

A SPIRITUAL PHILOSOPHY FOR THE NEW WORLD

The 60-Day Non-Human Program
to Rise Above the Ego



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then another, and in the process you will find greater happiness than you've ever dreamed possible.

A 60-Day Program to Transmute the Lower Energies. I challenge you now to try an experiment—to literally test the waters of the Fourth Dimension for 60 days. If you can handle the discipline, and I am sure that you can, you will find yourself living above the quicksand and roller coaster with a quality of life seldom experienced by the 'human.' And by the end of the test period you will scarcely remember the old you and a lifetime commitment will be made to living as the Spiritual Being you are in truth.

Here are the stages involved in the 60-day Non-Human Program:

No. 1: Establish the date that you will start the program and mark the calendar to show the duration of the two month period. A few days before you begin the program write an Agreement with your God-Self, the Holy I within. The purpose of the Agreement is to surrender everything that relates to your human sense of being to your Master Self. Make the statement that you are willing to give up everything on the third dimensional plane in order to have everything Fourth Dimensionally. Now when I say 'give up,' I am not talking about removing everything and everyone *physically*. The giving up, the releasing, the surrendering all takes place in consciousness—where it counts the most. Put your statement in writing and leave nothing out. Give up your body, your emotions, your mind. Surrender your family, friends, bank account, debts, bills—all your possessions—everything that you own in this world. The objective is to become totally detached and impersonal to your material sense of existence.

Then add to your list all your fears, needs, wants, desires, judgements, resentments, unforgiveness, jealousy, dislikes and hates. Be specific, name names, spell it out! Finally, include all positions that you have taken for or against anything or anyone, and all causes

*Release
the
hold
of the
material
on us*

and convictions about which you feel emotional. This is an inventory of all you are and have as a human being, so keep working with the list until it is complete—hold nothing back.

A letter from one of the 60-day volunteers will give you an example of what it means to hold nothing back:

"I began the program with my commitment and initial meditation on letting go. My meditation was extremely powerful. I visualized a giant swirling, fiery caldron which sucked in and consumed anything that got near it. I began to release my physical possessions which one by one were devoured in the caldron. It was easy at first. Things like my car, furniture, house, workshop, bike, tools, boat, fishing gear, clothes, etc. went fairly easily and I was surprised to feel a sense of relief as they disappeared.

"When I got to behaviors and beliefs it became more difficult—I had to let go of status, position, being right, being wrong, power, control, feeling bad, feeling good, fear, strength, praise, recognition, criticism, judgements, prejudices, expectations, blame, suspicion, paranoia, hate, worry, envy, anger, sadness, and all the rest. Again, I felt a sense of relief.

"Next I got to the people closest to me—first my friends, then my brothers and sisters, my parents, my children, and finally my wife. Although this part was much more difficult, I once again felt a sense of relief and lightness as they disappeared down the caldron. I then released everything else around me and felt my own presence like I had never felt it before. I felt strong and powerful.

"As I stood there looking over the edge of the caldron I realized that the most significant and most difficult task was yet to come—letting go of my physical body and all the attachments that went with it. With great trepidation I walked to the edge of the swirling caldron and began to let go of it all—my physical strength, my appearance, physical pain, my personality, my intelligence, my abilities, being tired, responsibility, and finally my body

itself. As I released my humanness, my skin and physical form peeled off and disappeared down the caldron, leaving behind an egg-shaped mass of pure energy. I felt totally free and all-knowing, totally in touch with my true self and relieved to be rid of the restrictions of physical form."

No. 2: Now we come to the daily activities that you will follow for the two month period. Please understand that your participation in this Program does not mean that you will just "sit" for 60 days and neglect your responsibilities in the physical world. You will continue your life as before but you will be operating on a different vibration in consciousness; you will be focusing on spirituality rather than materiality and all action that you take in the outer world will be Spirit directed. Another point: if you are on medication or under the care of a doctor, do not try to break that connection until your consciousness of the Indwelling Presence as your Health has been firmly established. To continue with the points in Step 2...

- Do not pray for any material form or experience during the 60-day period. All meditation during this period must only be for a deeper realization of who and what you are. All spiritual work must be for the purpose of gaining a greater awareness, understanding and knowledge of your Master Self and a deeper recognition of the Activity of that Self.
- Agree that for 60 days your conscious mind will assume the primary role as a silent witness to the Activity of Spirit, as a beholder of the Will of God in action through you. If any desires, needs, wants or wishes come into your mind, release them quickly with the words— "I have surrendered everything to Spirit. For 60 days I am only going to serve Spirit and not my ego. I now release the pull in my consciousness to the Christ within to be transmuted."
- If you are tempted to demonstrate money, health, a job, or any kind of material form, speak the word: "I of

Silent witness
write this out

post
this

myself can do nothing. The Spirit of God within me does the work and Spirit is doing and being everything now. My only responsibility in this matter is to abide in Spirit.

- Devote your meditation time to a contemplation of your Holy Self. Ponder the infinite Knowingness of that Self—Its Wisdom and Intelligence. Meditate on Its Life, Love, Joy and Power. Feel and sense the incredibly creative energy radiating from the Infinite Mind within and focus on what this energy represents. Be aware that it is the very Thought Energy of God embodying perfect Thoughtforms of abundance, wholeness, harmony, protection, peace, right relations, right action, divine order, divine guidance, and the substance of all physical forms and experiences.

See the flow as the invisible Kingdom of Spirit and put yourself right in the middle of that Kingdom—not as a human being but as an individualized Energy Field of Spirit—as a Spiritual Being, and see every detail of your Fourth Dimensional life as absolutely perfect. Keep your mind off the form and on the inner invisible world of harmony, wholeness and omnipresent non-material supply. For 60 days you are going to operate in the spiritual realm where no physical structure exists. You are going to keep your thoughts off of "this world" and on the ideas of Energy, Life, Love, Light, Essence, Mind—the invisible world of Spirit.

- As you go about your day keep these thoughts in mind when lower (ego) promptings come through:

I do not need to pray for a soulmate relationship. The perfect relationship for me already exists in the Master Mind within. I need only to identify and recognize my Spirit as the Source and Activity of all my relationships and spiritual law will work through my consciousness to reveal the perfect complement to my soul. I no longer have the responsibility for finding my right mate.

I do not need to demonstrate money for my Holy Self embodies all the abundance of the universe. I already have everything that I could possibly desire right now. The I that I AM is the Spirit of Infinite Plenty in action and my role is to simply be aware of the prospering power of God taking place in and through me. I have turned over the management of my financial affairs to Spirit, and I let the Law of Spirit manifest as my all-sufficiency. I no longer have any concern about money.

I do not have to treat metaphysically for a healthy body, for the Self that I AM is eternally whole and perfect. My consciousness of this Truth is my Health, so I quit paying so much attention to my physical form. I place my focus on the Presence of God I AM and the invisible Energy Field that is my Divine Body. Spirit is the Energy of all form and I let Spirit form Its physical structure as It sees fit. This physical body is no longer any of my business.

I will not be concerned about that project that is before me to do since I'm not the one who will be doing it. The Master within is perfectly aware of what's to be done, and by keeping my mind stayed on the Presence, Spirit will work through my awareness to accomplish everything easily, effortlessly and creatively. I don't have to get uptight about anything anymore.

I will not worry about this planet and all of the appearances that I read and hear about. My Holy Self is omnipresent which means that there is no place on Earth where Spirit is not. This Spirit of God embodies all peace, love, joy, right relations, right action, and I let my awareness of this Truth be the channel for the healing and harmonizing of all conditions. This world is in God's Hands and is no longer any of my concern.

Do you see what you are doing with this way of thinking, feeling and seeing? You are separating yourself from the race mind that thinks, feels and sees only third-dimensionally. You are coming out from under the creature who knows only the physical and material aspects of life, and in doing so you are allowing Spirit, rather than the collective consciousness, to express as form and ex-

perience in your world. But to make this program work you must give up concern about anything and every-thing. knowing that through your awareness of the in-dwelling Presence all things within the range of your consciousness are adjusted, harmonized, healed, prospered and protected. And when emotional charges are set off in your system and "Oh-Lord-what-will-I-do?" thoughts come into your mind, just stop right there and say:

This is none of my business. Those red flags were for my human self and it does not exist anymore. I am a spiritual being living in a spiritual universe as a witness to the Activity of God, and I refuse to descend back into the dense vibrations to fight the battle. I've given everything to Spirit and now I have every-thing spiritually—and this spiritual energy is now revealing the Finished Kingdom. I am free at last!

No. 3: Begin each day, even before you get out of bed, by expressing loving gratitude for all the good in your life, for the everywhere present Activity of God. Even the most destitute and desperate can always find something to be thankful about and this you must do for it is of critical importance. By daily "counting your blessings" a vibration of love and joy will begin to move through your consciousness calling for all the good in your life to grow and multiply. Remember that gratitude not only eliminates negative patterns caused by ingratitude, but it also works with the Law of Attraction to bring to you that good that your Spirit has already manifested for your "life more abundant" but which your lower vibration has repelled.

If you will truly dedicate yourself to living as a spiritual being for the full 60 days, you just might wake up one morning and find that you are living in the Fourth Dimension... on an Island of Light where everything that you could possibly desire is already in perfect expression as form and experience... and truth is your eternal shield.

The Promises for Those Who Walk in the Light.

Throughout the Scriptures and sacred writings we read of trials and tribulations coming to this world, and in each passage there is always a condition, which if met, will provide refuge and safety. Look at the 91st Psalm as an example. It says, "He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty."

Notice that it says *dwelleth*, which means to live, inhabit, abide—and not to run in when things look tough and run out when everything seem rosy. The result of this staying in one place? "He shall deliver thee from the snare of the fowler and from the noisome pestilence... he shall cover thee with his feathers... his truth shall be thy shield and buckler... a thousand shall fall at thy side and ten thousand at thy right hand, but it shall not come nigh thee... there shall no evil befall thee, neither shall any plague come nigh thy dwelling."

Now there's a significance to all those bodies being piled up at your feet. It is a graphic way of saying that people simply cannot be protected if they are not in the spiritual vibration. In "mortal consciousness" one plays the law of averages and partakes of the game of chance. In spiritual consciousness "the dice of God are always loaded" in favor of those dwelling in the Secret Place.

And the 46th Psalm promises the same thing... "God is our refuge..." In other words, when we abide in the consciousness of Spirit we find shelter. By finding our refuge within, in the one Presence and Power of our being, we are protected even though "the earth be removed and the mountains carried into the midst of the sea... though the waters roar and be troubled, though the mountains shake with swelling."

The promises are there for those who walk in the Light, and we could not ask for more because we cannot violate spiritual law—the Law of Consciousness. *It shall be done unto you according to the state of your consciousness.*

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Before the first World Healing Day on December 31, 1986, I asked my Self, "What if disinterest and ignorance hold sway and there is no optimum participation?" Here is the answer I received: "Through the efforts of millions of men and women with purity of motive and a consciousness reaching for Christhood, the world of illusion will separate into islands of Light and darkness. Those attracted to the Light will gather as one, offering their hearts and minds, their love and will, to the Eternal Light...and they shall be taken into the Light and they shall become the Light. And the Light shall spread to the island of darkness...and it will cease to exist. And from the Island of Light a new Earth and a new Civilization will emerge."

I feel that everyone on the planet benefits to some extent anytime even one individual moves into the Christ Consciousness because we are all one in the omnipresence of Spirit. And we can help those who continue to walk in the darkness through an expansion and a deepening of our own spiritual vibrations. So it does begin with individual you and me and the millions of others on this planet who are working spiritually for an end to the sense of separation.

The bottom line is that each one of us must seek and find and know our Holy Self and let Spirit do the rest through our meditations and uplifted consciousness. We must become detached from appearance, knowing that whatever happens in the phenomenal world is simply consciousness in expression—providing safety and protection for those in the Light and learning experiences for those who remain in the darkness.