

CHAPTER TEN

Working in the Energy of the Absolute

1. In realizing the fulfillment of desires, you must have the consciousness for the thing desired. Without the consciousness, the thing cannot come to you; with the consciousness, it *must* come. As Emmet Fox has written, “The secret of successful living is to build up the mental equivalent that you want; and to get rid of, to expunge, the mental equivalent that you do not want.” Remember that a “mental equivalent” is a conviction, a subconscious pattern, a realization, a subjective comprehension of Truth.

2. The first step in building a mental equivalent is to recognize that the Divine Idea corresponding to your desire is already within your Superconsciousness. Think of it this way: The spiritual prototype of everything visible is a part of the energy field that is around and within you. In essence, you already have—*right now*—everything that you could possibly desire, not only for this life, but for all eternity. For example, money is a spiritual idea, as is food, clothing, shelter, transportation, the right work, the perfect body, the ideal mate, and everything else that is manifest as visible form and experience. And all of these spiritual ideas are part of you *now* . . . they are yours *now*, just waiting to express in mind and then in the physical world. Remember that everything is stepped down from the spiritual

to the mental to the physical.

3. In order to build a mental equivalent, there must be a fusion of thought and feeling along the lines of a particular desire-fulfillment. To set the stage for this “fusion”—recall from the previous chapter that your entire being is the energy of God in differing degrees of vibration. There is no place where God leaves off and you begin. All is God. In the individualizing process of Spirit and Soul—and manifestation into form—three distinct vibrations of energy actually came forth—all in unity, all pulsating in an individual force field that comprises your individual being.

4. Think of the first level of energy as the ABSOLUTE, the pure life, pure love and pure intelligence of your God-Self, the Reality of you. This is the realm of Cause.

5. The second level of energy is the ENERGY OF ACTION. This is the karmic phase of mind that works with the Law of Cause and Effect. It is the creative power of the lower planes, and functions as the “laboratory” where mental equivalents are formed. In modern psychology, it is called the subjective or subconscious mind.

6. The third level of energy is the ENERGY OF AWARENESS, or the energy of the relative consciousness, commonly referred to as the objective mind.

7. When the *action energy*—or subconscious mind—receives instructions direct from the *awareness energy*—or objective mind, it will begin to form subjective patterns based on relative conditions, qualifications and precedents. For example, let’s say that you are treating for success and prosperity, and you affirm that you are now in your true place with an all-sufficiency of supply. If you affirm primarily out of a relative consciousness, you will be giving the creative power every kind of restriction that may happen to be in your consciousness at the time. In fact, you may be thinking something like this: “I am affirming great success and prosperity in my life, but I really know that there are only certain channels through which my good can come, and I believe that only a certain amount of that good can come forth at this time, and there will probably be a delay because my horoscope says that my houses of career success and

finances are not in the right spots." You can see what kind of mental equivalent you will get with that kind of thinking.

8. When you treat or affirm out of the lower level of relative consciousness, your demonstration will always be dependent on your preconceived ideas. You will do your very best to think of ways that your good can be restricted—or you will consider only one channel through which your good can come—and your reasoning mind may tell you that there is no way the good can come today. But when you tune into your Higher Self and take on the Christ Vibration, you are literally moving out of the relative energy and into the energy of the Absolute. And when you speak the word out of this higher consciousness, your subconscious will comprehend the Truth and will establish the patterns on the basis of *no* limitations, *no* restrictions, *no* time element, and *no* past history. It will operate strictly on the basis of Principle, the Principle of Fulfillment and Abundance that is already your true nature. It will accept the spiritual prototype from the Absolute and duplicate that spiritual idea as a mental equivalent—rather than take your preconceived ideas and build sandcastles that will wash away.

9. When you speak from and as the Absolute, the pattern through which the creative energy of God-Mind radiates is perfect, and as this energy flows through the perfect pattern, it takes on all the attributes of the Ideal and goes forth into the outer world to manifest corresponding circumstances, experiences and form. Spiritual ideas from the realm of Cause are what we are seeking when we pray—"Thy kingdom come. Thy will be done, in earth as it is in heaven." And this is also the meaning of Psalm 127: "Except the Lord build the house, they labor in vain that build it."

Spiritual Activity

Prior to the use of your affirmations today—whether for health, wealth or success—take time to go apart, quiet the mind, let go of the appearances of the outer world, and meditate on the Wholeness and Completeness of your Divine Self. Use this idea as you take the inner journey: "**Closer than breathing is the Presence of God I AM . . . absolute Harmony, perfect**

Love, infinite Wisdom . . . the only Power, the only Cause, and the only Activity of my eternal life.”

Contemplate the meaning behind the words and let the spiritual vibration fill your consciousness—then listen as the Voice within speaks to you of your divinity, your holiness.

Continuing in this high state of consciousness, speak the Word for your good, affirming total fulfillment and calling forth into visibility that which you desire.