses a fully awakened conscious choice to surrender ALL to God.
 - b. There is no fear that God's will includes any pain or suffering.
 - c. You realize this is the prayer of all prayers. This is the prayer of grace.

PLEASE NOTE: The more healed you become in the deep subjective levels of mind, you will more than likely experience some of the following shifts of energy focus:

- 1. You will develop a greater inner sensitivity, making you more intuitive to the feelings and pain of others.
- 2. The pain in your own heart will shift from "self"-related to empathy for others.
- 3. Your prayer work will become more "others" directed. You will desire to be used as an instrument for healing others and the planet.
- 4. The idea of desire will shift from yearning for that which you do not now have to accepting that which is already yours. An accepting consciousness demonstrates instantly without effort.

CALL UPON THE CONSCIOUSNESS OF JESUS CHRIST

"Jesus did not go to a faraway heaven, there to abide to the great day of His 'Second Coming.' He explained again and again, in language that anyone who has even a slight understanding of the interrelation of spirit, soul, and body may comprehend, that He would continue to exist in the etheric realm that He called 'the heavens' " (*JCH*, p. 12).

Call upon the help of Jesus Christ in your grace awakening process. His consciousness of grace will help expand and lift your consciousness. "I will come again and will take you to myself, that where I am you may be also" (Jn. 14:3).

"Jesus still lives in the spiritual ethers of this world and is in constant contact with those who raise their thoughts to Him in prayer" (*JCH*, p. 11).

"I in them and thou in me, that they may become perfectly one, so that the world may know that thou hast sent me and hast loved them even as thou hast loved me. Father, I desire that they also, whom thou hast given me, may be with me where I am, to behold my glory which thou hast given me in thy love for me before the foundation of the world. O righteous Father, the world has not known thee, but I have known thee; and these know that thou hast sent me. I made known to them thy name, and I will make it known, that the love with which thou hast loved me may be in them, and I in them" (Jn. 17:23-26).

Jesus said, "My grace is sufficient for you, for my power is made perfect in weakness" (2 Cor. 12:9).

"The Word *Grace* in the Bible"

Revised Standard Version

- Esther 2:17 "The king loved Esther more than all the women, and she found grace and favor in his sight more than all the virgins, so that he set the royal crown on her head and made her queen instead of Vashti."
- Ps. 45:2 "You are the fairest of the sons of men; grace is poured upon your lips; therefore God has blessed you for ever."
- Jer. 31:2 "Thus says the LORD: 'The people who survived the sword found grace in the wilderness; when Israel sought for rest.' "
- Zech. 4:7 "What are you, O great mountain? Before Zerubbabel you shall become a plain; and he shall bring forward the top stone amid shouts of 'Grace, grace to it!' "
- Zech. 11:7 "So I became the shepherd of the flock doomed to be slain for those who trafficked in the sheep. And I took two staffs; one I named Grace, the other I named Union. And I tended the sheep."
- Zech. 11:10 "And I took my staff Grace, and I broke it, annulling the covenant which I had made with all the peoples."
- Jn. 1:14 "And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father."
- Jn. 1:16 "And from his fulness have we all received, grace upon grace."
- Jn. 1:17 "For the law was given through Moses; grace and truth came through Jesus Christ."
- Acts 4:33 "And with great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all."
- Acts 6:8 "And Stephen, full of grace and power, did great wonders and signs among the people."

- Acts 11:23 "When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose."
- Acts 13:43 "And when the meeting of the synagogue broke up, many Jews and devout converts to Judaism followed Paul and Barnabas, who spoke to them and urged them to continue in the grace of God."
- Acts 14:3 "So they remained for a long time, speaking boldly for the Lord, who bore witness to the word of his grace, granting signs and wonders to be done by their hands."
- Acts 14:26 "And from there they sailed to Antioch, where they had been commended to the grace of God for the work which they had fulfilled."
- Acts 15:11 "But we believe that we shall be saved through the grace of the Lord Jesus, just as they will."
- Acts 15:40 "But Paul chose Silas and departed, being commended by the brethren to the grace of the Lord."
- Acts 18:27 "And when he wished to cross to Achaia, the brethren encouraged him, and wrote to the disciples to receive him. When he arrived, he greatly helped those who through grace had believed."
- Acts 20:24 "But I do not account my life of any value nor as precious to myself, if only I may accomplish my course and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God."
- Acts 20:32 "And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified."
- Rom. 1:5 "Through whom we have received grace and apostleship to bring about the obedience of faith for the sake of his name among all the nations."
- Rom. 1:7 "To all God's beloved in Rome, who are called to be saints: Grace to you and peace from God our Father and the Lord Jesus Christ."

- Rom. 3:24 "They are justified by his grace as a gift, through the redemption which is in Christ Jesus."
- Rom. 4:16 "That is why it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants—not only to the adherents of the law but also to those who share the faith of Abraham, for he is the father of us all."
- Rom. 5:2 "Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God."
- Rom. 5:15 "But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift in the grace of that one man Jesus Christ abounded for many."
- Rom. 5:17 "If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ."
- Rom. 5:20 "Law came in, to increase the trespass; but where sin increased, grace abounded all the more."
- Rom. 5:21 "So that, as sin reigned in death, grace also might reign through righteousness to eternal life through Jesus Christ our Lord."
- Rom. 6:1 "What shall we say then? Are we to continue in sin that grace may abound?"
- Rom. 6:14 "For sin will have no dominion over you, since you are not under law but under grace."
- Rom. 6:15 "What then? Are we to sin because we are not under law but under grace? By no means!"
- Rom. 11:5 "So too at the present time there is a remnant, chosen by grace."
- Rom. 11:6 "But if it is by grace, it is no longer on the basis of works; otherwise grace would no longer be grace."

- Rom. 12:3 "For by the grace given to me I bid every one among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith which God has assigned him."
- Rom. 12:6 "Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith."
- Rom. 15:15 "But on some points I have written to you very boldly by way of reminder, because of the grace given me by God."
- Rom. 16:20 "Then the God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you."
- 1 Cor. 1:3 "Grace to you and peace from God our Father and the Lord Jesus Christ."
- 1 Cor. 1:4 "I give thanks to God always for you because of the grace of God which was given you in Christ Jesus."
- 1 Cor. 3:10 "According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it."
- 1 Cor. 15:10 "But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God which is with me."
- 1 Cor. 16:23 "The grace of the Lord Jesus be with you."
- 2 Cor. 1:2 "Grace to you and peace from God our Father and the Lord Jesus Christ."
- 2 Cor. 1:12 "For our boast is this, the testimony of our conscience that we have behaved in the world, and still more toward you, with holiness and godly sincerity, not by earthly wisdom but by the grace of God."
- 2 Cor. 4:15 "For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God."
- 2 Cor. 6:1 "Working together with him, then, we entreat you not to accept the grace of God in vain."

- 2 Cor. 8:1 "We want you to know, brethren, about the grace of God which has been shown in the churches of Macedonia."
- 2 Cor. 8:9 "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that by his poverty you might become rich."
- 2 Cor. 9:14 "While they long for you and pray for you, because of the surpassing grace of God in you."
- 2 Cor. 12:9 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me."
- 2 Cor. 13:14 "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all."
- Gal. 1:3 "Grace to you and peace from God the Father and our Lord Jesus Christ."
- Gal. 1:6 "I am astonished that you are so quickly deserting him who called you in the grace of Christ and turning to a different gospel."
- Gal. 1:15 "But when he who had set me apart before I was born, and had called me through his grace."
- Gal. 2:9 "And when they perceived the grace that was given to me, James and Cephas and John, who were reputed to be pillars, gave to me and Barnabas the right hand of fellowship, that we should go to the Gentiles and they to the circumcised."
- Gal. 2:21 "I do not nullify the grace of God; for if justification were through the law, then Christ died to no purpose."
- Gal. 5:4 "You are severed from Christ, you who would be justified by the law; you have fallen away from grace."
- Gal. 6:18 "The grace of our Lord Jesus Christ be with your spirit, brethren. Amen."
- Eph. 1:2 "Grace to you and peace from God our Father and the Lord Jesus Christ."
- Eph. 1:6 "O the praise of his glorious grace which he freely bestowed on us in the Beloved."

- Eph. 1:7 "In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace."
- Eph. 2:5 "Even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved)."
- Eph. 2:7 "That in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus."
- Eph. 2:8 "For by grace you have been saved through faith; and this is not your own doing, it is the gift of God."
- Eph. 3:2 "Assuming that you have heard of the stewardship of God's grace that was given to me for you."
- Eph. 3:7 "Of this gospel I was made a minister according to the gift of God's grace which was given me by the working of his power."
- Eph. 3:8 "To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ."
- Eph. 4:7 "But grace was given to each of us according to the measure of Christ's gift."
- Eph. 4:29 "Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear."
- Eph. 6:24 "Grace be with all who love our Lord Jesus Christ with love undying."
- Phil. 1:2 "Grace to you and peace from God our Father and the Lord Jesus Christ."
- Phil. 1:7 "It is right for me to feel thus about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel."
- Phil. 4:23 "The grace of the Lord Jesus Christ be with your spirit."
- Col. 1:2 "To the saints and faithful brethren in Christ at Colossae: Grace to you and peace from God our Father."

- Col. 1:6 "Which has come to you, as indeed in the whole world it is bearing fruit and growing—so among yourselves, from the day you heard and understood the grace of God in truth."
- Col. 4:18 "I, Paul, write this greeting with my own hand. Remember my fetters. Grace be with you."
- 1 Thess. 1:1 "Paul, Silvanus, and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace to you and peace."
- 1 Thess. 5:28 "The grace of our Lord Jesus Christ be with you."
- 2 Thess. 1:2 "Grace to you and peace from God the Father and the Lord Jesus Christ."
- 2 Thess. 1:12 "So that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ."
- 2 Thess. 2:16 "Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace."
- 2 Thess. 3:18 "The grace of our Lord Jesus Christ be with you all."
- 1 Tim. 1:2 "To Timothy, my true child in the faith: Grace, mercy, and peace from God the Father and Christ Jesus our Lord."
- 1 Tim. 1:14 "And the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus."
- 1 Tim. 6:21 "For by professing it some have missed the mark as regards the faith. Grace be with you."
- 2 Tim. 1:2 "To Timothy, my beloved child: Grace, mercy, and peace from God the Father and Christ Jesus our Lord."
- 2 Tim. 1:9 "Who saved us and called us with a holy calling, not in virtue of our works but in virtue of his own purpose and the grace which he gave us in Christ Jesus ages ago."
- 2 Tim. 2:1 "You then, my son, be strong in the grace that is in Christ Jesus."
- 2 Tim. 4:22 "The Lord be with your spirit. Grace be with you."

- Titus 1:4 "To Titus, my true child in a common faith: Grace and peace from God the Father and Christ Jesus our Savior."
- Titus 2:11 "For the grace of God has appeared for the salvation of all men."
- Titus 3:7 "So that we might be justified by his grace and become heirs in hope of eternal life."
- Titus 3:15 "All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all."
- Philem. 1:3 "Grace to you and peace from God our Father and the Lord Jesus Christ."
- Philem. 1:25 "The grace of the Lord Jesus Christ be with your spirit."
- Heb. 2:9 "But we see Jesus, who for a little while was made lower than the angels, crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for every one."
- Heb. 4:16 "Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."
- Heb. 10:29 "How much worse punishment do you think will be deserved by the man who has spurned the Son of God, and profaned the blood of the covenant by which he was sanctified, and outraged the Spirit of grace?"
- Heb. 12:15 "See to it that no one fail to obtain the grace of God; that no 'root of bitterness' spring up and cause trouble, and by it the many become defiled."
- Heb. 13:9 "Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents."
- Heb. 13:25 "Grace be with all of you. Amen."
- Jas. 4:6 "But he gives more grace; therefore it says, 'God opposes the proud, but gives grace to the humble.' "

- 1 Pet. 1:2 "Chosen and destined by God the Father and sanctified by the Spirit for obedience to Jesus Christ and for sprinkling with his blood: May grace and peace be multiplied to you."
- 1 Pet. 1:10 "The prophets who prophesied of the grace that was to be yours searched and inquired about this salvation."
- 1 Pet. 1:13 "Therefore gird up your minds, be sober, set your hope fully upon the grace that is coming to you at the revelation of Jesus Christ."
- 1 Pet. 3:7 "Likewise you husbands, live considerately with your wives, bestowing honor on the woman as the weaker sex, since you are joint heirs of the grace of life, in order that your prayers may not be hindered."
- 1 Pet. 4:10 "As each has received a gift, employ it for one another, as good stewards of God's varied grace."
- 1 Pet. 5:5 "Likewise you that are younger be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for 'God opposes the proud, but gives grace to the humble.' "
- 1 Pet. 5:10 "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, establish, and strengthen you."
- 1 Pet. 5:12 "By Silvanus, a faithful brother as I regard him, I have written briefly to you, exhorting and declaring that this is the true grace of God; stand fast in it."
- 2 Pet. 1:2 "May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord."
- 2 Pet. 3:18 "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen."
- 2 Jn. 1:3 "Grace, mercy, and peace will be with us, from God the Father and from Jesus Christ the Father's Son, in truth and love."

- Jude 1:4 "For admission has been secretly gained by some who long ago were designated for this condemnation, ungodly persons who pervert the grace of our God into licentiousness and deny our only Master and Lord, Jesus Christ."
- Rev. 1:4 "John to the seven churches that are in Asia: Grace to you and peace from him who is and who was and who is to come, and from the seven spirits who are before his throne."
- Rev. 22:21 "The grace of the Lord Jesus be with all the saints. Amen."