Our lesson today is one in which we are vitally interested. I say vitally because it deals with the source of all vitality, and that subject is life. We have all thought about life, its beginnings and its endings, its transitory nature and also its eternal nature. The Great Teacher, Jesus Christ, made this His central subject in the teaching that He gave. It seemed to revolve around the idea of life, different aspects of life. "I came that they may have life, and may have it abundantly." "I am the way, the truth, and
the life." He also stated that "He that findeth his life shall lose it; and he that loseth his life for My sake shall find it." He seemed to have dealt with two aspects of life, the personal life and that limited activity of life in personal consciousness, and that larger universal life in the super-consciousness. His work seemed to be to blend these in man's consciousness and to bring him into eternal life. An understanding of this fundamental principle about life and how it acts in our minds and our bodies will explain to us the character of what is called eternal life - how it differs
from this transitory consciousness of life when we live on the personal plane or sense consciousness - the difference between life expressed through sense and life expressed through the Spirit.

There is a vital difference. This man of the natural world must be lifted up, or transformed from his natural activity on the life plane, to a higher spiritual activity and that brings life into immortal consciousness. The church does not have a clear understanding of the attainment of eternal life. They take for granted that God has taken care of it and if we are good when we die we will be
transported into a place where life is eternal and we shall be imm mortal and eternal just through being good according to certain church standards in this little span of life. Jesus Christ had an entirely different concept of life and the attainment of life. Eternal life is not attained in two score and ten years of living. We have to take into consideration that the soul of man has lived for millions of years and has had millions of expressions or bodies. In each expression he has attained a certain degree of understanding of himself and his relation to the One Life. None of us has
attained immortal life yet. Still we are living in these perishable bodies, we are in the primary school of life. The attainment of eternal life is ahead of us. Jesus demonstrated eternal life. How? By raising His body consciousness to immortal life here and now. Not after He was dead. That which died in Him was the consciousness of mortality. This brings us to the consideration of how we fulfill our identity. The ego in us I AM to its surroundings.

We must have a still higher concept of the son of man. He must be lifted up to spiritual consciousness. We must lift up that identity
to a spiritual understanding of ourselves and what life is and its relation to the One Life and raise the body with all of its sensations to that life and every cell takes on an entirely different character and we are not only immortal in our minds but we have attained immortality in our bodies. In other words, we have denied the belief in the flesh. That is why Jesus called out, "My God, My God, why hast thou forsaken me?" It wasn't that Jesus was forsaken, or that Christ in him was forsaken; but the mortal ego, that person-ality cried out to the God of materiality and flesh and blood.
Why am I forsaken. I dies. It had to die. So as we come into an understanding of this truth that we are functioning in a plane of consciousness that is not up to our standard in life, and that it may have been crossed out and crucified so that we may come into real spiritual understanding.

We begin this by an understanding of that great truth that life must be demonstrated right here in what we call these mortal bodies. Now, these mortal bodies are something very much more than we can, from our flesh side, conceive.
Our men of science are giving us some very valuable lessons on this point. They are telling us that every atom, every molecule, and every cell has its potential attributes; that they are active, that they spin around—these molecules and atoms and electrons and protons—they are like miniature universes, every one of them. They are getting into action a million times stronger and quicker than anything we can conceive in our outer universe. We don't know anything about it, and it is about us all the time.

Jesus knew how to enter into this consciousness of the
active, or innate energies of His body. That was implanted in man from the beginning, but through the freedom of man in developing his consciousness (as we are symbolically told in the Scriptures) he must put out of this evil and eat only of the good from the tree of the knowledge of good and evil. We have in the Bible many symbols of this natural, spiritual life—the "lamb of God". That represents the foundation of God,—innocent life. The lamb is an innocent expression of life. That is what we receive from the fountain-head. This tree of life in us is a perfectly pure stream of life.
It runs up and down the spine. It is pure in itself, but as it is brought to consciousness and brought into the external realm, it is mixed with outer thoughts. We think of the body as corrupt, having the capacity of expressing both health and disease. That can't be true. God made man in His image and likeness. God has a body, and His body is Spirit. Man has a body, and his body is Spirit. So every one of us has this "lamb of God"; but through the carnal thinking, we have polluted it. We have slain that initial pure life.
The great lesson for every one of us is to redeem and purify this life that Jesus demonstrated. He taught in all His experiences that life must be not only lifted up but vitalized and vivified with a new idea of life. He had to give it a symbol. It is the Holy Communion. To eat of the bread and of the wine was but an outer symbol of that inner appropriation in every one of us of life from the food that we eat,--from the food that we eat and from the liquids that we drink.

We are told that the vitamins that keep our bodies active are
in these foods. How do we appropriate that? Through our minds.

And we determine largely the character of the food. You may take pure food into your stomach, but your thought about it will determine its character so far as your body is concerned. Jesus raised His consciousness and He promised that we should have that same power. If we drink deadly things and believe that they cannot harm us, we shall overcome them. If man had a strong enough consciousness of the innate purity of everything, he might find that even poison has a quality that is beneficial. But we find that we
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don't know how to handle the vitamins, nor these properties; but we are coming into a better understanding.

When they asked Jesus who it was that was going to betray Him, and He said that the one that put his hand into the food was the one, why didn't He kill him? Judas was the one who represented life. This point symbolically refers to the appetite in man. It is through our appetites that we digest and assimilate and make them part of our system. But it is through the food that this adverse thought in the mind of man does the work for you.
We find that in the regenerative process it must be not only in the mind, but in everything we must see perfect life. We must through the power of our mind be transformed.

You know that the Catholic church claims that their priests can take pieces of bread and transform them into the very substance of Christ's body -- a transubstantiation.

It is possible for one in high enough spiritual understanding to take the substance of the material substance and through the alchemy of his mind transform it into spiritual substance. It is
done in the transforming power of man's mind, and when we are lifted up into that high place in which the Christ Mind tells us we may have reached, and eat and drink and that state of consciousness we are transforming the substance of the material world into spiritual substance. We are eating of the spiritual quality of everything we take into our mind, and also of the spiritual substance. Now, this aggregation of substance center, or idea, and then you go and get out of the flesh. But inwardly, you are causing sensation in your mind and in your body. So, we enjoy the sensation of the
food and drink, meaning that quickening Spirit in us.

You say how good this is and that is. It is just the pleasant sensation from the contact of our mind. Suppose you get prejudiced against certain foods,--do you get that sensation then? No. Mind has to transform it. Yet all these qualities do have character.

It is for us to make that character conform to the divine law. There is a law of appropriation and assimilation. There is a law that determines everything that I think and everything that I do. Everything we eat; if we eat it in Christ and say that we are
doing this in the name of the Living Christ, we come under a Divine Law, not when we intellectually take this stand. So we teach that you will, if you are true to the Spirit, know everything that the food specialists know and a great deal more. They tell us that everything in science is more or less imbibed with certain principles lying back of that. Men of science are in external ways arriving at certain conclusions and they are experimenting with life, but they did not find the spiritual origin, and that is the only real origin of life. In a way they are counterfeiters.
that control and enter into this life. Who did that? Jesus Christ.

He controlled life forces in His body through knowing this that controlled life, and that is Judas. We thought Judas was a great sinner, but he was a great saint also. Without life, you could not do anything. Why didn't Jesus Christ kill him? Why didn't He put a little arsony into the bread? He didn't do a thing. He treated him just like the others. But He knew that this life idea had been so polluted; He was working for you and me and all the race. But this idea (Judas) had been so selfish that He gave and He
couldn't get along without life. "What doth it profit a man if he

gain the whole world and lose his own soul?" What does it profit

any of us if we don't overcome and purify and lift up this life

idea. Now the life idea in the body of man is in the sex, or
generative, center of man. That is where life is implanted. It

is the meeting of the spiritual and natural; the man and woman,
or wisdom and love, according to your concept and your are bring-
ing forth according to that idea you sow in that life center.

Now let us begin by saying in our minds that we are pure,
holy, and that divine life is springing up in us as that. That is the great secret of bringing forth perfect life. We hold that this will change the character of the developing, unborn child. But we are told that in the Scripture—that the virgin shall bring forth more abundantly than they that bring forth in the physical.

You have conceived in your soul this Christ life and it is growing in us as an infant grows. Perhaps you dream of infants. That would indicate that you are giving thought to new life in Christ.
These Bible references are a very small part of the many corroborative testimonies contained in the Scriptures. We should understand that fundamental principle that the Garden of Eden is man's body and the Tree of Life grows in our own bodies - the tree of the knowledge of good and evil - and that the body is really the temple of God. Do you know how obedient your body is? Just notice how it will do anything the I AM in you tells it. Whatever thought you impress upon your body it will carry out. The conscious mind is the mind of the body. Whatever you tell it, it will carry out. This
has been demonstrated so well by hypnotism. The hypnotist puts his will in the place of the subject's will. He tells the subject that at a certain time he will do a certain thing. And he does it to the letter. In other words, the hypnotist impresses upon this sensitive plate of the mind, the subconscious, and the body falls right into line. We have that same power. We should say through our I AM directive power just what we want it to do. We are the I AM. What is the name of God? I AM. In Deuteronomy it is stated that the name of God is I AM. That is your name. The real name of every one of us is I AM.
So in following Jesus Christ, we must begin with that declaration that I am spiritual identity. In the statement we are holding today we are writing this Name of Christ in our foreheads. Here is where you get authority from the one superconscious mind. From this front brain you can throw it to the whole body consciousness. This water of life, clear as crystal, - that River of Life-is right down your spinal column. It has twelve faculties in our minds. You can see that it is all worked out if you will read the Bible as pertaining to yourself, not as something outside. Every one of these things
can be found in man. When you find them in yourself, you will relate them to the one fountain-head. Here is the seat of all consciousness. I am not going to look for changes in the external. There are many sects that believe certain things will take place in man when he dies. I believe that all the elements of life are right here. If you allow yourself to be broken up into these elements, you will lose your power. Hold to the one I AM in and through you and you will intensify your ability. Here is the machine. Until you understand this truth you will lose your body and have to
come back and build the body again, coming back as a child over and over. The Spirit is simply a realm of consciousness in which you function without your body. You have an opportunity in an astral body, but it has no power. You will get tired of it and it will die on your hands. We are all coming to an understanding of that.

What then is the use of thinking at all of giving up or committing suicide. Your troubles are all in your mind. We have as a race reflected these conditions of the mind right in our outer affairs.

The only way to straighten them out is through our minds. How shall
you know more about these things? The forces we are talking about -
life is one blind force. It does not have any intelligence - only what man puts into it. You must take command and tell the life in your body where to flow. You must direct it. Tell it to go where you want it to go, in your hands, in your feet, etc. That is man's dominion. It is his control and mastery that he is here for - to get control of life. We want to say with Jesus Christ that we can take up our lives or lay them down. It is the fountain of life. That life is in man and it does not want man to dissipate it. It wants
man to take care of it and see that it is Spirit. If we think it is material, if we dissipate it, we will wonder why our hair falls out, why we get wrinkled, etc. It is because we have been dissipating that life. Let us get control of this life right here in these temples. God is here showing you how to use His life, how to lift up this lamb of God which has been given to you to cultivate and keep.

Man was put in this Garden of Eden to trim it and to take care of it. This I AM identity must take a hand. Now we are going to spend a little time in cultivating the Garden of Eden in us. It is right
here. Look within and you will find it. You will find it through the power of your I AM Word linked with the Christ thought. The Christ is the perfect spiritual idea of you in the God Mind. Jesus demonstrated it. We want to co-operate with Jesus Christ, but we must have that same mind in us that He had in Him. As Paul said, “Have this mind in you, which was also in Christ Jesus.” We are going to hold in the silence and make our very own the following Word: “Through Christ I am conscious of the quickening life of the Spirit in both mind and body.” Every cell in your body is surrounded
by a magnetic field. Men of science are perfecting a new kind of phonograph, one in which the music and words will be put on a wire. They claim that they are putting it on the magnetic field surrounding the wire, instead of on the wire, and that they can put a whole program on to a short piece of wire. When they want to reel it off, it is put on a phonograph and it is drawn off, not from the wire, but from the magnetic field. In every cell of your body is this magnetic field. Let us take up our statement again: "Through Christ I am conscious of the quickening life of the Spirit in both mind and body."