

Welcome to Metaphysics I (a) !

Please sign in and make a
name tag for yourself.

I AM NOW in the presence of pure Being, and immersed in the Holy Spirit of life, love and wisdom.

I acknowledge Thy presence and Thy power, O blessed Spirit; in thy divine wisdom I now erase my mortal limitations and from Thy pure substance of love bring into manifestation my world, according to Thy perfect law.

Charles Fillmore

Chapter Six

The Silence

The Silence is the most important subject Unity teaches. Silence is a state of non-awareness that arises during some forms of meditation. It is the medium in which our True Nature, Christ, expresses.

6 A The Silence

“The state of consciousness entered into for the purpose of putting each person in touch with Divine Mind so that the soul may listen to to the ‘still small voice’”.

CF

- ☑ Different from intellectual silence.
- ☑ Realization: the deep inner conviction and assurance of the fulfillment of an ideal. It means at-one-ment, completion, perfection, wholeness, repose, resting in God. The dawning of Truth in the consciousness.

6 A The Silence

- ☑ Where we may retreat from the relative realm of sense consciousness.
- ☑ Always present.
- ☑ The source of Divine Revelation, and where we discover eternal Truths.
- ☑ A state of Oneness.
- ☑ The gateway of the mind to the state of non-awareness from which we make spiritual discoveries.

6 B The Foundation

“The first step is to discipline the mind in the knowledge that there is God alone.” CF

- ☑ Oneness is not discernible to the human senses.
- ☑ In the process, error is eliminated.
- ☑ We are renewed, and our awareness is filled with Truth.

6 C The Outer

“Simply still these outer intellectual thoughts so that the consciousness may become subservient to the Spirit within.” CF

- ☑ Truths are not to be sought first, or at any time. Our total attention must be to God.
- ☑ The Outer must be released.

6 D Why

“...our opportunity to establish ourselves at the center of our being, the one place where the supply of life and substance is inexhaustible.”

MF

- ☑ *“I shall be satisfied, when I awake, with thy likensss.” Ps 17:15.*
- ☑ *Until we go within, the Christ Nature is only potential.*

6 E Purpose

“...to enable us to come into an understanding of spiritual things. The purpose of the Silence and prayer is a matter of revelation. It opens up avenues of mind and paths in consciousness to illumination.” L.E. Meyer

- ☑ For seeking out the inner faculties.
- ☑ To seek our inner treasures.
- ☑ Interior discovery through revelation.

6 E Purpose

- ☑ Awakens understanding and feeds our beingness as Life, Spirit, energy and action.
- ☑ Reveals the fundamental Divine Nature.
- ☑ The impetus for the Still Small Voice and spiritual Truth arises *from* the Silence.

6 F How Much Time to Invest in the Silence?

“Forget about the question of time. Cultivate the habit of turning the attention to god.” L.E. Meyer

- ☑ Trying or striving is the antithesis of Oneness.
- ☑ ...as often as can be remembered and affirming, *I am the Presence of Divine Mind.*
- ☑ 20 minutes, once or twice a day.

6 G Preparation

“Relaxation: a letting go of tenseness in mind and body. Abatement of strain. Loosening the tight mental grip we have on ourselves in order that the healing Christ life may flow freely through our being.” CF

- ☑ Relaxation is essential to the process.
- ☑ Stretching, yawning, sighing or wiggling in our seats, laughing.
- ☑ Let go of anything that limits or restricts.

6 H How-To Basics

“The first step...is to discipline the mind in the knowledge that there is God alone.” L.E. Meyer

- ☑ We do not experience illumination until we become conscious of Oneness.
- ☑ We get there by stilling the human mind.
- ☑ Remain poised in a state of relaxed mental alertness and receptivity.

6 H How-To Basics

- ☑ Do not seek experiences, demonstrations or answers in the Silence.
- ☑ It is a state of No-Awareness.
- ☑ Mantras:
 - * *I am satisfied with the Christ life.*
 - * *Peace, be still.*
 - * *I am Christ.*
 - * *One.*
 - * *Om*

6 I Results

“You will be inspired with new and rich ideas and will demonstrate good things for you as you use them.” MF

- ☑ There may or may not be outer change: our eyes are simply opened to what has been eternally True.
- ☑ We learn to be free of limitations of personality.
- ☑ Silence is the answer and solution to everything.

6 J Myrtle Fillmore on Going Into the Silence

Purpose/Union

“When we seek God, our temporal as well as spiritual needs are supplied.” MF

- ☑ Through the development of our minds, we find the way to success.
- ☑ God gives freely; it is for us to keep the receiving channels open.

6 J Myrtle Fillmore on Going Into the Silence

Regularity

“Each day you should have a periods of stillness when the soul may gather sustaining power and restoring life.” MF

6 J Myrtle Fillmore on Going Into the Silence

Relaxation

“...breathe evenly in the happy feeling that you are taking in great drafts of God’s pure life-sustaining air...” MF

6 J Myrtle Fillmore on Going Into the Silence

Letting Go

*“You cannot listen to God while your ear is
given to your affairs.” MF*

6 J Myrtle Fillmore on Going Into the Silence

Attention

“You owe God attention. You owe God the full measure of your faith, your thought, of your service.” MF

6 J Myrtle Fillmore on Going Into the Silence

Concentration

*“The more you think about the Christ within,
the stronger will grow your consciousness of
the Divine Presence and your oneness with
Him...” MF*

6 J Myrtle Fillmore on Going Into the Silence

Jesus Christ

“He is now with you, guiding you and teaching you, bringing you consciously into oneness with God.” MF

6 J Myrtle Fillmore on Going Into the Silence

Thanksgiving

“As you come out of the Silence, count your blessings and give thanks for them. Give thanks that you have already received the good for which you looked to God in the Silence.” MF

6 J Myrtle Fillmore on Going Into the Silence

Application

“We should carry the light, joy, peace and strength we receive on the spiritual heights of consciousness into our everyday life for the purpose of redeeming the human part of us.”

MF

Chapter Seven

Meditation

In Unity, meditation and prayer are intertwined, and frequently the terms are used interchangeably. The meditation technique recommended here has been traditionally called *centering prayer*.

7 A The Foundation

“We must infuse into the inner mind the same energy that, used without, would make us notable in some worldly achievement.” CF

- ☑ Energy can be utilized two ways: (1) investing it in some outer aim, or (2), investing it as a ‘reserve pool’ in the inner realms of consciousness.

7 B Meditation

“Continuous and contemplative thought; to dwell mentally on anything; realizing the reality of the Absolute; a steady effort of the mind to know God; humankind's spiritual approach to God.”

CF

- ☑ Meditation is the way we enter into The Silence.
- ☑ A gentle focusing of one's thoughts in such a way as to create the opportunity to enter the Silence.

7 C The Silence

“That inner place of stillness where you feel and know your oneness with God.” May Rowland

- ☑ Silence is the still point, or ‘void.’
- ☑ A state of no time no space, no thought, no sensation, and no awareness.
- ☑ Guidance, inspiration, and realization are the effects of having been in the Silence.

7 D Meditation Tips

- ☑ Use a room where you will not be disturbed.
Turn off phones and pagers!
- ☑ Have the room at a comfortable temperature.
- ☑ Keep the room softly lighted.
- ☑ Wear comfortable clothes.
- ☑ Be well rested--if you are tired, you will tend to fall asleep rather than meditate.

7 D Meditation Tips

- ☑ Keep the same routine until your meditation practice is firmly established.
- * Meditate the same time each day.
- * Meditate in the same room and chair.
- * Use the same music (no lyrics).
- * Light candles before you begin, if you like.
- * Use the same incense.
- * Consider setting up an altar.

7 D Meditation Tips

- ☑ Start gently.
- ☑ 20 minutes once or twice a day is a good start.
- ☑ Work up to that time.

7 E How to Meditate

- ☑ Relax.
- ☑ Turn your awareness to “within consciousness.”
- ☑ Concentrate.
- * During concentration, entering the Silence will occur.
- ☑ Pray.
- ☑ Give thanks.
- ☑ Gently Conclude.

7 F Benefits of Meditation

“...decreases the negative effects of stress, mild depression and anxiety.” Colin Allen

- ☑ Reduces anxiety attacks as it lowers the levels of blood lactate.
- ☑ Builds self-confidence.
- ☑ Increases serotonin which influenced moods and behavior.
- ☑ Enhances energy, strength and vigor.

7 F Benefits of Meditation

- ☑ Helps keep blood pressure normal.
- ☑ Reduces stress and tension.
- ☑ Creates a state of deep relaxation and general well-being.
- ☑ Helps with P.M.T (Pre-Menstrual Tension).
- ☑ Increases concentration.
- ☑ Helps reduce heart disease.
- ☑ Helps with weight loss.

Have a beautiful evening!