

## PART II

The Commission Workbook for Self-Mastery

*"Be not conformed to this world but be ye transformed through the renewing of your mind . . ."*

—St. Paul



## INTRODUCTION TO PART II: KNOW THYSELF

In your mortal slumber you have crossed the borderland many times in search of yourself, intuitively knowing that you are on a journey, someday to reach your destination and fully awaken to your true Identity.

In the invisible realm you did not find a heaven or hell; your consciousness remained as it was on the material plane, with only the inconvenience of space and time removed. From the teachings of the Masters, you caught a glimpse of the Self you were created to be, and you knew that your soul was in the process of unfolding, reaching out toward the ultimate moment of Christhood. Knowing that the interaction of your thought, feeling, and physical natures will accelerate your soul's evolution, you chose to incarnate again on the physical plane. And here you are today, looking for the answer, seeking the solution, searching for the magic balm that will transform sickness to health, lack to abundance, discord to harmony. You have prayed, meditated, denied and affirmed. You have imaged your good, spoken the word, and pressed onward. Some have risen above the illusion and have seen the Reality. For others, the door to the inner Kingdom was jarred, ever so slightly, and a shaft of Light penetrated into consciousness. The channel for expression was opened, only to be closed again by fear. But when only a particle of Light was released, the needed money appeared, the healing took place, the relationship was harmonized, the job was

found. But why be satisfied with only temporary relief? Why be content with a morsel when you can enjoy the feast that has been prepared for you since the beginning?

Since the knowledge of yourself is the key to the Storehouse, let's pause briefly and review Who and What you are.

Remember that your true Soul is the direct expression of God *as* you. It is the Self-expression of your Higher Self, the Universal I, the Christ. In your original state, your consciousness was aware only of the Spirit within, which you recognized as the Absolute of you, the only Reality, the Creative Cause of all good. Your body was radiant substance, an invisible light form of pure energy.

When you came to dwell in the material plane and took on a physical body, a part of your Soul consciousness was lowered in vibration for the purpose of grounding and functioning on the third-dimensional plane—yet for a time there was no sense of duality, no separation in consciousness, and the wholeness of Soul functioned as the channel for the creative work of Spirit. Because the nature of Spirit is to forever remain in the Absolute, the Soul (the spiritual or Christ consciousness) was the Divine Interpreter, taking Ideas from Spirit within and interpreting those Ideas as form and experience in the material world. You lived under Grace—the Love of God in action.

But in time, the lower vibration of Soul in the dense physical body became conscious of only the third-dimensional world. From the realm of Grace you descended into the province of karma and came under the law of cause and effect. Now there was a sense of separation as the Higher Soul remained one with Spirit as the Christ Consciousness, while the lower soul dropped further into the darkness of the mortal ego.

Now you understand why you must regain your Christ-Awareness, the Soul Consciousness that you had in the beginning. The Light of the Divine Interpreter is a flame in the depths of your consciousness that can never be extinguished . . . and it can be fanned into an all-consuming fire of power and mastery if you will renew your mind, change the vibra-

tion of your energy field, and lift up your consciousness to behold the grandeur and majesty of your Soul.

One day in contemplative meditation, the thoughts that flowed through my mind spoke of the Higher Soul: "When Jesus said 'I am the Way' — it was not his personality speaking. It was the High Soul, the Christ Consciousness, that which I am. And when he said 'No one cometh unto the Father but by me' — that, too, was the voice of the Spiritual Ego. Again Jesus said, speaking from the Divine Soul, 'come unto me'. He did not say come *through* me. Once you come unto me, you come unto Spirit, for the fullness of God dwells within me. That is why it is said to 'know thyself'. I am your Self in expression, the Divine Will in expression. When you know me, you become one with me. When you become one with me, you are one with God."

Perhaps as never before, I understood the component parts of the Whole I am in Truth. I began to contemplate my physical organism and the interpenetrating energy field of my light body . . . and then my attention turned to my conscious mind . . . and then to my feeling nature and memory bank which works with the law of cause and effect in lower vibration consciousness. Higher and deeper in the inner journey I found my Soul, Spirit's idea of Itself in expression made manifest, the Mind that was in Christ Jesus, the superconsciousness of my individualized being. Entering the realm of Soul in a deep spiritual consciousness, I became aware of the Universal Christ Presence, the Absolute Self I am — and the Self that you are — THE ONE SELF! And I understood that I am you and you are me and we are one, for there is but *one* Presence. This is the unified Spirit of Sonship, the omnipresent Christ, the fathering element of all Souls throughout all creation.

Each one of us must move from the lower soul vibration into the radiant Light of the Higher Soul. This is the Kingdom Consciousness that says "No one cometh unto the Father but by me." So let's come unto this ME within us. Let's open the door and step forth into the very Presence of Christ, and there, in the omnipresence of Spirit, all sense of separation

will be healed. Then we can say with true spiritual integrity, "I and the Father are one, therefore, I am one with each Soul throughout every plane of existence. The illusion of separation is over. There is only the Reality of Oneness." This is the moment of Christhood! And through this *Second Coming* in the minds and hearts of men and women throughout the world, the planet itself will be lifted up into a new dimension of wholeness.

But just an intellectual awareness of the individualized hierarchy of our be-ing will be of little benefit. We must *feel* the Truth . . . we must *know* the Truth . . . and we must *be* the Truth! That is why the first signpost on the spiritual Path reads: "KNOW THYSELF." And the reason for this admonition: we cannot expand consciousness into the *universal* until we understand and realize the true nature of the *individual*.

The remaining chapters in this book are for the purpose of retraining and renewing our minds, so that each one of us may be *all* that we were created to be. In the process, let's understand, once and for all, the principles involved in living a joyous, loving, peaceful, abundant, successful, fulfilling and free life on this planet . . . knowing that as we lift up and expand our individual consciousness, we are literally transforming the race mind.