

**The  
Higher Consciousness Society  
Spiritual Discussion Series I**

***Chapter 1***

***Who Am I, and  
Why Am I Here?***

**Published by:**

**The Higher Consciousness Society  
8737 Colesville Rd.  
Suite 602  
Silver Spring, Maryland 20910  
Phone: 301 562-9220**

[www.higherconsciousnesssociety.org](http://www.higherconsciousnesssociety.org)

**Copyright © 2007 by Higher Consciousness Society**

**“Higher Consciousness Society” is a registered trademark of the Higher Consciousness Society.**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the publisher or authorization through payment of the appropriate per-copy fee to the publisher. Requests to the publisher for permission should be addressed to the Higher Consciousness Society, Inc., 8737 Colesville Rd, Suite 602, Silver Spring, MD 20910, phone (301) 562-9220, Fax (301) 562-9277.

**Library of Congress Cataloging-in-publication Data pending:**

*Johnson, Ford, 1942-*

*Spiritual Discussion Series i: Chapter 1 - Who Am I, and Why Am I Here?*

*Includes Lessons, Exercises and Questions*

*ISBN (pending)*

## PREFACE

Congratulations on the commencement of your HCS study program. This is the first in a series of study programs, each of which will contain twelve chapters available on a monthly basis. Together they will enable you to study the principles of higher consciousness for many years.

Those who have been involved in esoteric and spiritual study for many years will find these materials fresh and clarifying as they dispel long-held spiritual clichés. Many spiritual concepts will be challenged, expanded upon and presented in a different way that will possibly shed new light and insights.

For those courageous enough to begin a study of higher consciousness, the journey will provide not only fresh insights but also a healthy skepticism of well-worn spiritual palliatives; you will learn to trust your own spiritual experiences as illustrative of soul's journey to higher awareness. You are fortunate in bypassing those spiritual channels whose instruction virtually compels a self-denigrating adoration, if not worship, of a "savior" "messenger" or "master" whose preeminent role in your spiritual life must eventually be shed in order to progress to the next level of spiritual unfoldment.

That next level is the realization that your spiritual journey is ultimately all about you and your discovery of the divine nature of your being. This is not about ego, but the awareness that you are a spark of God who possess all of its potential —just as an acorn seed possess the potential of the oak tree. This realization is what the journey is all about, for the answer lies within you and is you. While this may seem a difficult concept to accept at first, it is nonetheless the point to which we are all moving in our spiritual unfoldment. In the end we are all one and one with ALL THAT IS.

A decision to participate in this study program carries with it the understanding that it is for you alone and is not to be shared with other. There is one exception to this understanding. As you encounter others who wish to know more about higher consciousness or with whom you would like to share these teachings, we invite you to share this 1st Chapter with them. You may e-mail or print it for a friend. Afterwards, they must decide to subscribe for themselves or leave it at that.

You have earned the right to be exposed to this material by your journey through many life times. Consequently, you are ready for what will follow. Others may not be as ready and must be given time to make their own decision about further study.

We thank you for your cooperation on this point and welcome you on this exciting journey as a friend and fellow truth-seeker. Your presence and participation will make that journey all the more interesting and insightful for all of us.

The Higher Consciousness Society

## TABLE OF CONTENTS

### Chapter 1 – Who Am I, and Why Am I Here?

What's It All About? _____	5
The River _____	6
Who's In Control Anyway? _____	9
Who Am I, Really? _____	10
Me and My Shadow _____	11
What Lies Ahead? _____	14
Start Building Your Paradigm Today _____	15
THE HIGHER CONSCIOUSNESS CONTEMPLATION OF LIFE (II) _____	15
HIGHER CONSCIOUSNESS AFFIRMATION (I) _____	16
HIGHER CONSCIOUSNESS AFFIRMATION (II) _____	16
Putting It All Together _____	16
Questions for Contemplation and Discussion: _____	17

# The Higher Consciousness Society

## Spiritual Discussion Series I

### *Chapter 1 – Who Am I, and Why Am I Here?*

#### ***What's It All About?***

If you are reading this lesson, you are probably already what some people would call an “advanced Soul.” This is another way of saying that you are a spiritually evolved being who has spent many life times expanding your awareness to the degree that the subject of higher consciousness is of some interest to you. With the competition for our attention from every gadget and enticement imaginable, it is not difficult to see that you are something of an “odd duck” to even have an interest in such matters. Even when an individual’s spiritual curiosity has awakened, she/he is quickly snared by the enticements of various world religions that proclaim their way as the only way to heaven and their savior or teacher as the only true teacher. Interestingly, you will see, as we progress through these spiritual discussions that these religious pronouncements are at some level all true and at another level, all false.

For now, it is sufficient to indicate that your interest in this material is proof of your spiritual evolution. If it were not so, you would still be mired in the enticing but entrapping arms of one of the world religions or spiritual paths. With their attention focused on ceremonies, artifacts, structures, celebrations, rituals, and customs, it is extraordinarily difficult for a seeker of truth to penetrate these smoke screens to see the transcendent truths that lie behind them. These accoutrements along with their unbending dogmas are the backbone of every church, temple or synagogue. They are all calculated to keep their followers enthralled with details of tradition and myth that substitute for spiritual enlightenment.

More than others, you recognize there is a spiritual purpose to life. You may notice people, events, and small bits of wisdom in your daily life that seem to resonate with a deeper truth, or a magical feeling or flow. You love the sensation of being in touch with a deeper current in life. You like to think and talk about the meaning of life and wonder if we’re all on some type of spiritual journey. More to the point, you have probably wondered just what is your spiritual purpose, mission or destiny in life. As we proceed through these discussions, you will come to see, in increasingly clear terms, just what your spiritual purpose in life really is. We are challenged to realize and pursue this

purpose even as we navigate the obstacles and opportunities that present themselves in our day-to-day struggle for survival.

Have you noticed that events sometimes seem to have a synchronicity about them? Have you ever wondered about the cause of a sequence of little “miracles” or a chain of seeming set-backs in your life? Do you believe in the importance of your dreams? Are you curious about your past lives? Indeed, have you had past lives? Do you wonder about the nature or existence of God or a higher power? These are some of the questions we will explore in this spiritual discussion series. These eternal questions start our quest to know, which only expands as we learn more, until finally, we come to understand the fundamental laws of the universe. These laws explain our existence and our relationship with the infinite.

### ***The River***

Is our life controlled or do we control it? Are the events of our lives coincidences or self generated occurrences that we recognize only when we ponder the seeming miracle they represent? Think back over some of the major events and turning points in your life. How many did you consciously initiate, control or plan? Probably very few. Yet, the actions you set in motion months, years, even lifetimes earlier were the likely seeds that eventually grew into the events whose preface was long forgotten. The story of how a husband and wife found each other illustrates this point.

“When my (now) husband first saw me,” says C., “--and this was years before we actually dated—he said he just ‘knew’ I was ‘the one.’ It seems amazing that he would somehow recognize and seek me out based just on that spark of knowingness. It was obviously one of the biggest turning points in my life—who I would marry--but I had little to do with it consciously. I knew I was ready to ‘settle down’, but that’s about it. Once we met and he approached me for a date, it felt like we fell into a dream that just sort of took over.”

This story may mirror events in your life that just appeared to fall into place by happenstance. Yet, our lives are like the forward curl of a great wave whose origin lies in a modest earth shift thousands of miles away. We see more clearly where we are today but have lost sight of how we got here. That is why we so often think of events as miracles, magic or mere coincidences, for the links to their often distant past are not readily recalled. But, you are more than a mere bobble floating on top of a wave of chance. You have participated fully and are the principle author of these events. Your discovery, recognition and acceptance of this fact are the first steps in taking control of your life and consciously directing your path to the future.

If you're like most people, you do not recall the chain of events that led to some of your most important events, including the people who have affected you, the jobs you have held or the loves of your life. These and other moments that changed the course of your life were the consequence of decisions and actions you set in motion and which were propelled and energized by an energy force that permeates all life. We are all dependent on it for our existence and survival. When we pull back the veil to discover the great mystery of creation and our purpose in it, we find two complementary forces at work simultaneously. It is as if we are all swimming in a great river whose overall flow and direction we did not originate nor do we control. Yet, we all live in this river and move about according to our own purpose, decisions and choices. When we are engaged in activities whose outward direction appears counter productive to our better interest, i.e. against the stream, we are still moving forward propelled by the force of this current even as it appears we are moving sideways or backwards. That is because every experience and action have significance, purpose and value in our spiritual education. As we swim against the flow of this current, we are learning all the while. Soon we come to see just how difficult this approach to life is.

These "counterproductive" actions cannot stop the forward movement of this current and the impact it continues to have on our spiritual growth. In the end, this is the generic goal of this life force (spirit) for all of us; to provide the forward movement that leads to expanded spiritual awareness no matter the outward manifestation. One line in the Higher Consciousness Contemplation II reinforces this idea:

*"I keep my thoughts ever on my goals of soul-actualization and God-realization, for I know that Spirit is ever working towards their fulfillment."*

Because of the purpose-driven nature of spirit, we are propelled along by every experience, whether hardship or exhilarating triumph. Eventually we learn more about the nature of this current and the accelerated growth and well-being that comes from working with it rather than against its flow. Everything manifests in our lives as experiences, which, in turn, translate into lessons, knowledge, wisdom and eventually expanded awareness. That is why the choices we make as to profession, mate, country of birth, parents, merely make up the scenery and the props we have chosen in the self-generated movie of our lives. However, the important spiritual lessons we are here to learn transcend scenery and props and are available wherever we are, whomever we are with, and in whatever situation we may find ourselves.

Our early choices in life start the forward progress. These choices determine the situations in which our experiences, lessons, wisdom and expanded awareness will unfold. Whatever the choices, we have an equal opportunity to learn the transcendent spiritual lessons of love, tolerance, patience, detachment, power, need, etc. that life has to offer. Of course, some choices may appear to present an easier path to these lessons. But, as we will soon see, every situation in life presents an equal balance of good and bad, positive and negative. It is only how we see each situation and how we react to it that determines the course of the lessons we will learn. This idea too, is summarized in a line from one of the Higher Consciousness Contemplations:

“I think neither good nor bad of events in my life for they are without form, neither good nor bad, either good or bad, my choice makes it my own.”

While the physical environment and circumstances may change from person to person, the spiritual lessons that result are largely the same. Ultimately, we are all on the same journey whose direction and outcome are certain because spiritual growth is certain. Even as we appear to oppose or defy its purpose in our lives we continue to progress and grow. At some point in the journey, whether in this lifetime or another, everyone comes to embrace this insight, wisdom and expanded awareness. It is a necessary and an inevitable part of realizing what and who we are and our role in the eternal cycle of existence.

As we have seen, the spiritual river on which —and in which— we live plays a central role in our spiritual unfoldment, but in a far less specific and determinant way than we may suppose. Some see our lives as directed by this current or by “God” —or some equivalent— in its every aspect. This view may be useful at the beginning stages of our journey to higher consciousness. However, as we unfold, we begin to understand that this paradigm is no more effective or efficient than if we looked to our parents or someone else to direct every aspect of our lives. We would not and could not grow as responsible adults, for we would be surrendering our decision-making to something or someone outside of ourselves. How then could we learn to exert our own innate capacity to choose and to learn from the consequences of those choices?

The same can be said of the strict doctrine and dogma propagated by world religions. They seek to direct the thoughts and actions of their followers to a degree that denies the opportunity to make choices and learn from the consequences of those decisions. Certainly not all lessons need to be learned in this fashion. Learning from the

experiences of others is a valid and efficacious way to discover the essential lessons of life. But even here, the concentration must be on learning and not on a slavish devotion to custom, ritual or dogma that promises “good fortune” in a heavenly after life. This spiritual paradigm is limited in every way that relates to our spiritual growth and unfoldment, for it places a premium on following a set of rules rather than learning the transcendent spiritual lessons every experience is also designed to teach.

### ***Who's In Control Anyway?***

We are creators whether we realize it or not. Our creations flow from our thoughts, words and actions. To view ourselves as a puppet of spirit—the life force—rather than as a partner in the process of creation, only stifles our spiritual growth. No matter how comforting this abdication may appear, it is no substitute for making our own decisions and understanding the role of spirit in our manifestations. As indicated, we are severely limited in our spiritual growth when we proceed from a paradigm in which God, spirit or someone else is pulling the strings of our every move. This does not mean that we should not surrender to this force and work with it as a full partner in our lives, for we should. But, understanding the role of spirit and our role in this partnership is what these spiritual discussions will cover.

This is a very delicate, nuanced and sometimes precarious balance. Yet, without taking responsibility for what we decide and what unfolds in our lives, we will find it difficult to understand the true interaction between and the roles of spirit and our higher self. That is why the victim mentality is so counterproductive. While it may appear to absolve us of blame, in the long run it keeps us trapped. If someone or something else is responsible for our condition, then they or it also hold the power to solve our problem. This abdication of responsibility stunts our spiritual growth.

The role of this spiritual force in our lives is much like the benevolent oversight of enlightened parents who provide the maximum freedom and space for their children to learn and grow while standing at the ready to assist and lend a hand when help is requested or needed. That is why when we call on this spiritual force, by whatever name, things happen and miracles seem to occur. The turn of events and the marvels that appear in our lives consistently result from asking for help, letting go and surrendering; once we have done all that we can do in a given situation. When we work with spirit in this way, we reflect the properties of a perfect partnership and are well on our way to solving this eternal equation for ourselves. Then, our belief in its intervention propels it forward. Our belief in “good luck” or having a “bad day”, etc. propels it with equal

dispatch in either direction, for it works with us to produce whatever we think, imagine or expect. In the end, the mystery is about understanding ourselves and the characteristics of this force. The river sustains our lives and works with us on every level to teach, to guide, to supply our needs and to protect us, provided we do our part in this special partnership.

### ***Who Am I, Really?***

Most people get lost in the details of life and wonder about its meaning. With so many layers of illusion dominating our lives, the truth of our origin and our existence remains hidden. Sadly, most of us define ourselves by outer descriptors such as our marital status, number of children, nationality, location, job, sex, sexual preference, race, religion, musical tastes, or sports preferences. But these self-identifiers miss the point of life. If we focus our attention and identify with them too closely, we are simply delaying the expansion of our spiritual awareness. There is nothing inherently wrong with that; Spirit is infinitely patient and living for eternity as —spiritual essence— means just that. But, eventually we want to “just get on with it.” Why get in the way of the expanded happiness and fulfillment that accompanies spiritual unfoldment? Why not start listening to and cooperating with spirit as an aware channel, as it serves you as an equal partner in creation. We can do this in fun, easy, and simple ways and share in its abundance rather than fighting our way through life, bumping along the ground suffering every slight and transgression.

If we are insightful enough to realize that various social descriptors are only layers of illusion that do not truly define us, we are still apt to get lost in the minutia of our daily lives. We delude ourselves into identifying with our physical bodies, medical problems, aches, pains, desires and the endless assortment of possessions and “stuff” this life affords. But these things are just illusions separating the seeker from truth. Eventually we tire of having too much “stuff.” It becomes a burden if not a bore—an endless treadmill of repeat experiences in which our accumulated “stuff” controls us more than we control it. It is fun for a while but it provides little sustenance for the spiritual hunger that lies dormant in each of us.

Many people become highly attuned to their emotions and feelings. Some think that they outweigh the “things” in our lives. Often, decisions come down to a feeling that can even outweigh logic or practicality in making a decision. But this is yet another illusion. Feelings can put us in touch with a deeper aspect of ourselves but they are only modes of communication used by our higher self and our physical bodies to stimulate action.

We are many-layered beings, with a physical body, tender emotions, long memories and myriad thoughts. Each of these energy layers, or sheaths —physical, emotional, memory and mental— play an important role in helping us navigate life. The goal is to keep them all in balance and under the direction of the higher self.

### ***Me and My Shadow***

This brings us to one of the most important parts of Chapter 1 of this discussion series—the higher-self. We are in reality, consciousness, thought, awareness, which manifests as a globe of light energy when devoid of the various machines, bodies, densities or sheaths that we use in various dimensions of the created universe. While magnificent, beautiful and wondrous in complexity and capability, our physical body is nonetheless a living machine that we use while playing out the drama of life on the physical plane. This is such an important concept to embrace, for only when we do will we stop our identification with the physical shell as representative of who we really are.

When we examine this shell, its properties and the active consciousness that we use in an attempt to discipline and direct its activities, we quickly observe that it has “a mind of its own” often in direct conflict with what we —our higher self— want to do. That is why every person has a battle of some dimension and magnitude, constantly raging within. This struggle is little-talked about but nonetheless of paramount spiritual importance. When we view people who are out of control with drugs, alcohol, food, sex, spending, acquisition or any of a hundred other excesses, we are viewing people who want to stop or curtail that activity but who have become powerless to meaningfully influence their physical machines. We must ask: Why is it sometimes so difficult to get these machines to cooperate when we know what we want them to do? The answer lies in the fact that the physical body has its own programming, which must be changed in order for behavior to change. Otherwise, it will keep on doing what it has been doing, for that is how its programming has developed over the years.

Usually this programming has occurred without planning or purpose. It simply reflects responses to pleasurable stimuli, pain avoidance or any repeated pattern of behavior. As we mature and set different goals, our new aspirations and standards are often in conflict with our earlier patterns. But the programming of the machine has been set, and only with great effort and knowledge of how it is programmed, can it be changed. This is when the battle is often at its highest pitch. We end up with a recalcitrant machine that just won't cooperate. It has developed the facility to generate pictures and impulses to the central control mechanism of the brain, which determines the action that will follow.

Try as we might, the machine will often refuse to engage in activities we would like it to, or to stop old patterns and habits we now know are counterproductive—if not destructive.

While we must contend with it every day and depend on it for our survival in the physical dimension, we are not our machines, even though they may completely dominate our lives. Fortunately, there are well-developed methods for reprogramming this incredible machine. There are specific methods by which we can take control once and for all. Indeed, the concept of a “spiritual master” emerged from the respect and accolades bestowed on those who were thought to demonstrate control over their machines—whether they actually could or not. They were thought to have escaped the negative pull of earlier programming and direct their bodies to new and more spiritually uplifting behavior patterns. However, most people are merely passengers on a run-away vehicle, along for the ride. However, in this discussion series, you will be shown the methods by which you will take control of this vehicle and have it serve your higher ends instead of the reverse.

If you have not yet come to recognize the conflicting impulses between your higher self and your physical shell, then you have not yet come to understand what is actually going on in your universe. However, before we identify any conflicts, let us first take note of those aspects of ourselves that are in agreement? What is working well? In what areas are our higher aspirations and the responses of our physical body in harmony? Take a moment to think about these areas. It is as important to acknowledge what is working as it is to identify what needs to be addressed. Now ask yourself: Are you able to accomplish the goals that you set for yourself short term or long term? If not, are you the one in your own way, i.e. are you not able to get your body to consistently cooperate with what you need it to do? Are you aware of competing impulses at work at different times in your life? When are you more disciplined? During the work day when you are under the direction of a boss or some other external mandate? Are you similarly disciplined during your free time? Are you able to stick with your plans and goals during these periods or do you find yourself giving in to contrary physical impulses or desires? This two-part introspection is the first step in separating the real you from the vehicle that dominates most of your waking hours. Taking control and using the physical shell to serve your spiritual aims is a vital part of your spiritual journey here.

The journey to higher consciousness also involves service, for in the end it is all about service. This machine is our friend and a vital tool. We must understand its ways in

order to reach a partnership with it. For now, let us simply become aware of the differences between this higher faculty, which is our true self, and our physical bodies which we thought was who we were. If you're still not convinced, think about the last time you may have thought or said; I am tired, I am hungry, I am thirsty and a hundred other "I" statements which clearly illustrate who the "I" boss really is.

The first thing we can do is to establish some distance—in speech and thought—between our higher self and the machine that it uses in the physical realm. To accomplish this, for example, we need to replace statements like: "I am hungry" with "my body needs food." Some have found that using their "given" name to identify the physical shell works well, provided they assign another name—a new spiritual name—to their inner spiritual self—their higher self. This process has come to be called "the naming" and is a very significant step in an individual's spiritual unfoldment. By this separation, you will have put things in their proper and truthful perspective. You will have started an inner dialogue that results in a new partnership—a *new paradigm*. No longer will there be a total identification with the physical shell that results in the virtual entrapment, if not enslavement, that so many endure today.

For now, the recognition and acceptance of this perspective, a change in our language describing the bodies' various activities and naming our higher self to establish a distinct identify, are the first steps. We can still enjoy the things of this world and the pleasures that our physical shell cherishes; for sometimes nothing feels better than the sun on our face, a delicious meal, a passionate embrace, or a outer physical victory of some sort. These things are also part of the spiritual experience for they are occurrences that teach us about the separation and permit us to endure the challenges of life on this plane. For the enlightened being, these physical sensory stimulations must eventually bow to a higher cause—that of our spiritual purpose. Living and refining this purpose while using the physical vehicle to serve our spiritual mission in life is the journey of the seeker. Like Odysseus's return home, the journey is long, complex, and fraught with perils. Thankfully, however, the journey can be made smoother and swifter.

### ***What Lies Ahead?***

Throughout this spiritual discussion series we will return to various methods for handling and retraining the physical shell and to a study of the guiding force—spirit—behind the amazing story that each of us represents. You will learn and practice how to get in touch with spirit, how to recognize its presence and work with it as a full partner in

life. As you learn to see yourself as a spiritual being and recognize your connection with this force, you will be less affected by outside influences. You will learn to consciously work with it for your benefit and for the benefit of those around you. You will come to understand the special role you can play in fulfilling your spiritual destiny here and now.

Some of the other topics we will explore include —not necessarily in this order:

- Your dreams and their spiritual meanings,
- The nature of truth and its role in our lives
- Past lives and their affect on you,
- Visualization and its role in manifesting the life that you want
- The Master Principle and how to exert a stronger measure of “influence” and extract greater cooperation from your physical body,
- How to better understand and actualize yourself as a powerful, inter-dimensional, spiritual being i.e. how to move outside of the body consciousness and consciously explore the inner worlds spoken of in most religious texts.
- Techniques of imaginative meditation and contemplation including the use of mantras to explore the inner worlds usually experience only while dreaming.

Through these spiritual discussions, you will develop a deeper insight into life and be able to better understand the religious or spiritual path you may now follow. You will expand your awareness and retool your belief patterns while holding fast to spiritual principles that have enduring significance. Indeed, this is the essence of the process of spiritual growth. Like any evolved Soul, you will take what you can use today, and set aside the rest for future consideration. In the end, you will have developed a “new spiritual paradigm” that will evolve and expand as we move through this series.

***Exercises: Start Building Your Paradigm Today***

If you are comfortable with the ideas expressed above, you will certainly want to start incorporating them into your thoughts, words and actions. This process of transformation takes time and discipline but is the only way that you will move to higher consciousness. In this first spiritual discussion, therefore, we want to suggest certain practices —spiritual disciplines— that you should incorporate into your daily routine. These disciplines will help you to maintain balance in your life from the moment that you start them and will continue to pay huge dividends throughout your journey to higher consciousness.

Select a time in the morning and evening when you can devote at least thirty minutes each to these spiritual disciplines. These periods will not only set you in balance for the ensuing day but will also lay the foundation for continued spiritual experiences and learning during the night. Outlined below is a list of practices that you can incorporate into each period:

**Meditation:** If you are familiar with meditation, start in a comfortable meditative position —seated on a chair with hands relaxed in you lap and feet in a comfortable position. Close your eyes and begin to chant (sing) a mantra (sound). You can choose one from pages 400-401 of *Confessions of a God Seeker* by Ford Johnson if you have or have access to this book. If you do not, simply use the sound HUM which sounds like *hooooommmmmmm*. Allow the *mmm* sound to vibrate at a point behind and between the eyes. Don't strain at this. There is no perfect way and your way will be perfectly fine. There is much behind this sound, but for the present simply use it and become enthralled in it and its accompanying vibration and follow it where ever it takes you knowing that your higher self will protect you just as it always has in the dream state and every day of your life. Do this for at least 20 minutes or throughout the meditation. Doing it longer can pay huge dividends but follow your inner guidance.

**The HCS Contemplation:** The HCS Contemplations are in two versions. We have chosen the shorter version to start but you can use which ever one or both. You can find the other one at the HCS web site. You should also plan to put them to memory. Putting them to memory is very important. Throughout the day as you encounter various situations that will try your patience, strength and endurance, you can recall these words to invigorate yourself and tap into the power that is inherently yours. Here is the HCS Contemplation of Life II, and two important affirmations that you can use at the start of your meditation period and throughout the day as reminders of who and what you are and your connection with ALL THAT IS.

### ***THE HIGHER CONSCIOUSNESS CONTEMPLATION OF LIFE (II)***

I am one with ALL THAT IS.  
I surrender to my higher self  
God-soul that is me.  
In the eternity of **now**,  
I rise above all problems, tensions,  
And burdens of this day,  
Into pure consciousness, into Spirit.  
I keep my thoughts ever on my goals  
Of Soul-actualization and God-Realization  
For I know that Spirit is ever working  
Towards their fulfillment.  
I think neither good nor bad  
Of events in my life.  
I know that they are neutral  
And become what I make of them.

I do my part, relax and trust in Spirit.  
I surrender to its loving care and  
Its perfect plan of unfoldment.  
I know that this day, I must live a life of love  
A life dedicated to ALL THAT IS.  
I accept this perfect day in my life,  
As wonders follow wonders,  
And the gifts of spirit never cease.

*HIGHER CONSCIOUSNESS AFFIRMATION (I)*

I AM  
GOD IS  
WE ARE ONE

*HIGHER CONSCIOUSNESS AFFIRMATION (II)*

DIVINE ONE  
I AM NOW WITH THEE.  
FOR THOU ART ME,  
AND I AM THEE  
BOUND BY LOVE AS ONE.

While there is value in simply repeating the Contemplation while thinking about each line and word, also take time to focus on each line during your periods of meditation so that the deeper meanings can be revealed to you. As we progress through these spiritual discussions, the deeper meaning and importance of each contemplation and affirmation will be realized. For now, begin the process of putting them to memory so that you can use them when ever you need them. You are also by this process, replacing many false notions that may now be a part of your spiritual paradigm. As you are exposed to new and different ideas about spirit and ALL THAT IS (God) you will be in a better position to determine what rings true and therefore what to accept and what to reject.

In the Chapter 2 of this series, we will continue with laying the foundation of who we are and why we are here. We will explore your spiritual mission in this life and how to recognize whether you are answering that call. We will also explore more about the higher self and our incredible physical machine and how to redirect its actions so that it serves our higher ends rather than devoting all of our attention and energy on serving it. Balance is the key to a fulfilling life where we maximize the talents inherent in our physical bodies while not losing sight of our higher aspirations and our ultimate goal which all comes together resulting in spiritual unfoldment in this life time.

### **Questions for Contemplation and/or Discussion**

1. Am I responsible for everything in my life or am I powerless over the forces that affect me?
2. Must I look to spirit or some outside force for my direction in life?
3. Can I — and if so— how do I gain power and control over the forces and events that seem to dominate and direct my actions in life?
4. What skills and programming do I want to continue and enhance?
5. What habits and programming do I need to discard or retrain? How are they blocking achievement of my personal goals in life?
6. What is the role of my higher self in this process and how do I activate and call upon its assistance?
7. With what illusory groups do I most identify? My race? My sex? My nationality? My job?
8. How do I work with these states but still rise above them?
9. What are the dangers of too-close identification with any of these groupings? What are the benefits?
10. Various world religions proclaim their way is the only way to heaven and their savior or teacher is the only true teacher. How are these religious pronouncements at some level all true and at another level, all false?

— End —