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Break the Fetters that Bind You

THE HEART OF MYSTICISM, VOL V

CHAPTER 10

The Joel Goldsmith

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The excerpts on the following pages were generated in this way and have been prepared to assist you in your study of Joel Goldsmith's message. We hope that you will also find it helpful as a model for creating your own study guides and reading lists with the Electronic Search Tool.

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In Chapter 10 of *The Contemplative Life*, Joel recommended eight specific chapters in the writings that all serious students of the Infinite Way should study intently and know well. He says: “In order to build a consciousness of truth, all Infinite Way students should know the following passages as well as they know their own names.” Later he said that these chapters are of paramount importance to the serious student because they contain the answers to almost every individual problem that can be brought to the student, including family relations, illness, and supply.

This guide features one of these eight important chapters. Please note: the key passages we have selected are simply cues to inspire your own study, which may take you deeper, and in new directions.

Joel’s Eight Important Chapters

- *The Infinite Way*, Chapter 11 – “The New Horizon”
- *The Heart of Mysticism: Vol. V*, Chapter 10 – “Break the Fetters that Bind You”
- *The Heart of Mysticism: Vol. II*, Chapter 3 – “Protection”
- *The Contemplative Life*, Chapter 8 – “Contemplation Develops the Beholder”
- *The Art of Spiritual Healing*, Chapter 11 – “The Relationship of Oneness”
- *Practicing the Presence*, Introduction
- *Practicing the Presence*, Chapter 5 – “Love Thy Neighbor”
- *Living the Infinite Way*, Chapter 4 – “God is One”

“BREAK THE FETTERS THAT BIND YOU”

THE HEART OF MYSTICISM, VOL V CHAPTER TEN

Chapter Highlights*

...Many of the difficulties and struggles in our experience come because we are living on different planes of consciousness, sometimes on one and sometimes on another, and often these planes are in conflict one with another.

...There have been many accounts in magazines and newspapers of the experiments which have been conducted in the area of subliminal perception through the medium of television and the motion picture. In the first experiments, which were held inside a moving picture theatre, the audience was instructed to go into the lobby during the intermission to buy popcorn and coca cola. Even though they did not know such a suggestion had been given to them, because the slide had been flashed across the screen so rapidly that it was invisible to the eyes and, therefore, did not register consciously in the mind, the majority of those in the theatre were impelled to obey this suggestion.

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...These experiments show the extent to which the body obeys the dictates of the mind. On the human level of consciousness, that is exactly what happens. The body is subject

*This Selected Study Guide highlights selected passages from one of the eight important chapters followed by related excerpts from Joel's books and transcripts.

to the mind....This is the law of cause and effect: "Whatsoever a man soweth, that shall he also reap"—as you do to others so will it be done unto you.

...Every discord is the result of the violation of some law on the human plane, mental or physical. If there were no violation of law there would be no inharmony—no disease, no sin.

Pp 166

...All the error in this world is as universal and as invisible as the slides flashed upon the screen in the experiments with subliminal perception, and it operates in the same manner—without a conscious awareness of it. That makes everybody a victim of it.

...Hawaiians know that the work of the good and bad kahunas is effective primarily because of individual fear or belief in their power.

Pp 167

...Sin and disease operate in the world in the same way as kahunaism does—by suggestion. We do not have to know that the suggestion has been made; we only have to believe that the thoughts and things of the world are power.

Pp 167-168

...Originally metaphysical healing rested on the principle of truth dispelling error or truth over error. The basic idea was that if evil thoughts entertained in the mind had an effect on the body, how much greater an effect would good thoughts have on the body. On that theory, a religion sprang up—the religion of right thinking.

Pp 168

...This type of practice has been a step in the right direction because it has been a movement away from leaving one's mind a blank for the world to act upon.

...Truth-students, regardless of which truth-teaching they may follow, are less frequently victims of this universal mesmerism than is the world at large and, furthermore, they are less affected by the conditions of the world.

...Everyone must learn to awaken in the morning and take hold of his own mind by realizing:

Nothing can enter my mind from without because my mind is an instrument through which I function—not an instrument through which somebody else functions or through which world-belief functions...

...This realization...must be done consciously.

Pp 169

...Whether or not we consciously know a specific truth is not the point. The point is whether or not we know that the truth operating in our consciousness is power and that nothing else is.

...God is available to anyone on the face of the globe, to anyone who makes himself consciously one with Him. It has nothing to do with God. The question is whether an individual believes that he is living as a human being in a world where hypnotism—a kind of subliminal perception—has been going on for generations, going on unknown to us as individuals, yet operative in our consciousness or in what the psychologists now call the subconscious; or whether he recognizes that his mind is not subject to the suggestions and vagaries of world-beliefs, but is a transparency through which God functions.

Pp 170

...The room in which we are sitting at this very moment may be filled with all the error that exists anywhere in the world. At this very moment, it may be filled with the atmosphere of death, disease, accident, sin, and false appetite.

...Watch what happens in your own experience when you learn to awaken in the morning and absolutely bar from yourself the possibility of world-thought entering your consciousness and operating in your experience. "Ye shall know the truth, and the truth shall make you free."

...World-beliefs can find no entrance into my consciousness because my consciousness is Truth expressing Itself. No human theories, beliefs, laws, or hypnotic suggestions can enter my consciousness to defile or to make a lie. All power—the power of Good, or God—flows out from within me to this world.

Pp 171

...As long as our consciousness is filled with truth, we cannot be made to accept a lie. When we maintain our mind as a temple of God and let nothing enter that mind except what comes from God, we shall find that we are living in an inner peace.

...Whether that human experience will be harmonious or inharmonious, whether it will be successful or unsuccessful, whether it will be good or evil is determined by us.

...Humanly, we are antennas and respond to another person's thoughts, moods, and disposition; we react to one another's feelings as well as to world-feelings and world-tensions. When other people fear something collectively or individually, we fear the same thing; but once we recognize that tendency, we become less and less responsive to outside influences.

Pp 172

...Universal mesmerism is not a power that can enter my consciousness; it seems to be a power and acts like a power only because of my ignorance of its nature. Now that I recognize it for what it is, I no longer respond to it, I no longer accept its suggestions, I no longer react to it. I am the temple of the living God, and all that the Father is flows through me.

...There is another plane of consciousness which Jesus referred to as "My kingdom."

...This is an entirely different realm of consciousness. In this higher consciousness, there is only being: There are no laws; there is no cause and no effect; there is neither good nor evil, up nor down. There is just being.

Pp 173

...The higher dimension of life to which the Master referred as "My kingdom" is not accessible to the person who is under world-mesmerism. As that mesmerism is dispelled and we become as conscious of God operating in us as heretofore we were conscious of fear, doubt, suspicion, hate, envy, jealousy, we become susceptible to the activity of the kingdom of God.

Pp 174

...It takes months before we can separate ourselves from these universal beliefs and become receptive and responsive to the still small voice within; but after a few weeks of practice, we begin to be less and less receptive and responsive to some of these world-urges.

Pp 175

...When we are responding less and less to the world's impulses and the world's fears, the world's doubts, and the world's sin, lacks, and diseases; when we have more and more immunity; when we go through life less and less aware that those things are going on around us, or if we are aware of them, they make no impression upon us; then we know that we are being freed from world-mesmerism and are now in the world but not of it. We are now of the kingdom of God: Now the still small voice can take over and direct us and lead us into green pastures, beside the still waters; now the inner spiritual impulse can do those things for us which Scripture promises.

Pp 175-176

...No one can do this for us. We alone can free ourselves of the hypnotism of this world.

...Do not make the mistake, however, of fearing this invisible influence, for it is not a power except to those who are either ignorant of it or to those who give it power. It is not a power once its nature is realized.

...At this stage of our experience, we should be able to shut ourselves out from world- hypnotism just as we can turn our radio to any station we want or turn it off completely. It may take us a few months or longer to arrive at this stage of consciousness, but it can only be accomplished if it is practiced faithfully many times a day.

Pp 176

...For thousands of years, the human race has believed things that are not true: The world was flat; the sun revolved around the earth; wars and pestilence were necessary to decrease the population so that the population would not exceed the foreseeable food supply. Then some enlightened person—someone with vision—was able to see beyond the appearance and disprove some theory which heretofore had been accepted as law—astronomical, geographic, economic, medical, or dietary.

...I and the Father are one and all that the Father has is ours. We must realize our infinity and prove it. But this can only be demonstrated as we realize that we have been victimized, not by lack, but by a universal suggestion which we have ignorantly accepted.

...Much of the foregoing comes under the heading of what we call protective work, but that is a misnomer because the term “protective work” implies that there is some power from which to be protected. What we need to be protected from

is our ignorance of our true identity, our ignorance of the source of true wisdom.

Pp 177

...We must stop accepting world-hypnotism. We must realize that we have been accepting what the world pumps into us silently and invisibly, accepting it as if it were fact, instead of turning to God and letting God reveal the truth: "Father, what is the truth about this individual or this condition?"

...On the whole, what we believe about each other is not true. It is what is revealed to us from within that comes with authority, and that will come only when we have sufficiently come out from among them and become separate:

Nothing can enter my being that defileth or maketh a lie for I and the Father are one. I am subject only unto the law and life of God, the wisdom of God, the mind of God, the Soul of God. I am in the midst of me, and from that I comes my wisdom, my direction, my guidance, my protection, my sustenance. I turn only to It and I am led and fed by It.

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Related passages for further study, compiled using The Electronic Search Tool.

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Search: "subliminal"

From *Living Between Two Worlds*

...Temporal power does not have a law of God to sustain it. As long as we do not fight the evil, but are consciously aware of the truth that all evil is but subliminal hypnotism and that

these subliminal perceptions are not and cannot be power, we can witness them dissolve before our very eyes.

Living Between Two Worlds

Chapter 4 – “The Operation of the
‘Arm of Flesh’ and the Operation of Truth”

Search: “nothing can enter”

From The 1961 Hawaiian Village Open Class

...Are we not servants of God? And if we are, how could we ever become servants of man, or slaves of man, or slaves of a system? These things can only creep up upon us by our own consent. And the only way we give our consent is by ignoring our relationship with God. Our freedom must be spiritually attained, spiritually realized, spiritually maintained, and then nothing can enter that “defileth or maketh a lie.” Nothing can enter from without. No powers external to us can operate in our consciousness or upon our lives except by our ignorance of spiritual truth, spiritual identity, and the fact that freedom isn’t a physical thing; it’s a spiritual entity.

438 B 1961 Hawaiian Village Open Class
“Freedom Spiritually Discerned”

From *The Art of Spiritual Healing*

...What do you allow to get past your door, your consciousness? Do you accept contagion and infection as power in your home? Are you a party to discord and bickering? You should make it a matter of daily realization that nothing can enter the doorway of consciousness except the truth of being, and that no suggestion of human power, whether physical, material, or mental, is law. Any belief that enters your home must first enter through your consciousness, and the truth of

being in your consciousness will act as a law of annihilation to any false belief that would intrude.

The Art of Spiritual Healing
Chapter 11 – “The Relationship of Oneness”

Search: “operating in your experience”

From The 1951 First Seattle Series

... There is no other power operating in your experience, except the power of the consciousness of truth, or the absence of power represented by our ignorance of truth. There is no power that we can please or displease. There is no God to reward us or punish us anymore than there is a God of mathematics or of music to reward us or punish us. There is a principle, and the awareness of the principle of mathematics makes us a mathematician. The awareness or consciousness of the principle of music makes us a musician. The ignorance of it deprives us of that pleasure, privilege, knowledge, ability, power.

616 B 1951 First Seattle Series
“Consciousness Constitutes You”

From *The Master Speaks*

...opening your consciousness to the infinite Revelator, to the infinite Teacher, the infinite Healer, you find yourself one with It. You find yourself one with this universal Principle, and you find It operative and operating in your experience. No one can influence the Christ. No one can ask anything of the Christ. No one can decide what he would like to do, or be, or what part he would like to play in the world. It is the Christ that determines that for us. All we can do is to open our consciousness to Its inflow and then let It have Its way with us. It will make of some of us practitioners, some teachers, some lecturers, some writers. Others it will not take into

the depth of this spiritual work, but it may so enlighten us in the ways of the world, that we may play a more constructive part in human affairs.

The Master Speaks

Chapter 14 – “Christ Consciousness”

Search: “will be harmonious”

From A Parenthesis in Eternity

...As we are able to understand the nature of the temporal universe, the forms of this world will begin to disappear: forms of sickness, sin, false appetites, and lack and limitation. All these will drop away, and in their place will be harmonious conditions and relationships, and these will be the showing forth of our higher state of consciousness. Our world is the externalization of our state of consciousness: “As we sow, so shall we reap.”

A Parenthesis in Eternity

Chapter 26 – “My Kingdom is Not of This World”

Search “we alone can”

From A Parenthesis in Eternity

...Spiritual teachers can be our guides on the Way; they can make smooth our path today or tomorrow, but we alone can take the Way, we alone can live by the Way, we alone can walk the Way. And how is this done? Only by an activity of our consciousness, only by virtue of our consciously knowing the truth of the Way: “I am the way.” By virtue of my oneness with my Source, I am infinite, I am spiritual, and I am under spiritual law which means I am under Grace—not under the laws of matter, but under Grace.

A Parenthesis in Eternity

Chapter 13 – “The Unilluminated and the Illumined”

From The 1961 Hawaiian Village Open Class

...When you come to a message of this nature, you must understand this: That whatever it is that you take into your consciousness is going to be the determining influence of your life and what is more, the degree. If you wish to have an hour of truth on Sunday, it will certainly benefit you in some measure. If you decide to have an hour of truth every day, it will benefit you that much more. If you decide that some part of every hour of every day you will allow some truth to circulate in your consciousness, there will be that much more of fruitage in your life. In other words, we alone can determine to what degree we will attain Christhood.

438 A 1961 Hawaiian Village Open Class

“My Consciousness of Truth Makes It the Law Unto Me

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