

Additional Study Offerings for Recording #513B: “Attaining Dominion through I”

We have seen that when we are focusing on a specific topic, it can be very helpful to read excerpts from Joel’s books and classes that address that same topic in different ways. These are selections that reinforce the idea that the body does not have dominion over me; I have dominion over the body. This was the subject of Recording #513B, which we heard on August 3 and 10, 2019 for our study program, “About Body.”

Excerpt from *Consciousness Unfolding*, Chapter 8, “The Principle”

Let us consider the organs and the functions of our body. Up to the time of our coming into metaphysics, we believed that the issues of life were in the body: The heart, we thought, might destroy our life; the lungs might affect our health, and, ultimately, our life. But, in spiritual teaching, the first thing we are told and which we find to be true is that God is the only power, and that there is no action or power in the body in and of itself.

At some period in your development, you must accept these statements as truth and say to yourself: “Why am I afraid of a heart, a liver, or a lung, if the action or the intelligence of them is the mind that formed them? I will never fear what organs or functions can do to me. What difference does it make what is going on any place in the body? If consciousness is controlling the body, then consciousness is the only thing with which I am concerned.”

To have the mind that was in Christ Jesus on the subject of health means to have the conscious awareness that the issues of life are in your consciousness, not in the organs and functions of your body. Then, as you learn not to hate, fear, or love money, you will learn not to hate, fear, or love the organs and functions of the body, for you will know:

God, the mind of me, is the law unto everything appearing as my body. God, the mind of me, is the law unto the spiritual idea operating as body. My awareness of this acts on this concept called the physical body.

This form, which is visible to the eyes, is not my body. It is the universal concept of the body that God created. This concept is governed in accordance with the degree of truth that I know about God and the spiritual body. The truth that I know about God, and God’s government of the spiritual body, becomes operative as my understanding, controlling this concept of body.

So then, in order to have the mind that was in Christ Jesus so far as healing works are concerned, it is impossible, by looking at the body, to release the healing power, since the issues are not in the body or in the muscles, but are in consciousness governing the muscles, organs, or functions of the body. You must purge yourself of the universally accepted belief of

the body as governing life and accept the truth that life governs the body. You must make an absolute reversal of the world-belief that the heart, stomach or lungs control life.

You do not acquire the mind that was in Christ Jesus by going to church; you do not get it by praying on your knees, nor do you get it by giving ten percent of your income to a church. You have the mind of Christ Jesus by a conscious realization that God is the mind of you, and that God is the mind of your body and business, and that that mind controls its own formation, which is spiritual being and spiritual body. Through this understanding, you are a law unto this concept of body.

Any one of us can have the mind that was in Christ Jesus on the subject of supply, health, or harmony, but only in the degree to which we can bring ourselves not to hate, love, or fear the organs and functions of the body, or money, or error of any and every form and nature.

We are living the life of the Master in the degree in which we absorb these teachings of the Master, and we must do it consciously. We cannot sit around and wait for the mind of God to come down and do something for us. We must lift ourselves into a conscious awareness of God's government of Its universe and, at the same time, stop loving, hating, or fearing error of any name or nature—stop fearing anything or anybody in the external world, that is, in the world of effect.

Jesus had this understanding so highly developed that he did not even acknowledge that it took earth or land to support his weight. The higher we go, the more we understand that it is Consciousness, God, that supports, maintains, and sustains us. And it is the same God, whether we are in the air, on land or on water.

Looking at a twenty-five-cent piece, I could very well think, "You won't support me for very long." But, suppose I think of the Spirit that animates and forms that quarter. Will not that Spirit support me? Yes, unto eternity! Any grossness, any materiality consists in looking for support to the twenty-five-cent piece, instead of to the Spirit which animates it. Our grossness and our materiality continue while we look to the organs and the functions of the body to maintain and sustain us, instead of realizing: "I know! The Spirit that formed this body is the same Spirit that sustains it unto eternity." Now we can understand why Jesus said: "*I have meat to eat that ye know not of* (John 4:32); *whosoever drinketh of the water that I shall give him shall never thirst, but the water that I shall give him shall be in him a well of water springing up into everlasting life.* (John 4:14)" If you drink of the water that I give you, it will be unto you a wellspring of life. Why? Because, as we realize that we are not living on food or vitamins, and that we do not live by bread alone, we are fed from within; we are eternal.

To our present sense, we need bread, but that is not what is maintaining us for from sixty to one hundred years. We are being fed by this understanding from within. The same Spirit which animates the dollar, animates also the body. The same Spirit that animated our body at ten years or at thirty years, can animate it at a thousand years of age. If it is Spirit that animates and sustains us at ten or at thirty, it must be Spirit that can animate us at one thousand years of

age. If this is not true, the atheist is right—we are just pieces of machinery that wear out. We have adopted the teaching, or religion, or philosophy—call it by what name you will—which says: "*We live not by bread alone, but by the Spirit of God.*" (Deuteronomy 8:3) We are not fed, nor are we harmed by what goes into the mouth, but by that which comes out of consciousness.

Excerpt from *Consciousness Is What I Am*, Chapter 9, "The Issues of Life Are in Consciousness"

We are up against generations of world belief that the organs and functions of the body can be and do something of themselves and that they can determine the issues of life, that they can act in such a manner as to cause disease and ultimately death, as if they contained the intelligence to govern our existence. In truth, the dominion was given to us in the beginning.

No organ or function of the body in and of itself has the intelligence to be healthy or to be sick, to be active, overactive, or underactive. No part of the body can determine for itself what it will do or how it will act or when or why. The Consciousness that formed the body in the beginning is the Consciousness that maintains and sustains it.

Since it is our state of consciousness that has accepted the belief that the organs and functions can act of themselves, it must be our consciousness that rejects that belief and accepts the truth that God gave us dominion through Consciousness, and that this Consciousness is the cause and the creative principle of our body.

Excerpt from *The Heart of Mysticism*, January 1959 Letter: "Individual Responsibility"

Once you have been touched by this Presence and Power, you must live by It. It must become your experience—the very substance of your body. You do not live by the organs and functions of the body.

The organs and functions of the body live by It—the activity of God. If there were not an It, your heart could not beat and your blood could not flow, because it is this It, this indefinable Something, which keeps the organs and functions of the body operating. Through your acceptance of a universal belief that the organs and functions of the body govern your life, you have lost your hope of immortality here and now. The dominion given you by God in the beginning over everything on earth, including your body, you have surrendered to the body by admitting, "Oh, no, I haven't dominion over you; you have dominion over me."

It is similar to a thief going before a judge in court, attempting to justify himself by saying, "I didn't steal; it was my hand that did it." Obviously, any such attempt would be ridiculous. Everyone knows that a hand cannot steal, and yet you are guilty of much the same mistake when you say, "He is dead because his heart has stopped beating." Some day you will

recognize that your heart only stops beating when you give your consent: It is the *I* which has dominion, and that *I* is not a man or a woman; that *I* is the principle of life which formed the body in the beginning and which is your identity.

The body did not form itself. *I*, the Spirit of God in man, formed it. "*Know ye not that your body is the temple of the Holy Ghost?*" (1 Corinthians 6:19) Or have you forgotten that this body is not yours, but God's? God has dominion over it. The *I* of your being, that which is your true being, has dominion, but you have retreated into a position where you have permitted your body to have dominion over you.

Some day you must awaken spiritually. For example, you would not let your body steal. In that respect, you are in full control of it; but, because you have fallen afoul of the universal belief handed down through the ages that the body is something which governs and controls your life, you give up the government of your body and let it say, "I am sick," or, "I am old." Life governs your body: The body does not govern life. The same principle that raised up Jesus Christ from the dead will quicken also your mortal body.

Practitioners in The Infinite Way only succeed as they arrive at a state of consciousness in which they perceive the reason for their faith. No one arrives at the practitioner-state of consciousness who has not seen through the physical sense of existence to the absolute truth. When he has achieved that vision, he has what the world calls "the courage of his convictions" which actually is not that at all, but a knowledge of the principles underlying life.

A doctor, watching a practitioner of spiritual healing at the bedside of a dying patient, may say, "You have a great deal of courage not to resort to some material remedy," but I can say to you that no courage at all is involved. What is involved is attaining a state of awareness in which there is an absolute conviction that health is not dependent on the body, but that the body is dependent on an omnipresent state of health. Health is here and now; health is just as omnipresent as integrity, loyalty, or fidelity. The reason we are not experiencing health in its fullness is that instead of looking to health to govern the body, we have looked to the body to produce health.

**Excerpt from Recording #58B, 1953 Chicago Lecture Series:
"Treatment, Meditation, and Prayer"**

The belief, the world belief, is that your body affects your life. In other words, your heart has something to do with your life; it affects your life, or your liver or your lungs or your digestion or , your elimination affects your life. The belief always is that the body affects the life, and if something gets wrong with the body, it will affect your life. And undoubtedly that is the truth in physical experience.

But I'll tell you something: That's not the truth. There isn't a bit of truth in it, and every healing is a proof that that is not true. The opposite of that is true: Life governs the body. The heart doesn't govern life; life governs the heart. As long as there is life, the heart beats. It isn't as long as the heart beats, there is life, believe me. It's as long as there is life, the heart beats. As long as there is life, the body is active and healthy and harmonious.

And therefore, in all of your treatments, please handle that universal belief that the organs and functions of the body affect life. Reverse it and understand that life, which is God, governs the organs and functions of the body. And put the government on life, not only to maintain itself but to maintain the harmony of the organs and the functions of the body. Always do that. Remember this in every treatment. Never let yourself be a victim of an organ or function of the body, when you have it within your own hands to reverse that and understand that life is the law of the body. Life, which is Spirit, or God, is the law unto the organs and functions of the body. And when you do that, you put the government on His shoulders. That's when you remove the power of the body to age, decompose, run down, or weaken. Do you see that? Life is not dependent on muscles, and neither is strength.

I know that everybody in the physical world will tell you that strength comes from muscles and exercises and so forth. Don't you ever believe it! Don't you ever believe it at all. I have seen men who have never had a day of exercise in twenty years. I have seen them take a post like that and absolutely fracture it. I have seen a man who didn't have an ounce of exercise in more than twenty years take a group of twenty people and with one blow knock them down. Anyone can prove it. You can take your own body and starting with just will, you can put more strength in your muscles than all the exercise in the world can do.

But you can go on from there to the higher realm of Spirit. And watch what that Spirit can do to this body in the way of giving it strength, harmony, activity, normalcy in every direction. But it lies in our power. The universal belief is that the body governs and affects life. We have it within our power to reverse that and realize life, which is God, governs the organs and functions of the body. And when you do that, you've got the one law and the one power governing your body, not all of the laws of matter or laws of theology.

Let me give it to you in a different way. *I am come that ye might be fulfilled.* (See John 10:10) *I* is God. *I* is the center of your being. *I* is life. Therefore, *I* at the center of your being has come that your body may be fulfilled, your health may be fulfilled, your strength may be fulfilled, your eternity and your immortality. *I am come.* Now, realize that the center of your being is life. Life is the center of your being, and it is come that you might be fulfilled mentally, morally, physically, and financially. All of this is within your own being; all of it within your own being. *I*, this Power, this one Presence, has come that you might be fulfilled. It has come to govern the organs and functions of your body, just as much as it has come to govern your business.