

THE POWER OF MIND, AND HOW TO USE IT

A LESSON IN CONCENTRATION

Hanna Jacob Doumette

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The Power of Mind, and How to Use it

All is mind. We are justified to speak of God as the absolute intelligence of life and being, and if God is the absolute intelligence of life and being, life must be an intelligent reality and every being a living intelligence. We must find intelligence and mind, or perfection, in all creation. This we do.

It is easy for the blind to say there is no light because he cannot feel it. It is one thing you cannot feel, one thing you cannot touch. Still you can feel the warmness of sunshine, the warmness animating life. Even when there is no sunshine visible, there is warmness caused by the sunshine behind the clouds.

It is the same with mind. Many people think mind—intelligence—is not found everywhere. By this attitude they create a certain detriment on the path of higher knowledge. If you do not expect intelligence in life, if you do not expect intelligence in creation, if you do not expect intelligence in the flower, you are not able to work with intelligence because you have drawn a veil between you and the intelligence operative

in creation. Moreover, if there were no intelligence in creation, in the flower or in man, none could think of operative intelligence. There would be no outer intelligence that draws one's attention to itself or that quickens one's thoughts and understanding according to its own nature. Therefore, even to live as an intelligent being in this world, and to discern order and purpose in creation, is the proof that everything is intelligent and that Divine Intelligence is everywhere. You can exercise your intelligence and develop the flower, you can use your intelligence and handle the elements, you can use your intelligence and improve the animal kingdom, you can use your intelligence and master the mineral kingdom. It is evident that there is an intelligence, that underlies all these kingdoms. Otherwise you cannot work upon them intelligently because they will be void of order, purpose and design.

We are convinced that there is a supreme and absolute intelligence in all life and in all creation. Yet greater is the fact that this intelligence has a foundation, a throne in our being and in our consciousness. This universal intelligence has made our own form and consciousness its instrument and power. It has created our physical form after its own pattern and order. Every blood cell in the form vibrates with intelligence. Every organ works according to certain concealed intelligence. The nervous system is the

wire of supreme intelligence. The brain is the vehicle of the intelligence, the spirit, that lives in the body. The heart is the throne of divine intelligence. Even our form is made as the tower of that universal intelligence.

When we ascend through thinking to the state of pure mentality, we discover that our mind is the presence of universal intelligence within us, and not just a portion of it. We learn the fact that this indwelling intelligence is sublime, omnipresent, and universal, and its presence is complete in itself and expresses the omniscience of the All Intelligence. Every one of us is the presence of that intelligence, and because of its own perfection that cosmic intelligence is perfect in every one of us and is able to live its absolute life and to express creatively through each one and through all.

This truth describes the mystery of the Christ and Jesus. While the Christ remained in all existence and all creation, the Christ Spirit was able to work directly and completely in Jesus. Jesus became a living center of the Christ Spirit in earth and through the mystery of oneness every member of the human order became a center of the Christ Spirit. The Christ lives in every one according to Christhood. The same is true of Divine Mind. Every one of us is a complete and perfect center of Divine Mind. Because of this, at a certain stage of unfoldment Divine Mind

expresses its glory, might, light, and supremacy in and through us. The outstanding proof that supreme intelligence is alive in us is our self-conscious intelligence. We observe the activity of universal intelligence in the flower, operative according to the law and order of its species, but when we look at man, the self-conscious being, and the self-consciously intelligent being, we read an entirely different story. We perceive that he is the seat of the All Intelligence. Why? Because he lives intelligently and self-consciously through himself and by himself, and from himself he works on the universe, the world and others with the power of universal intelligence. Furthermore, through the same intelligence he uses his own will and carries on his own order. He even renews his world, fashions his destiny and masters his life through that intelligence. Finally he glorifies that intelligence through his own power and deeds.

This is the reason for saying liberty is our divine right. Liberty is realized through initiative, free will, free expression, free creativeness, free noble feeling. The moment you start to use your own initiative, the moment you start to create out of your own mentality and imagination, without foreign help or influences, you declare your own Divine Sonship and tell life that you are a living intelligence after the pattern of All Intelligence.

Where is the vital issue? We are in the world of self-consciousness, free will, and initiativeness. Therefore, we have made out of ourselves a living image or likeness of the All Intelligence. If we hold to that image and confine ourselves to its scope, we will confine our intelligence and cannot live or expand beyond the self. But if besides knowing that image after the pattern of its God, we make direct oneness between us and God, the intelligence of God becomes our own and transforms our life and action. We live no more as the personal self, but God lives in us. However the image is not annihilated but rather lives as the likeness of God. This is the supremacy of human life and the mystery of perfection.

The reason our intelligence is limited in its scope and the work of our mind is limited is due to the fact that first we do not develop to the state of the All Intelligence, and secondly, we do not make conscious oneness with the All Intelligence. Therefore, the All Intelligence is used by us according to our own personality, development, personal use and like and dislike. We are only aware of that intelligence and use it according to our personal capabilities. We resemble a wealthy person who refuses to use his wealth. His wealth is his in his name only. Wealth is ours through the use. Therefore, to enrich ourselves with the All Mind is to develop to the order of divine intelligence and to follow the laws of

mental creativeness.

This fact calls our attention to the power of mind. What is the power of mind? The power of mind is the creative omniscience, omnipresence, and omnipotence of God, known to us through the use. If we study the universe, we learn the power of mind according to the order of the universe. If we study the flower, we know the power of mind according to species, beauty and structure. If we study earth, we unveil the mystery and power of mind according to the order of earth, according to its own laws, systems, kingdom and evolution. The conclusion is that universal intelligence is everywhere and underlies all creation. The power of mind has not been completely revealed in man because of lack in higher unfoldment. If we desire to know the power of mind, we should think of the Christ Mind. Christ performed miracles through the power of mind, and mind is Spirit and its formative and creative life and light. Through the power of mind, Christ saved the world. Through the power of mind, He realized oneness with God. He lifted us to the Godhead, to the state of Divine Mind. Through the power of mind He actually saw the power of salvation and the oneness of humanity with God, even before the world began.

Humanity has not started yet to use the full power of mind. Every one can attain transformation through the power of mind. Worlds were cre-

ated by the omnipotence of mind. Creation is the manifestation of Divine Mind. Kingdoms were given to man by being established in his mind, and kingdoms were taken from man through being erased from his mind. Wisdom is the light of mind made useful. Ignorance is lack of mentality. Health and prosperity are attained through mental realization, and sickness and poverty are experienced because of mental negation. Homes and happiness were found through being formed in the mind, and homes and happiness were lost through being ignored by the mind. Humanity has not fully entered the glorious, creative domain of mind. Let us enter into this divine state of being.

The first law of scientific use of mind is mental relaxation. One must work with ease, be happy, contented, fearless. Know that everything is yours, all that is in heaven and earth is yours, and this infinite possession is realized through mentality, thinking and action—through being useful. To know that everything is yours because you are one with Divine Mind causes mental settlement, and through mental settlement—satisfaction of consciousness—you mobilize all your powers, your mental forces and free yourself from hindrances.

The second law is decision. This is a vital point. We try to judge and accept things according to divine order, well-being and the eternal

good. But we hesitate to arrive at immediate decision. Divine Mind works within our mind through decision. If you are impersonal in your attitude, if you don't bow to your like and dislike, and if you look at your problem with divine feeling and consider it according to goodness, fairness and justice, you will be led to right action, because you stir up Divine Mind in you and Divine Mind shows the only way. Be positive and immutable in your decision and realize divine order. Be willing to listen to truth, to the Inner Voice, and to do what is right. Thus you receive celestial light.

Did you ever really experience the beauty, the happiness, the ecstasy of being impersonal in everything? There is a celestial fire in us, the fire impersonal, the fire that works as supreme and cosmic will, as the might of Divine Mind. That power transforms, resurrects and illumines. It inspires and liberates. Charge your mentality with this celestial power.

The third law is concentration. Concentration embodies clear, deep and pointed consciousness, undisturbed nature and well focused vision. It makes the mind harmonious, co-operative, obedient. To concentrate is to train your mind to think without being distracted by any other idea or influence or memory. It is achieved through quickening the mind to its cosmic state and linking it directly and creatively with the spirit, purpose

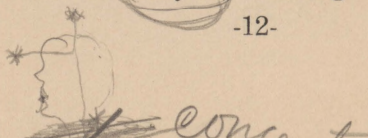
or meaning of the subject. Know that you are the spirit of intelligence, and mind is your creative light. The reason we cannot concentrate the way we should is due to the fact that the mind is infinite in itself. It is omniscience in operation and not subjective.

We think through the brain, yet through concentration we unite with Divine Mind. Thus when we try to turn the infinite power of Divine Mind on the brain to be used within the range of our mentality, the forces of the brain fail to fully answer the demand. Before perfect mental functioning, the brain must be transformed and the power of Universal Mind should be quickened fully in the person. Another vital issue is the fact that when one turns Divine Mind on the brain he quickens the latent forces therein and all the latent and past thoughts in his consciousness. In fact he quickens the various images that live in his memory. He charges the kingdom of brain and memory with the life-giving light of mind.

To concentrate is to free yourself from nervous tension. When you use your mind according to the laws of concentration, you release nerve-energy and the forces of the brain and you think freely. You do not think with the brain. Rather, you think by using the creative light within the brain and the light of cosmic intelligence. You think through the Spirit.

Let us concentrate using pure mind. In doing this you immediately start to think through the Universal Mind that animates your mind. Relax, and use vision instead of mathematical thinking. The moment you make oneness with pure mind you begin to think through your visioning faculty. You think through mental seeing, through mental images. You become conscious of the All Mind, and think, visualize and see through its cosmic light.

Through concentration we use the process of pure mind. We think according to the regular system of physical mentality. Then comes imagination or visioning. Next comes the idea. (You must create an idea immediately. Focus your mind and try to see that idea or the summary, purpose and goal of the subject. Training results in perfection. After conceiving the idea another faculty works in the consciousness. This creative faculty is found in the soul. This is the faculty that forms the idea into reality, charges the constitution and wills the Living Word into the sphere of outer realities. The Living Word comes forth through pronunciation. So speech comes as the height of ideas, as the ultimate of conscious intelligence. We concentrate, we imagine, we create the idea, and through the power that works in the regime of earth we create that Living Word. This power of the spirit-self or ego works in the larynx, causing spiritual mani-



festation. After the spoken word comes deeds. So action is the final. Action is the fulfillment of inner life.

Deeds are the reality and actuality that test our thoughts, ideas, and imagination. Deeds are the corrective and truly instructive process that never errs. Only through deeds do we learn about the truth, value and exactness of our thoughts. Deeds are the property, reality and virtue of this world. This is the world of deeds, practicality, and construction. In it we have the foundation for a corrective life. Correction helps us to perfection. Correction makes us lords of logic and reason, reality and truth. This is the reason for our coming to this earth. We need this earth as much as we need heaven. Otherwise the Father would not send us here. We must feel, think, speak, act and interpret our mentality, our inner life, to this world.

One much-needed law is mental positiveness. Turn positive in your mind, be creative, constructive, righteous and determined. Positive mentality makes everything else receptive. If you are positive in your mind everything you turn your attention to or face will become receptive in your presence and must co-operate with you. Lukewarmness is futile. (Be positive, be immutable, in truth, but first purify your soul and become one with your Higher Self. Positiveness is the power that wins, that conquers. However,

no one can be truly positive unless he is pure in mind and soul; righteous, impersonal and loving.

The fourth law is complete surrender to the first cause that underlies the object, and earnest listening to the intelligence, wisdom and purpose behind its existence and functioning. This causes direct and conscious oneness between your spirit, the indwelling intelligence and the laws and purpose of the object. This oneness results in perfect understanding.

The fifth law is to record things accurately. The mind should be quickened, yet should remain free and impersonal. Through this method the mind records the truth, wisdom, purpose and order behind things.

The sixth law is valuation of information. Information is the revelation of the truth, wisdom and purpose of things. One must be earnest, receptive and appreciative. This nature and attitude are the sources of deep understanding, inner seeing and inspiration.

The seventh law is willingness to wholly accept truth, knowledge and facts the way they are in themselves, and not the way you would like them to be. This total acceptance should find its ultimate through co-operation and righteous endeavor. This is soul and mental liberty.

The eighth law is the creation of a clear consciousness, crystal-clear receptivity, serene nature, illumined mind and concentrated vision.

Through this new form of being the concentrator attains masterful power of the mind.

The ninth law is co-operative obedience to the law and order of positive and perfect expression. This co-operative obedience makes you a perfect instrument of Divine Mind.

The tenth law is to translate the wisdom and purpose of life into action. You must become one with Universal Mind through your perfect deeds.

The eleventh law is to remember the wisdom that you are not thinking and working as a cut-out ego but supreme intelligence is thinking through you and universal will is the power of your volition, intuition and deeds. You act, yet the spirit of life is acting through you.

The twelfth law is perfect use of mind. One must consider his thinking power, his calculating reasoning and imaginative light and memory. He must record the idea, quicken the creative soul faculty in him, and let the personality of the ego speak the Living Word. He must emphasize his will, his self-expression and his constructive deeds.

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*Know ye not that ye are the temple
of God, and that the Spirit of God
dwelleth in you? I Cor. 3:16.*

*Be still and know that I am
God*

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