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Four Transformative Practices Every Truth Student Should Learn and Effectively Use



Your mind can be peaceful; your thoughts can be rational; your awareness can be clear; your consciousness can be illumined; all of your personal circumstances can be harmonious and satisfying. Knowledge of how these ideal conditions can be experienced is available and you can use it to be completely fulfilled.

This question is often asked: Why are so many people who read metaphysical literature and are involved in various self-help systems not as healthy, happy, spiritually conscious, and skillfully functional as they say they want to be? The answer: they do not effectively use the information they acquire. They may say, “The process doesn’t work for me,” or “Maybe I’m not meant to accomplish anything worthwhile.” A major obstacle is their inclination to want to have results without changing their modes of thinking, feeling, and behavior.

Everything You Need is Available to You In the Wholeness of Life

Why are some people happy, healthy, and prosperous and others are not? Happy, healthy, and prosperous people consider their circumstances to be normal and sometimes wonder why others are not as they are. The only differences between people are their mental states and states of consciousness. A self-confident, self-motivated person can accomplish what is imagined—and believed—to be possible. Individuals who are insecure and confused tend to allow themselves to experience the effects of their negative self-image, erratic thinking, and dysfunctional behaviors. They see themselves as victims of circumstances over which they have little or no power to control rather than as spiritual beings with innate potential to wisely use exceptional pow-

ers of perception and extraordinary functional abilities.

The amount of energy of the universe is constant; only its forms of expression are different. Some of it is gross matter; other kinds are heat, electricity, and visible and invisible light. Since the amount of energy does not increase or decrease, it is a mistake to think in terms of lack or limitation. The material things that are needed or wanted for your well-being can be produced or attracted. Necessities that are not material, such as mental and emotional peace and spiritual awareness, are not dependent upon external conditions.

Transformative Practice #1

Affirm (Declare) That What You
Need or Want is Yours Now

Observe your thoughts and conversations. Do you always think and declare what you want to be true for you, or do you think and declare lack and limitation? Are you self-confident? Are you optimistic? What are you producing or attracting that corresponds with your thoughts and spoken words?

If you need to constructively cultivate the habit of positive thinking, feeling, speaking, and action, use concise, clearly defined affirmations to declare that the experiences and circumstances you need or desire are now yours. Whatever you need or want, first possess it in your mind and consciousness and it will soon be yours in fact.

- Know what you need or want. Be specific. Do you need or want improved health, a comfortable abode, a better job, success in a business venture, more money, peace of mind, spiritual awareness, freedom from bad habits or addictions?
- When you know what you need or want, decide to have it. Don't think about why you should not, or cannot, have it.
- Declare that you have it. You can have peace of mind immediately. Physical health and spiritual awareness will progressively improve. Outer changes can occur quickly.

Write a concise affirmation that clearly defines what you *need*,

want, or already have and want to continue to have. Example:

I am spiritually aware, mentally peaceful,
emotionally stable, physically healthy,
abundantly prosperous, have ideal personal
relationships and circumstances, and always
thrive and flourish in all aspects of my life.

Speak your affirmation aloud with conviction until thoughts and feelings to the contrary cease. Immediately assume (take on) the mental state, feeling, and state of consciousness that you declare to be yours. Sustain them every waking moment.

There is no magic or mystery involved in the affirmative process. Simply declare that you have what you need or want. Allow your unwavering faith to constructively influence your thinking, feelings, and actions. Be receptive to unplanned good fortune that life can and will provide for you.

Transformative Practice #2 Constructively Use Your Creative Imagination

Mentally picture and *feel* that what you need or want is already accomplished. You can do this in a few moments or you may use this method:

- Sit still until your mind and emotions are calm.
- Vividly imagine the end results of what you need or want to experience. Feel, at the deepest level of your being, what it is like to be fulfilled or accomplished.
- Sustain that conviction and feeling after the session.

Do what you know to do to have what you need or want. If you don't know what to do, sustain the conviction and feeling of accomplishment and allow life to provide supportive events that will bring what you imagine into manifestation.

Forty years ago, I knew a man who used imagination to be successful in a business venture. Two years later, some of his managers left the company and created a similar business, taking with them several skilled employees. Instead of using

imagination and his personal skills to attract new, competent, trustworthy people, the founder allowed himself to become depressed and resentful, used alcohol to escape from reality, and let his business fail. Many years later, when I met him again, he was still talking about how he had been betrayed.

If the experiences and circumstances that you imagine are not always actualized, avoid thinking that you cannot succeed. Persist until you are successful. Learn by participating in the creative process. With practice, you will acquire proficiency in using your imagination to produce ideal outcomes. The clearly defined needs or desires that you picture in your mind will be impressed into Cosmic Mind which will cause events to occur and circumstances to unfold that will result in fulfillment.

Regarding the many projects that my guru, Paramahansa Yogananda, implemented and successfully completed, he said, “I sow the seeds of success in the ethers.” In his mind, he “saw” the end results. When someone expressed doubt about his projects, he would say, “Be patient. Everything will work out beautifully. You will see it.”

He also advised people to meditatively “float” their desires in the Om vibration. Om is the omnipresent vibration of the power of supreme Consciousness. When you are attuned to it, your consciousness is one with the creative power that makes everything possible.

When using your creative imagination and floating your desires in Om, forceful endeavor is not needed. Clearly define your needs and desires; gently intend for them to be fulfilled. Know and feel that they are fulfilled. Perform helpful actions when you can. Let the universe provide the means for the satisfaction of your needs and the fulfillment of your desires.

Use your creative imagination to “see” and “feel” yourself to be spiritually enlightened. How would you think, feel, and act? What would you do? What would be your understanding of your true nature and your relationship with the Infinite?

Behind the outer appearances of the physical realm are invisible forces that regulate the processes of life. Learn to be aware of them, and cooperate with them. Invite them to be sup-

portive of you and they will be supportive in accord with your receptivity to your highest good. Train yourself to know and feel that you are worthy of being fulfilled. Thoughts and feelings of unworthiness tend to attract corresponding events. As a pure-conscious spiritual being, you *can* choose to always be spiritually conscious, happy, healthy, and successful in all of your meaningful endeavors.

Transformative Practice #3 Pray Effectively

God is the cosmic unit of supreme Consciousness; you are an individualized unit expressing through a mind and physical body. Knowing this, rather than praying *to* God, pray *in* God.

Before you pray, clearly define your needs and desires.

- Be still, until your mind is calm and you are aware of being one with God. If you cannot immediately be aware of being one with God, intellectually acknowledge that you are *in* God.
- Don't beg for what is needed or wanted. Acknowledge that you have it. Claim it by feeling, at the deepest level of your being, that it is already yours.
- Rest for a while in that consciousness of fulfillment until you are permanently established in it. Feel, at the core of your being, that you are one with the wholeness of God.
- Be thankful that you have that realization (experience with knowledge) of fulfillment.

If you pray aloud or mentally, continue to the stage of silent contemplation of your relationship with the Infinite, then to the stage of recognition and joyful acceptance of fulfillment.

It can be helpful to keep a record of your creative imaginings and prayer practices. Doing this will help you to clearly define what you need or want and to become more confident as your skillful endeavors produce beneficial results.

Write the positive results of your creative imaginings and clearly defined prayers:

1. What you needed or wanted.

When you imagined or prayed for it to be actualized. _____

The positive results:

2. What you needed or wanted.

When you imagined or prayed for it to be actualized. _____

The positive results:

3. What you needed or wanted.

When you imagined or prayed for it to be actualized. _____

The positive results:

4. What you needed or wanted.

When you imagined or prayed for it to be actualized. _____

The positive results:

5. What you needed or wanted.

When you imagined or prayed for it to be actualized. _____

The positive results:

Note: Copy these recommended practices in a notebook and continue to record the positive results. Doing this will improve your awareness of your relationship with the Infinite and you will become increasingly self-confident and successful.

Transformative Practice #4 Meditate Superconsciously

Meditating daily to manage stress and have peace of mind is beneficial. Meditating *superconsciously* is transformative: it removes attention from restless thoughts, clarifies awareness, and provides direct experience of pure consciousness. When superconscious states are elicited, and sustained during and after meditation, their superior, prevailing influences purify the mind and ego and enliven the body.

Meditate at the same time every day for 20 to 30 minutes, or longer. Ignore mundane concerns. Devote your attention only to eliciting a superconscious state.

- Sit in a comfortable, upright posture, relaxed, and alert.
- Silently acknowledge your changeless essence of being and your relationship with the Infinite.
- Put your attention in the front and higher region of your brain to internalize it. Be aware there.
- If contemplation flows spontaneously, allow it to continue. If it is not easy to concentrate, mentally pray or use or a meditation technique until your mind is calm. Be attentive. Gently aspire to experience pure consciousness. Let your ordinary sense of self dissolve in pure consciousness.

Conclude your practice session by silently acknowledging all souls in the universe and beyond. See them in the wholeness of God. Wish, and know, for them their highest good.

Know that in the wholeness of life all that you need for your complete well-being is already available to you. Be happy because you know this to be true.

Affirm With Conviction

Always conscious of my relationship with the Infinite,
I joyously accept the complete fulfillment that is available
to me now. This realization of wholeness that I have,
I compassionately wish for everyone, everywhere.

Answers To Your Questions About the Spiritual Path

Readers are invited to send questions for possible use in a future issue of this magazine. By letter, or e-mail csainc@csa-davis.org

How can I know what is best for me to want or desire?

Want what will enhance your life and provide you with material resources and personal abilities to be happy and creatively successful in all of your chosen endeavors. You are in this world to learn and to express. Live as an immortal spiritual being and let your innate divine qualities unfold.

How often should affirmations be used?

If one affirmative session results in a useful adjustment of mental and emotional states and state of consciousness, that is sufficient. If one affirmative session is not transformative, continue to use affirmations until you have the results you desire. Rather than try to impress the subconscious level of the mind with an affirmation, go beyond the mind to the stage of super-conscious realization of what you affirm; think and act from that conviction.

When I try to use creative imagination to visualize ideal events and circumstances, I am aware of an inner resistance to doing this and to having ideal results. What can be done about this?

Conscious or subconscious resistance may emerge because you 1) are not certain that you are on the right course; 2) are reluctant to accept the good fortune that is available to you; 3) have a negative self-image. As you continue to imagine ideal possibilities, thoughts and feelings of resistance to useful changes that can occur will, in time, be neutralized. You will be able to easily accept and have the things, experiences, and personal relationships that are best for you. The enlivening Power that nurtures the universe will support and provide for you.

I have a personalized concept of God. What is the best way to relate to it when I pray?

However you imagine God to be, relate to that concept until your understanding of God improves. Ideas about God will be replaced with insight; then with accurate knowledge. You will eventually have a clear sense of communion with the larger Reality which is commonly referred to as God.

After using creative imagination or praying for desired results, I tend to drift back into former ways of limited thinking and feeling. How can this be avoided?

This tendency is influential because of your acquired habit of identifying with ordinary, modified states of mind and consciousness. As you nurture spiritual awareness, you will be less influenced by old habits. To make useful changes, it is necessary to train yourself to control your habits of thinking and your emotional states. One way to do this is to perform constructive actions with specific intentions.

I have difficulty imagining the specific circumstances that would be ideal. Is there anything else I can do to either create or attract such circumstances?

Use imagination to produce the feelings of fulfillment you will have when all of the circumstances of your life are ideal. You will then intuitively choose courses of action that will produce ideal circumstances as well as attract whatever is needed. Be happy and fulfilled within yourself.

When praying for the well-being of everyone, how can it be known that doing this really helps them?

If you do not always know how your prayers affect others, be conscious of how your compassionate prayers for the welfare of others benefit you. Selfless prayer purifies the mind and consciousness of the person who prays. All souls, in this universe and beyond it, are units of one Reality; the illumined mind and awareness of one person beneficially influences everyone.

I feel comfortable using creative imagination and praying for what I consider to be a spiritual purpose. I am sometimes reluctant to do this for material things or conditions. I am not sure what is spiritual and what is not.

Consider any purpose that enhances your life and/or the lives of others, to be spiritual. You should have the material things and ideal living conditions that allow you to be comfortable and live effectively. Live freely and enjoyably while relating to and relying on That which, while invisible, is the Source and Substance of everything.

How can I recognize a superconscious meditative state, and how can superconsciousness be sustained after meditation practice?

A superconscious state is clear. If in early stages you are still aware of thoughts and feelings, they will not distract you or interfere with your alertness and objectivity. With practice, you will be able to experience a superconscious state devoid of thoughts and emotions. It will be a fully alert, present-moment, conscious self-knowing superconscious state. The Sanskrit word for this pure-conscious experience of being is *samadhi*: complete bringing together of attention and awareness with one's essence of being which, at the innermost level, is ever pure and whole.

Superconsciousness can be sustained after meditation by choosing to remain Self-knowing while observing and relating to external circumstances. Doing this usually requires attentive practice until superconsciousness is permanent.

What techniques are most helpful in enabling a meditator be superconscious?

Any method that helps to quiet the mind can be helpful. A meditation technique can be discarded when it is no longer needed. When your awareness is clear, you are superconscious. Rest in that clear state. If subtle thoughts or emotions interrupt your concentration, ignore them. With practice, you will be able to choose to be superconscious all of the time.

Do we have a higher Self and a lower Self?

Our *Self* is what we are as a spiritual being. It is more accurate to say that we are either conscious of being what we are or we are identified with a mistaken sense of Self, mental and emotional states, and personality characteristics.

Discerning the difference between our essence of being—and a false sense of what we are—enables us to be Self-aware while relating to our mind, emotions, and external conditions. Discerning this difference enables us to be Self-determined.

How can we know when our spiritual growth is authentic?

Spiritual growth is authentic (real) when our mind is calm; emotions are peaceful; awareness is clear; understanding of our relationship with the wholeness of life is more comprehensive; we can live effectively; and fortunate events and circumstances are continuously experienced.

Even though I have a good understanding of metaphysical principles and am outwardly successful, I sometimes allow myself to indulge in thoughts, feelings, and behaviors that I know are harmful. Why do I do this?

Perhaps, at a deeper level, you are somewhat frustrated, angry, or unsatisfied. Examine your deeper feelings. Do you need to forgive someone or yourself, or release memories of unpleasant events that occurred in the distant or recent past? Are you living up to your aspirations of what you think you should be doing? Are you neglecting your spiritual practices? Quietly ponder these matters until the deeper causes of your behaviors are discovered. Then, go forward.