

To the student of Science of Mind, meditation will mean, as Ernest Holmes has said, the recognition of the Father within. There is an inner point within your being where God and you come together, a place within yourself that can be shared only with God. Meditation is the pathway to that inner point.

It is true that nothing and no one could ever separate you from the presence of God within you, as Science of Mind certainly teaches. Now you might ask, "If God and I are never separated, why should I bother to meditate? Why look for God if I already know God is within me?" Ah, but knowing intellectually is just not enough! It would be like having a great set of lyrics with no music to go with them.

Look at a simple example. You might have the juiciest apple in the world in your hand. It looks wonderful and you know it'll taste great, but that apple won't do a thing for you until you lift it to your mouth and take a bite. You could look at your relationship with God in just that simple way. You might know that God is great and can do all sorts of things, but until you make contact with that inner presence—mind to Mind, so to speak—God can't do a thing for you. Lack of power on God's part? No. Ernest Holmes tells us: "If we are endowed with the attributes of self-choice and free will, we must be allowed to make this great discovery for ourselves. Even God could not make a mechanical individual." Okay, now you know you're really free

to make your own choices. It's up to you to choose to meditate because meditation is "the arm that lifts the apple," one might say.

Don't be confused into thinking that meditation has to mean a four-hour session in silence that might be practiced by a guru. Most Westerners don't have that kind of time; and even if they did, they couldn't sit still that long. The average Western mind is not trained for those long periods of inner silence. The average Westerner lives a busy, active life.

We need to depend upon something besides our own efforts, and Science of Mind teaches that communion with God is the answer.

You should know that any contemplation upon any aspect of the Infinite for any length of time could be considered meditation. If you "turned off" to outer circumstances and "on" to some part of God, if you cleared your mind of extraneous ideas and concentrated on a question you wanted answered, you would be meditating, whether you were standing, walking, or sitting. But regular times for meditation should be set aside, too, and they should be in quiet places where you can be alone. You can start with five minutes at a time and work yourself up to longer periods.

What might you expect from meditation? Well, some of the greatest contributors to mankind—

Jesus and Buddha, for instance—have arrived, through meditation, at cosmic consciousness, which is a state of living in complete attunement with the Infinite. But for openers, how about some plain old peace of mind, which is no small thing these days? The Bible promises that "Thou wilt keep him in perfect peace, whose mind is stayed on thee." How about a new approach to some old problem? Or how about the greatest ideas you've ever had?

New concepts will start filtering through to you in meditation; maybe not always on the spot but later on in the day. You'll be quicker to recognize them, and when you do you'll be developing the kind of consciousness you'll need in order to give spiritual mind treatments.

When we give a spiritual mind treatment, we are scientifically praying. We are changing our mind about something; from sickness to good health, perhaps; from a rotten disposition to good humor, maybe; or any number of other things. Ernest Holmes said: "A *treatment* is a statement in the Law, embodying the concrete idea of our desires and accompanied by an unqualified faith that the Law works *for* us, as we work with It." When you "treat," then, you are focusing your thought away from something that bothers you and toward something that you want to have happen in your life. And all of this is going on in your mind with the belief that it is already taking place now, not tomorrow or next week.

There's a specific technique to treatment called the five steps that you should know. Why bother, you say? Well, if you're going to be scientific about praying and want results, you ought to know that scientific work is done according to a procedure that is known to work.

Take a look at the five steps and see what you can do with them. Every treatment must include these steps somewhere in the body of the treatment.

Recognition

You need to know and recognize the presence of God within you before you can do anything else.

Unification

You need to feel that you and this presence are one. Until you feel these first two steps deep within you, the rest of the treatment won't mean anything. When you feel this oneness, then you can go on.

Realization

The place where you make your point. You state what you want to have happen, and this is the place to "tell it like it is:" "I am well," or, "Doug is well," if the treatment is for someone else, or whatever you have in mind. Make your demand specific here, for you're setting the law in motion at this point. If it helps to clear your mind and clean out some old thought patterns, deny the appearances of the unhappy things you're now experiencing. Remember what you set out to do. You're making a

change in your mind, nowhere else.

You are setting a new cause in motion in universal Mind, of which your mind is a part. If that weren't true, we'd all be wasting our breath doing any praying of any kind. You are denying the necessity of negative experience and affirming the perfect condition that is already yours to accept. Now you've set the law in motion in your favor. You must make your declaration without any doubts about its fulfillment.

Thanksgiving

Accepting the end results now, a sort of "thanks in advance." All treatments are done with the idea of now. If you look at this idea from the law's point of view, you'll see the logic. The law returns to you exactly what you put into it. Time and space mean nothing to the law, only to us since we are living under their influence. If you give a treatment with tomorrow in mind, the law may pick up on "tomorrow" and tomorrow will never get here. Accept your demonstration *now* as if you could smell it, taste it, hug it, ride it, or whatever. Use your imagination. It'll give life to your treatment, and sincere belief and conviction is what it must have. Along with acceptance go your thanks, of course, to a loving Creator.

Release

Release your treatment. When you get to your ending and say, "And so it is," that's it! Don't review your treatment mentally or you might tear apart the crystallized thought form you've created for the law

of Mind to work on or through. Put the whole treatment aside completely until you're ready to give another one.

Two things to be sure to include in a treatment: *feeling* and *conviction*. A treatment won't do its thing without them. You'll just have a bunch of pretty but lifeless words. One thing to be sure to leave out of a treatment: *doubt*. If you doubt anything you're saying in a treatment, your treatment will leak like a sieve.

By using scientific treatment you can control your life because you are controlling your mind. Treatment can't guarantee a problem-free life, but you will have far fewer problems, and you'll be able to better handle the ones you get. You may like to do your praying silently, but it will help you to keep your attention focused if you speak your treatments aloud.

Although treatment isn't mentioned specifically in the Bible, Jesus was alluding to it whenever he spoke of prayer, when he said such things as "...pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." Who is that "secret Father" but the inner Power hidden within yourself, and what are the "open rewards" but demonstrations?

It would be wonderful if you had the absolute consciousness of Jesus, if you could "speak the word" as he did and get complete, instant results without going through a treatment technique.

Until that day comes, when you, like the unfolding rosebud, develop into a full spiritual bloom, spiritual mind treatment will do the job. As a sample, here is a short, general spiritual mind treatment that contains the five steps. It will give you an idea of how you might frame treatments of your own.

There is one universal life, and I am unified with it. I declare that within this divine life is contained all that I need for a healthy, happy life. I accept this gladly, turning away from any appearance to the contrary. In deep gratitude I give thanks to God. And so it is.

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