

CHAPTER NINE

You Are So Much More Than You Think You Are

All is God, God is Spirit, and Spirit is All. Does this mean that there is no place where the Spirit of God leaves off and man begins? In answering this question, consider that Spirit is Infinite, which means no limitation . . . endless, boundless. We also think of Spirit as Omnipresent, being fully present in all places at all times; Omniscient, possessing total Knowledge, All Wisdom; and Omnipotent, the Almighty, the All Power. Now consider that Spirit is Infinite, Omnipresent, Omniscient, Omnipotent ENERGY . . . energy being defined as the vitality of expression.

2. Imagine now that this All-Knowing, All-Powerful Energy, everywhere present, is pulsating to a particular Divine or Supreme Vibration of Mind. Since it is the nature of this Universal Mind Energy to express Itself, can we not intuit the idea that *as* this Omnipresence begins to conceive of Individual Being—*You*—the vibration of this Omnipresent Energy Field begins to change at the point of conception?

3. Think along these lines for a moment. The Universal Spirit gives “birth” to a new vibration within Itself, and the resulting Consciousness is Spirit being Self-conscious of Itself as Individualized Being—*You!* The word “individualized” means an *indivisible* entity. Therefore, the Universal Presence

cannot separate Itself, or break Itself into parts, in order to become Individual Being. It simply alters Its vibration, and *You* come forth in Consciousness as a particularization of God. Yet the endlessness, the boundlessness, the continuity of Spirit remains the same.

4. Can you understand now that the only “difference” between the Universal Spirit of God and the Individualized Spirit of God *you are* is but a change in vibration? It is a stepping down in frequency to where the Universe says “I AM.” This I AM is God . . . this I AM is You . . . Universal *and* Individual Consciousness . . . God knowing Itself as God, God knowing Itself as You, and You knowing Yourself as God.

5. The Ancients taught that this Reality of You, your God-Self, forever remains in the Absolute, and in order to express the cosmic urge of Its Infinite Will, there must be a channel or vehicle for expression. Therefore, your Spirit conceived within Its Mind the Idea of Itself in expression as a living Soul. This has been called “the second creation” where you became a self-conscious entity, created in the Image and Likeness of your Self, the Spirit of God. However, rather than separating Itself, which It could not do, your God-Self followed the original creative Process and changed the vibratory rate within the center of Its Individualized Energy Field. In this “pressed out” state of consciousness, you knew yourself to be a spiritual being, a Son of God, forever living within the Mind of Spirit and filled with the pure awareness of your God-Self.

6. When you took on a body, either by projection or manifestation, the creative energy of your God-Mind was stepped down in vibration for both the non-physical and physical bodies. Now do you see that Spirit, Soul and Body are all the Energy of God in differing degrees of vibration—and that it is impossible for there to be any line of demarcation between God and man? There is no place where God leaves off and man begins. All is God and God is All!

Spiritual Activity

The only “separation” between you and God is the *belief* in separation. To replace that false conviction with Truth, spend time each morning and evening with the following meditative exercise.

Before you begin, understand that there are seven energy centers in the etheric body called chakras, each representing different levels of consciousness. In the treatment, focus your attention in the area of the particular chakra and meditate on the corresponding idea for several minutes—then move up to the next level. This exercise is not related to the esoteric work of awakening the energy centers. It is simply a method used to transmute the energies of lower mind to a higher frequency—into the Christ Vibration where there is no sense of separation.

Say to yourself: **I am much more than I think I am.**

Now focus on the appropriate chakra and think on these thoughts:

Root Chakra—near the reproductive organs: **I am more than a physical body.**

Spleen Chakra—near the navel: **I am more than personality, more than the thoughts of my mind.**

Solar Plexus Chakra—near the solar plexus: **I am more than feelings and emotions.**

Heart Chakra—in the heart area: **I am the unconditional Love of Christ in expression as a Living Soul, and the fullness of Spirit dwells in me.**

Throat Chakra—I am the Christ Consciousness of Power and Dominion. **I am the Creative Master of my world.**

Third Eye Chakra—between the brows: **I am the Christ of God in whom the Father is well pleased. I am Illumined. I see only the Reality of God.**

Crown Chakra—above the top of the head: **I am one with the Universe. I am the Universe. I and my Father are one. All that the Father is, I am. I am the Spirit of the Living God.**