

Quotation for Presence Meditation – April 3, 2020

Excerpt from *The Art of Spiritual Living*, Chapter 7, “Consciously Knowing the Truth”

What you entertain in your mind is what you experience, and what you entertain in your mind that appears as discord or disease is just the belief in two powers. ... If you sufficiently instruct the mind in truth, you will find that your mind is not an antenna. There can then be no room for the belief in two powers in any form to enter, to defile, or to make a lie. ...

We choose each day whether we will serve Spirit, the one power, or the belief in two powers. We are suffering from nothing more than these hypnotic suggestions. ... They do not have to be directed at us; we pick them up from the atmosphere.

Our work then, is to prevent as much evil from entering our mind as possible. That we do through our conscious rejection of the belief in two powers and our conscious acceptance of the truth that the presence and power of God is within us, and Its name is *I*. *I* in the midst of me is mighty. *I* in the midst of me is my bread, wine, and water. *I* in the midst of me is my resurrection. As I put on the whole armor of God* and attain the realization of God, no world belief can enter to defile or make a lie.

***From Ephesians 6:13-17**

“¹³ Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. ¹⁴ Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; ¹⁵ And your feet shod with the preparation of the gospel of peace; ¹⁶ Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God.” (King James Version)

“¹³ Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ¹⁴ Stand your ground, putting on the belt of truth and the body armor of God’s righteousness. ¹⁵ For shoes, put on the peace that comes from the Good News so that you will be fully prepared. ¹⁶ In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. ¹⁷ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.” (New Living Translation)