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## *A Message from Jim*

One of the central themes of ILM is the importance of meditation. Of course, meditation has been emphasized in almost *all* schools of spiritual study for many centuries. Although the specific theories and techniques may vary, meditation has long been considered the one great key to communion with the spirit of God.

For the beginning student of meditation, there are many challenges and questions that surface as we begin to enter into a whole new world and begin to explore the "many rooms in my Father's house," as Jesus phrased it in John 14:2. Some of those challenges are obvious ones, like learning how to still the body and how to hold a focus. But some are more subtle, and one of them, the issue of expectations, is what I'd like to talk about here.

A lot of people ask why it's important to meditate and why it's important to give so much time to it each day when they don't really see themselves as getting much out of it in return. Some people express disappointment that "I didn't get anything this time," or that "nothing ever happens in my meditations."

But meditation isn't really *meant* to have obvious effects in

the everyday world of the physical. As soon as we place expectations on the process of meditation, something is already lost, because meditation isn't about getting things in the world. It's an action of our conscious-level self in which we attune ourselves at this level to the greater spiritual Self within us. Through meditation, we open ourselves to the uplifting presence of the Spirit within and in a sense "anchor" it into the consciousness in which we dwell on a daily, worldly basis. Meditation also offers us a "place" where we can go and offer our loving to God in a worshipful manner. This is what Jesus meant when he encouraged us to go into our "room" or "closet," shut the door, and pray in secret (Mt 6:6).

Whenever we go to God with expectations, we are adding an element that prevents the openness and receptivity required for meditation to provide its greatest benefit. It's well for us to recall that meditation doesn't change Spirit, because "your Father knows what you need before you ask him" (Mt 6:8). What it does instead is to change *us* by strengthening our awareness of our relationship with God and our true place in Spirit, and by giving us more direct access to our true spiritual self. In this regard, it definitely does have an influence "down here" in the physical. It brings us at this level into greater alignment with and acceptance of the Father's will, and into greater trust in the process that the Father is unfolding before us.

But so many of us expect it to

solve our problems at work or in our relationships, to bring us answers about how to get a new car or a raise in salary. That's meditating with a hook – if I do this, then I will get such and such, or this will or won't happen – and that's just not the way it works.

Instead, our unspoken thought in meditation must always be, like Jesus', "not what I will, but what you will" (Mk 14:36). We should see ourselves as placing ourselves in God's light and allowing (not demanding) His perfect plan to unfold for us and to manifest in our daily lives. Holding things in His light *does* make a difference. Our prayers are always heard and always answered, but not necessarily according to our personal expectations or our personal time frames.

Often, when we take something into meditation and "nothing happens," that may in a sense *be* our answer – that nothing is supposed to happen in the world in this way at this time. Perhaps we are being asked to continue to embrace the challenge we are facing and to continue to learn its lessons, or to provide the service being required in this situation.

The point is really very simple: rather than expecting God to say or do something in our meditations, we should ask ourselves to do something – to place ourselves and our lives in His light according to His will. In this way, we "seek first his kingdom and his righteousness," and by such letting go, we allow the things we are seeking to then be "given to us as well" (Mt 6:33). ■

## ON THE BULLETIN BOARD

### Steven McAfee

A truly gifted teacher and the Educational Director of Faithful Heart Center, Steven offers a broad variety of seminars and retreats in Michigan and Indiana, as well as Thursday evening classes in **Fort Wayne** covering various aspects of spiritual development (on a love offering basis). *Surrender*, the first in his new series of meditation and music cassettes, is now available. For details, call Steven at (219) 485-2167.

### Faithful Heart Center

Under the dedicated and loving direction of ordained minister, Marilyn Schuiling, Faithful Heart operates out of Grand Rapids and sponsors seminars and retreats in **Michigan and Indiana**. It also offers weekly study groups and an on-going metaphysical training program. The retreat, "Harvest of Freedom," will be held Nov. 22-24 in the beautiful setting of Camp Mack near Fort Wayne (\$48 plus love offering). For details, please call Marilyn at (616) 887-7841.

### Nick Martin

ILM minister, author, and newsletter editor, Nick will offer a week of seminars in **Fort Wayne**, October 19-27. Private counseling will also be available. For information, call Brenda Fishbaugh at (219) 749-5062.

Nick will also offer a class on "Individuality in Relationships" in **New Orleans**, Wednesday, Nov. 13, 7:30-9 PM at the Unity Church in Metairie, 118 Giuffrias Rd. Contact: Rev. Bob or Ruth Fatur at (504) 833-9486.

## Going with the Flow by Nick Martin

We've all heard this familiar expression, and we all have a sense that this is important in living the Spirit-centered life. But there are many "flows" within us, and each of these has its source. Unless we can identify the source, how do we know whether we are moving with the flow of the Spirit within us or perhaps with some other flow?

Although God is the ultimate source of *all* energy, it is also true in the more immediate sense that there are energies originating in our personal emotions and our individual minds. Whether these are *also* energies "born of God" and reflecting His love, wisdom, and intentions depends on the degree to which we have centered ourselves in His Spirit and are living our lives in alignment with it. This is a matter of self-awareness and self-identification: which of the many voices within do I consider to be "my real self?"

Jesus, and all the great ones, have taught us the simple truth that the spirit of God resides within and we must "seek first his kingdom." Meditation, in addition to many other benefits and purposes, allows us to learn to distinguish the various energies within us – what is or is not truly "born of God."

We can learn whose voice is calling from within. We can center ourselves in His light and learn to go with His flow. Does anything else *really* matter?

More softly than a silent song,  
I whisper.  
Can you hear Me?

More softly still than candlelight,  
I touch you.  
Can you feel Me?

Hush... Let fall your eyelids,  
For in that spacious "nothingness,"  
I love you "from afar."

### New ILM Materials

ILM has been developing an expanding list of written and taped materials for group or individual study, including dozens of cassettes and four new booklets by Jim Gordon:

*The Many Mansions in My Father's House*

*Spirits, Guides, and Beings*

*Love and Loving*

*What God Is (and Isn't)*

Please write or call for a free listing.

## *A Letter to Our Readers*

Dear Friends:

As a way of focusing our vision of ILM, what it does and whom it represents and serves, we are asking those who are interested to affirm their solidarity with us in our work.

What follows is the official “ILM Creed.” If you share this vision with us, please sign the form below and allow us to think of you as part of our body of membership. There are no contingencies, requirements, or expectations involved – only the affirmation of our shared vision.

### **INNER LIGHT MINISTRIES CREED**

We believe in God (the Father-Mother Creator), in Christ, and in the Holy Spirit, who together form the Holy Trinity. We believe that Christ is the consciousness of light and love, and that we can obtain the same awareness of being Christ that Jesus promised in saying: “the works that I do shall he do also; and greater works than these shall he do” [Jn 14:12]. We believe that the Holy Spirit is the presence of God and that, through the action of the Holy Spirit, we are lifted up into our own Christ consciousness.

We believe in the ever present grace of God through the uplifting action of the Holy Spirit. We believe that this upliftment is available to all who seek to find it. As it is said in scripture, “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you” [Mt 7:7]. We believe this is accomplished through meditation, prayer, study, and service.

We believe that through meditation, prayer, study, and service, we open ourselves more each day to the loving light of Christ and the uplifting grace of the Holy Spirit, and we enter into ever greater oneness with God, who dwells within.

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Please cut along dotted line

Yes, please consider me a member of ILM: \_\_\_\_\_  
signature

If you would like to remain on our mailing list but *do not* wish to be thought of as a member of ILM, no action is necessary on your part.

If for any reason you would prefer to be removed from our mailing list altogether, please just let us know by signing below.

Please remove my name from the ILM mailing list: \_\_\_\_\_

We do our best to keep our mailing list up-dated, and we sincerely apologize for any errors in spelling. Please help us to serve you better by making any appropriate changes to your name and address beside the label on the reverse side.

We thank you and bless you!

Please return to: **ILM, P.O. Box 36, Center Point, Texas 78010**

### ABOUT ILM

Inner Light Ministries (ILM) is a non-profit outreach organization founded in the fundamental principles of ancient and esoteric Christianity. It is dedicated to the development and balancing of the fourfold nature of the individual. Towards this end, it provides education and services concerned with the integration of the spiritual, mental, emotional, and physical aspects of the self, and with the development of publications and materials that aid in this process.

Among its fundamental tenets is that we really are "temples of the Holy Spirit." As we seek and express this presence within, we find the peace, love, power, and wisdom we all so earnestly desire.

The many services of ILM are geared towards this path of individual unfoldment – through meditation, study, and prayer on an individual and group basis.

Service to humanity and the planet is its second major emphasis, and ILM encourages individual service, in any of a wide variety of possible forms, as a vital aspect of our daily experience.

Please write or phone for more information.

### ILM Activities IN HONOLULU

Inner Light Ministries is offering and/or sponsoring a number of weekly study groups at its Honolulu location. An ILM study group meets on most Tuesday evenings from 7-9 PM, and a meditation group meets on Sunday mornings from 10-12.

Other worthwhile spiritual study groups are held on Monday, Wednesday, and Thursday evenings. Meetings are held at:

108 Kuine Place  
Honolulu, HI 96816

For more information contact:

Tom Beaver  
(808) 732-8934

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### INNER LIGHT MINISTRIES

P. O. Box 36  
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Phone: (512) 634-7269

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