

## Contemplations

*From Chapter 10, "Break the Fetters That Bind You"*  
*1958 Infinite Way Letters by Joel Goldsmith*

"Nothing can enter my mind from without because my mind is an instrument through which *I* function—not an instrument through which somebody else functions or through which world-belief functions. My mind is an instrument given to me just as my body is given to me, and just as I keep my body inviolate, so I keep my mind inviolate, free from world-beliefs. I do not permit my mind to be used by suggestion, by outside influences, or by outside opinions or theories. I make my mind an instrument for the truth of God. My mind is an instrument through which *I* function."

"World-beliefs can find no entrance into my consciousness because my consciousness is Truth expressing Itself. No human theories, beliefs, laws, or hypnotic suggestions can enter my consciousness to defile or to make a lie. All power—the power of Good, or God—flows out from within me to this world."

"Universal mesmerism is not a power that can enter my consciousness; it seems to be a power and acts like a power only because of my ignorance of its nature. Now that I recognize it for what it is, I no longer respond to it, I no longer accept its suggestions, I no longer react to it. I am the temple of the living God, and all that the Father is flows through me."

"Nothing can enter my being that defileth or maketh a lie, for I and the Father are one. I am subject only unto the law and life of God, the wisdom of God, the mind of God, the soul of God. *I* am in the midst of me, and from that *I* comes my wisdom, my direction, my guidance, my protection, my sustenance. I turn only to It and I am led and fed by It."