

The Miracle Self
MONTHLY LETTER 12
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Dissolving the Personal Sense of Self

Note: The terms "personal self," "human consciousness," and "personal self consciousness" used in this letter all refer to the personal *sense* of self or *sense* of consciousness, not to an *actual* personal self or actual human consciousness. Such does not exist.

Dear Friend,

Leonard Cohen once said in an interview: "I do not question the source too carefully. To me, poetry is the evidence of life and not life itself. It's the ashes of something that is burning well. Sometimes you confuse yourself in trying to create ashes instead of fire."

He knew that the source of all good *IS*. There is no need to question it, to seek it, to make effort for it. The source *is*, and *that* is what is important, not the ashes, as Mr. Cohen describes the effects (the poetry) of life. Stay in the source, listen – *listen* – to the source of life – God itself – and then the effects – the ashes – are automatic and infallible.

I want to share one more passage from Frank Laubach's book, *Letters by a Modern Mystic*. It is so very beautiful and captures the entire practice of the presence of God. He writes this about a wonderful experience he had:

"Here's one example: I (God) speak to you, not through your tongue only but also through everything which you see in nature, through the beauty of this sunset, through the little Moro boy who stands beside you without understanding what

you're saying and who wonders what you are looking at in the clouds. If I do not speak to you in words at times, it is because the reality all about you is greater than the imperfect symbol of things which you have in words. It is not necessary for your tongue to speak, not even for any definite thoughts to light your mind, for I myself am infinitely more important for you than anything I can give you, even than the most brilliant thoughts. So when thoughts do come, welcome them, and when they do not flow freely, simply rest back and love, and grant me the shared joy of being loved by you."

Isn't that beautiful? I think this little volume is just about equal to Brother Lawrence's *The Practice of the Presence of God*. They are both well worth having if you don't have them.

Now, let us be rid of the personal self today and let us hear this message of truth more deeply than we have ever heard it. Do not for a minute believe you have heard these words, even if they are the same words we heard yesterday. Do not believe it. Understand them as fresh manna today, newly-heard, newly-discovered, newly-realized truth today, and then you will catch the subtle shift it takes to lose the personal self and wake up to the infinity that you are, or that God is as you. Realize that it is a very subtle shift in awareness, so look out for it.

The shift, the awakening, the losing of the personal self is all about being able to perceive *through* the words, beyond the words, into reality itself. Never stop at the words. In fact, never stop at anything you can name or describe. Do not stop at anything you see, hear, taste, touch, smell, but move beyond, move through the apparent into reality – into the incorporeal, into infinity, omnipresence, omniscience, omnipotence. These are God, the spirit and truth of all that exists.

Two Words

We are given two words, which if you are not careful you will react to and say, I've heard these words; I know these words; I don't need to hear them again. Please do not make that mistake. I give it to you that you have not heard these words. We have not heard any word of truth until we are *living* only as and by truth, until we can put aside every appearance without taking thought for it, without being concerned about any experience or appearance, any suggestion of either good or bad, and live the truth that is captured in these two words.

The words are *God is*. God is. We can add a modifier; we can say *only* God is, but really, that

complicates things. Realize now: *God is*. God is the only *is*, certainly. God is infinity. Think, think! God is infinity, which means nothing else exists; only God, Good, exists.

"God saw everything that he had made" (Genesis 1:31) – everything that exists (past, present, and future, to sense), from the whole universe down to a single cell or atom or the subatomic is God. God is infinity; therefore only God exists. Again, let us hear it until we truly *know* it: there cannot be infinity *and* something else.

Now think. How many times do we catch ourselves remembering that only God is and then find ourselves *seeking* God *for* the healing of the body or the prospering of the business or the purse or the family finances, or the harmonizing of affairs, the love between people, the peace of mind and world?

In doing so, we have just denied the infinity of God – God's *isness* and *already-ness*. We have established an *and* for ourselves and now we get busy seeking "God is" so that we can heal, harmonize, pacify, and prosper our experience. If you are struggling with any unyielding, discordant condition or circumstance, you have been entertaining (believing in) the "and" you have established, and that is why you continue to struggle with whatever or whoever it is. Do you see that?

Now realize: *God is*. We do not need to *seek* God; God already *is* what we *are* and what we *experience*. God is infinite; therefore, obviously and logically everything of existence already and eternally *is* God.

Do you see the trap the personal self makes for itself in seeking God to do something, to become evident as the good we, in our ignorance, believe we need? God is already evident as itself as all that is. God is already evident, visible, real as you, as your mind, as your body, as your affairs, as your entire world.

God is. If you consider your personal experience, you can deny or argue this statement. You can deny that God is, but you see, it is only the personal self that is doing such denying and having such an ungodlike experience. And why? Because the personal self is entertaining *itself*, the personal self is believing *itself*, the personal self looks at experience from *its* perspective instead of from God's, from God is. That is how the personal self sustains and maintains itself and that is why the personal self continues to suffer.

Realize this: the personal self – the I-me-mine perspective – *is* belief, *is* the only disease. Oh, please hear that! *The personal self is the only disease.* And when I say “personal self,” I mean the personal *sense* of self. There is not an *actual* personal self; there is only God-self. Nevertheless, the acceptance of and the entertaining of the I-me-mine perspective is itself the only disease. Is that disease true, is it real? No, the personal self is not real. It does not exist. It is only a dream. Therefore everything *of* the personal-self experience is also unreal and only part of the same dream.

Now, lift back up into *God is*. Let us realize this today: *God is*. Only God exists and God is infinity, therefore good is infinite. Good is fully existent at every point of infinity at the same time – spiritually formed and visible as all that exists.

Stay up in God consciousness, stay up in infinity and meditate upon the very real presence of God – morning, noon, and night. *Feel* the presence within you and all around you and realize that this activity of consciousness and the feeling of the presence *is itself* the dissolving of the personal self. As you meditate, realize that God is the very infinity of existence, the very *is* of all that exists.

(A period of meditation)

God is. Do you feel more full of God after the meditation? You cannot help it as you dwell on *God is*. God is the infinite; therefore only God exists, and that existence *is*. God is the only *is*. If something *is* in your life, it is God – fully visible, fully real, already fully manifested and demonstrated *for you*.

Do not drop into personal self and look into your world and say, Well, that may be true, but I'm not experiencing it. You see, again, only the personal self can claim such absence of God.

Illusory Nature of Sense

In order to release the world and freely dwell in *God is*, we must understand the illusory nature of everything we see, hear, taste, touch, and smell in itself. Both the good and the bad that we experience, that we can name and define, are nothing at all to do with God, but are purely the hypnotized sense of the personal self perspective.

We look out and say, I see him or her or it. Right there the only thing we can possibly see is a human him or her and a material it because we are seeing personally, we are judging personally. Now lift up into God and tell me, where is that he or she or it in *God's* vision? It does not exist. God is the one universal, infinite, omnipresent life, the *one* being, the *one* mind, the *one* body.

If we drop into personal self, we will see that one as an infinite variety of personal people, different minds, different bodies, different things, different places, amounts, activities. Ignore every one of these, lift into God, and realize oneness, infinity, omnipresence:

I am the one life, and I am the light of that one life that makes everything visible to sense.

I am the light of the world, and the light is the form.

I am the one infinite light, form, activity, amount, thing and place of the world.

But hear it! *I am* – not what *appears* to be, not how *I appears* to be, but *I itself* am the light which is the form, the person, the mind, the body, the activity, the amount, the place of the world. Singular. *I am* the *singular* light, *I am* the *singular* mind, the *singular* body, the *singular* amount, the *singular* place, the *singular* activity – *I . . . I . . . I*; therefore, the personal self is pure illusion. Good and bad, no matter in what form they appear, no matter what activity they take on, are pure illusion. They are the hypnotized state of self, the mesmeric state.

Disease is pure illusion. This is not to say that we deny the *experience* of disease. We cannot deny disease; all we have to do is look out into our world and see the millions of hospital beds filled with people suffering with one disease or another and many other physical ailments. All we have to do is observe the suffering and the pain that are experienced. All we have to do is look at people's finances, look at the state of their businesses, look at the desires and needs that fill all categories of their lives, at the number of marital breakdowns, relationship breakdowns, family breakdowns, disunion, disharmony. Look at the atrocity in the world. Every day all we have to do is look at a newspaper to see what a sad and painful state the world is in. I gave up reading newspapers and watching television news many years ago because there really is no point in filling our minds with the world news, the world atrocity, the world disasters and pain and suffering. We know it exists. We do not need our minds filled with it.

Our job, however, is not to look through personal sense. Our job is different. Our job is to maintain ourselves as the *light* of the world, the *light* of people, the *Christ* of people, the *God* presence of people and their experience. We never deny the bad experiences that we have as human beings, nor do we deny the world's so-called natural disasters. But right in the midst of these experience it is our job to know the absolute illusory nature of them all.

This is why the Christ way – the way of the four Gospels, the Infinite Way and the Miracle Self – are the “middle path.” We are not absolute. *God* is absolute, yes, and in our God realization we are absolute in its experience – yes, yes, but never do we look out and deny pain, suffering, disaster, injustice, atrocity. We recognize every bad and every good as the veil of illusion, the hypnotized personal-self sense, while the truth stands right there and is immediately visible and real in the un-hypnotized state. This is the middle path – a very straight and narrow path, as the Master revealed. We cannot wander off it at all. *It is the consciousness filled with God as all-of-all*. If we stray from it, if we allow ungodlike interests and beliefs to steal a measure of our consciousness, we are unable to witness God, Good, where discord seems to be. *The consciousness of God evidences itself as harmonious, healthy, and abundant form*, but the divided, heterogeneous, defiled consciousness evidences itself as divided, heterogeneous, defiled form.

Effort is never required to demonstrate consciousness; consciousness *is* form. Whatever your and my state of consciousness *is* is laid out for the world to see. This is why a consciousness filled with God or truth requires no thought for life (Luke 12:22) – the abundant good of every department of life is automatic and infallible; and (take good notice of this) this is why discord, poverty, and disease require no thought-taking. Nothing other than a transformation of consciousness permanently heals, harmonizes, and prospers. Once your consciousness is filled with God, your world is filled with good because consciousness and form are one.

Let us hear it deeply: God is *infinite*; therefore, only God exists, and hence we have God *is*. God is the only *is*. If anything *is* it is God. Let's emphasize *is*. God *is* – not *can* be, not *will* be, not *can unfold as*, but God *is*. God is infinity. There *is* nothing except God; therefore, disease is pure illusion, lack and limitation are pure illusion, unhappiness, discord, aversion are pure illusion, atrocity is pure illusion, accident is pure illusion, and birth and death are pure illusion.

Illusion Seen Through to Truth

What is illusion? The very last thing it is or we must believe it to be is another level of reality. You would be amazed at the number of emails I receive for help that say, "I have an illusion. Please help me be rid of it; please help me be healed of this illusion" – as if illusion were some kind of reality that needs healing, that we need to be rid of. No, no, no.

It is true that we will be free of it, but the *way of* being free of it is very different and very specific, very straight and narrow. It is this:

What do we do with an illusion? What *is* an illusion? Can we go up and touch it? Is it palpable? Is it dense? Does it exist in an actual place that we can define? Does it have its own power? Is there a law behind illusion? Is there a principle behind illusion – a God principle, a God law, a reality?

It is true that there is an *optical* principle, an *optical* law. Nevertheless, does that optical law or principle make an optical illusion real, make it palpable, give it density? Can we go up to an illusion, dig it up, put it on a truck, take it away and dump it? No, no. The only thing we can do with an illusion is *ignore it* and *walk right through it*. It does not have density, is not grounded, is not principled, has no law, has no power, has no faculty. It cannot do anything to you or against you or for you. It is nothing but illusion. You can put your hand right through it. You do not need to be concerned about it, to take thought for it, to work your way around it.

If we were driving on a bright sunny day and suddenly we see that the road ahead is flooded, we know that that flood is an illusion. We are not fooled. We do not stop the car, get out and flag all the other drivers to stop and wait for the flood to dissipate. We know that it is an illusion. We know that we can carry on driving and the "flood" will never come upon us. It moves ahead of us just as fast as we are moving toward it until the optics change and it disappears from our vision of the road.

Every discord and every harmony we can name, in themselves, are just as much illusions as that flooded road. They are not real in themselves. They are "optical illusions" of the belief or hypnotized state of awareness. Can we put our hand through or can we walk right through the good and the bad senses of life? The answer is yes, *if* we are not living as a personal self.

You can see that the very moment we have lifted up into and are living the impersonal (God) self – the *incorporeal* self and world – then of course we can put our hands through everything, and walk through everything. Incorporeality has no matter in it to block or hinder itself.

There is no density, no solidity, no grounded thing or person or place. Do you see that? Living incorporeally in the incorporeal universe is all an act of *consciousness*, not an act of the personal self and its material world and things. Do you catch this? Every bad in our experience, including the severe – disease, atrocity, natural disaster, starvation, homelessness, aversion – is no less an illusion than the flooded road. In the consciousness of *God is* illusion is seen through; in the consciousness of *God is* no good or bad exists; only *God is*.

However, if we try to understand and experience *God is* as a personal self, we never will. The very act of the personal sense of self is out of God consciousness. We can only experience God, we can only experience *God is*, we can only experience the incorporeal reality that we and all are in *incorporeal consciousness* in which we are not taking account of appearance.

We know everything of sense, in itself, is illusion or material suggestion, so we do not take account of it. All that is ungodlike – every bad *and every good* of itself – is the illusion of material sense, and therefore we let it go. We treat it as the wheat and the tares. Let the illusion exist if it insists on doing so (like the flooded road) side by side with the truth. Do not battle it; do not wish for it to disappear. If we do, we obviously believe it is a real “something” that we need to be rid of. Release it and forget it. By releasing it and staying in *God is* consciousness, we quickly begin to experience the forms of *God is* because the illusion cannot maintain or sustain itself in our *God is* consciousness any more than dark can sustain itself in the presence of light.

The only thing that is lived and experienced in *God is* consciousness is *God is* form. But, we have to be diligently disciplined in this! We have to be consistent. We have to give it everything we are and have. I think this is one of the great reasons for the lack of healing consciousness (so-called) among the truth students of the world – we just do not have the necessary spiritual discipline.

Is it we ourselves who do not have discipline? No, it is the personal sense of self, the false sense, the devil sense. Spiritual awakening is the death of the personal self. The personal self

is a survival sense. It wants to live, it wants to be something of its own self. It wants to be recognized for its greatness, its beauty, its cleverness, its achievements, its longevity. It makes extreme effort and spends all its money in order to live a few years longer. Belief wants to survive, and it fights tooth and nail to achieve it. This is part of the procrastination we experience. It is part of the lack of discipline we are content to exist with.

But, my friends! You are the very presence of Paradise itself. Your entire world is the very presence of the Garden of Eden or Paradise itself. You are that, and the you that is is your *I*, your God presence, your *God is* presence. Is it worth exercising the necessary discipline, the commitment, the non-stop realization of *God is*, the ability to judge not by the appearance, the ability to realize that all that we see, hear, taste, touch, and smell in itself is part of the illusion, therefore is not of truth and therefore cannot be experienced truthfully? Yes! It is worth every minute of spiritual discipline we can muster because every minute of God realization is rewarded one hundred times over.

Humanity Cannot Experience God, Good

Hear it, hear it! The personal self, in other words, humanity, cannot experience God. God is not in the human scene. The human scene is human consciousness. God is only available in practical experience as God consciousness, as *God is consciousness*, not as personal self consciousness.

Everything we do as we remain in the personal sense of self, seeking God *for our* healing, our harmony, our prosperity, our love, our peace will forever fail. "Ye ask, and receive not, because ye ask amiss." (James 4:3) We are *being* amiss as we attempt to bring God to the human scene because the human scene is illusion. You see that, don't you? *Only God is*; therefore, only in *God consciousness* is God available, visible, practical, real.

With this realization, which I know you catch now, you are able to make that subtle shift from the personal sense of self who is seeking God for some form of good, into *God is* itself. You realize that God *already is*; therefore you no longer seek God. You no longer attempt to heal disease in itself because you know that what appears to sense to be disease is optical illusion. Yes, it is true that to material sense disease heals, our businesses are prospered, our finances are made abundant, our families exist in love and union, our homes are beautiful and satisfying. We find ourselves fulfilled as God beings on earth. We are in the world but not of

it (this is the whole secret). *We evidence the God-is consciousness we are being.*

To material sense the appearance of God-is consciousness is infallibly that of healing, pacifying, prospering, harmonizing, fulfilling. But the *way of it* is *God-is* consciousness which never needs take thought for outer good. God-is consciousness does not have an outer to take thought for; God-is consciousness is one and omnipresent. Its inner is its outer and its outer is its inner. As long as we are being God-is consciousness, we are being the cause of what appears as godlike person, thing, amount, and condition. Without our being the God cause there is no such God effect for us to experience.

I know you catch and feel the subtle difference.

God is. I do not need to *seek* God. God already *is* my mind, my body, my world, my business, my supply, my friends, my companions, my neighbors, my family, my home.

God *already is*. So let me bathe in *God is* and let the infinity that God is do the works. I do not have to do the works; I cannot do the works, even if I have believed I needed to and have tried all my life to achieve. "I can of my own self do nothing." (John 5:30) I (the personal self) am nothing, so let me give up belief in the personal self and dwell in *God is*. Let me give up this nonsense of seeking God for effect and let me *feel* the presence and activity of God within, realizing that it is *that* that does the works.

The infinity and omnipresence of *is* within me does the works as I rest and freely bear witness to God in action. "The Father within me does the works." (John 14:10)

Blessings,
Paul