

Something To Ponder

Volume I

By
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*Never the less
when one turns to the Lord,
the veil is taken away.
Now the Lord is the Spirit;
and where the Spirit of the Lord is, there is liberty.*

2 Corinthians 3:16,17



Any idea, thought, concept or belief in a personal identity is hypnotic suggestion.

The carnal mind has no power to create discord; it can only suggest discord. Every discord appearing on or in the visible body is not caused by the carnal mind but by our own consciousness. It is by our state of consciousness that we accept the suggestion.

All appearances are impersonal.



*It is our ability to rest in trusting of Self
that dissolves the illusions.*

No matter how logical a discordant appearance of the body
may seem to be it has absolutely no power.

The appearance of evil activity is but the belief that there is a possibility of good and evil powers finding a way through an individual—BUT it is the impersonal action of that belief which is the activity and is NOT a part of the individual himself—the individual's self is always I, divine, pure, spirit.



If we are disturbed about someone, it is because of our concept of him— and we are in conflict with our own concept.

Let us remember that each appearance is our opportunity to stand fast and let the Master within express, "Peace, be still." "Only God is, and only God is here now."

This is how we recognize the power that is ours from within, this is how we recognize that only Divine Life is present, this is how we recognize our True Identity as the living Christ, this is how we recognize we are that One..... we take each appearance and recognize that only I am here and there is nothing else.

Be grateful for the appearances, do not fight them nor be dismayed by them, recognize them for what they are, for they are necessary until we acknowledge, accept and stand fast in our own Identity as Omnipresence.

As the ocean is the father of the wave
As the Sun is the father of the sunbeam
As the glass is the father of the tumbler
and as the gold is the father of the gold ring..

So it is that the Source of all that is, is the father of my Being.

You are not one with another, you are not one with the animal or the rose, you are not one with the mountains, waters or stars—you are one with the Source that presents Its Love and Life to appear as these.

You are not one with the form but are that which is the Cause of all
form.

As you become aware of this, then are you one with all that God is.

The thought of being human and all the seeming activities that go along with that idea is but a misconception about the perfect Light

I am that is right there where the misconception appears to be.

I am forever where you are.



No moment of silence goes unnoticed by your Soul.

I am not in the appearances of the body, on the body, nor in the
body.

At no time am I imprisoned inside the appearance of flesh and
bone.

I am the splendor of Light, I am the infinite Life of your being and
I am that right now. Not on the morrow, not in an hour or even
one minute, but right now I am the completeness that is your Self.

In this very moment I am all that you are, all that you have and
everything you will ever be throughout eternity.

I am within, without and everywhere now and I am the You that is
you, I am the Presence that is called by your given name.

Find a way to let loose this imprisoned beauty.



*"Father where can I go where you are not, where can I go
where you are not before me, where can I wonder
where you have not prepared my way?"*

I do not live inside a material, mortal body, I do not live inside a fat or thin body, a diseased or healthy body,

I do not live inside a tall or short body, I do not live inside a male or female body, nor do I live inside a young or old body.

I am Life and I Am my Infinite Body and my Infinite Mind and apart from that there is none other.



"Feed me this morning your Breakfast Father and nourish me throughout this day with thy Word that I may feast, morning, noon and night on the substance of Truth."

The Grace of my Being unfolds from within as the experience
of my day.

I take refuge at the oasis of God in me. Protected and safe, I
rest there and behold the activity of Grace as It expresses Itself as
my Being, as my Life. I watch as this Source is the activity of joy,
peace, strength and all else necessary to the purpose of this day.

We walk as one this day with our feet steady on the path of Truth

In a recent class, something was brought out I would like to share
with all of you.

Over and over again there is the reminder
to stand fast in the silence of Truth as image
after image is presented for reinterpretation and healing. But have
we stopped to realize that the one standing in silence is the Self of
our being and not an ego, not a human being, not a false identity.

The Self alone stands in the awareness that God is the only
Presence in the face of every hypnotic suggestion and when that
Presence is felt from within we are discovering that God is the
only Presence. The Self sees no duality but rests quietly and
confidently

in Its God Reality. And for the moment of the standing fast a
measure of our

True Self is showing forth.



*Embrace those moments of silence
for it is the embracement of your-Self.*

All that I have, I have now.

All that I am, I am now.

I am perfection, I am completeness,

I am peace that passes understanding,

I am eternity.

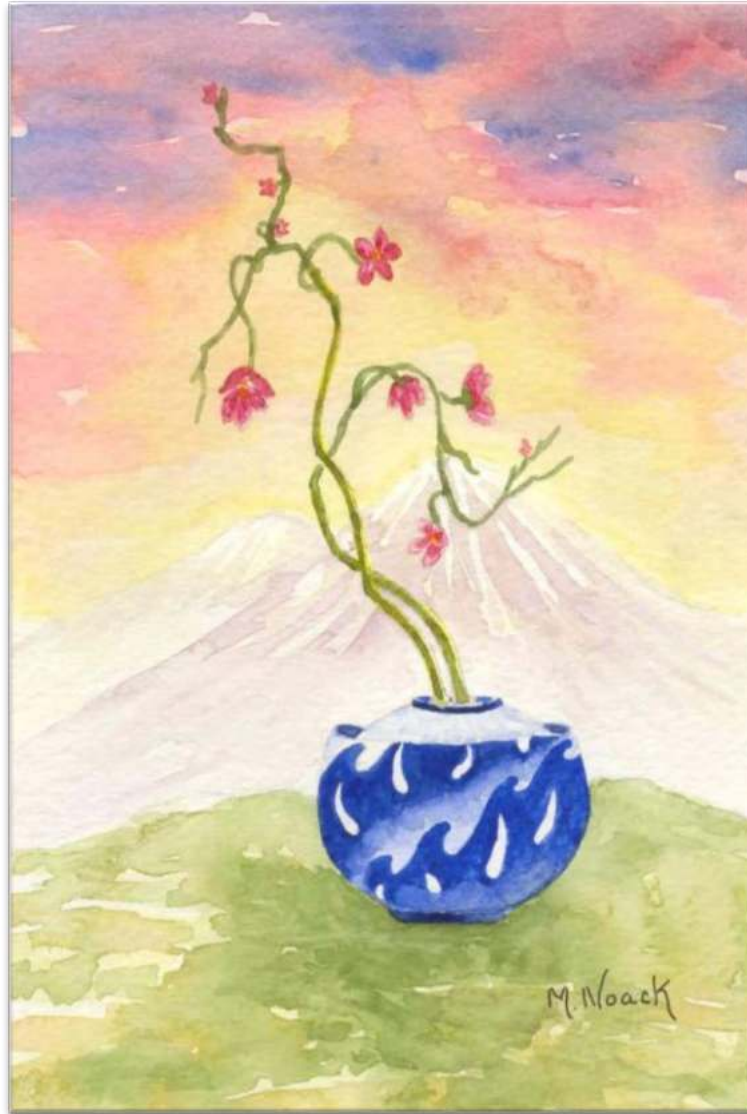
I am the spiritual presence, I am the light and life,

I am the fullness of God.

I will never have more than I have now.

I will never be more than I am now.

I am the I that is all that is.



*God is running a perfect Universe
and there is nothing we can do to assist Him.
Be still, do not move
and behold the activity of Spirit all around you.*

"Oh Father, your Self Being rests in the loving embrace of Pure Presence. No longer am I caught between the illusion of duality, of supply and lack, of health and disease, of the temptations to see twoness where there is only One. No longer am I trapped in a body that is not Me and no longer am I trapped in thoughts that are not of me. Divine substance is my perfect body, my perfect mind, my perfect Soul and there never has been nor will there ever be a time when I am separate from your tender hand, never a time when I am apart from infinite Grace. I rest in my heavenly home in certainty and trust".

Amen

Good morning Father. Thank you for the blessings of your presence
as me. My heart is filled with joy, my mind is clear and fresh as I
walk through this eternal day as your purpose is fulfilled in me. My
heart, my mind, my being are a
witness to your Presence and I have nothing to do this day but be
that witness of your will. And I am
inspired on my way as I listen silently and sacredly for your voice.

Your peaceful presence
is my abundance in every way.

Amen



*The projector may be the cause of the image we see, but it
is NOT the image it is projecting.*

What is God? I know not what. Something beyond this physical appearance, something beyond all the thoughts and thinking that can be done, Something far greater than can be imagined. And yet, I am that. I am that Something.

Let me this day see that Something in every stranger, every neighbor, every friend and every foe, let me suspend all judgment that this Something might rush in to reveal Itself.

Let us leave behind today all thoughts not of our Soul and watch as It unfolds this day out before us, for Its purpose and for Its glory... as we remember I and Soul are One.

We are the ones who are asleep when we judge the appearance to be a power. If I am embracing God Consciousness as the only power, then that means I have given up judging appearances. When we look out and judge—that would have been the same thing as if Jesus had looked at an appearance and said there is a cripple. But he did not, he judged righteous judgment which is God alone Is... and thus a healing took place.

Be Still



There is nothing to complain about today.

Only God is here.



About Mary

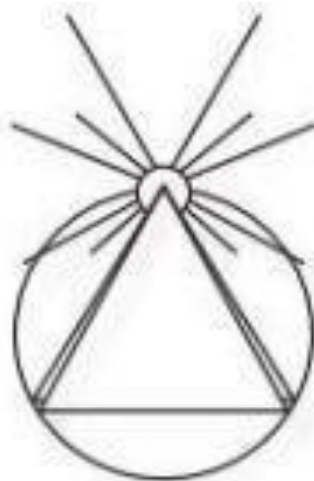
Like many others Mary has walked a spiritual path for many years. Through her years of study and self-reflection with masters of wisdom, she has come to that place of Self-realization that so many are seeking.

Born in Toledo, Ohio, Mary moved to Florida in 1975. In 1988 her heart was turned to the inner path of self-knowledge and through the devotion to the simplicity of the truth of non-duality and the pointings of Sri Ramana her feet were set firmly upon the path.

Many people from around the world have found her in this simple tranquility and her joyful willingness to share what she has discovered. They come to just be with her and rest in this peaceful presence, a presence that is truly their own.

You are invited to walk with Mary and share with her the beauty and wisdom of the Truth that dissolves the suffering and illusions of a separated self.

Namaste



<http://www.theholisticlight.org/>

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